

Chinese Taoist Philosophy of Health Preservation from the View of Life and the Significance of the Times

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Abstract: Chinese Taoist view of life, both in theory and technology, is a unique part of Chinese traditional fitness culture. As a religious Taoist life culture, it contains the pursuit of "longevity into immortals" and the content of feudal superstition. It should be eliminated, but what is beyond reproach is that it contains the essence. It plays an important role in promoting the health and extension of human life. This paper, from the three talented ethics view of harmonious natural life view, the heaven, earth and human, the Taoism natural health view and the shape and spirit life, and philosophy characteristic, simultaneously raises the guidance technique and so on. This paper probes into the profound influence of Taoist view of life on the ideal and method of keeping fit in modern sports, in order to promote the national fitness movement, to carry forward the traditional culture of the nation and to construct a harmonious society.

1. Introduction

"I wasn't in my life in day" (" raises a gender life record "tao hongjing...) of the liang dynasty, clear people's life by oneself to grasp, how to prolong life, improve health and fitness is keeping in good health. The characteristics of Taoism in China, with its little heavy person your life value orientation and put forward the "stoicism, xu jing wu deriving keeping in good health, a symbol of the Taoist in more than two thousand years to explore life, improving life value in the process of value injected with the relentless pursuit of human life and the positive enterprising spirit. As Dr Needham has brilliantly pointed out, "taoists have been fascinated from the beginning by the idea that it is possible to achieve immortality. We don't know of a similar idea anywhere else in the world. The importance of this to science is immeasurable. Taoism to caring for our society and human life has created a long view of knowledge, and with its "and a" shape and life philosophy to our contemporary society human health survival technology and the theory of strong backing. Therefore, Taoism's view of life has an important influence and significance on modern health preservation thoughts.

2. Source of Leisure Sports: Harmonious and Natural Life View

Taoism claims should be in harmony between man and nature, people attitude towards the nature should be "doing nothing", nature itself has its own existence of "tao", people as long as let nature take its course, is all for nothing. Lao zhuang Taoism emphasizes that "nothing is natural", which includes two aspects. First, it refers to the difference between the social reality of people's spiritual world, make the person is in the harsh reality in the competitive society, recover the original state of people, competition from fame and fortune, away from the worries and anxiety in the modern society, recovery of human nature, is the "nature". As Lao zi said in the moral sutra: "knowledge is always glorious; RongNaiGong; Work is all; All it is day; Day is the way; Road is long; Nobody is safe. Therefore, the so-called "nature" means that it is not dependent on human beings, and it is different from the mountains and rivers of natural nature. Secondly, Taoism is a traditional religion in China. As the taiping sutra says, "a lady's life is in heaven and earth. It reflects a kind of ecological

consciousness of Taoism and thus forms the dependence relationship between man and environment. "The way of nature cannot be violated" [1] it proposes that people should respect the laws of nature, on the premise of giving play to their subjective initiative, to understand and master the laws of nature and achieve the harmonious coexistence between man and nature. Tang monk into hyun young once said: "equal avenue nature, creation", [2], it points out that the man and all things are equal in the sex, all of nature, not for human existence, but each has its own value. All things have the right to develop naturally in accordance with the nature endowed by the tao. Human beings should not interfere with them at will and hinder them from realizing their own value [3]. Therefore, if the sage who has achieved the "natural wisdom" is "indifferent and free from action", it means "all things are naturally prosperous" [4].

When people reach the satisfaction of pursuing modern material life, they try their best to get rid of the fierce competition of work, study and communication. Comply with the Taoist natural life view and reflect in the modern sports leisure, into nature, into the sparsely populated, traffic inconvenience in the mountains, to experience feelings of ancestors of the people living there, it will bring you the impetuous heart calm, make you feel busy city material life has make you away from the self, in order to find the physical and mental fitness, enjoy sports leisure in the nature of life view, to pursue that far away from us, simple natural way of life.

3. The Basis of Life Cultivation: the Ecological Ethics of Three Talents in Heaven, Earth, and Human

In Taoist life ethics, the value of life is reflected in the sanctification of life value, which is fully in line with the needs of human health for the development of modern harmonious society. It is not only for the sake of immortality and life preservation, but also for the purpose of solving the human problems existing in the society. Human beings are human beings in the natural society, and the cultivation of the body is integrated with the perfection of the soul. Ge hongyun: "if people want to be immortal, they should establish three hundred good deeds. If you would have an immortal, make two hundred. [5] in Taoism's pursuit of health and longevity, Taoism has always emphasized the value of moral cultivation in life. The essence of Taoist life ethics embodies the subjectivity of human beings. This is conducive to solving the problem of human alienation in current social culture. "In human ethical relations, such as the traditional way, Germany, loyalty, filial piety, benevolence, faith, and by the ethical values, honesty, courtesy, righteousness and ethic relationship between man and god, such as induction theory of nature and man" moral theology "faith" way. [6] Taoism has formed a unique value concept and thought system. Taoist ethics pursues the three talents of heaven, earth, human and nature, and the unity of heaven and man.

