

COSMOPHILIA AND BIOPHILIA IN PREETI SHENOY’S WAKE UP, LIFE IS CALLING

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ABSTRACT: As humans, we inhale air, which contains oxygen. Oxygen is important for us and all other creatures to survive. Once we inhale oxygen, our body uses it, together with sugar that we get through eating, to supply energy, which also allows us to move. This process is understood as respiration. During respiration, both energy and a gas referred to as carbon dioxide are produced. Once we breathe out, the CO₂ that’s produced is released. Plato concluded that there is a natural relationship between proportion, virtuousness, and wonder. In his cosmological dialogue the *Timaeus*, Plato presents a Pythagorean creation myth that explains the start structure of the macrocosm. So as to regard for the underpinning harmonious structure of living effects and the lesser macrocosm, Plato describes the character of the World Soul, which embodies the principles of harmony, proportion, and relatedness.

KEYWORDS: energy, harmonious, respiration, macrocosm.

This paper will survey the history of the thought of the cosmic power and the epistemologies related to it, how it went into decline with the increase of the mechanistic worldview of the Scientific Revolution, and the way it’s now reemerging as a cosmological, cerebral, and artistic idea through the work *Wake Up, Life is Calling*. Anecdotal and qualitative substantiation suggests that humans are constitutionally interested in nature. For illustration, the looks of the natural world, with its rich diversity of shapes, colours, and life, is widely appreciated. This appreciation is usually invoked as substantiation of biophilia. The emblematic use of nature in mortal language, in expressions similar as “eyeless as a club” and “busybee,” and therefore the pervasiveness of spiritual reverence for creatures and nature in mortal societies worldwide are other sources of substantiation for biophilia. Similar spiritual experience and wide confederations with natural conceits appear to be embedded within the evolutionary history of the mortal species, forming in ages when people lived in much near contact with nature than utmost do moment. Mortal divergence from the wildlife appears to have passed in resemblance with technological developments, with advances within the 19th and 20th centuries having the most significant impact, unnaturally changing mortal relations with nature. In this novel, *Wake Up, Life is Calling*, Ankita suffers from severe mental devastation. The turning events such as the suicide of Abhi, and Joseph’s arrogant behaviour towards her makes her mind and soul complex. Similarly, Mrs. Hayden has lost her husband and son in her life. She has no hope in her life to cling on. Mrs Hayden reveals her connection with nature and thus helped her to recover. “As I created this garden, I was healing little by little. As the garden grew, I was growing too-though I didn’t know it then. This garden has helped me so much. Each day I see the beauty in it, I am reminded that there is still beauty and hope left in life.” In its most nonfictional

sense, this separation was made possible by the development of enclosed and fairly sterile spaces, from homes to workplaces to buses, during which ultramodern humans were sheltered from the rudiments of nature and in which numerous, particularly people living in more- developed countries. Genes that influence biophilia haven't been identified, and it's suspected that the increased dependence of the human species on technology has led to an attenuation in the human drive to connect with nature. Wilson et al. have argued that such declines in biophilic behaviour could remove meaning from nature, translating into a loss of human respect for the wildlife. In fact, the loss of desire to interact with the wildlife, leading to a decreased appreciation for the diversity of life-forms that support human survival, has been cited as a possible factor contributing to environmental destruction and the rate of species extinction. Thus, reestablishing the human reference to nature has become an important theme in conservation. In Biophilia, Wilson introduced a conservation ethic supported multiple dimensions of the innate relationship humans share with nature. His notion of environmental stewardship drew on various concepts, including the sensible dependence of humans on nature, which centres on the ecological services (e.g., clean water and soil) nature provides; the satisfaction derived from direct interaction with nature, like through exploration and development of outdoor skills; the physical appeal of nature, evident in its role as a source of inspiration and peace; and therefore the human attachment to nature in the form of emotional connections to landscapes and animals. The stress and adversities that the mental health of a human being faces because of the rise of technicalities and technological advancement in professional industries are contrasted by the calming, somber, and peaceful natural interaction with flowers and Mother Nature.

