On Mind of Physical Education Culture Based on the Perspective of Taoism Regimen Thoughts

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Abstract. Cultivation of the mind (work accomplishment) is one of the important contents of Taoist thought, and has he fundamental difference with the western theory of health. Taoist thought of health self-cultivation mainly refers to the modality, consciousness, character and moral quality psychological quality cultivation and practice. The function of self-cultivation is mainly reflected in the following aspects: Cultivation of the mind plays a key role in the health and has a positive value for development of the modern society. Cultivation of the mind has many means that practicing mind moving static need to, in the dynamic mutual culvert in cultivation and moral character accomplishment is raises the fundamental connotation and self-cultivation must pay attention to the control degree.

Introduction

The ultimate goal of physical education is health that including biological health and psychology in the sense of mental health. The two interact and influence each other again. Western health theory mainly focused on biological research, and it is the biological significance and meaning and psychology in our country. With the increasingly rich material life, modern people are paying more attention to physical and mental health, health has been heating up. Taoism, as China's indigenous religion, from its creation is put at the beginning of a long regarded as the science of uniting the important purpose. And in line with ‘a long way to see’, more than one thousand years, Taoism has formed a whole set of effective health concept. And through a lot of creation, at the same time with traditional Chinese medicine mutually, has formed a huge health system. Due to the development of Taoism long history, its health concept, health of the breadth and scattered, or dust, essence and dregs coexist, but there are profound wisdom and treasure, to contemporary awareness of exploration and mining.

Daoist cultivation of ideal goal is to be immortal, immortal, although this goal though, also do not conform to the natural law of development, but as long as the ‘guide to raise the rationale, to the best of life’, ‘longevity in life, never put off till tomorrow what you can enjoy their life’ or achievable. Taoism regimen thoughts in the state of another in the science of uniting the significance lies in its social value. Person is the basic desire of health, people generally expect is longevity, the ancients says: heaven has the virtue of good living, the people may have a long life, this is heaven and earth, if the oneness. The contemporary social material life more abundant. Of course, people attach more importance to fitness regimen. Taoism regimen philosophy is the basis and starting point of ‘the people of your life’, attach importance to the value of life, in life, the pursuit of healthy life forever. Life and health, can promote the harmony of body and mind, so as to lay good foundation for the social harmony, ‘taihe everything’ of Taoism and the essence of life and the human and the nature harmonious, mind cultivation is also the profound connotation of ‘cultivate one's morality' and to promote social harmony. To find and Taoism culture, to promote more conducive to create a healthy and harmonious social atmosphere, to promote positive factors in building a harmonious socialist society. At present, the whole country was in the study practice scientific development concept, efforts to build a harmonious socialist society. The core of the scientific outlook on development is people foremost. And humanistic ‘this’, first of all want to have a ‘healthy’. Tao Te Ching says ‘deep roots in the end, a long way to see’.
The Health of Importance of Cultivation

