

# **Lecture 4**

## **Self-exploration as the Process for Value Education**

## Content of this Session

About this workshop/course

Process of self-exploration  
(in more detail)

We will also explore:

Do we have the potential to  
recognize what is right?

Can we be self-referential?

## इस सत्र कि विषय-वास्तु

इस शिविर/course के बारे

अध्ययन प्रक्रिया  
(विस्तार)

हम लोग यह भी जांचेंगे कि:

क्या हम में सही को पहचान पाने की क्षमता  
है?

क्या हम स्वतंत्र हो सकते हैं?

1. It is a process of dialogue – between me and you, to begin with  
;g laokn dh izfØ;k gSA ;g laokn vkids vkSj esjs chp 'kq: gksrk gSA
2. It soon becomes a dialogue within your own Self...  
"kh?kz gh ;g laokn vkids Lo;a eas pyus yxrk gSA

# The Dialogue Within

What I Really Want  
My Natural Acceptance  
My Intention

1. We have to discover our natural acceptance (where we want to reach)

Always Relationship

Dialogue

3. We have to ensure this dialog and ensure harmony within (evaluate our desires vis-à-vis our natural acceptance)

These are in Contradiction  
↓  
Happiness

These are in Harmony  
↓  
Happiness

What I am  
My Desire, Thought  
Expectation  
My Current State

2. We have to find out what I am (where we are now)

Sometimes Opposition

Sometimes Relationship

## Points for Self-observation

We have the innate potential to recognise what is right

We are endowed with natural acceptance

- It is innate, a part and parcel of our being
- It is invariant, uncorrupted by pre-conditioning
- It is definite

As we refer to our natural acceptance, we become self-referential  
(self-organised, autonomous, *swatantra*)

# Process of Self-exploration, Self-investigation

1. It is a process of dialogue – between me and you, to begin with. It soon becomes a dialogue within your own self
2. It is a process of dialogue between what I am (tSlk eSa gjw) and my Natural Acceptance or what I really want to be (tSlk gksuk eq>s lgt Lohdk;Z gS = LoRo)
3. It is a process of Self-exploration, Self-investigation → Self-evolution
4. It is a process of knowing oneself and through the self, knowing Nature and the entire existence
5. It is a process of recognizing one's relationship with every unit in nature/existence; and fulfilling that relationship
6. It is a process of knowing Human Conduct (ekuoh; vkpj.k) and living according to it
7. It is a process of living in harmony within, living in harmony with others...living in harmony with entire existence

# Scope of this Workshop / Course: Self-evolution, Self-extension

Knowing your Natural Acceptance

What you really want to be

Natural Acceptance

*Swatva* **LoRo**



Living in accordance with your Natural Acceptance

Living in harmony within

Self-organized

*Swatantrata* **Lora=rk**



Living in harmony with others... with the entire existence

Self-extension

*Swrajya* **LojkT;**



Harmony Everywhere = Universal Order

# Self-exploration, Self-investigation

## 1. Content of Self Exploration:

a. Desire (**pkguk**) - Aim, Objective, Purpose, Basic Human Aspiration

What do I want to achieve?

b. Program (**djuk**) – Process of achieving the desire, action

How do I achieve it ?

## 2. Process of Self Exploration



1. Happiness
2. Prosperity
3. The continuity of Happiness and Prosperity

Let us find out:

1. Do we desire for Happiness?
2. Do we desire for Prosperity?
3. Do we desire for the continuity of both (happiness & prosperity)?
4. If continuity of happiness and prosperity is ensured then what else would you desire?

Our desires are not unlimited or indefinite

Our basic aspiration is for **happiness, prosperity and its continuity**

# Self-exploration, Self-investigation

## 1. Content of Self Exploration:

a. Desire (**pkguk**) - Aim, Objective, Purpose

What do I want to achieve?

Happiness, Prosperity

↓  
Continuity

b. Program (**djuk**) – Process of achieving the desire, action

How do I achieve it ?

