*Nsukka Journal of the Humanities*

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**Ecobodyism as a Concept of the Whole Self Without Unification**

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# Abstract

*Ecobodyism is a concept that gives awareness to self, body and nature in wholeness without unification. This concept tries to make humans think in themselves that there is nothing separate between self, body and nature. There is only a subject present, namely humans trying to provide reflective and critical space for life in responding to it. Ecobodyism is a concept that tries to show the world that the self, namely humans, is in a whole position, they do not do that unification, but there is already wholeness without unification. Humans sit in the matter of thinking, they try to increase the intensity of understanding of various things, so that the point is that they find the truth of this life in the critical thinking space where and how humans who think will respond to the world.*

**Keywords:** *Ecobodyism, wholeness without unification, human*

# Introduction

The concept of Ecobodyismis a space of knowledge to see the world further, where humans do not accept, humans do not separate, or even humans do not create. But in the position and situation of knowledge born and built, is the way humans realize the position as far as the knowledge they have about the world and its contents (Ingold, 2021). The concept of Ecobodyismwas first offered by Wahyu Trisno Aji, an intellectual from Indonesia who tried to bring issues of various things from psychology, ecology, feminism, biology, other social sciences into one synthesis of understanding in the form of Ecobodyism*.* Ecobodyismis nothing more and nothing less than a concept of synthesis of many disciplines, so that there is a strong connection and takes an important part that is relevant to study (Sharp, 2019). However, what is new in the concept of Ecobodyismis that there is nothing separate and nothing returns to the body, self and nature. But everything is whole, both self, body and nature are themselves whole without unification.

The concept of Ecobodyismis a form of awareness of self, body and nature in wholeness without unification, where this position provides a Declaration that humans are not far from themselves and nature, but they are in wholeness without unification. The simple problem in Ecobodyismis that awareness of this whole is totality, where humans forge themselves in a situation to the extent of the knowledge they have. With this understanding, humans as the subject of the present do not feel the most existent as in the anthropocentric understanding, but rather see this whole as wholeness without unification. The concept that Ecobodyismtries to offer is that humans are not in darkness which then reaches the search and discovery of the enlightenment era. However, Ecobodyismexplains that the wholeness of life is the main postulate, where the lantern in human life already exists, so that the task of humans is to light themselves in the form of this awareness (James, 2020). One way to light this lantern is to hone knowledge, but the level of intensity of this lantern is to what extent the subject understands what they get and places it as knowledge (Robert et al., 2021). So it is very important the concept of Ecobodyismas an offer for a life that realizes wholeness in totality without unification.

The concept *of* Ecobodyismclearly provides a shadow to place oneself as a human being, do not let there be any disturbance to feel present, not because there is coercion and feeling separated to feel the need to approach oneself. Ecobodyismas a concept tries to realize that self, body and nature in wholeness without unification that in totality whether we like it or not and whether we want it or not, humans and everything are already there.

It is only the intensity of the human being as the subject who is present that realizes all of this.Of course, the important note is that the concept of Ecobodyismis not merely an understanding outside the subject present, namely humans as objects, but the explanation is that the subject present, namely humans, has the ability to move and respond faster than others, while others as living things such as animals, trees, and other bacteria are subjects, but they are still at a low level of intensity. While humans at least have a higher level of intensity, so calling humans as subjects present means that humans have the ability to recognize and negotiate existence (Naess, 2019). This is what others do not have, so it becomes a special feature for humans.

So the concept of Ecobodyismis an interesting offer to see the world, revelation as the main popularizer of the concept of Ecobodyismprovides a new color that is clearer and brighter. At least humans understand where they are, no longer feel the most there and others do not exist. Or even feel nothing and nothing exists. Ecobodyismas a concept of knowledge explains that what exists is as far as accountability, this concept provides insight that what exists is the subject that plays the level of intensity, and humans are the most dominant in showing their intensity so that they have the ability to exist.

**Loading EcobodyismFor The Totality Of The Whole**

We are aware that life is full of question marks. But since when did we ourselves ask if this life is meaningful?. We often keep it all in a hidden box, where it contains a mystery that never has the expression "Eureka" in the answer. The mystery slowly disappears, erased by ignorance. This is the real fact, how we ourselves never know what we know and never know what we don't know. Frankly, this is a problem that has an ontological nuance, that what is always present is always at a point of doubt, disbelief and full of consideration. Because of this ignorance, we must understand very well, so that there is no disturbance in any form, we are aware of what is disturbed. From the beginning, since we are aware or not, we must step to know the wholeness further and deeper into various problems. With the existence of enlightenment, a long dialectical process, it is necessary to realize that the whole of everything is intact without unification. The concept of Ecobodyismhas been present in such a way for this, where the wholeness in the mystery of something that is necessary, consciously or not everything has existed, but humans are the part that exists with the being (Sharp, 2019). It is these limitations imposed by humans that give rise to the greatest possible potential intensity.