During a natural environment, an individual feels light and peaceful, ready to be creative, and doesn't need to worry about fulfilling expectations. Instead, the person can just be as they need to be achieved. According to the National Institute of Health, a search was conducted with people being compared after stressful activities on a computer and interacting with plants and it showed that the people interacting with plants were more relaxed and stress-free which led to the result that the natural environment of plants is very therapeutic and satisfactory for the mental health of human beings. All plants, generally, have a soothing effect on the psychological state of people however studies show that some plants have a more effective calming presence and are used in different mental disease treatments as well.

Here are a number of the plants recommended in curing depression and anxiety by psychologists. Lavender is one among the most commonly used plants for curing stress and anxiety. The rationale for such a widespread use of lavender and its by-products is the calming and soothing effect of the plant itself. The lavender plant interacts with the neurotransmitters and helps the brain and nerves to reduce strenuous activities and provides relief to the mental state of the interaction. Lavender oil is additionally very widely used in anti-depressants and anxiety pills which provide a sedative effect on the user and relaxes their nerves and brain. Additionally to the calming nature of lavender, the gorgeous and visually aesthetic color also provides happiness and reduces stress in people. Therefore, lavenders are a requirement to have in garden. Perhaps the foremost popular form of part is the peppermint plant. The leaves of this plant are already getting used in making gums, candies, and other consumables so as to calm the mental state of people. Peppermint is understood for having a very calming and peaceful effect on the nervous system and

is also known to enhance brain activity positively. Peppermint extract and menthol are extremely beneficial in terms of lowering frustration and reducing anxiety. That's the reason why body soaps and bath products also have a small percentage of the aforementioned compounds in them. It's very easy to obtain peppermint and it is also very effective in treating anxiety and depression, so you ought to definitely get it. One of the more unique and less common plant types in this list is the Jade Plant. For your information, the Jade plant seems like a small tree and is darkish green in color. It makes for a perfect houseplant. The Jade plant is understood to reduce the chemicals in the air of our natural environment. These chemicals can have a stressful and harmful effect on our minds and bodies. The plant is visually extremely satisfying and has natural calming features also. It makes for a superb therapeutic gift for others as well as yourself. It requires good maintenance which may increase your relaxation period because of the general calmness and stress-free environment that gardening and plant culturing provides. The most important health benefit of interacting with shops is the cerebral effect on internal health. Different factory kinds have different kinds of goods on the mind of a person and all of these goods are incredibly positive. However, they can simply install shops in their homes and reduce the position of stress immensely because of their comforting and soothing presence, if a person is under great work or life stress. Also, the composites and rudiments set up in colorful shops along with their smell can also beget relaxation and reduce violent nervous exertion making shops stylish remedy against internal stress, anxiety, depression, and uneasiness. Drinking a tea of certain factory leaves also causes sleep privation issues to go down in people. There are some shops that lower stress situations as well as increase the brain function and exertion of the mind in a person. How this works is that generally, these shops contain essential canvases and excerpts that are consumed in some form which directly affects the brain and causes the brain to serve fleetly. The violent scent of certain shops can also beget people to increase their internal exertion and there are numerous capsules available in the request with the marker of brain function boosters that have factory excerpts in them which can increase the productivity of the mortal mind. Indeed the visual attractiveness and the aesthetic beauty of these shops due to their pictorial and beautiful colors can spark certain corridor of the brain to work more efficiently. In numerous homes, the houses are located in areas that are defiled heavily in terms of air quality and terrain due to the overuse of vehicles and the burning of energy and wastes. In similar areas, the position of poisons in the air is so important that the vulnerable system of the people abiding there's an extremely high threat. Due to this reason, they're more susceptible to conditions and are at an advanced threat of mortality. Due to this reason, interacting with shops and the field of gardening can have an incredibly positive effect on the mood of a person. These were some of the significant benefits of cultivating shops in your ménage and interacting with shops in general. However, also you should also get into the field of gardening for a mind calming and stress-reducing feeling, if you also have a veritably stressful life as numerous others do in moment's workalcoholic terrain.

CONCLUSIONS

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