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**Guidance provided by Buddhism to properly utilize human labour:  
a study based on the *Sutta Pitaka***

Wilgamuwe Piyananda<sup>1</sup>

The ultimate ambition of every human being is to spend a happy and meaningful life. In order to achieve this goal, people often use their labour or 'working-capacity' in both good and bad ways. The topic of 'human labour' is something which has attracted a major attention throughout the globe. Further, an international labour day has been devoted to the working people all around the world. Human labour is one of the major reasons behind the contemporary development. It is also clear that various misuses of this labour have resulted in a number of issues. Some of them are environmental pollution, endless production of weapons, terrorist organizations, and drug production and distribution. The present study seeks to inquire into the factors such as (a) the recommendations depicted in the Buddhist teaching with regard to the use of human labour; and (b) the major guidelines found in the Buddhist teaching with respect to that phenomenon.

Buddhism considers human life as the most valuable life on the earth. It further emphasizes the importance of making human life an important one not only to the individual but also to entire society. According to the *Dhammapada*, the single moment which is spent in a meaningful way is more important than spending even hundred years without a proper meaning.

The Buddhist *Suttas* include two fields with regard to the ways in which human labour has to be used. According to them, there are certain ways in which those who wish to attain *nirvana* should use their physical and mental labour. Such *suttas* as *vyaggajja*, and *singalovada* urges the laic people to use their labour (both mental and physical) in such a way that they could live a happy life and then make their afterlives successful. Thus, a peaceful and calm environment could be established only by providing the people who spend their manual labour equal opportunities. The present study focuses on studying the guidance provided by the *suttas* in order to achieve such a goal.

*Key words: Development, Labour, Buddhism, Individual*