ASIAN
HORIZONS
Vol. 15, No. 2, June 2021
Pages: 354-368

MOVING TOWARDS ECOCENTRIC LIFE OF PURPOSE AND WELL-BEING

Rosy Kulandaiammal♦
CHRIST (Deemed to be University)

Abstract

The universe holds its beauty with all its creatures. Human life is encircled with an ecosystem consists a broader circle of all creation and has strong interaction and interdependence. This harmonious coexistence of humanity and the entire creation is dismantled by men-centred life. The utilitarian attitude towards nature and greedy overconsumption of its resources brought adverse effects and ecological crisis. These impacts lead us to the awareness of the need for a deeper sense of respect, gratitude, relationship, harmony, and a positive attitude towards all living and non-living beings. It needs renewal, a conversion to open for the possibilities towards the well-being of all creation. It can be achieved by ecocentric life, which respects the value of each creation over men-centered life. Hence the present paper describes the need for an ecocentric attitude and lifestyle in daily life. It explains that recognizing the value of other creatures and their wellness is our lives' call; ecological life ensures meaning, purpose, and happiness in life.

Keywords: Environmental Concern; Ecocentric Life; Eco-Friendly Lifestyle; Healing Nature; Nature Lovers

Introduction

"As stewards of God's creation, we are called to make the earth a beautiful garden for the human family." Pope Francis

---

♦**Rosy Kulandaiammal, FIHM,** belongs to the Franciscan Sisters of the Immaculate Heart of Mary Congregation, Pondicherry. At present, she is doing her PhD in Psychology at CHRIST (Deemed to be University), Bangalore. Her areas of interest are Positive psychology, well-being, flourishing, and mindfulness. Email: kulandaiammal.a@res.christuniversity.in

The face of human history has been changed by the waves of modernization, globalization, movements of reformation and revolutions (renaissance, the enlightenment, the industrial revolution, and now the digital revolution of the 21st century). All these drastic changes greatly impacted humanity's thinking and lifestyle. So, we are the fortunate generation to enjoy all the inventions, technologies, facilities, and merits of the last two centuries. While enjoying the fruits of past generations, we have more obligations to setback the damages made by all these developments. These advances of humanity have snatched the resources and beauty of the ecosystem. Today we meet the effects of environmental degradation; scarcity of water, pollution of air, water, and soil, natural disasters, the spread of dangerous diseases (pandemics and epidemics), climate change, global warming, etc. So, our life in the present time can be said as good fortune and misfortune.

Our life does not just belong to the human family but also the entire cosmos. Our existence on earth is cared for, nourished, and sustained by all these fellow creatures of the universe. We are made up of five elements of this Mother Nature earth, air, water, space, and fire. So, nature cannot be separated from us, and we are part of nature. The study of ecology deals with this relationship between the organism and its environment. In the interdependence of humanity and the ecosystem, we humans have violated the bond. Pope Francis says, "rivers do not drink their own water, trees do not eat their own fruit, the sun does not shine on itself, and flowers do not spread their fragrance for themselves. Living for others is the rule of nature." [1] But we, the human beings, are disconnected from this rule of life. Instead of safeguarding our fellow creatures, we have taken them for granted. [2]

So we need a move towards ecocentric life, and stewardship towards ecological concern. Some have responded to this call, found their purpose and joy in serving nature, and brought huge impacts for protecting the ecosystem. Serving nature is one of the best means to find meaning and purpose in life. Caring for the life of all creations increases our happiness and well-being.[3] On the other hand, life

---

[1] "Pope Francis, "River Do Not Drink," accessed April 21, 2021, https://www.sjparish.org.au/post/pope-francis-river-do-not-drink.

[2] Pope Francis, *Laudato Si': On the Care of the Common Home, Vatican Press*, 2015, 3.

