

Self-exploration

a Perspective

When we are born, we were given gifts: a body, a mind and self-awareness. With our self-awareness, we can explore our body and mind (self-exploration)

A Model: **Self-exploration** is Self-observation and Self-reflection that facilitates Self-discovery and Self-knowledge. Self-exploration gives you more clarity and knowledge of yourself (Self-knowledge). This is a lifelong process.

Self-observation is observing your thoughts, your roles, the words you use, your behaviors, your responses to stimuli, your judgments, and your attitudes. Self-observation is being aware and observant in the present moment.

Self-reflection is asking yourself questions and doing analysis of the causes and circumstances of what you have observed. Self-reflection gives you a better understanding of the specifics of your conditioning; of yourself and of your life.

Self-discovery is learning more about yourself.

Self-knowledge gives you more clarity about yourself.

The more you know yourself, the more clarity there is. Self-knowledge has no end - you don't come to a conclusion. It is an endless river. – Krishnamurti

In this series, we will examine the roots of self-exploration through quotes and teachings of Heraclitus, Buddha, Lao Tzu, Socrates, Plato and others, whose insights continue to shape our understanding of human nature, consciousness and ourselves.

We will connect these timeless perspectives to our own personal journeys of inquiry and growth. So before the first session, consider what aspects of yourself, your experiences, or your beliefs you would like to explore.