Ecobodyismis not just a discarded concept or even a cococology concept, but Ecobodyismis a comprehensive and holistic way of thinking about all existing existence. The potential to exist without unification becomes the postulate of the concept of Ecobodyism*,* at least on the awareness of self, body and nature in wholeness without unification. A more stringent problem is seen how Ecobodyismprovides a more mature offer to be present, not just an impact on understanding, but present in actual realization for knowledge towards meaning. This level of meaning then becomes one path of intensity in Ecobodyismto measure the extent to which humans understand. Because what is known is a form of the human dialectic process in carrying out thinking activities, at least they have an awareness of this wholeness, and not humans are not heroes who unite all this. Humans are only part of the wholeness that exists, to see the extent of their intensity.

There is nothing far and near but this is a matter of knowledge capital and meaning that is owned. If something already exists, then it is held to be what exists as an object of knowledge. Humans as the subjects who are present provide confirmation and validation for what exists to exist in the line of its objectivity. What exists is important for humans, because that is the record where humans do not feel in control, but understand the position and situation where humans are actually located. If this situation becomes a probability, then this is the common thread that can be drawn together. That the concept of Ecobodyismis a matter of awareness of self, body and nature in wholeness without unification. Wholeness in the self that understands has existed without itself existing, but it is itself that is aware there, so that the level of reaction depends on the intensity given. This is Ecobodyism*,* trying to provide a boost of knowledge to always be possible, but nothing is separate. There is only what is present from the beginning, but its awareness needs to be at the level of knowledge of awareness through increasing intensity. This is Ecobodyismas a concept of totality is truly proven, truly showing that humans and everything are whole without unification.

The concept *of* Ecobodyismdesigns itself more complex. Not just a concept. About wholeness without unification, but this concept is about awareness of all things that are dichotomized. The note that is the deep thread of Ecobodyismis the existence and essence of everything, that the main issue that must be emphasized on what "is" and what "is" is clearly a very important part of the orientation. In this case, it is clear that the main consideration that is trying to be shown in seeing it then on the issue of the whole point of view without a significant demarcation gap. This is not too difficult, but when the subject realizes himself present, then the evaluation process occurs, then a tighter potential will be present there, namely the process of evaluating diversity in wholeness. The concept of Ecobodyismis clearly not only in love with wholeness and totality, but it is clear that it has a practical value, namely the movement of awareness without feeling anything separate. When it exists, whatever it is, at least it has an essence, even though its existence space does not exist. The mention of essence in this case clearly includes abstraction while existence includes presence both visible and invisible. The question of essence is clearly inherent and not tied to a particular space, but the question of essence plays a greater role in the activities of the mind, so that the fall of existence as an inherent part of essence is something that is inevitable.

Don't this then also emphasize, how what is present is what is clearly visible. Then what is in the mind is also clearly there, but the level that wants to be shown is the extent of the intensity of the knowledge of the subject who is present about everything. The keyword Ecobodyism*,* namely the dichotomy of wholeness, is a little unable to explain the continuation of the problem of wholeness without this unification. The diversity that is present is not thrown away, but the level of the subject in understanding affects existence, while the essence has been attached to this world from the beginning. The potential for the existence of objects is as far as the ability of the instruments they use. So that it can be the most possible tool to see various separators as dichotomies, then realize this point that all that is present in the distance is whole from the beginning, and then has a classification of the type of knowledge that has been made possible.

It is clear that in the concept *of* Ecobodyism*,* something that is present is considered in the most possible load. It is no longer a question of unconscious wholeness, but rather a question of wholeness without unification with the location of the existence of the subject's responsibility that is present. That there is nothing separate as the subject's consciousness, there is only a subject who is present thinking about everything that has existed since before humans existed on earth (Eckersley, 2023). Everything that is meant is both known and unknown to humans, both as existence and essence. But basically the whole thing is that everything is whole without any unification at all.

The concept *of* Ecobodyismclearly brings a new flow of knowledge. Trying to explain the world order more complexly and holistically. No longer trapped in the comfort prison of a zone that is considered certain, even though everything that is considered certain has been thrown into the space of existence. So Ecobodyismtries to offer a conception of awareness of this complete dichotomy without unification. The goal is none other than to provide a space for clarification for humans to realize themselves in a position where in the universe, they no longer glorify anthropocentrism as their truth. In fact, humans are themselves who exist as far as understanding is comparable to what is known to exist as far as it is known. Although there is no introduction, at least there is an assumption as an initial vehicle in Ecobodyismto understand this diversity. In this way, the contextual that is to be shown can enter the categorization of human knowledge, even falling into the most likely possibility, the possibility of wholeness without unification. So that the longest path for humans is awareness of the dichotomy of wholeness in the unknown without unification.

