

“Zen” and “Tao” in the Tai Chi

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Abstract—From operation to “Tao”, is the traditional Chinese philosophy inherent and ancient pursuit. It was as clear as embodied in the Tai Chi. Tai Chi in the “Tao” level is not beyond wins, failure, attack, defense, but a perfect embodiment of the life. The aesthetic pursuit of Tai Chi is that the “heart method” often said. This has natural similarities with Chinese Zen. In the “Tai Chi”, technology, “Tao” through the inner strength to experience, the profound insight constitutes a religious law. On the Zen experience, “Tai Chi” is known only by the heart of Zen. Study of Zen “heart method” and “Tao” in Tai Chi helps to improve people's physical and mental health. This paper used research methods of documents; The logic analysis and personal practice to research.

Index Terms—Taoism, Buddhism, tai chi, meditation, manifestation.

I. INTRODUCTION

From operation to “Tao”, is the traditional Chinese philosophy inherent and ancient pursuit. It was as clear as embodied in the Tai Chi. Tai Chi in the “Tao” level is not beyond wins, failure, attack, defense, but a perfect embodiment of the life. The aesthetic pursuit of Tai Chi is that the “heart method” often said. This has natural similarities with Chinese Zen. Then in the martial arts that is a how line?

Study of Zen “heart method” in Tai Chi helps to improve people's physical and mental health. Therefore, the formation of tai chi is not only high achievement of Chinese martial art, but also the beginning of the popularity of the Chinese Taoist culture and Buddhism culture. The tai chi brings many recipients for the spread of Chinese Taoist culture and Buddhism culture, many lower stratum recipients having a taste of ancient Chinese Taoist culture and Buddhism culture in this way.

This paper used research methods of documents; The logic analysis and personal practice to research.

II. ORIGIN OF “ZEN” AND “TAO”

Ancient Indian culture to explore the ultimate questions focused on the experience of the spiritual aspects. Since sakyamuni founded Buddhist, He had sublimated the exploration into the master of the mind, founded “Heart” logic systems affected future generations.

The Buddhist from dynasty of Han Emperor Ming had been coming to China, Huineng the masters, founded Zen Dayton teach “- can not stand the text, straight down and see the heart, straight Buddhahood. Buddhist “Heart” bears fruit finally in

the Chinese culture. Zen over Phenomenon and respective, straight to the point, rediscovering the “heart of the source”, and that experience is confirmed by their inner Buddhist hearts sensing experience.

Zen is abbreviation of Buddhism “Zen na”, the paraphrase for thinking maintenance or peaceful contemplation, Sanskrit Dhyana. Its original meaning refers to the kind of self-cultivation of the Buddhist monks. The simple description is from the outer edge of the impact, recovering spirit to own. That is the “Zen”. Commonly called meditation or meditation in Buddhism. Chinese Zen from Huineng, having clear and deep understanding of its essential connotation, pointed out: Outside away from the Phenomenon said Zen, inside said definite not the chaos. The nature of self-purification named “Zen” [1].

Witches and historiographers were out of favor in the late of Chinese Shang Dynasty, and were diaspora in society. It was a precursor of Taoism and operation will crack in the world. Tracing the origin, The original Taoist and initial Confucians both evolved from scattered declining Witches and historiographers [2]. Chinese Taoism had been there as a potential scholars, Lao Zi That was, the national intellectuals of the Zhou dynasty.

Taoism inherited natural philosophy of Chinese Academic. Advocated monasticism after the Zhou dynasty, which made the knowledge and the technology repressed by feudal autocratic could be lucky to be saved. The ancient Chinese mostly natural scientific knowledge, medical knowledge was able to survive in Daozang, such as Mohist School annihilated was contained by Taoism [3].

《Records of the Historian volumes 63·Lao Zi and Zhuang Zi Shen Han Biographies》 recorded “Lao Zi, Born in Ku Li township in Chu County (in Henan east of Luyi). Surname Lee, named ear, words Bo Yang, posthumous title Dan; historiographer to hide history.” “Lao Zi, Hermit.” But Lao Zi as a representative of the Taoist mastered the significant the Chinese culture resources. come down “book of changes “in one continuous line. You can also say that Taoism with its unique self-cultivation philosophy integrated in later years more and more knowledge. Taoist “Seclusion” is not “Leaving”, and became a potential knowledge base and a strong implicit strength mobilized [4].

