

The Influence of Chinese Guqin on People's Cultivation of Body and Mind

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Abstract: As a traditional musical instrument, the Chinese guqin has carried rich cultural connotations and profound philosophical thoughts since ancient times. The purpose of this paper is to discuss the role of guqin in human cultivation. Firstly, starting from the origin and development of the guqin, it elaborates its important position in traditional culture. Secondly, it analyzes the characteristics of guqin music, including the unique timbre, meter, and rich repertoire and playing techniques. Then, we analyze the effects of guqin on people's cultivation of body and mind, which are mainly reflected in the cultivation of inner harmony, the enhancement of moral quality, and the promotion of physical and mental health. Through case studies and empirical research, the positive effects of the guqin on the cultivation of one's moral character are further verified. Finally, the contemporary value of the guqin's role in cultivating the body and nourishing the sex is summarized to provide certain insights for the modern society.

Keywords: Guqin, Cultivation of body and character, Traditional culture, Moral character, Physical and mental health.

1. Introduction

The Chinese guqin, as a traditional musical instrument with a long history, carries rich cultural connotations and philosophical thoughts. Since ancient times, the guqin has been regarded as an important carrier for cultivating one's body and cultivating one's moral character. The purpose of this paper is to explore the role of guqin music in cultivating one's body and temperament, and to analyze its position in traditional Chinese culture and its significance to modern society.

The significance of this paper lies in the fact that, on the one hand, by analyzing the role of guqin in people's cultivation of the body and nourishment of the sex, it allows us to better understand the status and value of the guqin in traditional culture, and provides theoretical support for the inheritance and development of the guqin culture; on the other hand, for the modern society, guqin music, as a kind of art form with the role of cultivation of the body and nourishment of the sex, can guide people to search for inner serenity and improve moral qualities, and realize physical and mental health in their fast-paced lives. On the other hand, for modern society, guqin music, as an art form with the function of cultivating one's body and mind, can guide people to find inner peace in the fast-paced life, enhance moral quality, and realize physical and mental health, thus providing a useful supplement to the spiritual life of modern people.

2. Characteristics of Guqin Music

2.1. Uniqueness of Tone and Melody

As one of the traditional Chinese musical instruments, the guqin has a unique tone and rhythm, which makes it unique in the field of music. First of all, the tone of the guqin is quiet and distant, giving people a feeling of tranquility. Unlike other musical instruments, the guqin does not pursue the grandeur of the volume and the intensity of the rhythm, but pays more attention to the purity of the sound quality and the connotation of the timbre. This unique sound enables people

to play or listen to the instrument without any distractions and immerse themselves in the world of music, thus achieving the purpose of cultivating one's mind and body. Secondly, the sound rhythm of the guqin has a deep cultural heritage. The sound rhythm of the guqin corresponds to the five elements (gold, wood, water, fire and earth), reflecting the idea of the unity of heaven and man in ancient Chinese philosophy. Each string of the zither represents a rhythm, and these rhythms coincide with the laws of nature. When playing the guqin, the player needs to follow these rhythms so that the music harmonizes with nature. This way of playing in accordance with the laws of nature helps people to understand and adapt to nature, thus achieving the effect of cultivating one's mind and body. In addition, the sound rhythm of the guqin is also combined with moral concepts. In ancient times, qin, chess, calligraphy and painting were the four major hobbies of the literati, of which qin was the first. The sound of the guqin and moral concepts are mapped onto each other, such as the harmony of the sound corresponds to the harmony of interpersonal relationships, and the elegance of the sound corresponds to the noble character of an individual. Therefore, through learning and playing the guqin, people can cultivate their moral qualities and improve their cultivation level [1].

2.2. Richness and Diversity of Repertoire

The repertoire of guqin is rich and diverse, including classical masterpieces, such as "High Mountains and Flowing Water", "The Fisherman and the Woodcutter", and "Pingsha Lying Wild Geese", which represent the essence of ancient Chinese music, as well as many works with distinctive regional and genre characteristics, such as "Guangling San", "Yangguan Sanyi", and "Hu Jia 18 Beats", and so on. These compositions have both the magnificent beauty of landscape and idyll, and the tenderness of literati, reflecting the ancient people's profound sense of nature, society and life [2].