The concept *of* Ecobodyismoffers humans, that they are present in the world to read it, then act to the extent of their ability to read existence. This clearly refers to intensity, that the ability of humans to read the world is influenced by the level of understanding and meaning. This intensity determines where humans are positioned and to what extent, this is very important because human reference to exist is none other than projecting existence, trying to dissect as deeply as possible things that can be used as references. This can be seen from the subjects who are present not just appearing, but they give meaning, so that the subjects who are present are an extension of Rene's great idea Descartes (1596-1650) on the cogito ergo sum (I think, therefore I am). The self that is present and the self that thinks affect existence, this kind of effort clearly shows how far the importance of humans in the appearance of their existence. Not just knowing, not just appearing externally by the subject, but more dominantly falling into consciousness with diverse knowledge capital. With this kind of context, it is clear that the effort of Ecobodyismas a concept of self, body and nature in whole consciousness without unification shows a long problem.

The concept of Ecobodyismbrings humans to a responsible self, not letting go of what is the main problem. People who already understand Ecobodyismexplain themselves back to the awareness to read the world as far as they control and cannot control. In this kind of attitude, a fairly sharp and clear thread is found that life is not one joint, but the whole, if analogous to the human body where each internal and external organ has its own role as the universe has a number of things that have their respective roles. However, the intensity to know the whole of everything is needed, so that when humans do not know, it is not mystical things and stupidity that will bind to conclusions, but the responsibility of rational reasons and full of considerations of reason and empiricism to dare to draw conclusions, such things are indeed one step and go further (Ingold, 2021).

From how Ecobodyismas a concept seeks to be present not only to appear, but also to try to provide a Declaration conception of what existence is and what exists. The content is clearly the ontological part, but the main issue that wants to be dissected is to what extent the subjects present understand the existence of many of these things. By looking longer and more completely, there is a potential that becomes a critical space for humans to understand many things, not arbitrarily to understand this completeness, even though they know that from the beginning and inevitably everything is intact without unification. So at least humans can read it in a more complex and profound line.

# Critical Space *of* Ecobodyism

Throughout the thoughts that are trying to be explained, the concept *of* Ecobodyismoffers existence in a space of completeness and wholeness without unification. This can be said to be something new, because in many views it is often seen that everything depends on humans so that an anthropocentric (human-centered) space of thought is formed. However, in observing the concept of Ecobodyism*,* looking at the far side, it is not the same and more philosophical, that the presence of everything is not from humans, but is completely present without unification. Humans are only present to complete themselves and occupy the position space. The awareness that must be built in the concept of Ecobodyismleads humans to be driven to a design of understanding where they should be. Not just present, but thinking. Not just appearing, but trying to interpret. With this kind of thing at least the human thinking space is the presence of complexity, and they exist as part of nature in their consciousness, but far from that they are present recently while everything outside of themselves already exists.

The concept *of* Ecobodyismalso offers how the self is never recognized, when the self reaches complete recognition without unification. A sick body feels pain when there is a disturbance, then feels like it has a body. But in the previous stage, the question arises when humans have a body? This question will be strongly attached to human understanding, trying to dissect the deepest corners so that they can know the essence and existence of life.

The order that is intended to be explained in the concept of Ecobodyismis none other than trying to instill an important part in human understanding, namely how humans realize their existing selves, but do not feel the only determinant of existence. As humans themselves have overwhelm and shortcomings, so there is an evolution of life that tries to complement these shortcomings. However, what must be considered is not because there is only a disturbance that we feel there, but before there is a disturbance, humans must anticipate the various possibilities that will occur (Seager, 2019). In this way, humans can understand themselves and understand everything, at least not fall first and then realize they are sick.

The concept *of* Ecobodyismis indeed a concept that tries to instill understanding, meaning and depth of everything as far as what exists can be read. What does not exist as far as what is read is not necessarily non-existent, but the knowledge and tools to know it are still within the scope of hypothesis (Tobias & Pigot, 2019). However, to see the world more broadly, there is potential space for dialectics to occur, where and why humans must realize, because that is the usefulness of the human mind so that they become a special species that controls nature. Up to this point, humans can walk alone, take a long road, they know the way home, no longer discuss the matter of getting lost, there is only a self that tries to understand how this wholeness and totality really exist.

