

A comparative study of the modern and Buddhist time management systems (with reference to the Buddha's Daily Routine)

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Time Management is the act or process of planning and exercising conscious control over the amount of time spent on specific activities, especially to increase effectiveness, efficiency or productivity. The Buddha is an ideal ensample for leaders who are in the management field. Buddha's time management is useful for modern aspects of management and for every person in the society to manage their lives. This research paper reveals those facts with reference to Buddha's daily routine. The Buddha performed his duties systematically in accordance with a prearranged plan. His whole day was divided into five parts which were namely; the forenoon session, the afternoon session, the first watch, the middle watch and the last watch. The Buddha slept only for one hour at night. For two solid hours at noon and at dawn he pervaded the whole world with thoughts of Metta – loving kindness. The Buddha tirelessly worked in this manner till his eightieth year. He displayed that time is very important to the success of people and taught us to save time. We can include it to modern management theories. If a person wants to achieve his goals, he must work on time without being sluggish. Most researchers do not focus attention on Buddhist time management. The main focus of this research is heavily based on selected literary sources that include the Tripitaka: Sanyutthanikāya, Deeghanikāya, Dhammapadapāli etc.).

Keywords: Time, management, Buddha, Buddhist, success.