Do Not Accept Anything until You Know It for Yourself

A way of Self-exploration to facilitate understanding your conditioning

We all have our unique, never-to-be-repeated life story. In your life, you have an understanding of how your world works. This understanding is called your conditioning. Your conditioning tells you how to perceive and interact with your world. Your conditioning begins at birth and continues throughout your life. Your conditioning is the *architect of your reality*. Where does your conditioning come from?

Your conditioning comes from your culture (basics, family, roles, teachers, education, etc.), your religion and traditions (right and wrong, good and bad, answers to universal questions, etc.) and your life experiences. Therefore, if you want to know yourself, you first explore and understand your conditioning (Self-exploration).

Do Not Accept Anything Until You Know it For Yourself

Do not accept anything by mere tradition – Traditions are the transmission of customs or beliefs or actions from generation to generation

What traditions have and do influence me (the way I live)?
What have I questioned and accepted or not accepted?

Do not accept anything just because it agrees with your scriptures -- scriptures are writings and stories considered to be sacred or authoritative

What writings and stories have and do influence me (the way I live)?
What have I questioned and accepted or not accepted?

Do not accept anything merely because it agrees with your pre-conceived notions -- Pre-conceived notions are presumptions of individuals and/or situations

What are my pre-conceived notions?
What have I questioned and accepted or not accepted?

Do not accept anything just because it agrees with your mind filters from your conditioning

What filters of judgments, roles, rules, behaviors, memories, etc. influence me?
What filters have I questioned and accepted or not accepted?

When you know for yourself, then do you live accordingly

Am I living using my understanding and knowledge of myself?
What are the convincing criterion for *when I know for myself*?