Consciously or not, willingly or not, and wanting or not, everything is whole without unification. The urgent issue in Ecobodyismis how humans understand everything, so that there is intensity from each individual to obtain the object of knowledge. In this order, the legitimacy of the subject present is very important, humans who think and give meaning to life. The path that must be taken is not instant, not accepting it for granted. Moreover, this will continue in the meaning, that what is present is not sudden, of course there is a source that must be known. To arrive at the meaning of truth, this is where the subject present tries to increase the intensity by interpreting the meaning as far as the subject understands the object and then draws conclusions from the process without Absoluteness, but rather falsification. At this stage, there is an agreement that can be accepted with maximum effort, that the self that has found the answer as far as the struggle is not truly absolute, but can be an alternative journey of meaning for a more dynamic life.

As in the theory of functional structuralism that tries to break through the cloud of knowledge from the wholeness of everything. Where this wholeness tries to give a declaration that the knowledge of the existence of what may always happen. In Ecobodyism*,* wholeness without unification is an inevitability that is conscious or not, it will be like that, so that in it contains knowledge to be dissected as deeply as possible for a better human presence.

Humans are present in various possibilities, including the possibility of understanding everything as something that existed before themselves. This issue tries to provide awareness to know and be responsible for what kind of human position and situation, not just accepting it, but the process of searching and interpreting becomes the main thing. Ecobodyismis not just interpreting, but understanding and acting as far as the intensity of awareness is owned. With this kind of reach, Ecobodyismallows as knowledge that is born from awareness of self, body and nature in wholeness without unification. The existence of a space of complexity that fulfills human presence, so that they can position themselves as where they understand the object present as the subject self that is present in its meaning. This part is unique about Ecobodyism*,* being present and aware and not just being at a distance and close to each other. In essence, Ecobodyism *tries* to observe what is present to be interpreted, it is very important for humans to know where they are and why they are there. So that in this order humans can be totally responsible for the thoughts and actions taken.

# Conclusion

Ecobodyismis a new concept that tries to explain a new view of human awareness of self, body and nature in a wholeness without unification. This concept tries to wake humans from anthropocentric sleep that feels humans are everything. The emphasis of Ecobodyismis how as a living creature from the many lives on earth, humans are not the only ones who live, of course all live side by side and need each other. When there is a disturbance to the body, there is also a disturbance to humans so that the body and humans cannot be separated. They are bound in body and soul which makes active movement as a term for humans. In this kind of potential, self-awareness of what is in itself is something that is very important to pay attention to.

In the same view, it is like that when humans see the context of humans and nature that are never separated at all. Humans and nature are wholeness without unification. There is no human being on earth or still alive that can be separated from nature. Humans are part of nature that is conscious or not, willing or not and willing or not has become part of the mechanism of life from the completeness of this nature. Therefore, nature and humans are in a complex authenticity, humans do not move away, but try to be present in the most fundamental existence. Humans are the thinking self, then can humans be separated from nature?, the answer is not at all. The concept of Ecobodyismexplains the completeness of this life and humans become the most prominent heroes as a form of awareness in knowledge, meaning and understanding in the intensity that is built. The concept of Ecobodyismclearly encourages humans to always think, not to accept instantly what exists, it is not easy to be present and present. Basically, all of that is present without being presented and intact without being united by humans.

There are many mysteries that must be revealed from how this world works, there is a space that must be opened wide, so that humans can dare to think, see how this world works. Who knows what the final mechanism is like, but humans as the subjects who are present understand objects as knowledge that is trying to be pushed, known and interpreted. Regardless of the extent of human capabilities, humans are already in the embrace of intensity that understands themselves as humans who think. Clearly this kind of effort awakens humans to return to themselves to be aware, after which they try to strip themselves to look at how this world works and where humans should position themselves. The most important thing of all is how humans should act and react if they do not have proper preparation. But basically humans understand themselves as far as they want to know, trying to see everything with sharper and deeper glasses,

The important issue that Ecobodyism *wants to emphasize* is the issue of self, body and nature in wholeness without unification. The existence of a self that tries to enter a more fundamental and philosophical realm to see how the human world itself is as a subject that is admired. Human existence is not sudden, but full of careful calculations seeing many things that exist, the possibility of existence and even the possibility of non-existence. Many things in life are a mystery, in the concept of Ecobodyismthis conscious self will try to be increasingly aware of the position where humans should address the completeness of all of it. The more humans think, dare to act and address everything with the sword of knowledge they have. So to that limit is human potential, but there will be an important momentum where humans try to enter the realm of many things at least to recognize many things, including self, body and nature in a wholeness that humans do not unite, but have been intact since the beginning.

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