[3] Kurt Jax et al., "Caring for Nature Matters: A Relational Approach for Understanding Nature's Contributions to Human Well-Being," *Current Opinion in Environmental Sustainability*, Elsevier B.V., December 1, 2018, https://doi.org/10.1016/j.cosust.2018.10.009.

associated with nature promises well-being and mental health to humanity, strained with aches and pains physically, emotionally, and psychologically.[4]

Call for Ecocentric Life

Environmental crisis calls for a transformation, a shift from men-centred life to nature-centred life. Our forefathers lived a life of harmony with nature and found them a mirror of the Divine and life. Now in the age of information and technology, the connection with the natural world is absent. In the pursuit of personal well-being, we became mindless about the importance of well being of the other created beings; and we forgot that our good life depends upon the welfare of fellow creatures. We became masters, consumers, ruthless exploiters of the ecosystem instead of embracing them with awe and wonder. These activities of humanity brought adverse effects on our mother earth and made her sick.[5]

Water and air are the essential sources of all the living beings of the ecosphere. Our human intervention polluted our water reservoirs and air mass. It has brought hazards to human lives and lots of species in the terrestrial and aquatic world.[6] The gaseous composition in the atmosphere loses its balance. Polluted air induces many health issues (respiratory, neurological, cardiovascular, reproductive, lung cancer, and other diseases).[7] Extensive use of chemicals for increasing crop production affects all the microbes in the soil and water.[8] Dumping the non-biodegradable, toxic, and e-wastes made the land garbage. In reverse, our chemical-induced food products and contaminated water affect the health of humanity, especially poor and needy those who cannot afford organic-rich foods and purified water.[9]

---

[4]Eric Brymer, Elizabeth Freeman, and Miles Richardson, "Editorial: One Health: The Well-Being Impacts of Human-Nature Relationships," *Frontiers in Psychology* 10, no. AUG (2019) 1–4, https://doi.org/10.3389/fpsyg.2019.01611.

[5]Francis, *Laudato Si': On the Care of the Common Home,* 11.

[6]J.K. Fawell and G. Stanfield, "Drinking Water Quality and Health," in *Pollution: Causes, Effects and Control*, ed. Roy M. Harrison, Fourth Edi, United Kingdom: The Royal Society of Chemistry, 2001, 59–63.

[7]Bhola R. Gurjar, Luisa T. Molina, and Chandra S.P. Ojha, "Air Pollution Health and Environmental Concerns," in *AIR POLLUTION Health and Environmental Impacts*, ed. Bhola R. Gurjar, Luisa T. Molina, and Chandra S.P. Ojha, CRC PressTaylor and Francis Group, 2010, 1–3.

[8]Javier Mateo-Sagasta, Sara Marjani Zadeh, and Hugh Turral, "Water Pollution from Agriculture: A Global Review Executive Summary," 2017, http://www.fao.org/3/a-i7754e.pdf.

[9]Anchal Sharma, Ashok Kumar Gupta, and Rajiv Ganguly, "Impact of Open Dumping of Municipal Solid Waste on Soil Properties in Mountainous Region,"

Forests are called as 'lungs of the planet.' It is the source of pure air, medicinal herbs, food, rain, atmospheric balance, and bird and animals' shelters. Our mega plans to extend highways, expand the buildings narrow down the geographical area of forests. So, we lose lots of plants, birds, animals, and various microorganisms that the next generation may not see. Global warming and greenhouse effects induce climate change, rise in the sea level, alteration in temperature, unpredictable weather, variations in the solar cycle. [10] This global warming occurs because of greenhouse gas emissions and ozone-depleting substances. Our usage of fossil fuels (oil, gas, coal), transportations, food productions, agricultural practices, deforestation, and using products that emit carbon dioxide aggravates climate change.[11]

All these environmental destruction affects the individual's life, health, social, economic, and political factors. Here we need a realization that we need the help of the ecosystem for our existence, not they need us. We have to remedy the havoc and deterioration caused by anthropocentric lifestyle by moving towards ecocentric life, which will promote respect to the inherent value of all the living beings, preservation of biodiversity, environmental protection, and environmental ethics.[12]

Ecocentrism

Ecocentric means 'focusing on the environment,' giving preference for the creation. Ecocentrism is a philosophical perspective that places intrinsic value on all living organisms and their natural environment, regardless of their perceived usefulness or importance to human beings. Environmental ethics is the discipline in philosophical studies about the moral relationship of human beings and the environment. There are two types of environmental ethics 1. Human-centred (Anthropocentric), 2. Life-centred (bio-centric). [13] The environmental philosopher Arne Naess in 1984 derived 'deep

---

Journal of Rock Mechanics and Geotechnical Engineering 10, no. 4 (August 1, 2018) 725–39, https://doi.org/10.1016/j.jrmge.2017.12.009.

[10]Francis, *Laudato Si'*, 18-19.