## 2. Process of Self Exploration

a. Whatever is stated is a **Proposal**

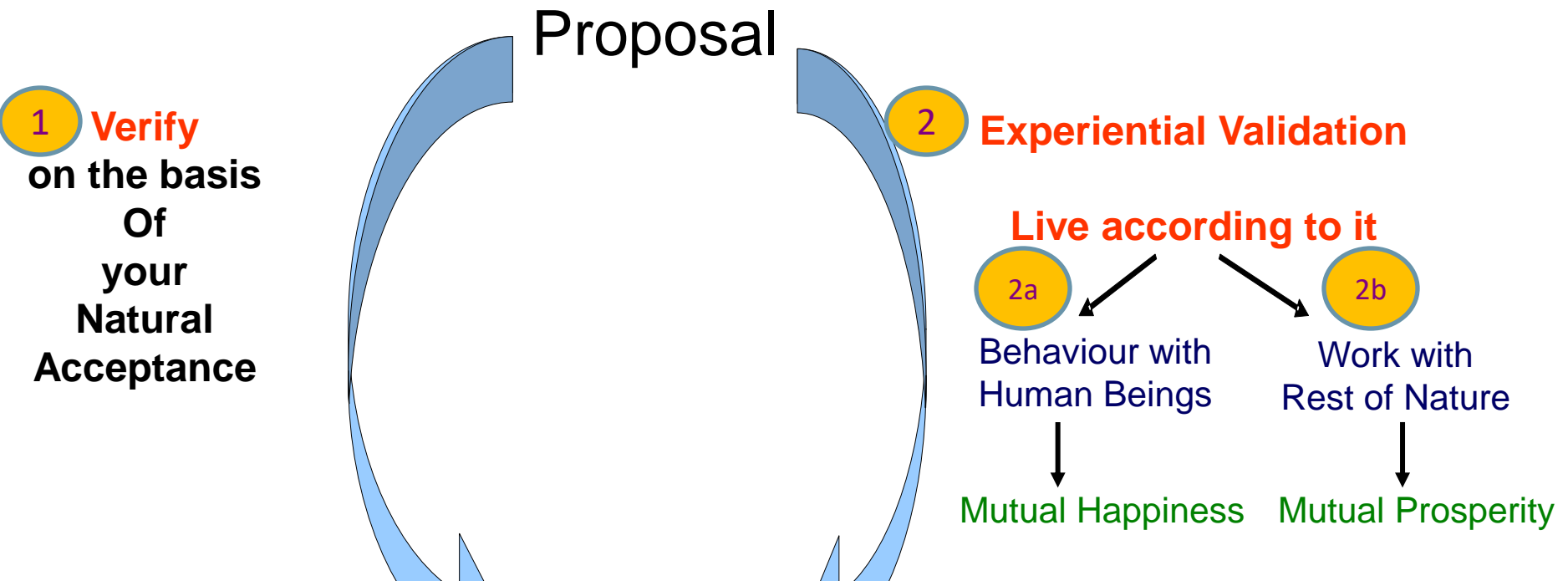
**Do not assume it to be true/ false**

**Verify** it on your own right

b. Self-verification

# Process of Self-verification

Whatever is stated is a **Proposal** (**Do not assume it to be true/ false**)  
**Verify** it on your own right



**Which process is Naturally Acceptable to you?**

**A process of self-exploration, self-verification on your own right, leading to understanding in yourself**  
or

**A process of do's & don'ts, in which you assume what is said, without verification**

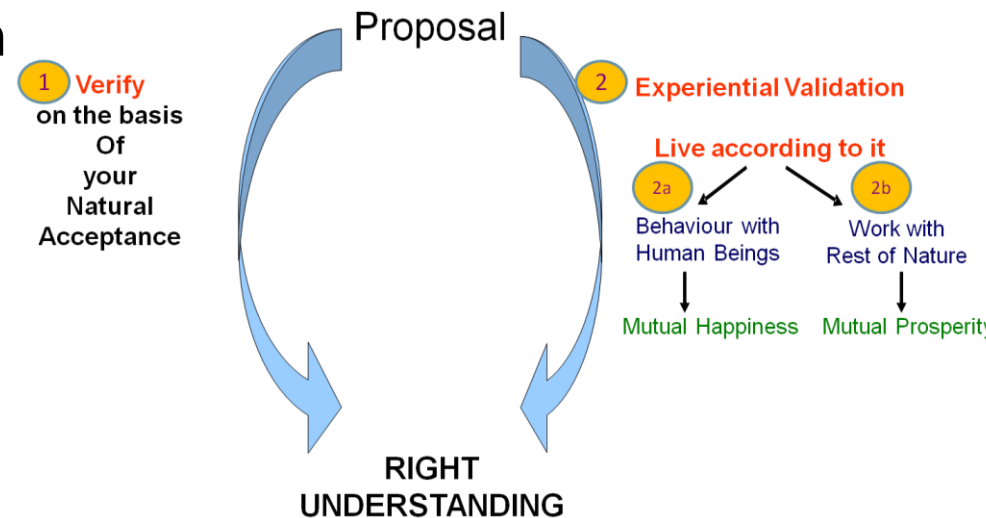
# Sum Up

Content of self-exploration = Basic human desire  
= Happiness, prosperity → continuity

