

# On the Humanistic Spirit in Chinese Traditional Music

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**Abstract:** Traditional music culture always plays an important role in the development of Chinese history, its generation in society, and role in the society, carrying the rich humanistic spirit, emphasize the unity of music emotional catharsis and personality cultivation, in each historical period into all aspects of people's life, not only rich people's spiritual and cultural life, also enhance the national cultural self-confidence and cultural sense of belonging. Based on this, this paper will first analyze the relationship between traditional music culture and humanistic spirit, and then explore the humanistic spirit in the Chinese traditional music, so as to provide some reference for giving full play to the value of traditional music.

**Keywords:** China; Traditional music; Humanistic spirit

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Music is an important carrier of thoughts and emotions expression. It can reproduce the humanistic spirit in terms of structure, expression form and thinking mode, and has the function of spreading ideas and transferring emotions. Traditional music is the music produced in history and handed down to the present. It constantly develops and changes, has strong openness, and contains the ancient people's ideas, values, spiritual pursuit, etc., and has the function of people's spiritual world, such as educating the society, nourishing temperament and guiding human feelings. Therefore, we should pay attention to the analysis and discussion of the humanistic spirit in the traditional music culture, and explore the humanistic value and significance of the traditional music culture to the modern society.

## 1. The relationship between Chinese traditional music and humanistic spirit

Humanistic spirit is a kind of rational attitude, which emphasizes people-centered, pays attention to the perfection of people's self-consciousness, the construction of harmonious relationship, the realization of life value and so on. And traditional music culture is the spirit of the ancient human society products, is an important carrier of people thought, is the concentrated embodiment of the humanistic spirit, it is both epistemology and methodology, not only can reveal the corresponding historical period of material and spirit, existence and the relationship between thinking, is also people observation, analysis and solve the problem, with distinct cultural characteristics, profound aesthetic thought and humanistic spirit. Traditional music and humanistic spirit have interrelated and inseparable characteristics, on the one hand, traditional music culture is in the past thoughts and politicians using music consciousness development and advocated, which contains rich humanistic spirit, in the cultural form of "internal transcendence" characteristics; on the other hand, traditional music has educational function, can influence the spiritual world, value pursuit, ideas, and then effectively convey the humanistic ideal of traditional culture, realize the reconstruction of human cultural spirit and inner mind, effectively highlight the artistic sense of mission and responsibility of humanistic spirit.

## 2. The humanistic spirit in traditional Chinese music

### 2.1 The philosophical foundation of life-oriented philosophy

Traditional music culture takes "organic noumenon" and "life noumenon" as the philosophical foundation, showing the life spirit of human life and wireless connection. This traditional culture points to the dark and long life of human life, and determines that the traditional music culture has a distinct life atmosphere. Ancient philosophers explained the mechanism and origin of the universe according to the five elements and Yin and Yang, In the Han Dynasty, Dong Zhongshu established the theoretical framework of the universe generation and ontology based on the theory of Yin, Yang and elements of the five elements through the integration of two lines, At the same time, the Chinese ancient music classics also express this philosophical thought, Take music as the embodiment

of life and vitality, And starting from the idea of heaven and earth, Use music to communicate with heaven, It embodies the life consciousness of heaven and earth, It deeply embodies the mood and rhythm of the hearts of ancient people, To find the place of man in the universe through "studying the time of heaven and man", It shows the relationship between man and nature. Take the traditional music "Song of the Phoenix" as an example, "Birds Song of the Phoenix" is the folk music of the Han nationality, its cheerful melody to show the calls of birds such as swallow, blue sparrow, lark, thrush, partridge, cuckoo, can stimulate the listener's love for nature and memories of labor life. In the birds pay homage to the phoenix, both warbler, also have flowers, both contains the pursuit of a better life and yearning, also presents the vibrant natural scene, contains the spirit of life, shows the everywhere, the flow of life scene, eventually point to the human life happiness and long, fully embodies the Chinese traditional music culture lively brilliant life spirit and profound consciousness of the universe.

## **2.2 Harmony is the aesthetic criterion for beauty**

"And for beauty" is a strong representative aesthetic consciousness, which constitutes the fundamental nature of the traditional Chinese music and the highest ideal, Chinese traditional music "and for beauty" aesthetic criteria mainly embodied in sound and and, and, etc., and the Chinese traditional music culture has a significant and far-reaching influence, has in osmosis into people's deep consciousness and aesthetic structure. In the sound and level, "And" in the early musical culture, Not just the instruments, Also refers to the harmony and harmony, It is the basic quality of traditional Chinese music, That the various elements of music should be complementary, Form a harmonious aesthetic feeling; At the human and human level, Traditional music embodies the relationship between people, In the Literature unified examination, it is mentioned that " joy in harmony, No sound also ", This puts music to people, At the same time, Chinese traditional music also attaches great importance to the "harmony" of music and morality, propriety and politics, In order to promote people to consciously promote the harmony of individual psychology and social psychology, And give full play to the function of music Canon instrument enlightenment, Use music earnestly to serve politics earnestly; In the sky and at the level, The thoughts of Laozi and Zhuangzi have had a profound influence on Chinese traditional music, That the music of "heaven and harmony" is the highest state of music.