[11] Berit Anderson, "A Guide to Environmental Stewardship," Azusa Pacific University, California, 2013), 1-15, https://www.apu.edu/live_data/files/273/guide_to_environmental_stewarship_at_apu.pdf.

[12]Rhodel N. Nacional, "Virtue Ecology: An Ecological Praxis in the Philippine Context," in *Doing Asian Theological Ethics in a Cross-Cultural and an Interreligious Context*, ed. Yiu Sing LÚcas Chán, James F. Keenan, and Shaji George Kochuthara, Dharmaram Publications, 2016, 210–11.

[13]Paul W. Taylor, *Respect for Nature A Theory of Environmental Ethics*, 25th Anniv, Princeton University Press, 2011, 11-12.

ecology,' a concept that merges both the idea of biocentric and anthropocentric with the new perspective. All living beings, human and non-human life, are valuable, and each must be given respect for its dignity. It promotes the idea of equality at the whole biosphere level. It is different from anthropocentrism, which has the philosophical thinking that considers human beings as the centre of all other living beings.[14] In 1986, Paul Taylor proposed 'Respect for nature; a theory of environmental ethics,' in which he considered destruction of the environment as a moral issue. It has four central beliefs: 1. Human beings are members of the earth's community (the same as all other species); 2. All species are part of a system of interdependence; 3. All living things pursue their own good in their own ways; 4. Humans are not inherently superior to other living things.[15] Naess and Taylor's biocentric outlook and attitude for respect for nature made changes in the human perception of ethics.[16] Today, humanity needs an ecocentric outlook combining both biocentric and anthropocentric views to re-establish the bond with nature. We are all members of the community of the same ecosystem. So, we hold higher responsibility to work for the well-being of our fellow community members.

Special Call to Christians to Care for Nature

God is the owner of this universe; all the creation is his own property (Deut 10:45). As He created human beings in his own image and likeness, he handed over his belongings to take care of them. Humans disobeyed God's command to be the stewards of his creation, by dominating over them.[17] The Church invites humanity to honor and respect the creation from time to time through her teachings on eco-theology, eco-justice, environmental stewardship, green theology. Summing up all, Pope Francis made a clarion call to respond to the cry of the mother earth through his encyclical *Laudato Si'* It got great attention not only from the Christians but from the whole world. He reminded the forgotten duty of humanity towards the cosmos. So each Christian has a special call to find God's glory and care for His creation.

---

[14] Viorica–Torii Caciuc, "Ecocentric Reflections on the Realization of Environmental Education," *Procedia - Social and Behavioral Sciences* 137 (2014) 93–99, https://doi.org/10.1016/j.sbspro.2014.05.258.

[15] Martin Drenthen, "Ecocentrism as Anthropocentrism," *Ethics, Policy and Environment* 14, no. 2 (2011) 151–54, https://doi.org/10.1080/21550085.2011.578365.

[16] Caciuc, "Ecocentric Reflections o n the Realization of Environmental Education."

[17] Yim Tesu, "Eco-Justice in the Old Testament," *JTCA, The Journal of Theologies and Cultures in Asia* 11 (2012) 30–43.

Finding Purpose in Life through Serving Nature

"Those who dwell, as scientists or layman, among the beauties and mysteries of the earth are never alone or weary of life," says Rachel Carson.[18] Meaning and purpose in life are interrelated. Having a sense of meaning means having a purpose and striving toward a goal.[19] Viktor Frankl conceptualized meaning and purpose through his writing on 'man's search for meaning.' He believed that humans are motivated to find meaning in life. According to him, 'man's main concern is not to gain pleasure or to avoid pain but rather to see a meaning in his life.'[20] The purpose is defined as "a stable and generalized intention to accomplish something that is at once meaningful to the self and of consequence to the world beyond the self."[21] The psychological theories have included meaning and a sense of purpose as one of the ingredients of a well-lived life.[22]

Purpose in life is attained through meaningful actions that benefit others. Meaningful behaviour differs from each other based on the conscious decision made in their life. It may be in the form of caring for others, working for peace, encouraging happiness, creating interesting situations, and so on. Meaningful existence can be found in the fulfilment of other's needs.[23] Emmons says that people achieve purpose in multiple ways by engaging with family, love, work, religion, and other activities.[24] Viktor Frankl mentions three aspects as the sources for meaning, 1. work (doing something significant), 2. love (caring for another person), and 3. courage (during difficult times).[25] Seligman says that human beings seek a sense of purpose and meaning in life, and they attain it by serving something larger

---

[18] Rachel Carson, *The Sense of Wonder A Celebration of Nature for Parents and Children*, Harper Perennial, 1965, 56.

