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### A Primer on Phytocentric Awareness: Ancient and Recent Insights

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#### **Abstract:**

This article advocates for a plant-centered (phytocentric) perspective, drawing from Vedic and Vedantic traditions, to challenge human-centric views. It explores the historical roots of phytocentrism in ancient cultures. The article examines plant intelligence, sentience, and interconnectedness, offering methods to deepen our connection with the plant world, including the use of plant medicine. It discusses the transformative potential of phytocentrism for achieving a blissful state of being ("bliss body"), emphasizing alignment with natural rhythms and plant-centered practices. Practical applications include cultivating a deeper connection with plants through techniques like meditation and mindful observation, contributing to a more sustainable future by promoting plant-based diets and eco-conscious living.

**Keywords:** Phytocentrism, Plant-centered awareness, Ancient wisdom, Modern science, Psychedelics, Ecopsychology, Sustainability, Consciousness, Transformation, Vedic traditions, Vedanta, Bliss body, Stress body

#### **INTRODUCTION**

In an era marked by unprecedented ecological challenges, the need for a fundamental shift in human consciousness and behavior has become increasingly apparent. The dominant anthropocentric worldview, which places humans at the center of the universe and prioritizes their needs above all else, has contributed to widespread environmental degradation and a disconnection from the natural world. As a counterpoint to this anthropocentric paradigm and plant blindness, the concept of phytocentrism, or plant-centered awareness, has emerged as a potential pathway toward a more sustainable and harmonious relationship with the planet [1, 2].

Phyto-centrism challenges the anthropocentric hierarchy by recognizing the intrinsic value and agency of plants, acknowledging their vital role in sustaining life on Earth. This perspective draws inspiration from ancient cultures that revered plants as sacred beings and sources of wisdom, as well as from contemporary scientific research that reveals the complex intelligence and interconnectedness of the plant kingdom [3].

This primer article delves into the multifaceted dimensions of phyto-centric awareness, exploring its historical roots, theoretical foundations, practical applications, and transformative potential. It examines how the integration of ancient wisdom and modern science can illuminate a path toward a more balanced and interconnected way of being, fostering individual well-being and planetary flourishing.

## OBJECTIVES

This article aims to:

- **Define and contextualize phyto-centric awareness:** To provide a clear understanding of the concept of phyto-centrism and its significance in the current global context.
- **Trace the historical roots of phyto-centrism:** To explore the ancient origins of plant-centered perspectives and their expression in various cultures and traditions, including the Vedic and Vedantic traditions of India.
- **Examine the theoretical foundations of phyto-centrism:** To delve into the scientific and philosophical underpinnings of plant intelligence, sentience, and interconnectedness.
- **Investigate the methods and practices of cultivating phyto-centric awareness:** To explore various approaches to deepening one's connection with the plant world, including mindfulness, nature immersion, and plant medicine ceremonies.
- **Discuss the transformative potential of phyto-centrism:** To illuminate how embracing a plant-centered perspective can foster individual healing, spiritual growth, and ecological responsibility.
- **Offer recommendations for integrating phyto-centric awareness into daily life:** To provide practical guidance on how readers can cultivate a deeper connection with plants and contribute to a more sustainable future.
- **Explore the concept of the "bliss body" and its relationship to phyto-centric awareness:** To delve into the physiological and psychological aspects of achieving a state of optimal well-being through alignment with natural rhythms and plant-centered practices.
- **Analyze the shift from a reward-driven to a bliss-oriented existence:** To examine the

neurological and psychological processes involved in transcending the limitations of the reward system and accessing deeper states of fulfillment and interconnectedness.

## THE HISTORICAL ROOTS OF PHYTOCENTRISM

The reverence for plants is deeply ingrained in human history, with evidence of plant-centered perspectives found in numerous ancient cultures. From the sacred groves of the Celts to the animistic traditions of indigenous communities, plants have been honored as sources of sustenance, healing, and spiritual guidance [4].

- **Sacred Groves and Tree Worship:** Many ancient cultures held trees and forests in high regard, often considering them sacred spaces inhabited by deities or spirits. Specifically in India, historical roots of phytocentrism in ancient cultures, include the reverence for sacred groves and tree worship, where specific species were considered sacred, and groves were protected as dwelling places of deities [5]. This reverence stemmed from a deep understanding of their role in providing sustenance, shelter, and medicine.
- **Herbalism and Plant Medicine:** Ancient healing practices heavily relied on plants. The knowledge of their medicinal properties was often passed down through generations, reflecting an intimate connection with the plant world and its healing potential [6].
- **Animism and Plant Consciousness:** Some cultures viewed plants as possessing souls or consciousness, capable of communication and interaction with humans. This perspective fostered a sense of kinship and respect for the plant kingdom [4].