Through the mutual transformation in social reality, the spirit can be integrated into one and form the harmonious integration between the subject and the material world of the object. Through the body's various kinds of sports, the "heaven and earth and I and life, everything with me as a" ecological values to soak into the modern people's pursuit of self subjectivity, fully embodies the spirit of equality, humanity and independent; Fully adjusting the human peace of mind. It guides the human in modern society, the pursuit in the movement of the body to improve life, learn to protect our home planet of life, learn to love the people around you, make it accord with the modern ethics of the all-round development of human social life practice.

4. The Value Pursuit of Modern Fitness and Health Preservation: the Natural Health Preservation View of Taoism

The Taoist way of thinking about health preservation of Taoism is formed under the guidance of the thoughts of "human law and earth, earth and heaven, heaven and earth, and tao and nature" in the moral sutra of laozi. In zhuang zi thought under the influence of health, formed the independent "human nature" to the fate of the Taoist concept of preserve one's health series, main show is a major life feelings, losheng evil death and spirit, harmony between Yin and Yang, abstinent, and a combined,

movement, both inside and outside, and keeping in good health.

5. To Adapt to the Needs of Life Fitness of the Times and Guide Health Preservation

The history of Taoism's health preservation can be traced back to the Taoism in the pre-qin period. It is proved that Laozi has already known to divide the way of health preservation into two aspects: mental health maintenance (down-shifting, empty and quiet) and mental health maintenance (special qi guidance and lingering). Taoist philosophy holds that human life includes two aspects: sex and life. Among them, sex refers to the inner spirit or spirit of a person, which is derived from the Taoist body, also known as the nature, manifested as spiritual and transcendent existence. Life refers to the person's temperament, form by the parents, also known as the life, show the material, representation, in turn, the lives of representational and spiritual sex namely, altogether casts only when the full sense of life [7]. ", Zhuangzi intentionally, uniting the boundary is divided into two kinds, one is "blow 呼吸 breath, and keeping, bear the bird", "the image of a man; The second is the "life is lonely, the tiger has no inaction" the adoptive god; Zhuangzi believed that the cultivation of god was above the cultivation of form, but he did not despise it. [8]

"Chuang tzu" Yue: "blow 呼吸 breath, and keeping, bear the bird", for the life of all; The guide, the nurturer, ", here Zhuangzi clearly put forward the concepts of "tuna" and "guide". Tuna is a kind of health - keeping method that mainly regulates breathing. Guide is "guide gas and make peace, lead body make soft", guide turns for nourishment. Taoism guided breathing and refined, gas, god life cultivation technique, and its continued wuqinxi, taiji, martial arts systems are developed based on direct deep breathing, the pursuit of their own health and longevity, live in harmony. The practice of qi guidance is often combined with grain - breaking and food - eating in order to live long. The hermeneutic method of guiding, avoiding grain and feeding gas is described in a silk book called "food gas in the valley" unearthed from Mawangdui in Changsha. From the perspective of current society, it also has practical significance. Guide: low intensity, small amount of exercise, adapt to the characteristics of professionals, middle-aged and old people, adjust physical health; Avoiding grain: adapt to obese people, modern civilization patient group's cultivation, reduce fat accumulation, reduce the body burden; Food gas: it can be understood that in the nature, the inhalation of fresh air rich in oxygen ions can improve the function of respiratory system. The integration of the three elements, absorbing the essence of Taoism and improving the quality of life of people in contemporary society, is tantamount to enhancing social harmony.

6. Summary

Taoism with religious thought and clear purpose, thus can fully succeed these regimens, eclecticism, not a paranoid, and comprehensively promote in itself the science of uniting the practice of various health preservation methods. Through the theory of health preservation of Taoism, it can be seen that the life view of Taoism has a profound influence on the life of people in all ages. It has a good effect to treat the modern civilization disease in the current society by using gas guidance and medicine. As a famous traditional taijiquan at home and abroad, it is also a kind of fitness technique with the connotation of Taoist guiding qi. Taoist longevity long life idea, the idea is that human religion, philosophy, science and the science of uniting as one life science system, a combination of the traditional Chinese world view, outlook on life, the natural elements such as ethics and religion life behavior mode, make the pursuit of harmonious nature, the unity of Taoism and breeding, both inside and outside and repair, appropriate exercise regimen culture become one of the features of Chinese traditional health cultural system. Abandon the mysterious superstition color of Taoism, in Taoism is full of wisdom and physical and mental comprehensive development of the overall study of cultivation, including positive health and outlook on life. It has positive value function to people who live a fast-paced modern life, no matter in adjusting body and mind, healthy body and social cultural value.

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