

Mechanism for self-exploration

The two mechanisms for self-exploration are as follows:-

- Natural Acceptance and;
- Experimental Validation

- **Natural Acceptance:-**

Natural acceptance is process understand yourself first. Try to find out the ego stage. Try to reduce that. Open your eyes and look around. The world is full of good things. You need to accept the right naturally. Once it starts coming naturally you will feel that you are actually upgraded yourself. As problems are the part of life and natural acceptance is the answer of life.

No doubt it is the core of happiness. The world around us is so charming that we start imitating others blindly. Do not imitate anybody else, as it is the sign of default of man. Accept it what you are in yourself. Make yourself satisfied in what you have. Then, happiness will always reside within you and you don't feel yourself alone or isolated.

- **Experimental Validation:-** Experimental validation is a process that gives direct experience with the learning environment and content. It may be regarded as a philosophy in which direct experience and reflection of the individual helps to increase knowledge, develop skill and clarify values. When one has experimental validation, it shows through your actions, writings, thoughts, speech etc. if you seek experimental validation, firstly we need to be sincere. A philosopher has said, "if your heart is sincere, there will be a response".

Reference Books:

1. Srivastava, Smriti; *Human Values and Professional Ethics*; S.K.Kataria & Son Books, New Delhi; 2010-11
2. Gupta, Y.K.; *A foundational course in Human Values and Professional Ethics*; Shubham Publications, New Delhi; 2010