Process of self-exploration  
= Self-investigation, self-verification

It is a process of  
living in harmony within,  
living in harmony with others...  
and ultimately,  
living in harmony with the entire existence

Whatever is stated is a **Proposal** (Do not assume it to be true/ false)  
Verify it on your own right



The Purpose of this workshop/course is to initiate self-exploration in you

# Self Reflection

# Self-reflection

1. Who would decide what is valuable for you? Yourself or someone else?
2. Do you want to be able to decide on your own right or
3. Do you want to assume what is told by somebody, to be dependent on it to decide for you?
4. Are you able to see your desires, your thoughts, i.e. what you are?
5. Are you able to see your natural acceptance?
6. Are you able to see if there is a dialogue between what you are and your natural acceptance?
7. Are you able to see that when what you are is in harmony with your natural acceptance, you are in a state of happiness? And when what you are is in contradiction with your natural acceptance, you are in a state of unhappiness

**FAQ**

1. We have to follow social norms and live as per family traditions to be accepted in the society, or even in the family. This has been working for a long time. Do we need to verify these norms and traditions also?
2. What is the source of the proposals? If the source is verified, is authentic, then we can accept the proposals – and do we don't need to verify them again. Right?
3. What we accept is something quite subjective, different things appeal to different people – How can we say that natural acceptance is same for everybody? Actually what is this natural acceptance?
4. How is it possible to understand everything by through the self? Just being aware of “what I am” and “what I really want to be” itself is so difficult.
5. Isn't swatantrata and freedom the same? (please give examples of swatantrata at each level of being – individual, family, society and nature)



# Self-Discipline, Self-Confidence Lovuq'kklu] vkRefo"okl

Assuming  
ekuuk

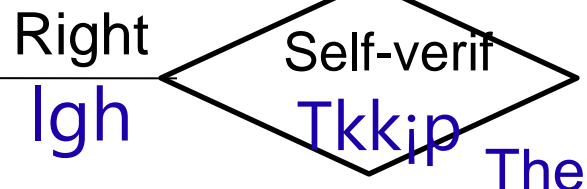
Imitate vuqlj.k (0-3)

Follow vuqdj.k (3-6)

Obedience/Discipline

Relationship  
laca/k

vkKkikyu@vuq'kklu (5-9)



Family  
ifjokj

School  
fo|ky;

University  
fo"o&fo|k  
y;

Self Discipline (10...)

Lo&vuq'kklu  
Self-confidence  
vkRefo"okl

Knowing  
tkuuk

The child is swatantra...

Knowing, not just assuming

Is following internally guided discipline (right understanding)

... which is fulfilling for the child & for others

Society  
lekt

# Self-Discipline, Self-Confidence Lovuq'kklu] vkRefo"okl

Assuming  
ekuuk

Imitate vuqlj.k (0-3)

Family

ifjokj

Next  
Generation

Follow vuqdj.k (3-6)

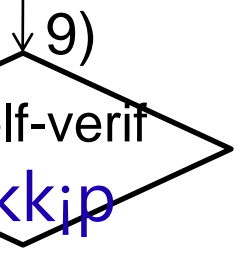
Obedience/Discipline

Relationship  
laca/k

vkKkiky@vuq'kklu (5-

School

fo|ky;



Right  
lgh

University

fo"o&fo|k

y;

Self Discipline (10...)