[19] L.A. Marrero, *The Path to a Meaningful Purpose: Psychological Foundations of Logoteleology*, iUniverse Bloomington, 2013, (xiv from preface).

[20] V.E. Frankl, *Man's Search for Meaning*, Boston: Beacon Press, 2006, 101.

[21] William Damon, Jenni Menon, and Kendall Cotton Bronk, "The Development of Purpose during Adolescence," *Applied Developmental Science* 7, 3 (2003) 119–28, https://doi.org/10.1207/S1532480XADS0703_2.

[22] C.R. Snyder, Shane J. Lopez, and Jennifer Teramoto Pedrotti, *Positive Psychology The Scientific and Practical Exploration of Human Strengths*, Fourth Edi, New Delhi: SAGE Publications India Pvt Ltd, 2014, 59-60.

[23] Marrero, *The Path to a Meaningful Purpose*, 94-99.

[24] Robert A. Emmons, "Personal Goals, Life Meaning, and Virtue: Wellsprings of a Positive Life.," in *Flourishing: Positive Psychology and the Life Well-Lived*, ed. C. Keyes and J. Haidt, American Psychological Association, 2003, 105–28.

[25] Frankl, *Man's Search for Meaning*, 6.

than themselves.[26] He holds that other-centred activities, serving nature, being green as one of the best means to find meaning and purpose in life.[27] When the service is rendered for the conservation of our ecosystem, it is equal to the service rendered to the whole community. In search of purpose and meaning in life, some find their connection and passion for serving and preserving nature. As the world becomes unliveable, they all want to make it inhabitable. They seek answers to the questions: What can I do for my earth? What kind of world am I going to leave for my next generation? They are called nature lovers, conservationists, ecologists, environmentalists, Green, Tree huggers, etc.

They have devoted their lives, energies, passions to serving and addressing the planet's need in various ways: through their writings; movements that carry out the task of protecting the environment; contribution of wealth for the promotion of a safe environment; working closely with indigenous peoples and local communities to preserve the richness of the land and oppose mega-projects that are harmful to people and the ecosystem. The indigenous communities identify themselves with nature very profoundly; in such a case, protecting wildlife equals to saving the lives of the whole community.[28]

In India, prominent environmentalists (Dayamani Barla, Prerna Singh Bindra, Hemendra Singh Panwar, and many more) placed their regards for nature through their active writing. Chandi Prasad Bhatt, Gaura Devi, Sunderlal Bahuguna are environmentalists who worked on protecting forests through *Chipko Movement*. Medha Patkar fought for the lives of tribal people and the safety of agricultural land through the *Narmada Bachao Andolan movement*.[29] Saalumarada Thimmakka, called as 'mother of trees,' planted thousands of trees and was honoured with the Padma Shri award in 2019. Jadav Molai Payeng is a forestry worker who planted more trees, was called the forest man of India, and was honoured with the Padma Shri award in 2014. *Radha Mohan*, a retired economics professor, and his conservationist daughter, *Sabarmatee*, have been conferred with the Padma Shri 2020, recognition for efforts to

---

[26]Martin E. P. Seligman, *Flourish: A Visionary New Understanding of Happiness and Well-Being,* New York, NY: Free Press, 2011, 22-24.

[27]Seligman, *Flourish*, 19.

[28]Marco Armiero and Lise Sedrez, *A History of Environmentalism Local Struggles, Global Histories*, Bloomsbury Academic, 2014, 1-3.

[29]"7 Major Environmental Movements in India - Clear IAS," accessed April 21, 2021, https://www.clearias.com/environmental-movements-in-india/.

transform barren land into a rich food forest in Odisha's Nayagarh district with 500 varieties of rice, 100 types of vegetables and 40 different fruits. [30]

Their contributions paved the way for the hope to renew and rebuild the world. They endured in their commitment and faced obstacles in pursuing the government, organizing people's support, and opposing powerful corporate companies. Recognizing their adventurous acts to protect the environment, we are called to come back to life, embracing all the creation and invited to purposeful life with a widened circle having compassion for the whole of creation.

