

Psychological Wisdom in Chinese Excellent Culture

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Abstract: Mental health is an important sign of the development and progress of human society and an inevitable requirement for the all-round development of human beings.Excellent traditional Chinese culture is the source of Chinese civilization and contains rich mental health wisdom.Learning mental health wisdom from excellent traditional culture is of great significance to improving the mental health level of the whole society and promoting the modernization of social governance system and governance capacity.Since the 18th CPC National Congress,the General Secretary Xi Jinping has emphasized“promoting the creative transformation and innovative development of traditional Chinese culture.”We should draw nutrition and wisdom from the excellent traditional Chinese culture,and dig out the rich mental health wisdom contained in the excellent traditional Chinese culture to serve the modern society.”

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1. Treat Others with Kindness

Chinese excellent culture emphasizes that“human nature is inherently good at the beginning”.Chinese culture recognizes that human nature is inherently good,that is,everyone has a natural tendency towards goodness,and people should treat others with kindness and establish harmonious interpersonal relationships.Benevolence is one of the core values of Confucian ethics.Mencius said,“Benevolent people love others.”“Benevolence is to love people.”“The Doctrine of the Mean”wrote:Benevolence is to love people.“Mencius,Subsequent Chapter and Sentence of Chou Gongsun”said:Benevolence is the heart of charity.“The Book of Rites”said:Those who love others will always be loved by others,and those who respect others will always be respected by others.“The Analects of Confucius,Learning Chapter”said:Do not impose on others what you yourself do not desire”.In Chinese cultural tradition ,compassion,altruism,and tolerance towards others are important manifestations of benevolence.

Xuncius said,“Compassion is the seed of benevolence in the heart.”Confucianism emphasizes that everyone has a heart of benevolence,places love for others in an important position,advocates the idea of loving others as oneself,put oneself in the place of another,and not doing to others what one does not want.It emphasizes that benevolence should start from oneself,from small things,and from learning to love oneself.In the view of Confucianism,the first task of life is to deal with the relationship between oneself and parents,brothers and sisters,friends and other members of society.In the Book of Rites,it is said:“It is rare to see a man who is dutiful to his parents,obedient to his elder brother,and willing to offend the upper rulers!”Mencius said:“Expend the respect of the aged in one’s family to that of other families;Expend the love of young ones in one’s family to that of other families.Treated like treat their elderly parents treat children like treat their children.”“The heart of compassion is shared by everyone.”“The benevolent love others.In the Book of Rites and Rites,it is said:“When the Grand Way is practiced,the country is shared by all the people.”

2. Demand Oneself with a Moral Heart

The idea of“putting morality first”emphasized in excellent traditional Chinese culture refers to the need for individuals to continuously improve their moral cultivation,demand themselves with a moral heart,and thus have a healthy mentality and positive

emotions in their hearts. As early as in “The Book of Rites: The Doctrine of the Mean”, the idea of “virtue is the foundation, wealth is the end” was proposed, which means that morality is the foundation, and wealth is the end. The ancients believed that morality, like the bones on a human body, is the fundamental support for human survival and development. Confucius said, “If wealth can be obtained in accordance with the Tao, even if it is to be a slave to people, I am willing to do it. If wealth is not in accordance with the Tao, and that wealth is nothing for me, then I will still choose to do what I really love to do.” In “The Doctrine of the Mean”, the idea of “benevolent people love others” was also proposed. The so-called “benevolent person loves others” refers to loving others with a moral heart, and loving others means loving oneself.

The emphasis on “putting morality first” in excellent traditional Chinese culture is also reflected in the emphasis on moral cultivation with the spirit of “Self-reflection, the heart does not feel ashamed”. The Doctrine of the Mean states, “A gentleman should be cautious of his own actions and words when he is alone. Confucius said, “A gentleman must be cautious of his independence.” The so-called “cautious independence” requires a gentleman to maintain noble moral qualities and correct behavioral norms when alone. In the view of Confucianism, only by achieving “Self-reflection, the heart does not feel ashamed” can one achieve a focused, calm, and peaceful mindset, thereby maintaining a good psychological state.

3. Accept Others with a Broad Mind

Inclusion refers to accepting others with a broad mind and understanding, enabling them to better realize their own value and gain more respect and recognition. The ideas of “embracing all rivers in the sea, having tolerance is great” and “not suffering from scarcity but suffering from inequality” reflect the idea of accepting others with a broad mind. Inclusion refers to accepting others with a broad mind and understanding, enabling them to better realize their own value and gain more respect and recognition. The ideas of “embracing all rivers in the sea, having tolerance is great” and “not suffering from scarcity but suffering from inequality” reflect the idea of accepting others with a broad mind. Chinese people have always emphasized the need for a broad mind, requiring people to have a broad mind to accommodate different opinions and ideas. Idioms such as “a prime minister can hold a boat in his belly” refer to such a broad mind. In history, most famous politicians, militarists, writers, and thinkers have a broad mindedness, taking accommodating others as their own responsibility, in order to achieve a career. As the famous poet Du Fu of the Tang Dynasty wrote in his poem “Watching the Mountains”, “When one reaches the summit, all things are small for him.” In daily life, there are also some people who cannot get along well with others due to their narrow mindedness, which is also an important reason for psychological illness.

