



LEARNING TO LIVE TOGETHER IN PEACE AND HARMONY THROUGH SELF- EXPLORATION

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ABSTRACT

Despite the tremendous advances in science & technology and despite increased literacy in society, there seems to be an increased rate in crime, broken marriages, and breakdown of the family structure as a social unit, instability in society, global warming and climate change. If we want to continue having a society what we have today with each one for him/her or we want to build a better tomorrow for ourselves as well as for our children? The tomorrow's society is that where one feels safe, has a feeling of care for every other person on the planet and care even towards plants and animals, all units in nature. To achieve this one should self-exploration him to learn to live together and achieve harmony in the society. Self-exploration is the process of self-evolution through self-investigation. It is an on-going process that includes collecting information about your interests, abilities and skills, values, personality, and career readiness. It can be seen as similar to words and concepts such as self-discovery, self-reflection, self-realisation and self-actualization. It has to be authenticated by you alone by means of verification at the level of natural acceptance and experiential validation. There are certain useful qualities of self-exploration like Strengthening intention and will, Developing faith in yourself, Self-responsibility, Self-respect and integrity Self-honesty, etc. According to Ryan Howe's, Ph.D., psychologist, writer and professor in Pasadena, California self-exploration means having a deeper understanding of ourselves which has many benefits. It helps people understand and accept who they are, why they do and what they do, which improves self-esteem, communication and relationships.

KEYWORDS : Self-exploration, self-evolution, self-investigation, harmony, relationships.

INTRODUCTION

According to Swami Vivekananda development of good personality in every human being is very essential in case of nation building which can be achieved through self-exploration. Our resources are not unlimited – the way we are going about exploiting nature and misusing resources, the time is not far when we will find ourselves trapped. The need for inculcating human values has been voiced by every framer of education policy. The Supreme Court of India has also noted that while literacy has gone up tremendously from 12% in 1947 to 82% in 2016, there has been a steady decline in the human values. The educational establishment needs to work on a way out. Universal human values are based on the natural laws, on reality, as it is in a way that anyone can understand on their own right, through self-exploration. Living accordingly enables one to live an informed, purposeful, happy and responsible life – as an individual, as a member of family, as a member of society and as a unit in nature/existence. In education, this input provides a universal basis for human values that supplements and provides direction to the current educational system.

Meaning of self-exploration

Self-exploration is an on-going process that includes collecting information about your interests, abilities and skills, values, personality, and career readiness. It is process to find out what is valuable to me by investigating with in me. Since it is me who feel happy, successful, unhappy or unsuccessful, it is right for me to be judged by myself only.

Purpose of self-exploration:

- It is a process of dialogue between "what you are" and "what you really want to be"
- It is a process of self-evolution through self-investigation
- Process of knowing oneself and through that understanding entire existence.
- Process of recognizing relationship with every unit in existence.
- Process of knowing human conduct, human character & living accordingly.
- Process of being in harmony with oneself and with entire existence.
- Process of knowing innateness, & moving towards self-organization & self-expression.

Methodology of self-exploration

Many of us go through life skimming the surface of our identities. That is, we don't truly dig deeply into our thoughts, feelings, desires

and dreams. Part of the problem is that we're always on the go. When to-do lists keep swelling, self-exploration takes a backseat. How can it not, when we barely find time for self-care? Specifically, self-exploration involves "taking a look at your own thoughts, feelings, behaviour's and motivations and asking why. It's looking for the roots of who we are — answers to all the questions we have about ourselves.

The methodology of exploring yourself is a meticulous one and takes determination and focus to accomplish. It means becoming aware of what's important to you and understanding yourself, i.e. your values, interests, aptitudes, abilities, strengths and weaknesses. It is also a way to gain knowledge of what is a good fit or match for your personality type. Before you can explore the world of work or a career, you must first understand yourself. Start by asking yourself questions: "What do I want to do?" "What are my goals, dreams and ambitions?" Self-exploration is looking inside yourself and concentrating and focusing on you, your needs, and your future...not mom's, dad's, or your friends. This is not to say that what others have to say isn't important. On the contrary, hear them out, but ultimately this important decision is yours. After all, you know you better than anyone else, even mom.

