



## Self-exploration leads to Blissful Life

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### ABSTRACT

Self-exploration or self-actualization is a term that has been used in various psychology theories, often in slightly different ways. The term was originally introduced by the organismic theorist Kurt Goldstein for the motive to realize one's full potential. Expressing one's creativity, quest for spiritual enlightenment, pursuit of knowledge, and the desire to give to and/or positively transform society are examples of self-actualization. In Goldstein's view, it is the organism's master motive, the only real motive: "the tendency to actualize itself as fully as possible is the basic drive... the drive of self-actualization." Carl Rogers similarly wrote of "the curative force in psychotherapy – man's tendency to actualize himself, to become his potentialities..." to express and activate all the capacities of the organism.[2] The concept was brought most fully to prominence in Abraham Maslow's hierarchy of needs theory as the final level of psychological development that can be achieved when all basic and mental needs are essentially fulfilled and the "actualization" of the full personal potential takes place, although he adapted this viewpoint later on in life, and saw it more flexibly. Self-exploration can be seen as similar to words and concepts such as self-discovery, self-reflection, self-realisation and self-actualization.

**KEYWORDS** : Blissful life, Self-actualization, Self-exploration, Self-realization, Self-reflection.

### INTRODUCTION

Self-exploration is a process of dialogue between what we are and how it contrast from what we really want to be, it is a process of self-evolution and thought this self-investigation If we look into our self and find out what we are today and how it contracts from what we really want to be , if these two are the same , then there is no problem, if it is different, it means we are living with contradiction and hence it needs to be corrected.

The self-exploration leads to our own self evolution, thus leading to be in harmony within ourselves. It is a process of knowing what oneself and thought that knowing the entries existence It leads to knowing our self-better, thus leading us to know all things around correctly. It is a process of recognizing one's relationship with environment and fulfilling it. We are related to all entities around u , what is needed is to convey and correctly understand our relationship with them , when we are not able to understand this , then we are able to fulfil our relationship with them. It is a process of knowing human conduct, character and living accordingly and being in harmony with one-self and in harmony with entire existence.

It is a process of identifying innateness (svata) and moving towards self-organisation (swantantra) and self-expression (swarjya). When we identify what we really want to be and establish a dialogue it enables us self-organised that is to attain harmony in myself. It starts expressing itself and extends to my participation with surroundings (swarajya). Secondly validating it by living accordingly when the proposal is verified on the basis it leads to realisation and understanding Understanding is assuring, satisfying and universal with respect to time and individual. Our true self has always been here, waiting for us to reveal it.

Self-exploration is an ongoing process that includes collecting information about our interests, abilities and skills, values, personality, and career readiness. Interests are simply things we enjoy. Having an understanding of what we like, as well as what we don't like, can help us discover academic majors and career paths that will complement what we are already passionate about. Value is a belief that holds meaning to we and may influence our career decisions. Values can guide us towards decisions that will lead to satisfaction and happiness, both in our career and our everyday life. Personal style and preferences determine how we fit into the environment, how we process information, and how we make meaning of the world around us. Understanding our own personality and preferences will assist us in finding a work setting that suits us.

### Useful Qualities for Self Exploration:

- [Strengthening intention and will](#)
- Developing faith in our self
- Self-responsibility
- Self-respect and integrity
- Self-honesty
- No preconceptions or expectations
- Courage
- Dedication and perseverance
- Humility and humour

Many paths seem to be about following either something or someone else. They often require us to take on certain assumptions (read – beliefs) to proceed and they often use passive practices (meditation for example) for exploration and change. Strengthening intention and will

The stronger our intention is the more we will proceed in alignment with our desire. If your intention and will to proceed is ambiguous or small then the will and intention of those who present the practices or techniques you use will take precedence over your own. When this happens then you are relying on and following someone else's will and not in fact our own. After you have held to a strong intention for some time (two or three years) then at some point, absolutely everything that happens in our life manifests as a result of this focus. Everything that then arises in our life is part of the process to move us completely into full alignment with our intention and is absolutely positive particularly when it is presenting us with what we need to deal with within ourself (that we don't like or don't want to accept) so that we can then bring ourself into alignment with our goal.

### Developing faith in our self

As we are God or have the ability to be God then it is better to develop the ability to have faith in our self as having faith in either someone else or worse an external God not only helps to maintain separation but also reduces our ability to be responsive to our self which brings us to self-responsibility. This will help us understanding that only we are responsible for ourselves and only we are responsible for what we achieve within our life. No one else is to blame for what we choose to manifest and experience and no one else is to blame for what we choose to not manifest and experience. When we pass the responsibility of finding ourself to others then how will that give us the ability to be responsive to our self.

### Self-respect and integrity

We have found that we have become incredibly strong. If we feel that someone is not treating or dealing with us correctly we say so and we make sure it is changed or we cut from these people or

beings. In short, part of what is required for this path to work is that we have to look at all our interactions and actually deal with all those that are dishonouring. Now, we simply won't take any shit from anyone. We won't accept anything less than respect but at the same time we won't give anyone any shit either or treat people disrespectfully.

