

# Chapter 5

## Hinayana Buddhism and Its Path to Enlightenment of People for the Upcoming Meta–Verse: The Ecological and Cultural Perspectives

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### **ABSTRACT**

*Buddhism is an Indian origin religion, or dharma, and its context is enormous, culturally diverse, and complex. There are three major traditions (Theravada, Mahayana, and Vajrayana or Tantric) and variants of these in the form of at least 18 schools and their numerous sects. Buddhism is the sacred law, peace, morality, and the teachings of the Buddha. It is also all things in nature. Animals, trees, humans, insects, sunlight, etc. are all dharmas. So, at its very essence, Buddhism can be described as an ecological religion or religious ecology. In this chapter, the author explains some fundamental opinions in Hinayana Buddhism regarding the relationships between human beings and nature and which components are essential needs for the upcoming meta-verse. In Buddhism, through human action, one can attain the permanent happiness of nirvana as an ultimate vision, which demands individual, social, and meta-verse change.*

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## **INTRODUCTION**

Humanity is in crisis because the fruitfulness of systems in the universal environment that safeguard animals, plants, food supplies, health, and habitat is being reduced. The causes are the policies and conduct of those who determine the use of resources, the relationships between communities, and especially, the means to wage war to cling to positions of privilege. The holy books of the world's faiths and the works of its philosophers give guidelines that could have avoided the crisis that we now face. (Karickam 2015, p-10). Religious scholars and philosophers have begun to interrogate the spiritual teachings of major religions of the world as a solution for the environmental crisis that our world is facing today. Environment spirituality is needed for the development of the recent crisis. In such circumstances, all humanity may, and might, come to better understand its relationship with the Divine and respond to that relationship so that a favorable living environment can be maintained. Buddhism is often put a cheerful outlook on nature and ecology. Here, we, explain some fundamental opinions in Hinayana Buddhism regarding the relationships between human beings and nature. We represent the Hinayana Buddhist analysis of the environmental crisis in our world as well as the eco-spiritual perspectives to bring about a different attitude towards nature. Here, we treat Hinayana Buddhism from a spiritual perspective. In Buddhism, through human action, one can attain the permanent happiness of nirvana as an ultimate vision that demands individual and social change. (Fry 2015, p-11-22). This study attempts to approach Hinayana Buddhist environmentalism from a spiritual perspective. While Buddhist environmental ethics is an immensely popular topic for discussion but there are not many works that emphasize the aspect of spirituality. It is important to highlight Buddhist spirituality for addressing the environmental crisis and for a solution. The aim of this research monograph is to review the literature from the Hinayana Buddhist perspective to determine the role of Hinayana Buddhist teachings, doctrines, theories, and principles for natural resources conservation as well as to save the planet earth. (Le Duc 2016, p. 340). And finally, this article focuses on the principal teachings of Hinayana Buddhism. Its theories of it that are related to the natural environment, the problems of the planet earth, and Hinayana Buddhist eco-spirituality, which explains the path of enlightenment by conserving nature through spiritual teachings.

### **Basic Futures of Buddhism**

Buddhism is a philosophy based on the righteous and ideal teachings taught by the Gautama Buddha toward all living creatures. Buddhism is the fourth-largest religion in the world. It has approximately 520 million adherents, which covers 7% of the world's population. The followers of this religion are called Buddhists. The 6th or

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