The guqin repertoire also shows diversity in performance techniques. For example, "High Mountains and Flowing Water" requires the zither player to use smooth fingering and rich tonal changes to show the grandeur and delicacy of the

landscape; "Guangling San" shows the bravado and power of the warrior with its agitated melody and fast fingering. At the same time, the Guqin repertoire also pays attention to the creation of mood, such as "Ping Sha Falling Geese", which imitates the dynamics of the flying geese to give the listener a sense of picture and the freedom and magnificence of the geese soaring in the sky.

In terms of cultivating one's health, the rich diversity of Guqin repertoire provides people with a wide range of choices. Different repertoire can trigger people to think about nature, life, morality and other fields, and enhance their moral character and cultural literacy. For example, "The Fisherman and the Woodcutter's Question and Answer" conveys the wisdom of life in conformity with nature and indifference to fame and fortune in the form of a dialog between a fisherman and a woodcutter, inspiring people to maintain an ordinary heart in real life and to pursue inner serenity and harmony.

In addition, the richness and diversity of guqin repertoire is also reflected in the diversity of its performance forms. There are solos, qin-xiao ensembles, qin-zheng ensembles, etc., which provide people with different listening enjoyment and artistic experiences. By learning and playing these repertoires, zither players can cultivate their aesthetic interests and artistic cultivation, and better understand and inherit traditional Chinese culture [3].

2.3. Connotation and Requirements of Playing Skills

The connotation of guqin playing skills is rich, requiring the player to have high artistic cultivation and moral character. First of all, guqin performance emphasizes the combination of fingering, sound and meaning, and pursues the artistic effect of "beautiful tone, harmonious sound and deep meaning". Fingerings include plucking with the right hand, pressing the strings with the left hand, sliding, overtones, vibrato, etc., which are required to be mastered and utilized. Secondly, guqin performance focuses on the transmission and infectiousness of the qin sound, which requires the player to feel for others, express his inner feelings through the qin sound, and realize the emotional resonance with the audience [4]. In addition, the guqin performance also pursues the far-reaching meaning, which requires the player to guide the sound of the qin with the meaning in the process of playing, so that the listener can have endless reverie. This requires the player to constantly cultivate his mind and improve his aesthetic taste in his artistic practice, in order to achieve a high degree of unity among the "sound, meaning, and context" of the qin. At the same time, guqin performance emphasizes the cultivation of moral qualities, and requires the player to embody the moral connotations of "benevolence, righteousness, courtesy, wisdom, and trust" in the process of playing. This is not only reflected in the playing skills, but also in the player's attitude and values. Only the player with noble moral qualities can play a touching sound [5]. The connotation and requirements of guqin playing skills reflect the noble quality and far-reaching influence of guqin art. For those who study the guqin, mastering these playing skills not only requires long-term hard work and practice, but also requires constant cultivation of the heart and enhancement of the moral character in order to truly understand the true meaning of the art of the guqin.

3. Analysis of the Role of the Guqin in Cultivating One's Body and Temperament

3.1. Harmonious Inner Cultivation

3.1.1. The Pursuit of Tranquility and Serenity

In ancient Chinese culture, guqin music is regarded as an art form for cultivating the body and cultivating the mind. Guqin music is characterized by its tranquil tone and harmonious rhythm, which can help people achieve inner tranquility. In the fast-paced modern life, people often feel stressed and anxious, and guqin music provides a way to relax and calm down.

First of all, guqin music helps people meditate. The tone of guqin is clear and elegant, without excessive decoration and splendor, giving people a simple and pure feeling. Concentration and patience are needed when playing the guqin, and this concentration can help people draw their attention away from daily worries and achieve inner peace. The slow melody and long notes in guqin music can also help people relax their nerves and reduce anxiety and stress [6]. Secondly, guqin music helps people pursue tranquility. Guqin has a harmonious sound and a feeling of depth and tranquility. When playing the guqin, the sound of the instrument echoes in space, making people feel one with nature. This feeling can help people transcend the trivialities of daily life and pursue broader meaning and ambitious goals in life [7].

