Fusion of Chinese Traditional Taoist Culture and College Students' Life View Education in the New Era under the Background of COVID-19 Epidemic

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Abstract

At the beginning of Gengzi, COVID-19 ravaged the whole country, bringing unprecedented threats and pains to people's lives and health. The resistance to the epidemic created a great anti-epidemic spirit, and at the same time aroused people's attention and thinking about life. In China's long-standing traditional history and culture, the wisdom of life and death contained in Taoism has a rich theoretical basis of life education. In the context of the epidemic, using the special period and special situation of the major epidemic to integrate Taoist culture with the characteristics of the times, actively guide college students in the new era to perceive the value and meaning of life, and actively promote the development and extension of life education for college students' ideological education. It makes a lot of sense.

Keywords

COVID-19 Epidemic; Taoist Culture; Life View Education.

1. Introduction

At the beginning of 2020, the sudden COVID-19 epidemic has changed the lives of all people, and at the same time has shaken many inherent values and morals. After the outbreak, under the impact of virus and death, "life" became the theme of the war, and the essence and significance of life became the focus of people's attention. Countless "lives" have been hit hard; Soldiers in white guard "life" with "life"; Community workers use life to build a safe "life" line of defense against viruses. ……

The epidemic situation has provided a most authentic and vivid life lesson for college students. Life education has always been a shortcoming of Chinese education, and this is a favorable opportunity to improve college students' life outlook in the new era. In recent years, with the development and revival of Chinese traditional culture, traditional Taoist culture has attracted more and more attention. The thoughts of "nature", "Inaction" and "valuing students" in Taoist culture are of great significance to actively guide college students to treat life correctly.

2. Research on the Connotation of Chinese Taoist Traditional Culture and Outlook on Life

Chinese Taoist culture contains extremely rich wisdom. Its traditional connotation has been precipitated through ancient and modern times, and the most representative is "precious life". Traditional Taoist thought believes that life is above all else, Hongyu in the universe, and puts life in a very noble position. The so-called "man is the same as all things, and respected and precious, similar to heaven and earth", that is to say, among all the stars and rivers of heaven and earth, life is the most respected, and the most important thing of all things is man, and
human life is the most precious. Taoism advocates three points in life, one is to fear life, the other is to love life, and the third is to sublimate life.

Respect, for respect, for seriousness; fear, for caution, for not slack. Revere nature, practice harmony, and revere life, that is, to give respect to each life, to treat the rationality of each life with equal eyes, and to pay attention to the harmony between nature and the symbiosis of all things. Life is the source of making everything flexible. Life is the only carrier of social continuity. Caring for life is to care and cherish every life body, rather than waste and waste life. Caring for life is not only attaching importance to one's own life, actively creating the value of life, but also respecting other life, never killing life maliciously, and bravely rescuing life in danger. In the eternity of the universe, life is extremely short. Life is limited and Tao is infinite. The so-called "Tao is natural" will further stimulate people to explore endless mysteries in a limited time, and integrate "life" and "Tao" into one, so as to achieve the sublimation of life realm. Only by attaching importance to life can we stand in a high position to examine life, refine the meaning of birth and give full play to the value of life.

Life is short and fleeting, so it is more valuable. Taoism advocates "valuing life and hating death", which is based on the exploration of "Tao" and "life". As far as Taoism is concerned, it not only respects human life, but also respects all life in the universe, which is different from other families. The universe and nature are an organic and unified whole. Life is everywhere and vitality is everywhere, that is, the world is a "living" world. Therefore, the traditional Taoist culture's proposition that "life is more important than death" provides an extremely reliable power of wisdom for the long-term exploration of life, the study of the meaning of life, and the exploration of the value of life.