III. THE EFFECT OF “ZEN” AND “TAO” TO TAI CHI IN HISTORY

Science and technology cannot be smooth development in Chinese feudal society. The ancient Chinese was leader of science and technology in the world, in modern times, and did not embark on the Western “renaissance” of the road. Science and technology just quietly hidden set in Taoism or saved folk or slow developed. The reclusive Taoist was

unwilling to service for rulers, devoted themselves to the pursuit of life. To integrate knowledge marching toward the exploration of life in the universe, which is the road of the classical life sciences in China, is an ancient unique way of extending [4].

During the Han and Tang Dynasties Buddhism culture entered Chinese. Buddhism spreaded to China philosophy system, as well as had the great edificatory effect to Chinese culture. To the Tang Dynasty, Chinese began to real integrate Buddhism in their own culture, formed the "localization of zen". Into the real Chinese culture, formed the Confucianism; Buddhism and Taoism compatible coexist, racing together bridle to bridle.

Taoism, Buddhism, Confucianism gradually coalesced, which to some extent influenced the development of "Tai Chi". Due to frequent wars, martial became the social needs, the temple monks also trained martial arts, appeared the Shaolin Quanpai. During this period, the Confucianism, Buddhism and Taoism, in the three mutual absorption, mutual fusion tendency, factions guide technique in breathing mutual penetration of development from each other, so as to made the guiding theory and practice of health activities have entered a new stage of development. The "Tai Chi" also absorbed the achievement.

The civilized fusion introduced Buddhism psychological mechanism to "Tai Chi" repair system. Advanced martial art in the historical process of the transformation, Its main functional value was increasingly stripped. Also increasingly entering civil, It was gradually sheltered by Taoists and Buddhism, and deeply integrated the profound Taoist and Buddhism Life Sciences. So since the Ming and Qing dynasties, a new life - tai chi quietly have bred, (from the Internal Martial appeared to tai chi formed). Here, the reason for using the term "martial art science" is that tai chi finally integrated China's ancient philosophy and science. This fusion of the intrinsic mechanism is Taoist and Buddhism classical life science.

Zen is calm thinking from the word meaning. it is unique in that. It is through the body, heart, respiratory adjustment, in order to reach the silent. Silent spirit and clear meditation for wisdom, and for all things in the world to maintain a beyond recognition, not be fettered for the situation, remain free, lively, freely [5]. Chinese "Tai Chi" based Zen practice method for heart law foundation. It had the organic integration from the internal gas and Kung Fu, forming an an organic whole.

Taoist theory completely combined with "the martial art", With Zhang Sanfeng theory emerged as the representative of Taoist theory, Taoist theory to practice in the life have been maturity with a clear system of real practical foundation. So, tai chi respecting Zhang Sanfeng as Patriarch is not an exaggeration. When Chinese Taoists to Zhang Sanfeng, Inner life cultivation and life formed holographic deduction in the universe had been completed. marking the Taoist introverted experience practicing was already clear and maturation. But the Taoist within the practice also need external practicing avenue and intuitive form. Finally in the right historical period, Taoism and the martial art met. This course was about until the emergence of tai chi [4].

Buddhism integration laid the psychological foundation for "Tai Chi", And the "Taoism" integrated into the "Tai Chi", laid a physiological basis. This pursuit of life liberty formed the dual cultivation lives and spiritual development in

the "Tai Chi". Chinese "Tai Chi" this line of research, is to mobilize his own life by the way of the human body perception. shipped the essence of life, achieved great freedom. Later Taoist summarize this route: "practicing essence to return gas, practicing gas to return spirit, practicing spirit to return virtual, training virtual Accord Tao", which It describes the human body internal validation of Chinese philosophy of "Tao" reverse generation process. this practice is a reflection of human philosophy [6].

IV. MANIFESTATION OF TAI CHI

From the Internal Martial appeared, as the flag martial art science system eventually have matured. China's art of attack, such as the tai chi was no longer merely in the killing of the enemy's level, but jumped to the level of life force humanely sublimation. The martial art science has a complete evolutionary sequence by Technology advanced into "Tao" or "Zen". Making reality, really fighting link to the ideal of human life free, and Making Chinese philosophy reality, clarity, and intuitive. And Making Chinese martial art become life science exploration. The 18th century Began to shown signs of martial art science system.

Qing Dynasty, Sun Lutang proposed to unify the martial art and self-cultivation. Martial art science system established by Sun Lutang was summary and sublimation of predecessors, become an important validation of the Eastern philosophy system. Tai Chi, Xingyiquan, baguazhang as the representative of the Internal Martial Arts, internal strength repair invariably comply "practicing essence to return gas, practicing gas to return spirit, practicing spirit to return virtual, training virtual Accord Tao" route. Tai Chi is the embodiment of the representative route[4].