3.1.2. Emotional Expression and Regulation

First of all, the melodious tone and harmonic rhythm of guqin music can make people feel serenity and tranquility during the listening process. In the fast-paced modern life, people often face pressure and anxiety, and guqin music can help people temporarily put aside their worries and enter a state of tranquility, so as to achieve emotional expression and regulation [8]. Secondly, guqin music is combined with traditional art forms such as poetry, calligraphy, painting and so on, carrying rich cultural connotations. Through learning the guqin, people can gain a deeper understanding of traditional culture, and then improve their aesthetic taste and artistic cultivation. In the process of playing the guqin, people can express their emotions with the help of music, so that their hearts can be cathartic and soothed. In addition, guqin music has high requirements on playing skills, such as fingerings, strings, timbre and other aspects of exquisite skills. Through learning and playing guqin music, people can cultivate their patience and perseverance, and exercise their concentration and coordination. In the process of continuous practice, people will gradually learn how to control their emotions so that they can be better expressed in their performance.

In conclusion, guqin music has a unique role in the expression and regulation of emotions. It can not only help people regulate emotions and relieve pressure, but also enhance people's aesthetic interest and artistic cultivation. Through the study and performance of guqin music, people can better grasp their own emotions and achieve inner harmony and tranquility. In modern society, this emotional expression and regulation is more and more important, so we should pay attention to the value of guqin music in cultivating the body and cultivating the character, so that more people can benefit from this excellent traditional art [9].

3.2. Enhancement of Moral Quality

3.2.1. Inheritance and Edification of Traditional Culture

As a treasure of Chinese traditional culture, the guqin carries a rich historical heritage and humanistic spirit. From the pre-Qin period to the present, guqin music has been regarded as a representative of elegant art and an indispensable part of the ancient Chinese literati's cultivation. The performance and appreciation of guqin is not only an artistic enjoyment, but also a process of moral education.

The philosophical thoughts and moral concepts embedded in guqin music play an important role in guiding people's moral cultivation. For example, the Guqin piece "High Mountains and Flowing Water" conveys the concept of friendship in which the soulmate is hard to find, while "The Fisherman and the Woodcutter" expresses the attitude of living without fame and pursuing inner tranquility. In the process of playing and listening to these pieces, people accept the cultivation of traditional virtues in a subtle way, and improve their own moral qualities [10]. In addition, the elements of guqin music, such as the sound of strings and the rhythm of fingering, reflect the philosophical pursuit of ancient Chinese literati for the harmony of nature and the unity of heaven and man. This pursuit is reflected in modern society, which emphasizes the harmonious coexistence of man and nature, man and society, and advocates people to have good qualities such as tolerance, humility and diligence. Through the study and appreciation of guqin music, people can better understand and practice these traditional virtues in the process of cultivating themselves. At the same time, guqin music plays an important role in the inheritance of traditional culture. Guqin sheet music, qin theories and other documentary materials record the rich historical and cultural information of the Chinese nation. Studying and researching guqin music helps people to deeply understand the customs, philosophical thoughts and artistic styles of ancient societies, so as to better inherit and promote Chinese culture [11].

In conclusion, the guqin, as the inheritor of Chinese traditional culture, has rich musical connotations and significant edification functions. Through learning and appreciating guqin music, people can better cultivate their bodies and nourish their temperament, pass on and carry forward traditional culture, and realize the improvement of personal quality and spiritual harmony. In modern society, guqin music still has unique value and significance, and it is worthwhile for us to continue to explore and inherit.

3.2.2. The Concept of Revering Nature and Conforming to The Way of Heaven

Guqin music is characterized by its philosophy of respecting nature and following the way of heaven. This concept is deeply rooted in traditional Chinese culture and is reflected in the formation and development of guqin music.

First of all, guqin music pursues the beauty of nature. The tone of the guqin is ethereal and melodious, giving people a sense of tranquility and distance. The harmony of its tone and rhythm, echoing the sounds of nature, reflects the ancient people's pursuit and reverence for the beauty of nature. The creation of guqin repertoire is also mostly based on natural landscapes, plants and animals, such as "High Mountains and Flowing Water", "Fisherman and Woodcutter", etc., which expresses the harmonious coexistence of man and nature through music [12]. Secondly, guqin music emphasizes conformity to the way of heaven. Ancient Chinese believe that man and nature, man and society follow certain laws, i.e. the

Way of Heaven. Guqin music conveys respect for and adherence to this law through specific rhythms, melodies and playing techniques. This concept of following the Way of Heaven reflects the ancients' understanding of the universe and nature, and also incorporates their understanding of moral cultivation. Guqin music plays an important role in the cultivation of the body and the mind. The ancients believed that by playing the guqin, one could cultivate one's sentiment and enhance one's moral character. Guqin music can make people reflect on themselves in tranquility and realize inner harmony and peace. At the same time, playing guqin is also a way to cultivate one's body and nourish one's character, through long-term practice, one can develop the qualities of patience, meticulousness and composure [13].

