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世界を平和にみちびく チベットの人々 持続可能な生き方

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広大な草原で身の丈にあった伝統的な暮らしをおくるチベットの遊牧民の人々。一つしかない地球の一員としての責任を持ち、持続可能な生き方を探るとき、チベットをはじめとする自然とともに培った伝統的な知恵と文化は、さまざまな手がかりを与えてくれます。

Tibetan nomads still keep their traditional life style on their vast grasslands. When we look for a sustainable way of life as responsible people on this earth, the traditional wisdom and culture of Tibetan people, who have lived closely with nature over many centuries, offers us several suggestions and ideas.

Tibetan People Who Leads the World to Peace: Their Sustainable Way of Life

We have entered a new year that should create a new era. We should stop and think seriously about environmental problems we have created and we should resolve to build a sustainable society. In this issue, as we look for examples of sustainable society and life style, we have featured Tibetan nomads who still lead a traditional way of life in the vast grasslands at the elevation of 4000 meters.

Our study mission visited a nomad family in the Cam region of Tibet who spend the summer season putting their yaks to grazing while following them with a mobile tent. They tend their yaks from before dawn to after sunset while only intermittently enjoying butter teas and simple meals during the day. Their tent is made of the yak's textured hairs; and, in it there are a few beds, a stove for cooking and heating, and on the side there is a pile of dried yak dung for fuel. There is little in the way of furniture. One member of the family told us with a smile, "I have no complaint because we have been living with our yaks for many generations. Besides, I enjoy taking care of our yaks".

A young man with a baby said to us, "We don't kill even a tiny insect for nothing. We teach our children the same". People of Tibet believe in philosophy of transmigration in which any and all living things might be one of their own ancestors; therefore, they treat all forms of life as if they are one of their own. Many Tibetans walk long distances on pilgrimage to the holy place, Lhasa. People along the way help the pilgrims as a matter of course by providing hot teas, carrying baggage, and in many other ways.

Looking at the Tibetan people's lives that have been nurtured through the Tibetan Highlands' severe but rich nature over many centuries, we can understand their simple, self-sufficient life style that obtains most daily necessities from surrounding nature. We also understand their faith that treats all forms of life carefully and lovingly, and their culture in which people help and support each

other.

Japan also used to have harsh and rich nature throughout the country. We Japanese people as a whole have nurtured a rich cultural sense based on nature and its seasons, and have developed a wealth of literature and fine arts. We also have created beautiful landscapes of farming and fishing villages. We have developed a sense of awe and gratitude toward nature, treating all living things dearly, and taking care of other people in an altruistic spirit. These are the cultural bases of Japan and they continue to exist as daily customs at least superficially. Ainu people (the indigenous people of Japan) believe all plants and animals around them have their own souls and worship them in their traditional culture.

However, as modernization has progressed, many Japanese have abandoned altruism and have put top priority on extreme economic development while adopting excessive free competition. They have pursued selfish, materialistic life styles by trying to accumulate wealth as much as possible at the expense of everything else. As a result, many have succeeded in acquiring material wealth by abusing natural resources beyond Earth's sustainable limit. By destroying nature, Japanese have been losing their traditional values and sustainable life styles.

The 20th century was a century of wars. Countries of the world experienced repeated wars and conflicts in order to obtain petroleum and other natural resources to expand their economies and territories. Now in this century, some people worry about a war because of scarce water. Under these circumstances, we must stop and think about our situation very seriously.

Our planet does not only belong to people of developed countries, but it also belongs to all other peoples including future generations. Furthermore, it belongs to all forms of life.

Most importantly, each one of us must recognize that this small Earth belongs to all of us. Peoples of developed countries must realize that they are

members of one and only home called 'Earth', and take responsibility to build a sustainable and peaceful society.

Tibetan people, and other indigenous peoples, who still maintain their traditional ways of life and have created traditional wisdom and culture by living with nature can become good examples for our new, sustainable life style.



A nomadic family spends the summer season putting their yaks out to graze and moving with them



This pilgrim family of four has left their home a month ago to visit Lhasa. They will walk all the way to the Holy City including the remaining 1000 kilometers



Japanese people used to live with beautiful nature and nurtured life-loving customs and cultures



We must learn from traditional lives and cultures to build a sustainable society

禁無断転載 海外との情報交流促進のため要約を英文で掲載しています