



Sensibility towards Sustainability through Zen Buddhism

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ABSTRACT

Living within our environmental limits is one of the central principles of Sustainable development. Application of Sensibility towards Sustainable development through Zen Buddhist meditation is an important domain to establish harmony in economic, social and environmental level. The Zen meditation is the best medium for evolution of human consciousness for yielding beneficial results in sustainable development. Sustainable development starts with the personal development of an individual. The principles and practices of Zen Buddhism is the absolute pathway to inculcate right perception and intuition in an individual to behave sensibly towards environment. Zen meditation enables one to be aware of his activities related with environment. Zen practices give him insights about the purpose of creation in the universe and his role for nurturing this environment for better future.

KEYWORDS : Sensibility, Sustainability, Zen Meditation, Self-awareness.

Introduction:

Sustainable development is the development that meets the needs of the present society without compromising the ability to fulfill the needs of future generations. We are living in highly complex globalized society with multiple challenges of climatic conditions, scarcity in resources, inequality in society and collapsed ecosystem. The core approach of sustainable development is the awareness about the social, economic and environmental limitations in the society. If self motive becomes a drive for any development in the society. Then, the results will be unfavorable; causing many damages in the environment and in society. One should be very sensible in taking decisions on any developmental process. Zen emphasizes that everything in universe is interconnected. Each and every action of an individual makes a remarkable change in the society and environment. The path of Zen enables one to respect oneself as well as the environment. Zen practices bring about awareness of one's own thought process. Self-transformation gained through practices of Zen meditation plays a crucial role for sustainable development in social, economic and environmental levels.

Literature Review:

Zen Buddhism is derived from Indian Mahayana Buddhism and developed in Japan. The main purpose of Zen is "emptiness of mind". The emptiness of mind means transcending all thought process in the mind through Zen meditation. Mind functions through reasoning, logics, and concepts. This marks a boundary between oneself and society resulting problems. Zen meditation enables one to focus his mind in order to aware of nature his thought process. This awareness on mind helps him to find out the root cause of suffering and the solution for freedom from suffering. Zen emphasizes the importance of interconnections between society and existence. These interconnections are so intimate. When we work to alleviate the suffering in others, we feel peaceful and happy. The whole process is beneficial for oneself, society and existence.

Research Methodology:

The main principle of Zen is liberation from suffering through realization of one's true nature and the true nature of universe by observing one's own mind.

The practices of Zen enables to feel oneness of all beings, that makes one more sensible towards nature. Cultivation right thought, right view, right action in all daily activities influence perfect harmony in the environment.

According to Buddhism, the mind is the cause for all actions. When, one create awareness on movements of thoughts and its nature, one can purify his mind by cultivating essential positive thoughts that bring about beneficial changes within oneself, in the society and in the environment.

Zen Principles for better sustainable development:

Compassion: Cultivation of compassion through Zazen practice acts

as a source of protection of life in the environment.

Non-violence: Non-violence is cultivated by mindfulness practice. This leads one to act sensibly to handle the problem efficiently.

Feeling of oneness: Anapana Sati meditation enables one feel oneness of body and mind. This feeling helps him to understand interdependency and interconnectedness of everything in the universe. He knows the importance of saving our environment.

Responsiveness towards action: Mindfulness practices in his all activities create the sense of responsiveness in all developmental projects. This creates sensibility towards sustainable development.

Zen Meditative Practices:

Mindfulness Meditation:

In Mindfulness meditation, one remains in observation of the mind in the mind. In mindfulness, one can see deeply within oneself and to be aware of his thought process. This practice helps one to audit his thought process in order to transcend his mind for attaining stillness of mind. Mindfulness practice enable one to recognize the nature of his feelings such as anger, hatred, jealous etc. This awareness cultivates "let go" of all his thought process; results emptiness of mind. In this emptiness, he sees true nature of himself and the environment. So, he develop dedication and commitment towards sustainable development

Zazen:

Zazen is the "quite sitting" meditation. During Zazen practice, practitioners' sits in a seiza posture and focus his awareness in his breathing. This meditation involves complete stillness of body and mind. In Zazen practice, one should follow the natural rhythm of breathing. During this meditation, if a thought pop into one's mind, gently nudge it away and return to stillness of mind. This meditative practice nourishes body and mind and enables one to go beyond passionate attachment or aversion to life. It brings clarity of mind leads one towards skillful action.

Anapanasati:

In Anapanasati meditation, one should meditate constantly on one's breathing and keeping his awareness in his breath, body, sensation, and feeling. This meditation creates the state of peace and calm in one's body and mind. It brings about the sense of oneness within self and as well as within universe. So, one will be very sensible in all his actions which bring about harmony in social, economic and environmental level.

Analysis:

1. Mindfulness meditation enables one to exist in present moment that helps one to aware of existing problems in the environment.
2. Mindfulness meditation helps one to handle the problem proactively.

3. Zazen meditation helps to cultivate compassion towards one's and other's weakness in management of crisis.
4. Anapana Sati meditations harmonize body and mind and create right mindfulness.
5. Zen practices inculcate satisfaction and contentment in oneself, which is essential quality needed for conservation of environment.
6. Zen meditative practices bring about positive transformation in sustainable development by reframing the thought process of an individual through transcendence of mind.
7. Zen meditative practices help to reunite body and mind through Anapanasati that bring about awareness and clarity in the present situations. So, one's clarity improves and he will be more nature care person for better future.

Thus, the attainments of wisdom through Zen meditation play an important role to bring about positive approach for sustainable development.

Recommendations and Conclusions:

Sustainability is about understanding the relationship between people and the planet. Green politics aiming to create an ecologically sustainable society rooted in compassion, non-violence, social justice, and peace. Human health is an important domain in sustainable development. Sustainable development requires meeting the basic needs of all. Main cause is greed for more usage of natural resource that leads to depletion; ends in affecting the balance of ecosystem.

The principles and practices of Zen harmonize physical, mental, emotional, intellectual and spiritual levels of human being that has positive impact on sustainable development. Introspection of one's thoughts, feeling and emotions, through Zen meditation help one to empty the mind and gain insight. This true nature of oneself enables him to analyze the causes for environmental damage. Zen principles and practices cultivate Right action, Right Mindfulness, Right Concentration.

1. Right action cultivates the feeling of non-violence towards society and the environment.
2. Right mindfulness enables one to recognize the importance of conservation of environment for well being of present and future life on the earth.
3. Right concentration removes one's duality of mind by dissolution of ego. This boosts one's cognitive empathy, commitment and dedication.

Zen Meditation is the key to open the doors of one's own being. Zen, resulting in silencing of one's mind; in this silence one developed the feeling of deep gratitude, loves towards everything in the universe. So, he no longer greedy in acquiring excess from the environment. Zen helps one centered in one's own being and enables him more dedicated and committed towards all his action. The new economic paradigm is developed with dedication and commitment of an individual towards well being, happiness, and sacredness of all forms of life in the earth.

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