3.3. Physical and Mental Health and Wellness

3.3.1. Role of Regulating Physical and Mental Health

Guqin music has the function of regulating physical and mental health. First of all, the sound of guqin is tranquil and harmonious, which can help people relax and relieve pressure. Its slow and steady rhythm can help people meditate and enter a tranquil and far-reaching realm. In the fast-paced modern life, guqin music can be an effective way of healing, enabling people to find inner peace after a busy day [14]. Secondly, guqin music has a unique effect on the expression and regulation of emotions. Guqin music is usually poetic and can touch people's hearts, releasing and resonating the emotions of players and listeners. In the process of playing the guqin, the performer can express his/her emotions through music, thus realizing the expression and regulation of emotions. For the listener, guqin music can evoke the deepest emotions, so that it can be cathartic and healing. In addition, guqin music also helps to improve people's physical and mental health. Long-term practice of the qin can make people more sensitive to changes in the natural world, so that they can better adapt to the external environment. At the same time, guqin music can help people adjust their breathing and enter a state of physical and mental unity, which is of positive significance for improving people's physical and mental health.

In conclusion, guqin music has a significant role in regulating physical and mental health. It can not only help people relax and relieve stress, but also promote the expression and regulation of emotions, and also help to improve people's physical and mental health. In modern society, people can use guqin music to pursue inner peace and harmony, and realize the development of physical and mental health [15].

3.3.2. Embodiment and Practice of the Concept of Keeping in Good Health

Guqin music has the characteristics of melodiousness and tranquility, which can help people regulate their physical and mental state and achieve the purpose of health maintenance. In guqin music, the concept of health maintenance is fully embodied and practiced.

First of all, guqin music can help people relax and relieve pressure. In modern life, people often face all kinds of pressure and worries, and the serene and melodious tone of guqin music can calm people's moods and relieve tensions, thus contributing to physical and mental health [16]. Secondly, guqin music helps people maintain inner balance. In guqin music, the harmony and balance of sound reflects the concept of health maintenance. By listening to and playing guqin music, people can cultivate inner tranquility and steadiness, so that they can maintain a calm mind when facing ups and

downs and changes in life. In addition, guqin music is closely related to traditional culture, which contains a wealth of wisdom on health maintenance. Guqin music emphasizes harmony with nature and advocates an attitude of living in accordance with the Way of Heaven. This concept helps people establish correct values and form a healthy lifestyle [17]. In practice, the role of the guqin in cultivating the body and nourishing the character has been fully realized. Many guqin players and enthusiasts have not only improved their musical literacy, but also purified and sublimated their mind through learning guqin. They use the guqin as a carrier to pass on and promote traditional culture, while realizing their own cultivation in the process.

4. Case Analysis and Empirical Research

4.1. Ancient Zither Players' Practices of Cultivating the Body and Nurturing the Character

In ancient China, many zither players practiced cultivation through playing guqin. They believed that guqin music was not only an artistic expression, but also a process of spiritual cultivation. When playing the guqin, ancient zither players focused on the harmony between inner peace and outer form. Through the mellifluous and ancient sound of the zither, they searched for inner peace and realized spiritual freedom and transcendence [18].

Ancient zither players' practice of cultivating the body and cultivating the mind can be reflected in their attitude towards life and code of conduct. First of all, they respected nature and advocated the philosophical idea of the unity of heaven and man. They believed that human beings should live in harmony with nature and conform to the laws of nature in order to achieve a balance between body and mind. Secondly, when playing the guqin, ancient qin players emphasized moral cultivation and pursued moral nobility and purity. Through guqin music, they conveyed their adherence to moral concepts and their call for social conscience. In addition, ancient zither players also emphasized on inner cultivation in the process of cultivating themselves. They expressed their emotions and regulated their moods through guqin music to realize inner peace and tranquility. They believed that guqin music had the function of healing spiritual trauma and cultivating sentiment. Through long-term performance and appreciation, ancient zither players were able to cultivate a transcendent worldly realm and realize spiritual freedom and transcendence [19].