Guqin song Running Water embodies the aesthetic criterion of "harmony for beauty". After depression, the ancients would turn their focus from the outside world to the heart, and express their feelings for the mountains and rivers, taking playing the qin as an important way to cultivate self-cultivation. And "water" full use of various method depicts the running water form, make the listener at the top of the mountain, sometimes in the mountain stream, depicts the beautiful scene mountain water meet bosom friend, vivid presents the rhyme harmony, harmony and the harmony between man and nature, full of humanistic spirit, cultural feelings and aesthetic.

## **2.3 The aesthetic realm of the unity of nature and man**

"The unity of man and man" believes that man is the same as nature, which raises his position from passive to active, and takes man as the center to observe the development of the universe. In the Spring and Autumn Period, the thought of heaven and nature has emerged, that music can reconcile the relationship between human and heaven and nature. In the Warring States Period, the Spring and Autumn Annals of Lu Shi emphasized that music originated from nature, and that music was as peaceful and moderate as nature to govern the body and govern the country. In "Music Ji", music is recognized as having the function of communicating with nature and man and promoting the interaction between nature and man with each other, and points out the influence of music on the natural state and social politics. "the unity of nature and man" is becoming mature in the traditional Chinese music culture.

Different schools of thought also have different understandings of the thought of "the unity of man and nature" in music. Confucianism attaches great importance to the unity of man and nature by emphasizing personality cultivation, while Taoism emphasizes the unity of man and nature by advocating nature. However, Confucianism and Taoism lead to the same destination. In Confucianism, "heaven" has moral nature, believing that feudal ethics exist in people's hearts, and through understanding the essential characteristics of people, "poor principle" is not only the method of knowledge and moral cultivation, but also emphasizes "virtue music", believing that we can use the virtues of benevolence and righteousness. In Taoism, "heaven" refers to the nature that does not have the moral meaning. It pays attention to the relationship between man and nature, and believes that man and nature are inseparable, mutually influence and restrict each other. Taoism holds that the music of sound belongs to man, and the way of silence belongs to heaven, and the relationship between music and the existence of heaven and earth and I coexist, while all things are one with me ", pays attention to the harmony between man and nature, and emphasizes that man should conform to nature and live in harmony with nature.

The thought of "the unity of man and nature" is embodied in traditional music. For example, the music song "two springs

reflected moon" reveals the full taste human sad artist thoughts, full of sad pathos and high indignation, the use of scene blend, reality created a sad and deep artistic conception, make players and appreciate the soul resonance, emotional catharsis and thought sublimation, fully embodies the spirit, the unity of nature and man and thought, experience the human care of Chinese traditional music culture. Take the guqin, which is called "the instrument of the sage", as an example. It has two pieces of wooden boards together, the flat floor and the radian panel, symbolizing the "round sky and place". It vividly shows the relationship between heaven and earth in guqin, size, emblem, strings, composition and other aspects, reflecting the concept of "unity of nature and man" and "harmony without difference".

#### **2.4 The humanistic embodiment of rites and music thought**

Chinese traditional music culture and ethics combine simultaneously. Confucius was a thinker, statesman, educator and founder of the School of Yoga in the Spring and Autumn Period. He emphasized the thought of rites and music, believing that music and rites are each other, and music can express human morality, which fully shows the humanistic spirit contained in traditional music culture. The thought of rites and music is based on the social function, believing that music is an important means to influence and shape people, and can promote the formation of a good social atmosphere through benevolence and shaping people. Confucius took "xing in poetry, standing in propriety, become in music" as an important way to develop personality. The Confucian Mencius further explained the role of benevolent music and benevolent preaching in influencing and shaping people. In Xunzi Music, "solid music and ambition, courtesy and practice."It expounds the relationship between music education and ethics, and emphasizes the influence of music education on personality spirit and good mind. Xu Fuguan truly elaborated the relationship between music religion and ethics, believing that both are based on benevolence and moderation to shape human influence into a gentleman with clear mind, reflecting the rich humanistic spirit of traditional music culture. It can be seen that the thought of rites and music has always been the core. As an important tool of ancient education, rites and music carry rich humanistic spirit connotation.

### **3. Conclusion**

In a word, Chinese traditional music culture has diversity, development, openness and mutual integration, which contains a profound philosophical basis and the basis of human nature theory, and has a close relationship with the humanistic spirit. In order to fully excavate the value of traditional music culture to modern society, should through the mining and analysis of the traditional music culture, understand the traditional music culture of social, political, emotional and deep thinking, give full play to the traditional music aesthetic education and enlightenment function, make the traditional music culture has beyond the realistic significance of the music itself.

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