Ecocentric Life and Well-being

The advancement of science and technology improved our lifestyle, changed our quality of life, provided good education, medical care, employment, etc. But our mental health and well-being are at risk in this modern world. There is an increase in mental, psychological, emotional, and physical health issues.[31] It is said one among five suffers from mental health issues.[32] It affects not only the individual but the family and society at large. Hence the promotion of mental well-being and prevention of mental health disorders become a major concern at the global level. WHO defines mental health as "a state of well-being in which an individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community." [33] Good mental health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

In this digital era, our lives became busy and stressed with many things. Our connection with nature is no more. We need the relationship and touch of the natural world to preserve our well-being and happiness amidst a hectic lifestyle. The special issue on

---

[30] "Father, Daughter Duo Gets Padma Shri for 30-Year-Long Conservation Experiment," *The Hindu*, accessed April 21, 2021, https://www.thehindu.com/news/national/other-states/father-daughter-duo-gets-padma-shri-for-30-year-long-conservation-experiment/article30661226.ece.

[31] Prabha S. Chandra and Prabhat Chand, "Towards a New Era for Mental Health," *The Lancet* 392, 10157 (2018) 1495–97, https://doi.org/10.1016/S0140-6736(18)32272-4.

[32] "NIMH, "Mental Illness," The National Institute of Mental Health (NIMH), U.S, accessed April 20, 2021, https://www.nimh.nih.gov/health/statistics/mental-illness.shtml.

[33] WHO, "Investing in M E N TA L H E A LT H by World Health Organization," (Switzerland, 2003), www.who.int/mental_health.

'One health: The well-being impacts of Human -Nature Relationships' published by Frontiers in Psychology in August 2019 explores the need for human-nature relationships from the various disciplines and research from different parts of the world. In this digital era, our lives became busy and stressed with many things. Our connection with nature is no more; this disconnection affects human lives in all dimensions. Nature-bound life enhances our health, well-being, flourishing, and other positive outcomes. It protects from illness.[34]

Well-being is a psychological construct that explores the optimal living and functioning of individuals.[35] It has a strong root from the philosophical and scientific inquiry of what makes us happy. And What is the good life? It is an age-old inquiry of humanity. Everyone seeks, thirsts, and dreams about living a good life, a life of happiness. The concept of well-being is also known as happiness, good life, and mental health.[36] The search germinated two approaches from the philosophical and psychological worldview; the hedonic and eudaimonic approach. The discipline of hedonism perceives good life as seeking pleasure and happiness and disregarding pain.[37] On the contrary *eudaimonic* tradition comes from the good life concept of Aristotle; a good life is a happy life not just because of the pleasures of life but living a virtuous life.[38] However, recent research in psychology shows that both hedonic and eudaimonic aspects complement each other and give complete well-being to individuals; both happiness and meaningful life are necessary to attain well-being.[39]

---

[34] Brymer, Freeman, and Richardson, "Editorial: One Health: The Well-Being Impacts of Human-Nature Relationships."

[35] Richard M. Ryan and Edward L. Deci, "On Happiness and Human Potentials: A Review of Research on Hedonic and Eudaimonic Well-Being," *Annual Review of Psychology* 52, no. May 2014 (2001) 141–66, https://doi.org/10.1146/annurev.psych.52.1.141.

[36] M. Joseph Sirgy, *The Psychology of Quality of Life Hedonic Well-Being, Life Satisfaction, and Eudaimonia*, ed. Michalos Alex C, *Social Indicators Research Series Volume 50*, Second Edi, Springer Science+Business Media, 2012.

[37] Ryan and Deci, "On Happiness and Human Potentials: A Review of Research on Hedonic and Eudaimonic Well-Being."

[38] Valerie Tiberius and Michelle Mason, "Eudaimonia," in *The Encyclopedia of Positive Psychology*, Blackwell Publishing Ltd, 2009.

[39] Veronika Huta, "The Complementary Roles of Eudaimonia and Hedonia and How They Can Be Pursued in Practice," in *Positive Psychology in Practice: Promoting Human Flourishing in Work, Health, Education, and Everyday Life*, ed. Stephen Joseph, Second Edi (John Wiley & Sons, Inc., 2015), 159–82, https://doi.org/10.1002/9781118996874.ch10.

