

# Study on Dialectical Relationship between Chinese Culture Flourishing and Psychological Healing

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**ABSTRACT:** Under the calling of the Chinese dream, the national culture fever is prevailing on the land of China wave upon wave. Chinese culture is no longer just a name in academic research field, or a code word for a subject, but the cultural gospel and cultural practice of an epoch, as well as great actions and confidence expression after the waking of a nation. An epoch's loud singing of the nation's culture reflects not only the mission of culture heritage, but the unconscious returning aspiration of the whole nation. The profound wisdom of Chinese culture: Dialectical concept of universe of man and nature, the moderation and clemency of Confucianism, and the concept of going into the world and leaving the world in Chinese philosophy do not only adapt to local people, but to different ethnic groups with needs in the growth of humanity and popular feeling as well as questions in life belonging, hoping to achieve certain life-time ideas. The renovation of Chinese culture is not only the idea in favor with the general public, but a traditional logic expression of objective requirement and wisdom culture for the development of time. Chinese culture is a history of physical and mental development, and has natural physical healing function. The flourishing of Chinese culture coincides with the growth and development path of the people, so there's inner connection and dialectical nature between the two.

**KEYWORD:** Chinese Culture, Psychological Healing, Connection, Dialectical Nature

## 1 IMPACT AND EFFECT ON NATIONAL PSYCHOLOGY OF CULTURE

People living under different culture backgrounds have different cognition methods and reflections on external world, and this is the different psychological dimension of culture. Each nationality with history has its own spirit, and the revitalization of a nation and nationality, should be the result achieved by joint action of excellent culture and national spirit. Each nationality has its own specific history inheritance. What's the essence in Chinese traditional culture? What are joint mental features or national characteristics formed among Chinese people in such culture tradition? When the nation steps on a flourishing road, and enters the 21<sup>st</sup> Century facing economy globalization, informatization and culture integration, what will change in national culture and mental features? What kind of impact will generate by such change on national psychology? Exploration and clarification of a series of problems have extremely important significance on culture's mental impact and effect.

Mental essence of Chinese culture is the essence of Chinese traditional culture which focuses on three

parallel aspects of "a middle course, dependent origination and the emptiness of nature, human follows land, land follows sky, sky follows Taoism, Taoism follows nature" formed under the guidance of spirits and actions of Confucianism, Buddhism and Taoism. Chinese culture pays attention to self-cultivation and inner saints, so as to realize external kings via improving human cultural psychology. The self-sufficient agricultural civilization has formed national characteristics of harmony and introversion over a long time. Such introverted collective character has impacted the Chinese through generations. With the opening of the gate of the capital city, as well as the emerging of economic globalization and integration, Chinese people's collective character is certain to be promoted to adjustment. The responsibility of developing economy has made people compromise voluntarily or involuntarily: Foreign life style, consumption mode and aesthetic standard are impacting local people deeply.

Over thirty years' reform and opening-up, both advantages and disadvantages in people's traditional characteristics seem to change. The wording of "Banana People" occurs. However, what makes a person's spirit settle down is national elements

penetrating in blood. However, for a part of people without sufficient mental flexibility or not well-prepared, who change their mental status objectively, when they find culture cognition conflicts and returning demand in national elements in their spirits one day, mental unbalance will occur then. At present, such group has emerged, so physiological consultation has risen quietly in recent years in China, which has direct connection with potential social demand. However, such people could not get help from normal physiological consultation, and consultants need to possess high alertness so as to discover confusion in their potential consciousness, and to find cultural anxiety in their blood, only in this way, could these people get help from the root.

There's a collective unconscious demand in seeking for their roots among local people in the current national culture renaissance enjoying popular confidence, which has certain epoch significance. Meanwhile, for issues like lack of integrity, material desire, belief anxiety and absence etc. brought by the value orientation of "economic benefits" all over the world, a culture is also needed for rescuing. The national culture of focusing on benevolence, harmony and self-cultivation which devotes particular care to benevolence, righteousness, courtesy, wisdom, loyalty is the optimal culture. The Chinese culture fever is prevailing throughout the world: At present, 88 countries have started to learn Chinese culture, and there've been about 282 Confucius institutes and 272 Confucius schools by now. Such phenomenon is different from the English fever: The latter is mainly for use, to achieve something from external world, rather than care inner heart. However, the rise of Chinese culture fever, is a spontaneous rise for inner demand on both physical and mental aspects, which is a goodwill and cognition of the life to ontology.

Long history of Chinese civilization and its unique tolerance and wisdom, has well explained Chinese culture's state in human beings' cultural psychology, as well as joint mental demand in people all over the world: People hope to enter the mind of themselves as well as others via humanity, ethnics and humanism, to make themselves and the environment more harmonious, and make the life healthier with more significance. In this epoch, people in the world are trying to seek for soul returning, construct spiritual home and find life significance, while the life philosophy idea in Chinese culture could provide sound answers to such problems. Subjectivity of culture and objectivity of history do make Chinese culture stand in the center of world stage.