Practicing "Tai Chi" to perfection, "Tai Chi" is concerned, the interior strength be the more practice and the more pure, more practice and the more subtle and delicate. Dynamic from the beginning of the strong to soft strength, so as to achieve a very soft strength. Soft strength is the beginning of the very sublimity. just began to feel Pulse smooth, this makes the interior strength Road as water running without a lag. Go on and try carefully to practice more and more pure, so that the body feels empty through feelling. The silent and motionless, and the feelling Unobstructed.

Any potential action is invisible managed under the rule, and also feels that spirit is light and the interior strength is full, Mind pastting ancient and modern. Instead, as if in the infinite space and time having freedom, every movement with countless static, also contains numerous movement, and every movement like move and do not move, each one seemed quiet and not static. "Tai Chi" training this time, "Tai Chi" is actually in the "Tao". To enter the real Zen. Tai Chi, Xingyiquan, baguazhang as the representative of the Internal Martial Arts, internal strength repair invariably comply "practicing essence to return energy, practicing energy to return spirit, practicing spirit to return virtual, training empty Accord "Tao" route.

Tai Chi is the embodiment of the representative route. Taoist theory to practice in the life have been maturity with a clear system of real practical foundation. So, tai chi respecting Zhang Sanfeng as Patriarch is not an exaggeration. When Chinese Taoists to Zhang Sanfeng, Inner life cultivation and life formed holographic deduction in the

universe had been completed. marking the Taoist introverted experience practicing was already clear and maturation[7].

At this time, the mood has been to “Smart and not to kill”, beyond the general outcome of fuss. To cultivate oneself free state of mind. This is because your mind and body have transformed after a long time “Tai Chi” practice.

No stay and focus spirit within the movement, can not be realized the body has empty feeling. Therefore, only the consciousness within the movement to understand “Tai Chi” the secret and to enter clear state of mind.

“Tai Chi” savings to the true intent of the human body and inner energy, and “Tai Chi” also expressed as formless, and this is the origin of inner strength. The ancients in the creation of the “Tai Chi” according to the way into the “Tai Chi” theory, set an example by personally taking part, in order to reply to all baseline characteristics. In the “Tai Chi”, technology, “Tao” through the inner strength to experience, the profound insight constitutes a religious law. On the Zen experience, “Tai Chi” is known only by the heart of Zen .

For example, failure is tied to the hearts of moves “Phenomenon” when fighting. Without martial art, the heart moves “Phenomenon”, and the enemy comes, by instinct to do. After studying a part moves, bound to the inherent moves, can't adapt to the myriads of changes of actual combat. He can lost to the specific number, and does not limit in the conditioning, to adapt to the myriads of changes of actual combat, reach into land undefeated. This is precisely coincide to “Zen” Huineng pointed, and in this realms, it is nature not chaos for zen.

Chinese martial art science make unique China Taoist cultivation academic tradition step out of the palace; out of the temple; out of the mountains; toward civil. Became the people to achieve the ideal and the pursuit of an independent personality, self-perfection real learning. Martial cultivation methods and embodies is the West not having and confusing, however, it is the most valuable piece of the civilization heritage path. The root of Martial art science, and the roots of variety of other disciplines are one, they all follow the fundamental laws of the universe [8].

V. EPILOGUE

The highest level of so-called Tai Chi, in essence, means rising to the spiritual realm through the exercise of Tai Chi skill level. In addition to the Tai Chi skill it is more important is the nature of mind training and the ability to feel. And linked Zen advocated The Taoism “Comprehended deed since the heart source, returned to view of the heart”. Heart method basis of Chinese Tai Chi was based on Zen practice methods, that melted the internal heart strength and Tai Chi skill of The Taoism into a coherent whole.

Because of above, so the Chinese Tai Chi emphasizes the heart method practice, requires practitioners into the inner part of his mind and body the world by a vacant mind, to grasp the source of life. It is so-called heart within the movement, refers to the physical and mental view and experience.

Practice of Tai Chi is to help modern people 's physical and mental health. No stay and focus spirit within the movement, can not be realized the body has empty feeling. Therefore, only the consciousness within the movement to understand “Tai Chi” the secret and to enter clear state of mind. Buddhism integration laid the psychological foundation for “Tai Chi”, and the “Taoism” integrated into the “Tai Chi”, laid a physiological basis. this pursuit of life liberty formed the dual cultivation lives and spiritual development in the “Tai Chi”.

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of the martial arts”

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