Cultivation of the mind is work accomplishment in the study of ancient Chinese regimen. The meaning of ‘sex’ originally is a biological life of mental activity. The Zhuangzi Heptyl SangChu says: ‘rendering, the quality of life’ visible ruins of Taoist thought of uniting the importance of life. And although the modern people attach importance to health, but many people don't realize one sex work of uniting the importance of keeping in good health. China's practice of preserve one's health books have pay more attention to sex work, pay more attention to the effect of mind cultivation in the keeping in good health. We carded health books about gender in the historical data, and on this basis the paper raises a gender to the importance of keeping in good health. Yi ShuoGu says: ‘poor Richard do sex that life’. What is a poor Richard? Read true letter and visit is travelling, nature, hilo-systems refs. While at leisure in order to protect gas, keep the spirit of a building. Rendering, also; Life, outside also. Inside and outside, two beings become one and life cultivation. Reveals the ‘sex’ and ‘life’, the relationship between visible, keeping in good health first raises a gender, sex and life first into life work is the premise of poor Richard and sex, poor reason of kung fu is the process of learning theory knowledge, it is known to improve process, improve the cognition and understanding in the process of learning, and internalization, see ling Ming sex body, so as to achieve ‘sex’. Is position of laying a solid foundation, if life work, can get twice the result with half the effort.” The Book of Rites says: ‘life and static, also of the sky.’ That raises a gender to is that ‘quiet unreal’ and ‘lonely is calm’. Don't move, don't do, quiet enron, sex has its own prudence, then beyond people, yan detachment. The Northern wei dynasty Ji kang, ‘the theory of health preservation’ says: ‘five difficult to preserve one's health, and not to go to a difficult, and not in addition to reorientations and silence as the fundamental, taste for SiNan, god about fine powder into five, five will be inhabited, although the heart is old, mouth to recite words, chewing yinghua, breathing, the sun can't back to the hold, the year also not killings, five, in the chest, not the letter suitable day jointed, moral, entire, not praying good and blessed, for longevity and delay. The outline of the keeping in good health.’ According to preserve one's health to fame and fortune, losing, melody, taste, and precious little bao shen, in turn, ShouFu uninvited. Simiao SUN (581-682), the hotel will be stronger in the first place. Think to healthy longevity must first raises a gender, the compaction work practice, can or not. Sex since both good, both inside and outside all diseases are not born, adjust the spirit of his mind is in the state of serenity. The number of disasters are made and the gender of the also.’ Zu LV says: ‘but know refined life, don't know, but know switch breath, move the furnace roll of tripod, not intellectual vacuum in the beginning, like nothing. Is the junction of tire, still a mundane, by god, is still a mundane god, still on May Day, and shall not be holy. That is to say, don't know the importance of sex, just life, is always in the real state of preserve one's health. The purpose of sex work practice is lies in the church to see true ontology. Taoist thought made a sex, i.e., keeping a life. Health first sex, sex is a congenital, he must be refined circle tuo light burning, can use. Anger, or joy, keep way, god, is the key to raises a gender. Northern song dynasty Taoist Chongyang WANG said: ‘sex move for desire, love is like Long Huzhi abroad and if they do not make its yield, how can go to the abroad and to subdue. Refined sex, and the chaotic character does not know, no. I tried the party into laws. Jiang xiang road line already, and I will lock heart ape tied to the horse, make be statically determinate. The function of statically determinate can seize the god of heaven and earth, Yin and Yang are wonderful. This is a quiet and refined sex. The Taoist theory of health preservation thought: health must first raises a gender, life must be since taking sex, give up sex for the work and work life, times and always work half, if sex work first and then life work, often can half the work times. Ap sex, but it reaches down, the sex and the life also.’

Taoism Health Centricity Cultivation Ways

Understanding of mind cultivation is necessary to the importance of keeping in good health, mind of uniting the key we need to discuss how to do it.
Mind Cultivation Should be Dynamic to Static, Raises a Gender in the Movement and Culvert

Chang Dao Zhen Yan refined heart raises a gender is divided into ‘the heart of refined smell’ and ‘no smell and see the heart of the’. ‘The heart of the refined smell, things began to come, impression and should be, no not complacent, the duplicity, must move in chain... no smell and see the heart of the smelting, albedo, lang lang vipassana, nobody see, no I, no see, no see, no see no more, no. Must be in quiet place chain’ Move, is in the heart, things should be, to leave; Still, it is a state of mind like water, work hard in the statically determinate. Disposition of Taoist health cultivation, lay all about statically determinate on hard. Tao Te Ching speak ‘to the virtual, assert Benedict’, Quiet for the world is, ‘Do not wish to quiet, the world will be determined since’. These are all about the importance of the mind in the science of uniting the quiet. Steps within the whole true teach of sexology also raises a gender, pay attention to the static is quiet.”Jin Taoist Danyang MA(1123-1183), said: ‘the Taoist leave Dan zishu emphasize, thousands of the theory, but in a word, yue quiet.’ To gold at the end of the quanzhen Taoist qiu machine (1148-1227), even (1169-1251) of the word dragon factions that raises a fundamental is quiet, refined heart like cold grey. Good practice kung fu on the mind, the body is the work of follow. Don’t delusion, keep quiet state of mind, natural the essence knowledge accomplishment. All these speak peace to hone the importance of the mind. Various tendencies of uniting the practice, in the final analysis to the desire of no-mind, check read and meditate between before and after the second reading, interest rates between the two rates before and after the stop and conceived in the womb. Taoism regimen, think: ‘tough but temperamental predominance net, but one false, heart since the clear, since the dispatch, self, life since, Dan from the knot, fairy from doing’. Dust, however, the world is in secular life, work, that how many quiet situation, this would require the mind of uniting people to move to static, raises a gender in the movement and culvert. All earthly toil, follow up with the time, and diligently, is good at in the world work was a mind, work in the world, used, but not for worldly matters, do not everything, from all things, things had not finished all forgotten, to measure the size howhi, otimista than cosmos. Dynamic and static can’t be separated from, the dynamic and static is a kind of dialectical relation, Ming and Qing dynasty thinker Wang Fuzhi gradually (1619-1692), in the thought to record the Si XiangLu: ‘JingZhe static, not fixed also.’, Yuan dynasty Taoist Daochun LI(1219-1296), too old gentleman said temperamental predominance on static not in the said again: "the so-called true static, not fixed or, if not move as static, also is a solid. A solid enough to strain, so I often should be content, I often have to rendering, and be content and true body motionless.” see, often should Carla, temperamental predominance is static.’ Here is dynamically dialectical unity relationship between dynamic and static. Modern dialectical materialist also thought of dynamic and static is the dialectical unification, motion is absolute, static is relative. Grasp the movement, in short, we should balance the relationship between, do dynamic to static, raises a gender in the movement and culvert.