Lo&vuq'kklu

Every next generation is more developed

Self-confidence

vkRefo"okl

Society

lekt

Knowing

In harmony within

In harmony with family

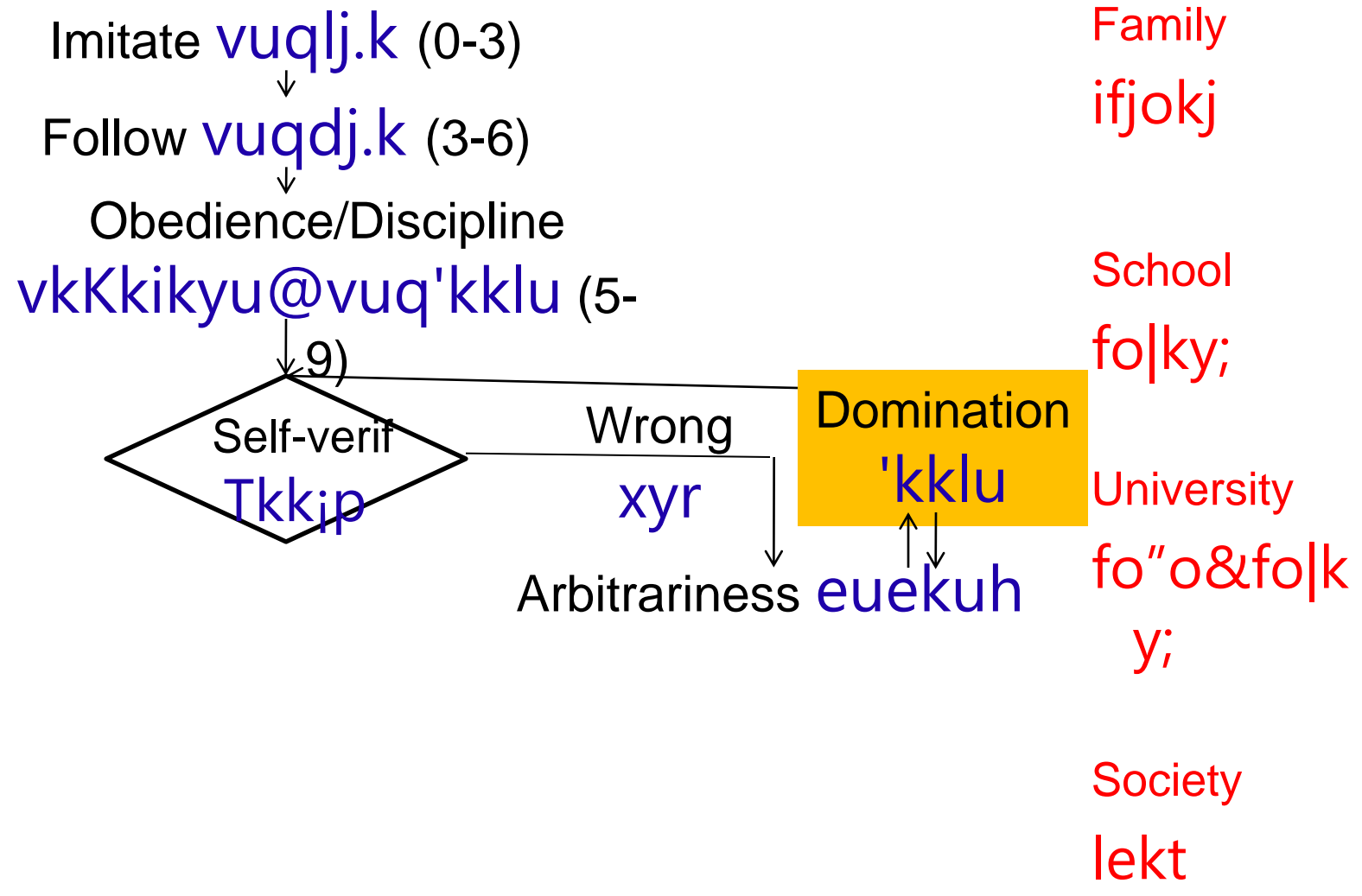
In harmony with society

In harmony with nature/existence

tkuuk

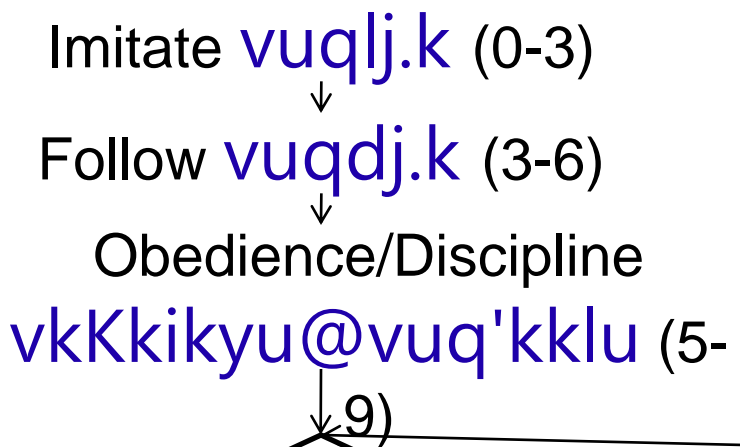
# Self-Discipline, Self-Confidence Lovuq'kklu] vkRefo"okl