Psychological interventions are mainly focused on human wellness and a growing interest in studying well-being. In the process of psychological restoration and reduction of mental disorders, many psychological therapies include nature-based therapies, activities about exposure to the natural world, and time to admire nature's beauty. The idea that contact with nature can promote health and well-being has a long history in Western and non-Western cultures. Our ancestors believed in the healing power of nature. This idea is still very much alive today.[40] Research shows that exposure to nature brings healing, improves our well-being and mental health. In 1984, Roger Ulrich conducted a study for the first time and proved empirical evidence that exposure to nature might improve human health, reduce stress and negative thoughts.[41] People living in green areas have more health and well-being than those living in less green areas. We can see the positive relationship between nature and well-being, health, resilience, and other merits in the lives of indigenous people across the world. They live in green spaces and identify themselves with the land.[42] Appreciating beauty and excellence is positively associated with improved well-being, life satisfaction, positive emotions, and better recovery from negative mental states.[43] In his book *Last Child in the Woods*, Richard Louv talks about the need for children to be exposed to nature rather than playing video games and learning about the environment through television and curriculum. It increases their awareness, mental health, and connection with the environment.[44] The people who engage in environmentally friendly behaviour feel good about themselves, increasing their positive emotions and positive self-image.[45]

---

[40]Steg, Berg, and Groot, *Environmental Psychology: An Introduction*, 48.

[41]R. S. Ulrich, "View through a Window May Influence Recovery from Surgery," *Science* 224, 4647 (1984) 420–21, https://doi.org/10.1126/science.6143402.

[42]Andrew R. Hatala et al., "Land and Nature as Sources of Health and Resilience among Indigenous Youth in an Urban Canadian Context: A Photovoice Exploration," *BMC Public Health* 20, 1 (2020) 1–14, https://doi.org/10.1186/s12889-020-08647-z.

[43]María Luisa Martínez-Martí, María José Hernández-Lloreda, and María Dolores Avia, "Appreciation of Beauty and Excellence: Relationship with Personality, Prosociality and Well-Being," *Journal of Happiness Studies* 17, 6 (2016) 2613–34, https://doi.org/10.1007/s10902-015-9709-6.

[44]Barbara Pierce, "Environmental Stewardship : Protecting Our Planet ' s Future," (Hamline University, 2017), https://doi.org/https://digitalcommons.hamline.edu/hse_all/4288, 19.

[45]Leonie A. Venhoeven, Jan Willem Bolderdijk, and Linda Steg, "Why Acting Environmentally-Friendly Feels Good: Exploring the Role of Self-Image," *Frontiers in Psychology* 7, no. NOV (November 24, 2016) 1846, https://doi.org/10.3389/fpsyg.2016.01846.

Environmental psychology is the discipline that studies the interplay between individuals and the environment, and the influence of the environment on human behaviour, experience, and well-being, and vice versa. Our environment plays a significant role in our performance and other psychological functioning. [46] Bronfenbrenner derived ecological systems theory. Accordingly, the ecosystem impacts our lives; it interacts with our needs, growth, development, and life as a whole. This human-nature relationship nurtures both ends.[47] Numerous studies have been conducted on the relationship between environment and human functioning in various settings, especially in educational and organizational contexts. [48] There are environmental-based therapeutic program, called 'eco therapy,' 'adventure therapy,' 'wilderness therapy,' 'nature guided therapy,' 'horticultural therapy,' 'outdoor therapy.' The following exercises are assigned as a tool in the therapeutic process to improve the positive functioning of the person. Contact to the natural world brought significant positive therapeutic effects.[49]

Gardening—enjoying the aesthetic aspects of nature (smell, touch, connection with sun, rain), Creating natural crafts;
Interaction with nature (spending time in parks, forests, garden, streams, and rivers), Relating with pet animals;
Healing garden: Enjoying the healing effects of nature (listening to the chirpings of birds, observing movements of tiny creatures, feeling the cool breeze, smelling the sweet fragrance of flowers, noticing the beautiful objects around);
Breath walk (taking a trip to forests); Gratitude walk (hunting for the good things in the environment); & Journal writing (recognizing the goodness of the universe for which we are grateful).[50]

Application of Eco-Friendly Attitude in Life Domains

The concept of stewardship was introduced by the environmental writers Aldo Leopard, Garret Hardin, and Rachel Carson.

---

[46] Steg, Berg, and Groot, *Environmental Psychology: An Introduction*.

