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A Philosophical Survey: Can Mindfulness Mitigate the Impact of the Ecological Crisis in Modern Times?

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ABSTRACT

Over the past century, an enormous amount of dialogue has been growing up around the theme of ecological crisis amongst many foremost authorities; in fact, it is widely believed that many natural catastrophes such as earthquakes, floods, landslides, forest fires, volcano eruptions, and storms are caused by the tragic circumstances of the environmental crisis. In response to that, the concept of mindfulness is supposed to have a potential ability to diminish these vulnerable environmental effects - because it, arguably, seems that all these ecological impacts are derived from human mental attitudes along with physical behaviour. In general, the term 'mindfulness' will refer to the stance of being aware of body and mind in the present moment. Hence, in this research paper, I would attempt to investigate this profound moral issue: to what extent mindfulness would be able to reduce the impact of the ecological crisis nowadays. In addition, the prospective study was conducted in the form of case-study whilst deeply analysing gathered data and information. Accordingly, this research could identify a few substantive findings like self-understanding, contemplative meditation, mindful consumption, as well as self-actualization. In particular, these varieties of outcomes will generate fresh insights into the ecological crisis in terms of climate change, deforestation, deprivation of biodiversity alongside degraded value of air and water; then, mindfulness, apparently, facilitates a vast array of pragmatic strategies to establish the environmental well-being in nature. Nevertheless, this exploration does not engage with a wide range of comprehensive reviews due to practical constraints - it is, therefore, a fundamental necessity for further research in this regard.

Keywords: self-understanding, contemplative meditation, mindful consumption, Self-actualization