### Self-honesty

It is a very important attribute to either cultivate or enhance. Self-honesty requires that we make changes if we are not moving closer to our goal. Self-honesty means that we cannot hide behind our self and blame stagnation on others or on factors out there. Self-honesty means that we will be honest about all parts of our self whether we like these parts or not. Self-honesty means that we will always try and look at the illusions we are presenting.

### No preconceptions or expectations

As these keep us within the boundaries of what you think you know or believe rather than what it is possible to know or directly experience then it is not possible to move beyond what we believe or know without letting these go completely. Try and proceed then, as if you know nothing but are open to everything.

### Courage

We had not thought of this until recently. But after watching many, many people run away from themselves, or of fooling themselves by avoiding areas (either consciously or otherwise) then we have to say that this path does require a high level of courage, either initially or again it must be developed. Too often people cling to what they think is the truth regarding spiritual growth. To really work to have no preconceptions or expectations requires that you let go of everything that you think is right so that you can find out what really is. That is you must have the intention to step completely into the unknown and make this intention manifest all the time. This for most people is a very difficult area to master as it takes much courage to put down everything that you think you know to stand in nothing and see what arises.

According to Howes, these are some options for digging deeper and getting to know yourself better:

- Open your memoir.
- Compose a letter for a time capsule.
- Write your own obituary.
- Create a family tree (or genogram, "a family tree with all the psychological details").
- Make a timeline of your life.
- "Reflect on [your] best and worst day."
- Record your dreams.
- Ask yourself, What would I do if I had three wishes?
- Ask yourself, "Why?" whether it's about your hobbies, likes, dislikes or your emotions and experiences. According to Howes, a few examples: "Why do I love baseball?" "Why do I dress this way?" or "Why don't I cry very often?" "You might be surprised at your own answers," he said.
- Enlist help. "Sometimes the guidance of a friend, mentor, spiritual advisor or therapist" can help."

Thus as Howes said, self-exploration "takes time, effort [and] focus...It can be some of the scariest and yet rewarding work we ever do". In order to know where we want to go in life, we have to know who you are. Self-awareness is the first step in the career development process. When making career decisions, it is important to implement the four areas of your self-concept: personality, interests, skills and values. Increasing our awareness of these four areas will help us choose a career path that will be a better "fit" for us.

Not everyone is cut out for the same job. Salary means nothing if going to work every day makes us miserable. There are many great careers out there that are consistent with our personality, skills,

values and interests. To get an idea of what they might be, we must meet with a career counsellor and sign up for Career Quest, a comprehensive set of inventories. These inventories assess all four areas of our self-concept and provide us with potential major and career paths to consider. In case of human being to understand what is valuable. We need to study ourselves and the larger order around us.

Self-evaluators are able to judge situations correctly and honestly. They are very sensitive to the fake and dishonest, and are free to see reality 'as it is'. They accept their own human nature with all its flaws. The shortcomings of others and the contradictions of the human condition are accepted with humour and tolerance.

They are reliant on their own experiences and judgement. They are independent, not reliant on culture and environment to form opinions and views. They are free from reliance on external authorities or other people. They tend to be resourceful and independent. They seem to constantly renew appreciation of life's basic goods. A sunset or a flower will be experienced as intensely time after time as it was at first. There is an "innocence of vision", like that of an artist or child. They are marked by deep loving bonds. Despite their satisfying relationships with others, self exploring people value solitude and are comfortable being alone.

we enjoy what we like and most often we very much settle for what we like, and don't bother to explore what we don't like. This is a typical response of most of the people, including highly resolved ones. "why should I bother about what I don't like" and that sounds perfect. But there is something underneath. We experience enjoyment and happiness by two means in life, either by sensing pleasure or by avoiding pain. Pain and pleasure, both are fleeting in nature and hence happiness also does not last for long particularly if happiness is experienced by avoiding pain. For bulk of humanity that's the case, as they are driven by the past experiences in life and somehow they are more clear on what they don't want than knowing what they actually want. Happiness and enjoyment are temporary mental states in life, but journey can be blissful if we keep exploring one step deeper "why do I like something and why I don't like something."

We think we are living at the conscious level but it is not true. It is our fear or limiting beliefs driving our life at the unconscious level. Decisions are made at unconscious level and on the surface we end up liking something or disliking something. We end up living our fears more than our possibilities. We are simply not present. One may ask, "is it me liking or disliking something or my fear is deciding on behalf of me?" By an exploration into our liking and disliking, we can discover what is underneath and that can set us free to make empowering choices moment by moment in our life. No longer are we slaves to our likes and dislikes. As long as we decide, and not our negative emotions, whichever path we select, life would be blissful experience and that journey would be permanent. Eternal bliss is beyond all dualities, good or bad, and certainly likes and dislikes keep exploring self. In summary, self-explorators feel finally themselves, safe, not anxious, accepted, loved, loving, and alive, certainly living a blissful life.

### References

1. Goldstein, quoted in Arnold H. Modell, *The Private Self* (Harvard 1993) p. 44.
2. Abraham H. Maslow, *Motivation and Personality*. 2nd ed., Chapter 11 "Self-Actualizing People: A Study of Psychological Health".
3. Study of Psychological Health".