There are sayings that "life is sincere and valuable" and "life is what I want", which all reveal the dominant position of traditional cultural life outlook, especially Taoist life outlook, on people's life and life value. Nowadays, the traditional values of life still have a living soul. Modern people's outlook on life and traditional Taoist culture are connected with each other. However, with the historical changes, people's outlook on life and values in ancient and modern times have undergone changes that can not be ignored. The fundamental reason is that people's fundamental personal concepts have undergone progressive changes with the progress of society, and they have different survival and development goals due to the influence of the times' environment, so they have different judgments on the meaning and value of life. However, in the different exploration of the meaning of life, only one can be firm, that is "valuing life and neglecting death", life is supreme and has absolute awe of life, and "death" is the escape of cowards.

For modern people, life has long been different from the destiny in the traditional sense, but has returned to the nature, science and sociality. For every living body, while obtaining life, it not only has the right to life, but also should undertake the obligations that life should undertake. It is the supervision of this idea that life is a combination of rights and obligations, So that modern people pay more attention to and fear life than their predecessors. Compared with the ancient times, the dross thoughts of "wasteful life" and "people have high and low" have been completely discarded. The past situation of ruining life is long gone, and the basic right to life of people and all living things must be obtained. Respect and care. As an individual's life, one should not only cherish one's own life, but also respect other lives, and can't commit suicide, let alone trample on other living bodies at will. Moreover, life is not only "the existence of life characteristics", but a living process in Taoist traditional culture. In this process, one should not only enjoy the right of life, but also shoulder the obligation of life, so that life can exert its maximum value and realize its real value.

The wisdom in Taoism and Taoist traditional culture has extremely important practical significance and development for exploring the change and invariance of human outlook on life. Among them, the ideological essence of "valuing life and neglecting death" has reliable
significance for excavating the value of life in today's era, especially for young people who are in the period of ideological maturity.

3. Enlightenment of Traditional Taoist Life View on College Students' Life Education

China has always placed education in an important position of national development. Especially since entering the 21st century, the renewal and development of education has gradually become a strong driving force and resource for the development of China's modernization, and it is also an important bottleneck for China to achieve the goal of socialist modernization. This also makes more and more national leaders and scholars focus on the renewal and reform of education.

With the development of the country's material level, the mental and psychological development problems of the young college students have been exposed in recent years, such as self-harm, suicide, and violence among the young college students, as well as college students' money worship, hedonism, and the worship of money status. Such incidents frequently break into people's vision. All kinds of sad or angry incidents have revealed that college students' disregard for life and the neglect of the value of life. The fundamental reason is the lack of life education. The exhaustion and withering of every young flower of life is a wake-up call for people: Where should life education for college students go?

Therefore, more and more experts and scholars say that it is necessary to do a good job in life education courses for college students and guide them to attach importance to life, so as to help the vigorous development of education. However, looking at the current situation of life education courses in colleges and universities, looking up various materials, it is found that there are still many colleges and universities that do not offer special life education courses, and it is still common that the topics of life education courses are not comprehensive and in-depth in colleges and universities that have opened relevant courses. As a result, life education courses in many colleges and universities are difficult to achieve the desired results even if they are carried out. At the same time, many scholars have focused on Taoism, one of the main schools of Chinese traditional philosophy. Taoist culture stresses taking "Tao" as the starting point, observing and understanding the whole world with "Tao", and expounding the essence and connotation of life with "Tao". The life attitude of "natural inaction and no struggle with the world" and the highly speculative thoughts and theories on life can well supplement the weak points in the current college students' Outlook on life, Break the wrong cognition of college students about life and improve their attention and cherish for life.

Taoist culture has a long history, after thousands of years of cultural precipitation and accumulation, although its generation and development prosperous period is far from our current era. However, Taoism is pure and inactive, and Taoism's proposition of nature can still play a role in every era, especially the focus on life and natural care advocated in its core concept of life. Today, when the material level is booming, it obviously still has important practical significance, and it has important guiding significance for how people nowadays deal with themselves.