Assuming  
ekuuk



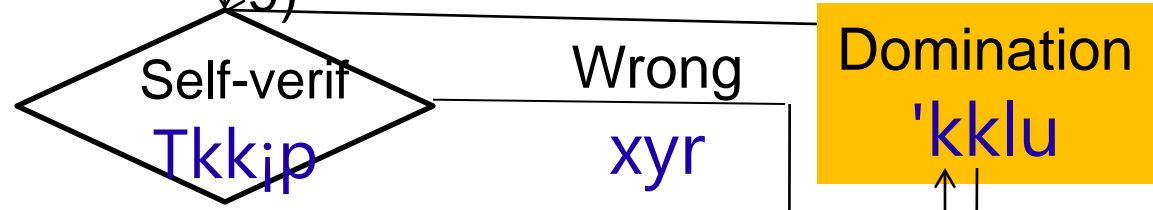
# Self-Discipline, Self-Confidence Lovuq'kklu] vkRefo"okl

Assuming  
ekuuk



Family  
ifjokj

School  
fo|ky;



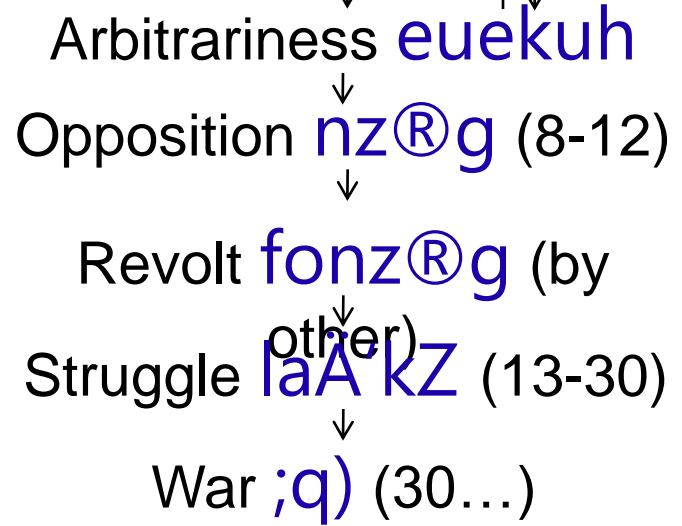
University

fo"o&fo|ky  
;

The child is partantra...

