

How Exactly Should We Live According to the Principles of Nature? A Practical Framework for Human Life

Kenji Abe, Ed.D.

Toin University of Yokohama

Yokohama, JAPAN

DOI: <https://doi.org/10.5281/zenodo.22874138>

Published Date: 21-September-2026

Abstract: This paper proposes a nature-centered way of living based on the understanding that humans are part of nature. It identifies basic principles of nature, practical rules for sustainable living, and criteria for environmentally responsible political leadership. Finally, it argues that living by these principles requires personal commitment under the pressures of capitalism and consumerism.

Keywords: Nature-centered living; Human–nature relationship; Ecological principles; Environmental ethics; Biocentrism; Consumerism; Anthropocentrism; Environmental leadership; Global governance; Intergenerational justice.

I. FUNDAMENTAL PRINCIPLES OF NATURE

We were born and live on the one and only planet we know with living beings and nature. Therefore, all humans should live by respecting living beings and the rules of nature, because all humans are also fully part of nature [1]. So, how exactly should we live to meet these conditions? Let's start with the fundamental principles of nature:

1. Everything changes.
2. Everything survives through interdependence.
3. We must keep balance—not too much, not too little.
4. We must be ready to adapt to changing conditions.
5. Nothing should be wasted, including our own bodies.
6. Differences should be maintained to preserve resilience.
7. Everything continually transforms as energy flows through natural cycles.
8. Life is precious because it happens only once and lasts for only a short time. [2]

II. RULES WE SHOULD LIVE BY

Everything on Earth exists within these conditions. So, how exactly should we live?

1. Take only what you need. Waste nothing.
2. Use as little energy as possible.
3. Protect forests.
4. Protect water.

5. Protect animals and all living beings.
6. Reduce pollution.
7. Reuse things as much as possible.
8. Replace them only as a last resort.
9. Restore what you damage.
10. Leave Earth as you found it—or even better than you found it. [3]

III. CHECK LIST TO ELECT EARTH CONSCIOUS LEADERS

As individuals, we should follow these rules. But we must also elect political leaders who can organize society with a firm global mind. So, what should we look for when electing our leaders?

1. Earth First—do they consider the planet beyond national interests?
2. Long-Term—do they think beyond the next election or political term?
3. Nature—do they protect ecosystems, forests, oceans, soil, and biodiversity?
4. Climate—do they address climate change based on scientific evidence?
5. Animals—do they recognize animals as living beings, not merely resources?
6. Cooperation—do they work with other countries rather than acting alone?
7. Peace—do they avoid unnecessary conflict and destruction?
8. Fairness—do they consider poorer and more vulnerable populations?
9. Science—do they listen to credible scientific evidence?
10. Future Generations—do they consider the people who will come after us? [5][6]

IV. CONCLUSION

In this way, by fully understanding the fundamental principles of nature, we can live according to rules that are consistent with those principles, while electing national leaders who can put these principles into practice across society. However, there is one critical challenge. To actually put these ideas into practice, we need a firm personal commitment to live according to natural principles under constant pressure from capitalism and consumerism—pressures that can push us in the opposite direction in the pursuit of endless profit, often at the expense of nature.

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