Taoism puts forward that "to regenerate your life and learn to cherish life". In today's student groups, acts such as self-harm or violence often occur, and the occurrence of similar incidents affects everyone's heart every time, which is extremely worrying. To explore the reasons behind it, in addition to various direct factors such as family factors, psychological diseases and environmental problems, the most fundamental reason is today's students' indifference to life. Everyone's life is precious only once, but in the eyes of some youth groups today, it is regarded as "light as a feather", which will lead to various life-damaging incidents. Therefore, Taoism's
"rebirth and valuing life" is of great practical significance here. It teaches people to fear and cherish life, put everything under the status of life, and look at life from a rational perspective, so that they will not be hurt at will and endanger every fresh life.

Taoism believes that "misfortunes and blessings depend on each other and treat setbacks correctly". This is an era of vigorous development, and it is also a social environment with multiple pressures. College students often choose to end their lives because of the pressure and setbacks of life. Lao Tzu once said, "Misfortunes depend on blessings, while blessings depend on misfortunes", and believed that blessings and misfortunes are accompanied. We should correctly understand the relationship between them, and always regard life as the foundation of everything, not deliberately clinging to "blessings", nor trying to escape the so-called "misfortunes", maintaining an open-minded and optimistic attitude, and clarifying the relationship between the opposites of blessings and misfortunes. This kind of thinking will help people objectively analyze setbacks and correctly adjust their emotions.

Therefore, many scholars and experts put forward that we should combine Taoist traditional view of life with the life education curriculum of Contemporary Colleges and universities, and combine theory knowledge with offline practice to make full use of the essence of Taoism and view to provide reference for college students to learn to cherish life and cherish life. Thus, in the process of life education, college students are guided to fully understand and understand the value and significance of life itself and establish a correct outlook on life. On the other hand, Taoism is also the excellent traditional culture of our country, but it is far less familiar and respected than Confucian culture. Perhaps this is because the "Taoism" in Taoism makes people feel profound and mysterious. But in fact, the essence of thought contained in it still has practical significance today. Combining Taoist thoughts with the life education of college students after combing and generalizing can also help young people to understand traditional Taoist culture and enhance cultural consciousness and cultural self-confidence.

4. An effective Way to Carry out College Students' Outlook on Life Education by using Traditional Taoist Culture under the Background of Epidemic Situation

To carry out life education for college students and help them establish a correct outlook on life, the first thing is to establish life consciousness. Life consciousness education refers to the formation of a reasonable, scientific, socially acceptable and complete life cognition, and the Taoist view of life is to reasonably guide young college students to fear, cherish, care for and respect life, which is also the basis for establishing a correct view of life. As the saying goes, only when the foundation is laid can the house be strong. The second is to cultivate college students to actively explore the meaning of life. For the special group of college students, they have not yet set foot in society, and their knowledge almost comes from books. There is a risk of collapse when building a "house" according to the concept of life, especially if college students are impetuous and not determined enough, the collapse of the "house" will hurt others even more. Therefore, the Taoist view of life is to help young college students find the meaning of life, let their own life gradually integrate into society, build an iron wall, and let college students find the direction and the true meaning of life.

4.1. Combination of Education and Interactive Sharing

Laozi once said, "Therefore, it is expensive to be the world, if you can send it to the world; Love as the world, if you can trust the world ", vividly explains the importance of life. We should love and cherish life, otherwise how can we rule the world? Similarly, college students are the pillars of the country and the successors of the construction of the motherland. If they can't cherish life, how can they contribute to the construction of the motherland? At present, college students
are in the early stage of learning and development, which is a stage of gradual maturity of their minds. While having a healthy body, they also need a healthy psychology. According to statistics, only 67.9% of college students take life education courses. Compared with the current situation that college students are unclear about life, it is necessary to establish life consciousness. By carrying out the theme lecture of Taoist outlook on life, college students can have more theoretical understanding of the concept of life, and educate college students to understand that life is not only their own, but also related to their families and social countries. Blasphemy and indifference to life is an extremely disrespectful attitude towards life, and the Taoist outlook on life attaches great importance to the natural value of life and has the tendency to value students. In this way, college students are gradually guided to establish life consciousness and value pursuit, learn to "treat everything" so that college students can truly recognize life, understand life and feel life, enrich their spiritual realm and sublimate their thoughts, Encourage students to be positive and optimistic about life.

