



## **BUDDHIST TEACHINGS ON TIME MANAGEMENT FOR SUSTAINABLE HUMAN DEVELOPMENT**

***Ven. Bulugahpitiye Nandabodhi\****

*Faculty of Graduate Studies, Pali and Buddhist University of Sri Lanka,  
Sri Lanka*

Effective time management involves judiciously utilizing time resources to achieve goals. Beyond its impact on individuals, it extends to stewardship of physical resources. Gautama Buddha's historical narrative exemplifies exceptional time management. This research explores the principles that can guide contemporary individuals toward effective and efficient time management, contributing to a harmonious and sustainable world. Time management emerges as a pivotal factor for the sustainable development of humans. Failure in effective time management poses significant hurdles and impediments to individual and collective well-being. Main objectives: first, to identify prevalent time-wasting and managing behaviors; second, to delve into Buddhist time management concepts; and third, to evaluate the applicability and significance of these concepts for fostering a harmonized and sustainable world. By elucidating the teachings of Buddhism on time, the study aims to offer practical insights that can be integrated into contemporary lifestyles. The researcher surveyed literature relevant to this study: primary Buddhist sources, scholarly articles, and books written in the field. Hence, the primary data was used with the secondary data in detail, where analysis needs more in-depth concern. Through careful analysis of facts and information provided in these texts, the research will be focused on how the Buddhist teachings could be utilized for the above purpose. The research methodology used in this paper was to read and analyze (content analysis) the primary Buddhist teachings relating to the subject area and other selected secondary texts, monographs, and articles to generate pragmatic results that remain relevant to the Buddhist teachings while giving a greater insight into some historical aspects. s. Buddhist teachings encapsulate a wealth of practical time management concepts, addressing fundamental questions about the nature of time, its importance, and strategies for its efficient utilization. Gautama Buddha's guidance on time management proves adaptable to contemporary challenges, offering valuable insights for individuals, organizations, governments, and rulers. The practical solutions proposed by Buddhism extend beyond the realm of time management, contributing to alleviating of global mental and physical challenges and, ultimately, fostering a harmonious and sustainable world.

**Keywords:** Buddhist philosophy, contemporary challenges, time management, sustainability, harmonious world

*\*Corresponding Author: nandabodhi@gmail.com*



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### INTRODUCTION

Effective time management is crucial for achieving both personal and collective goals, significantly impacting individual well-being and sustainable development. Gautama Buddha's teachings provide a historical example of exceptional time management, offering timeless principles that remain relevant today. This research explores these Buddhist principles to guide contemporary individuals towards efficient time management, contributing to a harmonious and sustainable world. This study seeks to provide practical insights for integrating these teachings into modern lifestyles by identifying time-wasting behaviors and evaluating Buddhist concepts.

### METHODOLOGY

This study employs a qualitative approach, focusing on content analysis of primary Buddhist texts and secondary scholarly interpretations. The primary sources include key texts from the Pali Canon, such as the Milinda Panha and Dhammapada, providing foundational Buddhist teachings on time and management. Secondary sources include scholarly articles, books, and monographs that interpret and contextualize these teachings. The methodology involves thoroughly reviewing and analyzing these texts to extract relevant concepts and evaluate their applicability to contemporary time management practices. This approach ensures a comprehensive understanding of Buddhist principles and their practical implications for modern life.

### RESULTS AND DISCUSSION

Buddhist teachings offer a wealth of effective time management concepts. They address fundamental questions about the nature of time, its importance, and strategies for efficient utilization. Here are some additional points and findings:

Buddha preached 3-time wasting factors, (Niddaramatha) loving to sleepy, (Bhassaaramatha) speaking useless meaning less things and (GanasaGaanithaaramatha) without doing tasks allocated spending time with the people.

The infant, the schoolboy, the lover, the soldier, the justice, the pantaloons, and old age. Many Shakespeare fans are familiar with Jacques's famous speech in As You Like It, which is about the seven ages of men, which begins with the following: All the world's a stage, and all the men and women are merely players.

Buddha categorizes the whole life span in to 10 stages and each stage encourages effective time management. Buddhist time management mainly focusses on attaining Nibbana. Further life is divided into three main parts: infant, young and adult. Another analysis of time is past present and future. Buddha advises focusing on the present since the past has already gone, and the future has not yet, so dwelling on the past and future wastes time.

Buddha also uses a timetable daily under 5 daily routines. The daily routine of Gautama Buddha, as described in various Buddhist texts, was meticulously structured and focused on spiritual practice, teaching, and compassionate service. Let's explore the five parts of his daily routine:

#### **The Morning Session (4:00 a.m. to 12:00 noon):**

At 4:00 a.m., the Buddha would rise and wash. He would then sit down to meditate for an hour. From 5:00 to 6:00 a.m., he would use his mental eye to assess if anyone needed help in the world. At 6:00 a.m., he would put on his robe and either go out to assist those in need or beg for food. During alms



rounds, he would walk from house to house, accepting food silently into his bowl. Sometimes, his disciples would accompany him, walking in single file. People often invited him to their homes for lunch, where he delivered discourses to them and his followers.

**The Afternoon Session (12:00 noon to 6:00 p.m.):**

Monks would usually come to the Buddha during this time to ask questions and seek guidance. The Buddha would then retire to his room and use his mental eye to identify anyone seeking his help. He would meet with those waiting for him, teaching each person individually, bringing joy to the wise and dispelling ignorance from others.