## 2 ANALYZE FLASHING SPOTS IN CHINESE CULTURE

Viewing from the world scale, there's four major culture systems: First, the Chinese traditional cultural system focusing on "Confucianism, Buddhism and Taoism" making supplements, which could be called the "Great Confucian" culture system. Such culture system mainly includes China, Korea, Japan as well as countries and regions in Southeast Asia. Second, Indian culture system, which is also called the Buddhist culture system. This mainly covers India, Pakistan etc. Third, Arabian culture system (which is Islam culture system), which mainly distributes in the Middle East and North Africa; Fourth, the western culture system, which is also called the Christian culture system. It mainly distributes in Europe and America. However, these culture systems are not sufficient, only Confucian culture could explain the inner-outer relationship in such a complete way (relationship between the sky and person, self and self, self and environment), which is a detached matter using a spirit leaving the world to implement things going into the world.

There're sufficient sub schools in Chinese culture to be used to explain objectivity and development track of society, nature, popular feeling and humanity. For example, words in the classics in Chinese culture and scientific techniques such as tea, incense, calligraphy, Chinese painting etc.; philosophic thinking in Tai Chi and Confucianism, Buddhism and Taoism, as well as culture inheritance pattern of ethics, has jointly formed basic content in Chinese national culture, in addition, tea and wine culture, cooking culture, dress culture and building culture are all important contents in Chinese traditional culture. These have provided not only precious nourishing ingredients for human mind, but the most valuable history records and culture cultivation for the progress in civilization of human beings.

## 3 ANALYSIS ON PSYCHOLOGICAL VALUE OF CHINESE CULTURE UNDER COMPARISON BETWEEN CHINESE AND WESTERN CULTURES

The existence of objective culture in China and the west has impacted people's recognition on the surroundings, which includes that on themselves. The west focuses on reality, materialism, rationality and imperialism; while the east focuses on spirit, consciousness and ethical culture, which are non-violence and harmonious. The essence of Chinese culture is a national thinking way, which is the basis forming national doctrines, theories and thoughts, and could not be changed by any strength. With respect to

the concept of “benevolence” in Chinese culture, there's also certain research on culture psychology. Psychologists have ever used an index to describe trust among individuals of a nation, and found that the ranking of Chinese people takes the lead. The best value of Chinese people is “benevolence”.

Economists in America have made the following calculation: If the benevolence index increases by 15%, economic return will increase by 435 US dollars. It could be seen that “benevolence” which is to love others does play an active role. The concept of “benevolence” in China does not mean IQ or EQ, but “benevolence”, which has certain value in economics. “Benevolence” could be deemed as the value of China contributed to the world. Specific charm of Chinese culture could be the basic spirit of Chinese traditional culture: The grand Taoism debating and seeking for life state, and exploration to life philosophy, Chinese traditional culture is grand in meteorology, lofty in intention, seeking for high level and high state. When ancient sages talked about certain issues, even if details, they would start from great truths such as the origin of the sky and the earth, as well as all things together. So grand atmosphere, abstract, deep and subtle flavors usually accompany. As Zhang Zhidong once explained, “The Chinese learning as the body, the western learning for uses. The Chinese learning for essence, the western learning for things. Don't try to claim the Scriptures, and will not disobey the righteousness. If the heart is like that of saints, behaviors are like those of saints, regarding filial piety, loyalty and truthfulness as ethics, as well as respecting lord and protecting people as policy, though operating turbines in the morning and running trains at night, harmless as saints.” which has described the significance completely, indicating the Chinese learning as the “body”, useful for treating body and mind, while indicating the western learning as a useful “tool” for uses, which has completely explained the refinement of Chinese culture and western culture.

#### 4 REALISTIC SIGNIFICANCE ON NATIONAL CULTURE FEVER

The profound Chinese culture with a long history is a weirdo in the world culture. While the strength of culture is cast into the life, creativity and cohesive force of the Chinese nation, making Chinese culture continuous and refreshing. Chinese culture does not only bring along deep impact on Chinese people's value concept, life style and developing road, but profound impact on development in human beings and world civilization. Under the material desire all over the world nowadays, people's tired body and heart need to rest, and the soul also need to return. Chinese culture fever among the west, mainly focuses

on appreciation on ideal personality as well as borrowing of soul returning, rather than a complete chinization in their mind, just like the history of learning from the west since 1840 in China. By now, the time has come to a stage integrating advantages and seeking for convergent development of human beings. Economic globalization, global integration and culture are certain to integrate with each other. The time is the one showing all advantageous cultures.

The view of economic development could not only accelerate economic development of all nations, but also disclose the greediness of humanity completely, making people being not of one mind, lowering of integrity, and lack of belief.

However, adjustment in Chinese culture, ethics, harmony and benevolence have become especially precious in this epoch, just like a spring or a ray of sunshine bringing warmth and hope to people all over the world.

#### CONCLUSIONS

This may be the main reason for the flourishing of Confucius Institutes throughout the world. Although human heart could not be materialized, when material reaches a certain height or human nature becomes especially divided, a culture healing and mitigating the mind is certain to be required, to undertake and change the emerged disorders, and to balance material and spirit. Chinese culture renaissance has an unconscious returning expectation of ethnic group, and a special mission given by the time as well, so national culture's renaissance is the selection of the history. Mental healing function of Chinese culture will display its unique value in this epoch, and provide guidance for settling down human heart. Meanwhile, it will also contribute its unique human culture value to the cause of peaceful coexistence of the world.

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