In the Internet age, access to any information is very convenient. College students are extremely easy to be affected by social concepts. While enriching their lives, they also make people addicted to material enjoyment and fame and fortune. The pursuit of material benefits causes people to lose their spiritual pursuits and neglect their lives. Meaning. This is not conducive to the establishment of correct life consciousness for college students, so it is urgent to optimize the network environment and use the Internet for correct education. The Internet is used to spread the excellent traditional culture of Taoism, to publicize the positive attitude and values of life, to let college students learn the wisdom of the ancients, to guide their lives with a correct outlook on life, to let college students gradually understand the excellent life thoughts, to be exposed to the excellent traditional culture, to make the behavior of wasting time disappear, and to establish a correct life consciousness.

4.2. Build a Multidimensional Carrier to Stimulate Life Experience

Lao Tzu puts forward the viewpoint of "human beings governing the earth, the earth governing the heavens, the heavens governing the Tao, and the Tao governing nature." He regards the life and death of human beings as natural phenomena. "Tao" is the process by which life in the world is created, and it is of great significance to the education of life outlook.

Combining with the Taoist life view, it is of great significance to carry out a series of activities of life experience "Tao", and to establish a sense of security with peers on the "bumpy road of life". Companions provide help and encouragement in our journey of life, accompany us all the way to share joy, and walk side by side; experience the hardships of parents on the "grateful growth path", see their parents' meticulous care, see their parents' silent devotion, and express gratitude Everyone on the road of life; show their own attitude towards life in the "Wonderful Way of Life" and walk out of their own different life paths. Experience the beautiful moments in the "Tao of Life", realize the beauty of life, in the "Road of Nurturing Life", realize the mother's pregnancy in October and the greatness of life; in the "Road of Life", appreciate the life of the disabled, respect and care for life; Experience death on the "Death Experience Road", feel life, cherish life, and love life. On different roads, let college students take the initiative to explore the meaning of life, experience the various states of life, purify the soul, and let college students sublimate the meaning of life in their hearts, cherish life more, and be grateful for life.

4.3. Strengthen Practical Education and Externalize Conscious Behavior

The mission of life is to constantly explore the value and pursue a better self. It is people's characteristic not to stop at the present. To improve the quality of life is to make our life more valuable and meaningful. It is necessary for college students to find more of their own value and the value of life in the exploration of life, and then help college students to stimulate their own value creation potential, and continue to explore and play value, establish correct life values, and ultimately improve the quality of life.
Organize college students to visit Qingcheng Mountain, the holy place of Taoism, a world cultural heritage, and feel the excellent traditional Taoist culture at close range, the connection between the rhythm of life and nature, and the whole life process of birth, growth and death. Listen to more than 5,000 Tao Te Ching in Laojun Temple of Taishang, the ancestor of Taoism, and feel the way of nature and life through the Taoist "museum" for thousands of years. Learn Taoism to "cherish life" instead of being greedy for it, and "be happy to die" but not afraid of death. Ask about Qingcheng Mountain, pursue the deepest part of Chinese culture and Chinese philosophy, and understand the values and life outlook engraved in Taoist cultural genes; in the dialogue with the body, liberate the nature of college students, discover the true face of life, and live the most authentic, The unpretentious self. How to live by opening a direct dialogue with life? How can we live the quality of life? College students can find answers in it. To sum up, education will eventually come back to life, and the organic combination of Taoist life view and college students' life education is undoubtedly an innovative and feasible way. Help students scientifically and correctly grasp the value and essence of life, constantly realize their own value with a correct thought and healthy attitude, and enrich and enhance the spiritual life realm of college students.

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References