## VEDIC AND VEDANTIC PERSPECTIVES ON PHYTOCENTRISM

The Vedic and Vedantic traditions of India offer a rich tapestry of insights into the interconnectedness of life and the sacredness of the natural world, including the plant kingdom. A few highlights to explore further:

- **Vedic Hymns and Deities:** The Vedas, ancient scriptures of India, contain numerous hymns dedicated to plants and trees, recognizing their vital role in sustaining life and their connection to the divine. Many Vedic deities are associated with specific plants, reflecting their importance in the cosmological and spiritual worldview of the time [7].
- **The Concept of Prana:** Prana, the vital life force that pervades the universe, is believed to be particularly abundant in plants. This concept highlights the interconnectedness of all living beings and the vital role of plants in sustaining life [8].
- **Ayurveda and Herbal Medicine:** Ayurveda, the traditional system of medicine in India,

places great emphasis on the use of plants for healing and maintaining balance in the body and mind. The knowledge of herbal remedies and their applications has been passed down through generations, reflecting a deep understanding of the interconnectedness between humans and plants [6]

- **The Ashvattha Tree:** The Ashvattha tree (sacred fig) holds a prominent place in Vedic and Vedantic symbolism, representing the interconnectedness of life and the cosmic order. Its roots are believed to extend into the heavens, while its branches spread across the earth, symbolizing the link between the spiritual and material realms [7].
- **The Concept of Brahman:** In Vedanta, the ultimate reality or universal consciousness is referred to as Brahman. This concept emphasizes the interconnectedness of all beings and the inherent divinity within all of creation, including the plant kingdom [9].

### THE RESURGENCE OF PHYTOCENTRISM IN MODERN TIMES

While the anthropocentric worldview has dominated for centuries, recent decades have witnessed a resurgence of interest in plant-centered perspectives [10]. This renewed appreciation for plants stems from various factors, including:

- **Growing Environmental Awareness:** The escalating ecological crisis has prompted a re-evaluation of humanity's relationship with nature, leading many to seek more sustainable and harmonious ways of living [11].
- **Scientific Discoveries:** Advances in plant biology and ecology have revealed the complex intelligence and interconnectedness of plants, challenging traditional notions of their passive and insentient nature [12].
- **Indigenous Knowledge Revival:** The revitalization of indigenous knowledge systems has brought to light the profound ecological wisdom and plant-centered perspectives of traditional cultures [13].
- **Psychedelic Renaissance:** The increasing use of psychedelics across the world has opened new avenues for exploring human consciousness and deepening our connection with nature, including the plant kingdom [14].

### THE THEORETICAL FOUNDATIONS OF PHYTOCENTRISM

Phytocentrism is supported by a growing body of scientific and philosophical inquiry that challenges anthropocentric assumptions and highlights the unique capabilities of plants.

- **Plant Intelligence:** Research suggests that plants exhibit complex behaviors, including communication, learning, and problem-solving. They can sense and respond to their environment, communicate with each other through chemical signals, and even exhibit rudimentary forms of memory [15].
- **Plant Sentience:** While the concept of plant sentience remains controversial, some researchers argue that plants possess a form of consciousness or subjective experience. They point to evidence of plant behavior that suggests an awareness of their surroundings and the ability to make choices [16, 17].
- **Plant Neurobiology:** The emerging field of plant neurobiology explores the complex signaling pathways and communication networks within plants, drawing parallels to the nervous systems of animals [3].
- **Ecological Interconnectedness:** Plants play a fundamental role in maintaining the balance of ecosystems. They provide oxygen, food, and habitat for countless other organisms, and their interactions with the environment shape the very fabric of life on Earth.

## METHODS AND PRACTICES FOR CULTIVATING PHYTOCENTRIC AWARENESS

Cultivating phytocentric awareness involves actively engaging with the plant world and developing a deeper appreciation for their role in sustaining life. Various methods and practices can facilitate this process:

- **Mindfulness in Nature:** Spending time in nature and mindfully observing plants can enhance our awareness of their presence and cultivate a sense of connection.
- **Nature Immersion:** Immersing oneself in natural environments, such as forests, gardens, or wilderness areas, can deepen our appreciation for the interconnectedness of life and foster a sense of belonging.
- **Plant Medicine Ceremonies:** Participating in traditional plant medicine ceremonies, under the guidance of experienced practitioners, can provide profound insights into the healing potential of plants and their ability to facilitate spiritual growth.
- **Gardening and Plant Care:** Cultivating a garden or caring for houseplants can foster a sense of responsibility and connection with the plant world, allowing us to witness firsthand the cycles of growth, decay, and renewal.
- **Plant-Based Diets:** Adopting a plant-based diet can be a way of honoring the plant kingdom and reducing our ecological footprint.

