

# living pathways

Meditations on sustainable cultures and cosmologies in Asia

M. NADARAJAH



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Living Pathways: Meditations on sustainable cultures and cosmologies in Asia

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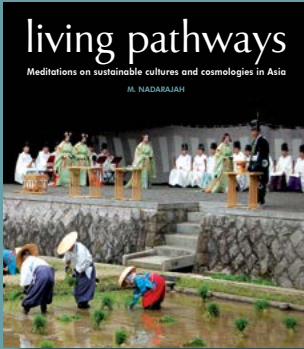
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**M. Nadarajah**, or 'Nat', earned a Ph.D. in Sociology from Jawaharlal Nehru University (JNU), New Delhi, in 1993. Nat has spent his life working on the interconnected issues of communication, process development and management, culture, spirituality and sustainability and has written several books on these issues: *Another Malaysia is Possible and Other Essays: Writings on Culture and Politics for a Sustainable World* (2004) and his co-edited book *Urban Crisis: Culture and the Sustainability of Cities* (2007). He is one of the pioneers of the Global Centre for the Study of Sustainable Futures and Spirituality (GCSSFS, [www.gcssf.org](http://www.gcssf.org)). Nat's Asian Public Intellectual (API) Fellowship, sponsored by the Nippon Foundation, allowed him to embark on a research 'pilgrimage' that inspired the meditations presented here in *Living Pathways*.





*A great work on sustainability  
for those who believe in 'simplicity,  
sanity, spirituality and sustainability'.*

*Prof. T.K. Nair*  
**Former principal, Madras School of Social Work  
(India)**

*There is no better time for this book....challenging  
each and every one of us to remember that we have  
only one home, our planet Earth. And that we ask  
every day, individually and collectively: what are we  
doing to sustain the great gifts of Nature and Spirit  
that will only be available in the future  
if we take responsibility for them now.*

*Ben Bernstein, PhD*  
**Clinical psychologist, educator and author (USA)**

*Many have now advocated the application of traditional wisdom  
in the area of natural resources management, conserving bio-diversity and  
thereby address the issue of sustainable development. **Living Pathways** has  
contributed to the present reservoir of knowledge in a simple, lucid way,  
with associated photographs and rich references.*

*D.K. Budokoti*  
**Development consultant (India)**

*Beside all the mentioned negative trends and facts depicting  
a seemingly hopeless situation, he [the author] shows the answer to our present  
predicament in Asia and the world: a deeper sense of connectedness and a  
sustainability guided by socially-engaged spirituality.*

*Florian Palzinsky*  
**Yoga and meditation teacher (Austria),  
Former Buddhist monk in Thailand and Sri Lanka**



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