[47] Margaret Beale Spencer, "Phenomenology and Ecological Systems Theory: Development of Diverse Groups," in *Handbook of Child Psychology*, Hoboken, NJ, USA: John Wiley & Sons, Inc., 2007, https://doi.org/10.1002/9780470147658.chpsy0115.

[48]Natasha A. Layton and Emily J. Steel, "'An Environment Built to Include Rather than Exclude Me': Creating Inclusive Environments for Human Well-Being," *International Journal of Environmental Research and Public Health* 12, 9 (September 7, 2015): 11146–62, https://doi.org/10.3390/ijerph120911146.

[49]Martin Jordan, *Nature and Therapy: Understanding Counselling and Psychotherapy in Outdoor Spaces,* ROUTLEDGE Taylor & Francis Group, 2015), 30.

[50]Jordan.(collected from each chapters of the book)

Environmental stewardship can be defined as "the responsible use (including conservation) of natural resources in a way that takes full and balanced account of the interests of society, future generations, and other species, as well as of private needs, and accepts significant answerability to society." Based on this, the concept of sustainability and environmental management emerged.[51] These concepts are an integrated and holistic approach that calls for individuals, groups, organizations, the public, and governments at local and global levels. It refers to responsible use and protection of the environment through natural resource management of recycling, conserving, regenerating, and restoring ecosystem functions and living our lives in a way that makes less impact on the earth as possible.[52]

Business & Industries: The sustainable development concept emerged from realizing that economic development and environmental issues cannot be separated. The government policies promote sustainable economies. Multinational companies announce their plan for renewable energy and reduce climate change in the name of eco-business and corporate social responsibility. They are aimed at big business than the welfare of people, the community, and the environment.[53] The small-scale companies and farmers are put down. Beyond this profit motive, an open plan is needed to integrate all sects of business and industries towards caring for humanity's environment and health. Innovative methods for making our lifestyle more sustainable using renewable energy (solar energy, windmill, hydro energy, etc.), eco-friendly products (like LED lights, battery motorcycles, cars, and trucks), recycling organic materials, industrial wastes, and kitchen wastes.

Education: It is a dire need to form the young generation towards caring for nature and the environment. Through imparting eco-education, they could develop the attitude and positive feelings towards creation, ecological awareness, respect to the environment, skills, and plans to safeguard and preserve nature.[54] One of the

---

[51]Richard Worrell and Michael C. Appleby, "Stewardship of Natural Resources: Definition, Ethical and Practical Aspects," *Journal of Agricultural and Environmental Ethics* 12, 3 (2000) 263–77, https://doi.org/10.1023/A:1009534214698.

[52]Brian R. Keeble, "The Brundtland Report: 'Our Common Future,'" *Medicine and War* 4, 1 (1988) 17–25, https://doi.org/10.1080/07488008808408783.

[53] Peter Dauvergne and Jane Lister, "Eco-Business: A Big-Brand Takeover of Sustainability," *MIT Press*, February (2019), https://doi.org/10.7551/mitpress/9203.001.0001.

[54] Iovan Marțian, "Eco-Education: A Required Element of Public Policies for Sustainable Social and Economic Development," *Academicus International Scientific Journal* 9 (January 2014) 14–28, https://doi.org/10.7336/academicus.2014.09.01.

sustainable goals of the UN is creating 'Eco–Green Clubs at schools' to empower students to participate and take up meaningful environmental activities and projects.[55] Higher education students need to be trained to bring innovative methods and techniques of harmless technology to preserve the environment, like merging science and technology with traditional cultivation, purification, and preservation.

Religion and culture: Eco spirituality connects science and religion and sees the relationship between humans and the environment with spiritual perception. It expands the awareness of a person to the planet, inner to outer landscape, and soul to soil.[56] The worships and celebrations of all the religions are bounded with creation and creator. The holy scriptures of the religions teach respect and reverence to all living beings, nurturing nature, loving towards creatures, and environmental concerns as the pathways to find the Divine. So, religion has more opportunity and responsibility in forming the devotees to adapt to the simple eco-friendly lifestyle amidst modernity and use and throw culture.