Self-cultivation Needs Noble Character

Moral quality culture is the basis of gender connotation. Heart on the science of uniting the ontology of kung fu and the connotation of the character on the science of uniting the kung fu are closely linked. As the saying goes: ‘raises a gender to venerable’, to achieve sexual heart cultivation of high level, we must attach importance to the accomplishment and practice of moral quality. Good moral quality is the heart of uniting information and food, has the good moral quality and scientific cultivation methods, sex heart accomplishment will follow. On the other hand, heart to heart is difficult to achieve a goal. Just think, longevity and health of all ages did not magnanimous benevolence. Product line of tired, forgiveness is magnanimous of sex heart is essential for people in the world. Sun Simiao collection of previous training experience, and combining with own experience, established a complete set of comprehensive theory of longevity, which mentioned the important point is to pay attention to the cultivation of moral character. He thinks that if not strive for virtues, even taking nectar then, also cannot have the purpose of longevity prolong life. Confucianism also has ‘life’, ‘Avenue will be its longevity’ thoughts. Good for working principals of preserve one’s health. Ancients said: ‘the road repair are easy to difficult, also known by I also by
the day, but that product line in the gavel, still have a group of magic barrier edge’ ‘virtue of more than eight hundred, gavel full three thousand, are all things and I close case, beginning in the fairy destroy’. Visible, moral character accomplishment is sex heart in the process of the science of uniting the exclusion and harden, to ensure that the heart go smoothly in the science of uniting the important condition.

**Moral quality cultivation of sexual culture.** The good moral quality cultivation of mind the role of the science of uniting the first embodied in: good moral accomplishment and character can make people get positive psychological feelings, optimistic life feelings and the spiritual world. Such a state of mind can greatly improve the body's immune system function, and promote good health. Second, has the good moral accomplishment and character must be a kindness to people, inner stability. Will also get other people's respect and love at the same time, it is bound to establish a good and harmonious interpersonal relationships with people, people living in such a social environment that can better safeguard their own health. People have a magnanimous mind and chang huaikang heart of righteousness, natural health of body and mind. The ancients says: ‘The benevolent don't worry’ ‘A gentleman naked, SIMS often creates’. And ‘the mind training is completed, all people can become, to this since has many lack that exists, for a quick fix, to magic abandon dye, returned to the park also simple, and stand very true.’ Visible raises moral quality cultivation is necessary.

**Mind Training Must Focus on Abstinence**

*Book of Documents* has the training of "festival", *Lv Lan* says: "accident first king not big room, not a tower, smell the Jane, clothes not afraid hot, fears is hot plug, not plug the air, the Jane stomach filling, stomach filling large holding. Pulling and gas is not up to cuhk, longevity, available? Five saint king is raises a gender. Also a good way and evil fee, day also. It raises a gender, is sex of the party, making is not in any of the temperament, the most for them and, a few yi," That is to say, don't let the personality, and should notice abstemious. *Tao Te Ching* says: ‘cure increase personnel day’. Want to know to cherish, gas, god. Increase the method of god, is the parent of raises a gender, also increase the will of god, must abstemious, modern, and seven emotions to resting to restore energy. Taoism regimen, think: ‘thought is god perilous much read, much ambition, desire is faint, much is low, multilingual, lack of gas, more laughter is dirty, more extreme, sorrow is the heart leads to many Italian overflow, more happy, forget the wrong chaos, how angry, lotaulstralin, how good is designed fans ignored, more gaunt rejoices not evil.’ In a word, is not easy to extremely and may be frustrating and harm, reason often must be "introspection" of body and mind. To better understand restraint raises refined heart.

From what has been discussed above, we concluded that health must first raises a gender, life must be since taking sex, give up sex for the work and work life, times and always work half, if sex work first and then life work, can half the work times. Mind cultivation is the base of health and the precondition of life practice work. Sex work accomplishment should be mutual activity practice in the han. Self-cultivation needs noble character. Temperament control is necessary in the procedure of work accomplishment.

**References**


