

Chapter 22

# LIBERATION OF MIND: AN ECO-SPIRITUAL DISCOURSE ON HERMAN HESSE'S SIDDHARTHA

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## ABSTRACT

The combination of mind and body makes an individual what he is. The absence of mind either led to partial realization of self. Ancient masters have discussed the relation of mind and body over various time periods. Several treatises have been produced. "Meditation is a practice where an individual uses a technique such as mindfulness, or focusing the mind on a particular object, thought, or activity to train attention and awareness, and achieve mentally clear and emotionally calm and stable state". Several authors tried their luck on the relation of body and mind both in fiction and scholarly work. Hesse is one of the prominent writers who explored the path of Buddha Dharma. Hesse was deeply intrigued by the ideals of Buddha. In his work "Siddhartha", he is trying to reconstruct the life and ideals of Buddha in a reconstructive manner. In this paper, it is attempted to explore mind and its engagement with spirituality and principles of life. This paper also sheds light on the aspects of life influenced by metaphysical instincts and thoughts. This paper concludes that Herman Hesse constructs a new notion in bridging life with spirituality.

**Keywords:** Mind, Liberation, Eco spirituality, Siddhartha, Herman Hesse, psychoanalysis

## Introduction

Modern environmentalism has its roots in Rachel Carson's 'A Fable for Tomorrow', an excerpt from the anthology "Silent Spring" (1962). Carson's fairy tale opens with the words;

there was once a town in the heart of America where all life seemed to live in harmony with its surroundings' and, invoking the ancient tradition of the pastoral, goes on to paint a picture of 'prosperous farm', 'green fields', foxes barking in the hills, silent deer, ferns and wild flowers, countless birds and trout lying in clear, cold streams, all delighted in by those who pass through the town. (Carson 1)