

Process of Self-Exploration

There are lots of methods of self-exploration and out of them there are certain questions which can be asked regularly come are as follows:-

- What did I learn last week?
- What can I do right now to make the week less stressful?
- What have I struggled in the past?
- What opportunities are still on the table?
- How can I help someone else?
- What are my top 3 goals for the next 3 years?
- How many of my recent actions moved me closer to my goals?
- What are my part?
- What am I most grateful for?
- What's the next step for each goal?

The process of value education can be apt by some proposals. Which are:-

- (i) We will verify these proposals through Self-Exploration. We shall investigate and try to verify within us.
- (ii) This self-exploration will be done on the basis of whether the proposals are acceptable to us in a natural manner.
- (iii) Whatever is found as a truth or reality may be stated as a proposal and every student may be able to verify it on their own right.
- (iv) This process of self-investigation and self-exploration has to be in the form of a dialogue between the teacher and students to begin with and within the student family.

The process of value education is self-exploration which includes two things verification at the level of natural acceptance and experiential validation in living. The process is to find out what is valuable to me by investigating within myself. Since it is me who feels happy or unhappy, successful or unsuccessful, therefore whatever is right for me, true for me has to be judged within myself.

There are seven (7) processes of Self-Exploration.

a) It is a process of dialogue between ‘what you are and’ what you really want to be.

We will look in to over selves and find out what we are not what we really want to be. There are different and each one of us is faced with this contradiction. What we are today is the result of our preconditioning, over predispositions, over impressions and over beliefs. What we really want to be comes from deep within us, that is naturally acceptable to us. Its need to be explore and found end. Problem arises because many a time we can find that we think something, we want something, we say something, and we do something. There are dissimilarities in our conduct. For example—if one aspire for to be a doctor after sometime we can see he became a teacher. Secondly, if one aspire for to be an engineer after sometime we can follow that he became a businessman. This is the gap for whatever we say and whatever we do. We need to explore on that.

The result of our actions do not match with the expected out comes, this kind of dichotomy continues to exist in us. These contradiction are the basic issues which needs to be resolved.

b) It is a process of self-evolution through self-investigation:-

By self-investigation, we shall work towards being what we really want to be. In this process we can investigate us, examine us and after all evaluate us. Most of us watch the T.V. serials which are related to social problem as well as problem of individual. The investigators search the factors of problem. After getting the result we can know where the problem was. Similarly we have to investigate ourselves to know the potentialities and weakness we have. If there is potentialities then there is no problem. But to search our weakness we need to explore ourselves. Hence the self-exploration shall lead to our own improvement, are own self evolution we shall become qualitatively better. It is necessary to find out the contradictions in ourselves, to see that we are in contradiction. Where would we this? Since the contradiction are in over selves, it become necessary that we investigate in to ourselves to find out this. For that it is necessary we do self-evolution. This process of self-investigation needs to be started. It needs to be start in each one of

us. Once this dialogue within ourselves has been established and we have evolved, we have become what we really wanted to be.

c) **It is a process of knowing oneself and through that knowing the entire existence:-**

Self-exploration and self-evolution leads to us knowing ourselves. As we know ourselves, we also want to know the things around us. We want to understand the people we live with, the family we are born in, the people in society we interact with and in the larger existence. Each human being wants to know every things have know over selves, we can know the entire existence. Therefore it is important to know myself first, and when I am sure about myself and that there is no misunderstanding there, then I can know about other things. Since I am now sure about myself.

d) **It is a process of recognizing ones relationship with every unit in existence and fulfilling it:-**

When think that what are the things we live with today? We live with our families, with our parents, grand parents, brother, sister, we live in society – we interact with are teacher, various kind of people that produce various goods. We live with nature- animals, birds, plants, insects etc. The question arises the relationship with each one of these entities. Example the problem of misunderstanding in relationship – the problem of wars and crime in society – problem of pollution in nature etc. Are these not due to the lack of right understanding of our relationship at these various levels? These problem based on due to assuming certain things about these relationship without verifying the same. This we start with understanding through ourselves, then we understand the rest of existence and also the relationship with all entities in existence and then fulfil this relationship.

e) **It is a process of knowing human conduct, human character and living accordingly:-**

None of us want to live with uncertainty. We are not comfortable in uncertainty. We need stability in our conduct. But the problem is that there is no stability in conduct. Our state of mind and behaviour always keep changing. We know our own true nature. We know what is our participation with the other things we live with this is call human conduct or human character. When we know this true character we start to live according to it. We recognize silver and gold by its behavior, we recognize all by their behavior.

For example---- As we all know cat chase the rat,not rat chase the cat. Because these entities exhibit a definite conduct. The human being does not seem to have a definite conduct. For an example. We are not sure of how we are going to be this very evening. Most of the time we just change our mood. If it will like this confusions and contradictions will be arises. But we can improve our selves by definite conduct.

There is need to understand this definite conduct in a human being and how it can be ensured:- the process of self-exploration is enable us to identify the definiteness of human conduct to live accordingly.

f) It is a process of being in harmony in oneself and in harmony with entire existence:-

Through the process of self-exploration, I establish a dialogue with my natural acceptance. This enable me to be in harmony within myself. Through the same process a person is able to explore in to the harmony with entire existence. This the process of self-exploration helps me to live in harmony within myself and is all my interactions with the world around.

g) It is a process of identifying over innateness and (Swatva)Moving towards self-organization (Swatantrata) and self-exploration (Swarajya):-

After identify the innateness of myself that what i really want to be and establish a dialogue with it, it enables me to become self-organized. I attain harmony in myself. This is Swatantrata. Where I start living with this harmony, it starts expressing itself through my harmonious behavior and work and it naturally extends to my surrounding. This is Swaraja.

- Swatantrata:-self-organized: being in harmony in oneself.
- Swarajya:-Self-expresstion : living in harmony with others and this participation in harmony in the whole existence.

Question can arise that are we self – organized right now? Are we able to be make harmony with others? The answer of confusion and contradiction relatesthat we are not self-organized. If I am living with preconditioning where I have assumed certain things, have accumulated desire without having first evaluated them, then it means I am not swatantra, not self-organized. We are not Swatantra because there is a continuous conflict within us.

So, through this process of self-exploration I can identify my innateness (Swatva), what I really want to be, then living accordingly enables me to being in harmony within myself (Swatantrata) and finally being in harmony with the whole existence (Swarajya).

Reference Books:

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2. Gupta,Y.K.; *A foundational course in Human Values and Professional Ethics*;Shubham Publications, New Delhi; 2010