Is still assuming, not knowing

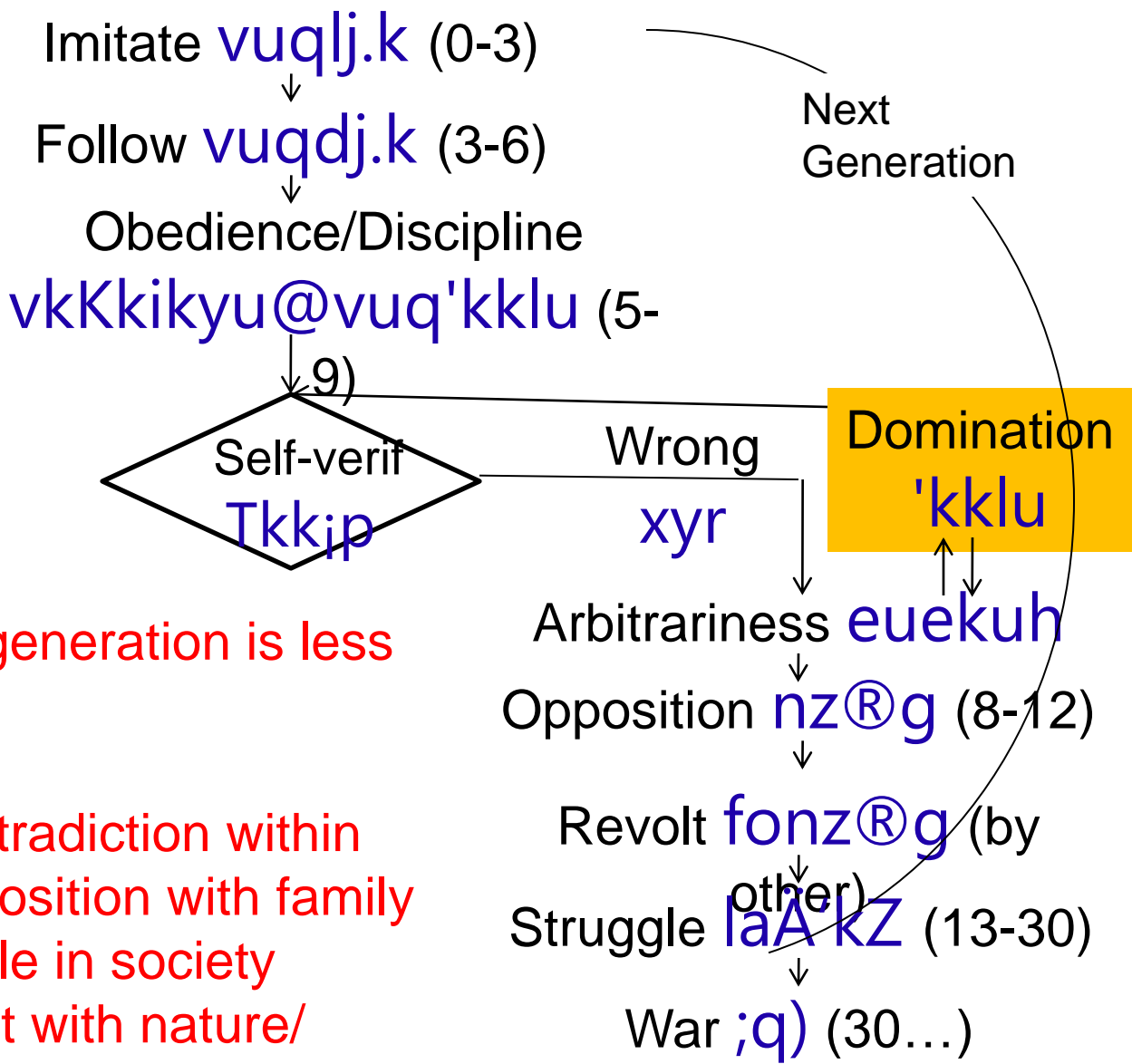
Is still going by externally enforced discipline (fear/incentive)... which may not be fulfilling for the child nor for others



Society  
lekt

# Self-Discipline, Self-Confidence Lovuq'kklu] vkRefo"okl

Assuming  
ekuuk



Family  
ifjokj

School  
fo|ky;

University  
fo"o&fo|k  
y;

Society  
lekt

Every next generation is less developed

In more contradiction within  
 In more opposition with family  
 More struggle in society  
 More conflict with nature/  
 existence

# Self-Discipline, Self-Confidence Lovuq'kklu] vkRefo"okl

Assuming  
ekuuk  
Next  
Generation

Imitate vuqlj.k (0-3)  
↓  
Follow vuqdj.k (3-6)  
↓  
Obedience/Discipline

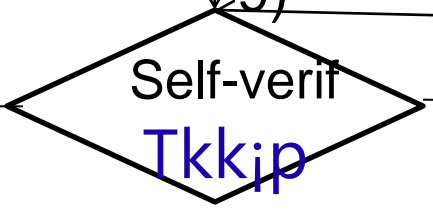
Human  
Education-sanskar  
ekuoh;  
f"kk-laLdkj

Family  
ifjokj

Relationship  
laca/k

vkKkiky@vuq'kklu (5-

School  
fo|ky;



~~Domination 'kklu~~

University  
fo"o&fo|k  
y;

Self Discipline (10...)  
Lovuq'kklu  
Self-confidence  
vkRefo"okl

Arbitrariness euekuh  
↓  
Opposition nz®g (8-12)  
↓  
Revolt fonz®g (by  
other)  
↓  
Struggle laA kZ (13-30)  
↓  
War ;q (30...)

Society  
lekt

Knowing  
tkuuk