

## Ecological Self Realization and Ecosophy T

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### Abstract

Human relationship with the environment depends on the potential identification with otherness where the self is widened and deepened. Deep ecology, which stresses the interdependence and mutual dependence of all living things and considers the self as a vital part of the deeper ecological system, transforms the idea of the independent human self. This approach considers the self not as a separate entity but as an intersection of connectivity in the vast network of energy relationships and exchanges that underlies the natural world. Since the self is the living force that permeates all ecosystems, it can be associated to energy from this perspective. Arne Naess's ultimate standard of "Self-realization" is reflected in the two basic principles: the integrity between the human and non-human worlds and the diminishing of ego. Self-realization is the norm which connects all life forms through the ultimate principle "life is fundamentally one." Naess suggested that each person go within for their own unique ecological worldview. This kind of worldview is called "Ecosophy," which he invented. He named his own worldview "Ecosophy T". The main principle of Ecosophy T is that everyone ought to strive to become an ecological self-realization. The worldview holds that, once someone achieves this realization, they will realize that everyone gains from taking action on behalf of nature.

### Keywords

Self, Deep ecology, Self Realization, Ecosophy T, Life.