Confucianism believes that people should be tolerant and understand each other. Confucius said, “The gentleman is aboveboard and broad-minded, while the villain is haggling over every ounce and suffers from gain and loss.” The so-called “aboveboard” refers to being frank and open-minded towards each other; “aboveboard” refers to being frank and natural; “aboveboard and broad-minded” refers to being open-minded and do not care about personal gains and losses. In the Tao De Jing, there is also a saying: “When the situation is stable, it is easy to keep and maintain, and when there are no signs of events, it is easy to plot; When things are weak, they dissolve easily. Things are easily lost when they are small; Do things well before they happen; It means that a gentleman calmly adheres to his principles and bottom line, and a villain will go everywhere to do some risky things due to a lack of security; A gentleman can maintain composure and calmly respond to unexpected events, while a villain may become panicked and emotionally unstable due to lack of security. These are all expressions that emphasize a person’s need for a broad mind. Only those who have a broad mind can tolerate and accept others, and can they calmly solve problems when encountering unpleasant things, thus avoiding psychological problems.

4. Treat Life with an Optimistic Attitude

Ten to nine out of ten things in life are not as good as good. “People have joys and sorrows, and the moon has its ups and downs.” These are all life experiences summarized by ancient Chinese sages. They believed that life is full of various bumps and hardships, and life cannot be smooth sailing. This idea reflects the understanding and reflection of ancient sages on life, and reflects an optimistic and upward spiritual realm. In Chuangtse-The Adjustment of Controversies “On the Unification of Things,” it is said that “The mind of a well-cultivated person is like a mirror, which shines foreign things out, but does not leave foreign things. It conforms to the thing itself, and never hides things, so they can reflect foreign things without hurting their hearts and minds.” It means that a truly wise person’s mentality is as bright as a mirror without any blind spots, which does not to welcome or reject external things, so that they can surpass all natural things without harming them. In Chuangtse-Zifang Tian, it is said that “the balance of yin and yang is the law by which all things in the universe can exist and develop. As the saying goes, “the extreme is opposite”. Truly wise people can grasp the principle of balance between yin and yang and maintain inner peace and tranquility.

“Thinking about the good in everything”, “having a positive attitude can make people physically and mentally happy”, and “Joy and pain are interdependent” are all positive attitudes summarized by ancient people. The ancients believed that the path of life is full

of various ups and downs, and only by maintaining a positive, optimistic, open-minded, and cheerful attitude can one feel happy and positive both physically and mentally.

5. Face Setbacks with a Calm Mindset

Mencius said, "Born in adversity, die in peace." Correspondingly, in Laozi, there is a saying that "contentment always brings joy." "Contentment always brings joy," which means "Therefore, if people can be easy to be contentment, there will be no humiliation, and there will be no danger if they know that enough is enough, so that they can last long. Being content and always happy is a manifestation of mental health.

The excellent traditional Chinese culture emphasizes the absorption of mental health wisdom from traditional culture. Among them, the ideas of "Misfortune may be a blessing in disguise." "Not happy with things, not sad with oneself", etc. are all manifestations of a peaceful mindset. The story of 'a blessing in disguise' tells people that there are many uncertain factors in life, and sometimes it is difficult for us to grasp the factors that have the greatest impact on us. A gentleman should constantly reflect on themselves, correct themselves, and improve themselves, in order to achieve a state of not being pleased with things and not being sad about themselves. Facing setbacks and failures with a calm mindset is a mental health wisdom that everyone should master.

6. Embrace All Things with a Broad Mind and Resolve Conflicts with an Open-minded Mind

The heart of kindness is one of the core values of Chinese culture, emphasizing love and respect for others. In daily life, we should care about the warmth and well-being of others, respect their perspectives and choices, treat others with kindness to cultivate our broad mindedness. Tolerance is a virtue and an important manifestation of mental health. We should learn to be tolerant of others, not to haggle over small matters, but to understand their difficulties and provide them with understanding and assistance. Modesty and self-reflection are important qualities of Chinese culture, which requires us to maintain a humble attitude at all times, have a clear understanding of our own shortcomings, and continuously learn and progress. Through humility and self-reflection, we can better recognize our own shortcomings and better tolerate the shortcomings of others.

An optimistic and positive attitude is an important guarantee of mental health. We should maintain an optimistic attitude and believe that things will always develop in the right direction, so as to maintain confidence and face problems bravely when encountering difficulties. Communication is the key to resolving conflicts. We should learn to communicate with others, understand their thoughts and needs, and seek common solutions through negotiation. In short, the mental health wisdom in excellent Chinese culture requires us to embrace all things with a broad mind and resolve conflicts with an open-minded mind. Only in this way can we remain calm and rational when facing difficulties and contradictions in life, so as to better respond to problems and achieve harmonious development of individuals and society.

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