- **Environmental Activism:** Engaging in environmental activism can be a powerful way to express our commitment to protecting the plant world and advocating for a more sustainable future.

### THE TRANSFORMATIVE POTENTIAL OF PHYTOCENTRISM

Embracing a phyto-centric perspective can lead to profound personal and collective transformation.

- **Individual Healing:** Connecting with plants can foster physical, emotional, and spiritual healing. Spending time in nature has been shown to reduce stress, improve mood, and boost the immune system. Plant medicine ceremonies can facilitate deep emotional processing and spiritual awakening [18].
- **Spiritual Growth:** Plants can serve as teachers and guides on the spiritual path. Their resilience, adaptability, and interconnectedness offer valuable lessons for navigating life's challenges and cultivating inner peace [19].
- **Ecological Responsibility:** Recognizing the intrinsic value of plants fosters a sense of responsibility for their well-being and the health of the planet. This can lead to more sustainable lifestyle choices and a commitment to environmental stewardship.
- **Expanded Consciousness:** Engaging with plants through mindfulness, nature immersion, or plant medicine ceremonies can expand our consciousness and deepen our understanding of the interconnectedness of life [20].

### THE SHIFT: FROM ANTHROPOCENTRIC TO ECOCENTRIC AND PHYTOCENTRIC

The journey toward phyto-centric awareness involves a gradual shift away from the anthropocentric worldview and toward a more ecocentric and ultimately phyto-centric perspective.

- **Anthropocentric:** The anthropocentric perspective prioritizes human needs and desires, often at the expense of natural rhythms and ecological balance. This can lead to a "stress body" state, characterized by disharmony and disease.
- **Ecocentric:** Shifting to an ecocentric perspective involves recognizing our interconnectedness with nature and aligning our lifestyle with natural rhythms. This supports a healthier "bliss body" state.

- **Phytocentric:** The phytocentric perspective takes this further, drawing inspiration from the plant kingdom, which embodies stillness, slow time, growth, and regeneration. This represents a state of deep harmony with nature, transcending the need for excessive consumption and mental agitation.

### **EQUIPOISE: BALANCING REWARD AND BLISS**

- **Reward System:** While the reward system is essential for survival and motivation, its overactivation in the anthropocentric state can lead to addiction, instant gratification, and a constant pursuit of external validation [21].
- **Bliss System:** Cultivating the "bliss body" involves accessing a deeper state of contentment and fulfillment that arises from within, independent of external rewards [22].
- **Equipoise:** The shift towards an ecocentric and phytocentric perspective allows us to find a balance between the reward system and the bliss system, experiencing both the joy of engagement with the world and the peace of inner stillness [23].

### **DELVING DEEPER INTO THE MIND'S BLISSFUL STATES**

The concept of the "bliss body" goes beyond mere physical health; it encompasses a state of holistic well-being characterized by inner peace, joy, and a deep connection to the natural world. This state can be cultivated through various practices that align us with natural rhythms and foster a sense of interconnectedness.

- **Circadian Rhythms and the Bliss Body:** Aligning our lifestyle with natural circadian rhythms is crucial for optimizing health and well-being. This includes regular sleep-wake cycles, exposure to daylight, and timed eating patterns. Disruptions to these rhythms can lead to stress, hormonal imbalances, and impaired metabolic function [24].
- **Dietary Rhythms and the Bliss Body:** Incorporating practices like intermittent fasting or periodic fasting mimicking diets can promote cellular repair, reduce inflammation, and enhance metabolic flexibility. These practices align with the natural rhythms of the body and support its innate healing mechanisms [25].
- **Exercise and the Bliss Body:** Regular physical activity, including both aerobic and strength training, provides hormetic stress that strengthens resilience and promotes longevity. Exercise also stimulates the release of endorphins, contributing to a sense of well-being and reducing stress [26]