4.2. Modern Zither Players' Experience of Cultivation of Body and Mind

In modern society, more and more people have begun to pay attention to the role of the guqin in cultivating the body and nourishing the sex, and have practiced it themselves, experiencing the spiritual purification and physical and mental harmony brought by the guqin. Through studying and playing the guqin, some modern zither players have not only improved their musical skills, but also gained a deep understanding of the cultivation of the body and mind.

First of all, by learning and playing the guqin, modern zither players are able to cultivate their patience and perseverance. The learning process of guqin requires a long time of practicing and pondering, in which the zither player

will gradually learn how to face difficulties and frustrations and adjust his or her mindset, so as to achieve the purpose of cultivating the body and nourishing the character [20]. Secondly, the musical characteristics of the guqin can help modern zither players adjust their emotions. With its melodious tone and harmonious rhythm, the guqin can make people feel inner peace and relaxation during playing or listening, thus reducing the pressure and anxiety brought by modern life. In addition, by learning and playing the guqin, modern zither players are also able to enhance their aesthetic ability and cultural literacy. As an important part of traditional Chinese culture, the guqin is rich in musical connotation and cultural heritage, and in the process of learning and playing it, qin players are constantly exposed to a variety of traditional cultural knowledge, thus enhancing their aesthetic and cultural literacy.

4.3. Social Groups' Evaluation of the Guqin's Role in Cultivating the Body and Nurturing the Character

First of all, guqin music is melodious and elegant, which can bring people a peaceful world in the busy modern life. In the fast-paced life, people often feel pressure and anxiety, while guqin music provides a way to relax both body and mind. Listening to the guqin, people's hearts gradually calm down, and the desire to pursue fame and fortune gradually dissipates, thus realizing inner harmony and tranquility. Secondly, the role of guqin in cultivating one's body and nourishing one's character is also reflected in the enhancement of moral character. Guqin music contains deep cultural connotations and moral concepts. Through learning and playing the guqin, people can come into contact with the essence of traditional culture and be educated and cultivated in a subtle way. The concepts of revering nature and conforming to the way of heaven conveyed by guqin music make people pay more attention to moral cultivation in daily life and pursue inner kindness and purity. In addition, the guqin has a positive effect on people's physical and mental health and wellness. Guqin music can regulate people's emotions and express their inner feelings, and has a very good soothing effect on people with large emotional fluctuations or high stress. Practicing guqin for a long time can make one's mind more peaceful, relax and balance both physically and mentally, thus helping to maintain physical and mental health. At the same time, the process of cultivating one's body and nourishing one's character through the guqin is also a kind of health practice. In the company of guqin, people learn how to live in harmony with nature and follow the laws of nature, thus realizing physical and mental health and longevity.

5. Conclusion

First of all, guqin music helps to harmonize inner cultivation. With its ethereal tone and harmonic rhythm, the guqin can make people feel the tranquil and far-reaching mood in the process of playing or listening, thus achieving the effect of meditation. For modern people, in the fast-paced life, it is an effective way to regulate emotions and release pressure through guqin music. At the same time, guqin music also provides a channel for people to express their emotions, so that they can find inner relief and resonance in the music. Secondly, guqin music helps to improve moral quality. The traditional culture carried by guqin music contains rich moral concepts and philosophies of life. Through learning the guqin,

people can come into contact with these traditional cultures, thus improving their own moral cultivation and realm of life. The natural imagery and the idea of reverence for nature in guqin music also enable people to maintain an optimistic state of mind, conform to the way of heaven, and be firm in their beliefs when facing difficulties and setbacks in life. Finally, guqin music contributes to physical and mental health and wellness. Guqin music is characterized by soothing and harmony, which can regulate people's physical and mental state and play a positive role in physical and mental health. Ancient medical doctors believed that guqin music has the function of nourishing health, which can harmonize qi and blood, balance yin and yang, and prolong life. Modern research also shows that guqin music has a significant effect on improving people's psychological state, lowering blood pressure and relieving pain.

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