

Self Exploration

• It is process to find out what is valuable to me by investigating within myself. Since it is me who feel happy, successful, unhappy or unsuccessful. Therefore what is right for me is to be judged by myself only. This whole process is called self exploration.

• According to Merriam - Webster :-

"The examination and analysis of one's own unrealized spiritual or intellectual capacities."

Purpose of Self Exploration :

1. It is a process of dialogue between "what you are" and "what you really want to be".
2. It is a process of self evolution through self investigation.
3. Process of knowing oneself and through that understanding entire existence.
4. Process of recognizing relationship with every unit in existence.
5. Process of knowing human conduct, human character & living accordingly.

6. Process of being in harmony with oneself and with entire existence.

7. Process of knowing ^{of} innateness, & moving towards self organization and self expression.

* Mechanism of Self Exploration:

1. Natural Acceptance:

- Natural acceptance implies unconditional and total acceptance of the self, people & environment.
- It also refers to the absence of any exception from others.
- Once we fully and truly commit ourselves on the basis of natural acceptance, we feel a holistic sense of inner harmony, tranquility and fulfillment.

2. Experimental Validation:

- Experimental validation is a process that involves direct experience with the learning environment and content.
- It may be regarded as a philosophy and methodology in which the direct experience and focused reflection of the individual helps to increase knowledge, develop skill and clarify values.
- Self exploration takes place in the self and not the body.