- **Neuroendocrine Balance and the Bliss Body:** The neuroendocrine system plays a crucial role in regulating stress responses and maintaining homeostasis. Chronic stress can lead to HPA axis dysregulation, affecting cortisol levels, immune function, and overall well-being. Practices that promote relaxation, such as meditation, yoga, and spending time in nature, can help to restore balance to the neuroendocrine system and support the transition to a bliss body state [27].
- **The Role of Neurotransmitters:** The experience of bliss is often associated with the release of "happy hormones" such as dopamine, serotonin, endorphins, and endocannabinoids. These neurochemicals play a crucial role in regulating mood, motivation, and pleasure. By engaging in practices that promote their release, we can cultivate a more positive and joyful state of being [28].
- **From Reward System to Bliss System:** The reward system, while essential for survival and motivation, can also lead to addiction, instant gratification, and a constant pursuit of external validation. The shift to a bliss body state involves transcending the limitations of the reward system and accessing a deeper sense of fulfillment that arises from within. This can be achieved through practices that cultivate self-awareness, emotional regulation, and a deeper connection to the present moment [22].

### INTEGRATING PHYTOCENTRIC AWARENESS INTO DAILY LIFE

Integrating phyto-centric awareness into daily life involves making conscious choices that honor the plant kingdom and support a more harmonious relationship with nature.

- **Cultivate a Garden:** Growing a garden, even a small one, can be a deeply rewarding way to connect with the plant world and witness first-hand the cycles of growth, decay, and renewal.
- **Spend Time in Nature:** Make time for regular nature immersion, whether it's a walk in the park, a hike in the forest, or simply sitting under a tree.
- **Practice Mindfulness in Nature:** When spending time in nature, engage your senses fully and observe the plants around you with curiosity and appreciation.
- **Adopt a Plant-Based Diet:** Consider reducing your consumption of animal products and incorporating more plant-based foods into your diet.
- **Support Sustainable Practices:** Choose products and services that are environmentally friendly and support sustainable agriculture and forestry practices.

- **Educate Yourself and Others:** Learn more about the plant kingdom and share your knowledge with others. Advocate for policies that protect plants and their habitats.

## CONCLUSION

In a world grappling with the consequences of anthropocentric overreach, phytocentrism offers a beacon of hope, illuminating a path towards a more harmonious and sustainable future. By embracing a plant-centered perspective, we can rediscover our interconnectedness with nature, cultivate a deeper sense of well-being, and contribute to the healing of the planet. The journey toward phytocentric awareness involves a gradual shift away from the dominant anthropocentric worldview and toward a more ecocentric and ultimately phytocentric perspective. This shift involves aligning our lifestyle with natural rhythms, cultivating inner balance, and accessing a deeper state of contentment and fulfillment that arises from within.

By integrating the ancient wisdom of traditions like Vedanta with the insights of modern science, we can gain a deeper understanding of the transformative potential of phytocentric awareness. This holistic approach can empower us to move from a stress-ridden existence to a blissful state of being, characterized by inner peace, joy, and a profound connection to the natural world.

This extended framework offers a more comprehensive approach to well-being, integrating scientific understanding with ancient wisdom and recent scientific insight. By aligning ourselves with natural rhythms, cultivating inner balance, and embracing a plant-centered perspective, we can move from a state of stress and disease to one of vitality and bliss, contributing to both individual and planetary flourishing.

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### **Brief Profile of the Author:**

Dr. Prakash Venglat is a Plant Biology Researcher at University of Saskatchewan, Canada and he has spent over 30 years in understanding plant growth, development, and adaptation by building models to understand how plants build structures which become part of our food.

He has worked in several research organizations and some of his works include G x E of drought stress in wheat - root development; phenotyping; Genomics of seed and embryo development in angiosperms (Flax, Lentils, Brassica, Arabidopsis, Wheat); Developmental genetics of Arabidopsis and Brassica plant architecture; Plant evolutionary biology and adaptation; Plant tissue culture (Research and Industry); Plant biodiversity.

Dr. Venglat is also a science communicator who has given several public presentations regarding the importance of agriculture, biodiversity and evolution. He has a deep interest in Buddha's and Adi Shankaracharya's teachings and is exploring whether these philosophies can be applied to develop a Phytocentric perspective that is rooted in the wisdom traditions.

One of the projects which is very close to his heart is ©LEARNING UNDER THE EVOLUTIONARY TREE - To build an organization to teach children and adults the importance of evolution of plants not just as food, medicine and produce but as a process of understanding our environment and our interactions with natural resources.

**Statements and Declaration:** I declare that I have no conflict of interest with my places of employment or anybody else in publishing this article. No financial support was received for the work within this article.

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