Social Media: Today, technology connects the world, and all are familiar with social media usage regardless of education and socioeconomic status. Social media such as Facebook, YouTube, Twitter, and WhatsApp have become more influential than news channels and newspapers. So social media have become effectual means of spreading the eco-friendly lifestyle and promoting agricultural products.[57] It can shape consumers' perceptions, attitudes, opinions, and purchasing habits on environmentally friendly products.[58]

Government: Significant conferences held on the environment and sustainable development at the global level: *UN conference on the human environment* in 1972 at Sweden; historic *Earth Summit* in Rio De Janeiro, Brazil in 1992, Earth Summit+5' in 1997; the Millennium

---

[55]"Eco-Green Clubs in Schools - United Nations Partnerships for SDGs Platform," accessed April 21, 2021, https://sustainabledevelopment.un.org/partnership/?p=10737.

[56]V Lincoln, "Ecospirituality. A Pattern That Connects," *Journal of Holistic Nursing: Official Journal of the American Holistic Nurses' Association* 18, 3 (September 23, 2000): 227–44, https://doi.org/10.1177/089801010001800305.

[57] Aindrila Biswas, "Impact of Social Media Usage Factors on Green Choice Behavior Based on Technology Acceptance Model," *Journal of Advanced Management Science* 4, 2 (2016) 92–97, https://doi.org/10.12720/joams.4.2.92-97.

[58]Rebeka Anna Pop, Zsuzsa Saplacan, and Mónika Anetta Alt, "Social Media Goes Green-the Impact of Social Media on Green Cosmetics Purchase Motivation and Intention," *Information (Switzerland)* 11, 9 (2020), https://doi.org/10.3390/INFO11090447.

Summit in 2000; World Summit on Sustainable development in Johannesburg in 2002; Conference on Sustainable Development Rio+20 in 2012 and UN Summit on Sustainable Development in 2015. They all came up with plans on common responsibility towards the ecosystem to protect and restore the planet.[59] WHO's Sustainable Development Growth 2030 aims to protect ecosystems from climate change, degradation, and other issues with sustainable management systems.[60] Along with this, some of the established international organizations are functioning to safeguard nature.

India has tremendous traditional knowledge about ecosystems. It has vast biodiversity ranges from coastal, plains, mountains, deserts, and valleys. It had unique methods to preserve agriculture, architecture, Ayurvedic medicinal and food practices, preserving flora and fauna, and other environmental care practices. Those rich heritages are slowly fading away from our modern lifestyle.[61] The Indian government has taken some steps by making acts and policies to preserve biodiversity.[62] Yet governments at global and local levels have a great responsibility to discern and support plans and strategies about environmental protection rather than mighty and powerful multinational companies.

Families & Individual level: In this consumeristic world, family plays a vital role in teaching the young generation to lead a life of virtues, value of food and agriculture, and concern for all the creatures. Each one's contribution towards a greener life is valuable to the preservation of the ecosystem:

Purchasing eco–friendly products, using energy-efficient home appliances
Promoting organic food products and local farmers;
Using water, energy with concern for the next generation;
Installing rain harvesting system at home;
Creating nature connectedness home atmosphere, providing space for the greens and plants around the home & making habitats for birds and animals.[63]
Reducing the usage of papers, Avoiding plastic things;

---

[59] United Nations, "Conferences: Environment and Sustainable Development—United Nations," accessed April 21, 2021, https://www.un.org/en/conferences/environment.

[60] "Sustainable Development Goals in UN Environment," 2016, http://web.unep.org/unea/environmental-dimension-sdgs,1-9.

[61] Alok Kumar Chandrakar et al., "Scenario of Biodiversity Conservation in India : An Overview," *Photon EBooks*, 2016.

[62] Govind Singh, "Environmental Policy in India," in *Human Rights, Gender And Environment* (Institute of Life-Long Learning (ILLL), University of Delhi, 2015) 1–21.

[63] Brymer, Freeman, and Richardson, "Editorial: One Health: The Well-Being Impacts of Human-Nature Relationships."

Using common transportation and minimizing the personal vehicles;
Cooperating to the rules and policies made for ecological management.

Concluding Remarks

Moving towards ecocentric life is a universal call from nature to every one of us to come back to the life centre on her tender care and nurture. Authentic commitment and efforts are needed from all levels to restore human-nature relationships. Uniting our life with the natural world positively impacts our whole life and the life of the entire cosmos. Indeed, it is the life of meaning, purpose, well-being, happiness, and healing. Some find their purpose and joy in serving nature in life's journey and brought enormous impacts for protecting the ecosystem. Still, we need more people to take part in stewardship to care for our mother earth. Let us renew our support, bond, and obligations towards all creations.