This process of self-exploration may seem a little lame, but this is the foundation that makes good decisions great! Knowing your strengths and weaknesses can make all the difference! If you take the time to know yourself, or at least evaluate yourself, you will have a truer sense of what's good for you, or should I say, better for you. Many people never take into consideration whether the career/job they've chosen is something that they are going to enjoy doing, whether it's going to meet their needs professionally and/or personally. Many are just glad to have a job that pays decent wages. Yes, finances are important, but ultimately it's more important to be happy. If you are not satisfied in your job it will eventually affect your work, your level of commitment to the job, those you work for and even your personal life. If you enjoy what you are doing, believe in it and you know why you chose to do it, you will tend to be more committed to it, better at it, and you'll work harder to do it well. This commitment, this strong work ethic is what aims us towards achieving greatness. If we are happy, we look towards the future with determination, ambition, and goals. If we are just getting by in our job, could care less about whether we get the job done or even whether we come to work at all, we tend to wallow in our misery. We do more looking back at what could have been or should have been, and can only see the future as more of the same dissatisfaction. Success requires taking an active role in the growth and

development of our personal and professional life. One way to get started figuring out who you are and what you want in life is to begin by evaluating your academic exposure.

Useful Qualities for Self-Exploration:

- Strengthening intention and will
- Developing faith- a source of strength
- Developing self-confidence
- Self-responsibility
- Self-respect and integrity
- Self-honesty
- Courage
- Dedication and perseverance
- Humility and humour

Strengthening intention and will

We generally evaluate ourselves on the basis of our intention and others on the basis of their competence. We seldom look at our competence and others intention. If we have trust on intention, we have a feeling of being related to the other and we start helping the other to improve his competence, if he does not have enough. If we do not have trust on intention, we have a feeling of opposition with the other which ultimately leads to fighting, struggle and war.

Developing faith – a source of strength

The history of the world is the history of a few men who had faith in themselves the faith in themselves was in the hearts of our ancestors which was the motive power that pushed them forward and forward in the march of civilization. Let the faith in yourself to keep going. Developing self-confidence;

Self – confidence can be improved by having positive thoughts about yourself and others. If one plans, set goals and keep track of their progress, they can recognize the changes in their attitude and interpersonal relationships.

Self-responsibility

This will help you understanding that only you are responsible for you and only you are responsible for what you achieve within your life. No one else is to blame for what YOU choose to MANIFEST and

EXPERIENCE.

Self-respect and integrity

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 you have to look at all your interactions and actually deal with all those that are dishonouring.

Self-honesty

Is a very important attribute to either cultivate or enhance. SELF HONESTY means that you cannot hide behind yourself and blame stagnation on others. Self-honesty means that you will be honest about all parts of yourself whether you like these parts or not.

Courage:

Many people run away from themselves, or of fooling themselves by avoiding areas then we have to say that this path does require a high level of courage. It is the coward and the fool who says “this is fate” so says the Sanskrit proverb. But it is the strong men who stands up and says “I will make my fate. The path of self-exploration does require a high level of courage, either initially or again it must be developed.”

Self-exploration through Yoga

Yoga has many aspects based on different functions of the mind, thinking, feeling, and willing. Whatever we do is transformed into spiritual practice by following the technique of yoga. The man whose mind is absorbed through yoga and who sees the same (Brahman) everywhere, sees the Self in all beings and all beings in the Self. Development of virtues such as self-restraint, truthfulness

and non-injury is essential for the practice of meditation and is the bedrock foundation of self-exploration. A true moral sense is an inner awakening in a person that incites him to do what is right and checks him from going astray. Through yoga we find the emphasis on living an active life by following our svadharma, which includes our interactions with other people.

CONCLUSION

Sri Krishna instructed Arjuna, 'One should raise oneself through the self . . . for the self alone is one's friend and the self alone is one's enemy.' [Gita 6:5] Self-exploration means attenuating tamas and rajas and increasing the proportion of sattva. When sattva prevails, the mind becomes more transparent and one experiences an enhanced sense of well-being, vitality, and strength. In the words of Swami Vivekananda “Each one of you has a glorious future if you dare believe me. Have a tremendous faith in yourselves, like the faith I had when I was young... Have that faith, each one of you, in yourself – that eternal power is lodged in every soul- and you will revive the whole India.”

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