**The First Watch (6:00 p.m. to 10:00 p.m.):**

Followers would return to the Buddha to either listen or clarify doubts. He patiently addressed their inquiries during this period.

**The Middle Watch (10:00 p.m. to 2:00 a.m.):**

During this time, celestial beings (devas) would approach the Buddha to learn the truth of life. The Buddha would answer their questions, completing the middle watch of the night.

**The Last Watch (2:00 a.m. to 4:00 a.m.):**

In the first hour, the Buddha would walk and meditate, relieving the discomfort of sitting all day. He would then sleep for just one hour. The Buddha maintained this rigorous schedule throughout his 45 years of teaching, dedicating most of his time to benefiting others and promoting well-being. Explore how Gautama Buddha's daily routine, as described earlier, aligns with principles of effective time management:

**Structured Routine:** Gautama Buddha adhered to a strict daily schedule. His routine was organized into specific time blocks for meditation, teaching, and compassionate service. This structured approach allowed him to optimize his time and focus on meaningful activities.

**Prioritization:** The Buddha prioritized activities based on their impact. His mornings were dedicated to meditation and alms rounds, ensuring that he nourished his spiritual well-being and served others.

The afternoons were reserved for teaching and addressing followers' questions. **Mindfulness and Present Moment Awareness:** Buddhism emphasizes being fully present in the moment. The Buddha's daily routine exemplified this principle. Whether meditating, teaching, or interacting with others, he remained mindful and focused on the task at hand.

**Balancing Self-Care and Service:** The Buddha balanced self-care (meditation, reflection) with service (teaching, helping others). By allocating time to both, he maintained his own well-being while benefiting the community.

**Efficient Use of Limited Time:** Despite having only one hour of sleep each night, the Buddha maximized his waking hours. His teachings on impermanence reminded him of the limited time available for spiritual growth and service.

**Adaptability:** The Buddha's routine adapted to different contexts. Whether addressing individuals, celestial beings, or monks, he tailored his time management to meet diverse needs.

As milinida nagasena question series in pali canon; King What does this word "time" mean?

Past time, O king, and present, and future, But what? Is there such a thing as time?' 'There is time which exists, and time which does not. They can pass away at the time they can, or they can live as much as they want. beings who, having died, have been reborn elsewhere, time is. In the case of beings who, having died, have not been reborn elsewhere, time is not; and in the case of beings who are altogether set free Arahnat, their time is not—because of there having been quite set free.'Milinida nagasena questions (PTS MIL 50).

Time matters only for the not realized ones. Buddha and his sons are not tied with the time. Although much powerful and great, Lord Buddha also had an achievable plan. People plans are not achievable Buddha explain form the *ksana* which is the smallest time a citta viti is exist. and the including life time of 31 realms beings are exist with their lifetimes and further sanwatta wiwatta kappa where modern science even can't imagine the time period.

Having that great understanding, Buddha can be named as the greatest time manager of his 45 years of life.

**Mindfulness and Present Moment Awareness:** Buddhism emphasizes being fully present in the moment. Mindfulness practices, such as meditation and conscious awareness of daily activities, enhance time management by reducing distractions and promoting focus.



When buddha advising propagating dhamma for the first 60 arahant disciples, buddha told not to go two in the same road. Then the effective time management would be reduced. It's a time waste when taking from the point of view from propagation. By ensuring that no two disciples travelled the same road, the Buddha aimed to maximize their reach. If multiple disciples covered identical paths, it would lead to redundancy and inefficiency. Each disciple could explore new areas, effectively reaching more people and spreading the Dhamma. When disciples take different routes, they can cover more ground in less time. Imagine if all 60 disciples followed the same path—their collective efforts would be less efficient. By diversifying, they optimize their use of time and resources. The Buddha's advice encourages adaptability. Disciples must assess local conditions, adjust their approach, and tailor their teachings to the specific audience. This flexibility enhances effectiveness. While avoiding duplication, disciples could still collaborate strategically. Sharing insights, coordinating efforts, and supporting each other would lead to a more cohesive propagation network.

Heedfulness is the deathless state;  
heedlessness is the state of death.  
The heedful do not die,  
while the heedless are like the dead.

Appamādo amatapadaṃ,  
pamādo maccuno padaṃ;  
Appamattā na mīyanti,  
ye pamattā yathā matā.

Dhammpada appmada wagga 1st stanza states that time is limited, so take the maximum usage of it. your life is most precise thing you received.

**Karma and Intention:** Buddhist teachings emphasize the law of karma—our actions have consequences. Intention matters. When managing time, individuals can consider the intention behind their activities. Are they contributing positively to their well-being and the world?

**Compassion and Service:** Buddhism encourages compassion toward oneself and others. Time management isn't just about personal efficiency; it's also about serving others. Allocating time for acts of kindness, volunteering, or community service aligns with Buddhist principles.

**Impermanence and Prioritization:** The impermanence of all things reminds us that time is limited. Prioritizing tasks becomes essential. Individuals can evaluate what truly matters, focusing on meaningful activities rather than trivial distractions.

## CONCLUSIONS

Buddhist teachings provide valuable insights into effective time management, emphasizing avoiding time-wasting behaviors, the importance of a structured routine, and the need for mindfulness and present-moment awareness. These principles can be adapted to contemporary challenges, offering practical solutions for individuals, organizations, and governments. Integrating these timeless concepts into modern time management practices can enhance personal well-being, promote efficiency, and contribute to a harmonious and sustainable world.

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