

# Analysis of the Way of Learning and the Method of Education in Biography Record

Jin Wang

Xi 'an Shiyou University, Xi 'an, Shaanxi, 710065, China

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**Abstract:** With the development of economy and science and technology and the implementation of China's strategy of "rejuvenating the country through science and education" and "strengthening the country through talents", the public's respect and pursuit of knowledge has reached an unprecedented height, and more and more people have high education, but the following education issues have often become a hot topic. What kind of talents we need and how to cultivate them are the core issues of education in the new era. It is a compilation of Wang Yangming's letters to give lectures and exchange ideas with students, reflecting his philosophical thoughts and educational ideas, etc. Yangming's way of learning and the method of education are of great significance to solving the core problems of contemporary education. This paper expounds the way of learning from three aspects: "precision", "learning must have the original" and "must work hard in the heart and body", and analyzes the method of education from attaching importance to moral education, encouraging questions, cultivating interests and obeying preferences, in order to use Yang Ming's encouragement as the way of learning and apply his education method to the future teaching.

**Keywords:** "Biography Record"; Wang Yangming for Learning Education; Cultivate Talents.

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## 1. Foreword

The genre of Biography Lu is similar to that of The Analects of Confucius, and the language is vivid and simple. The book is divided into three volumes: the upper, middle and lower volumes, compiled and edited by Yangming's disciples, and then added several times to become the current circulating version. The word "transmission" comes from the word "transmission" in the Analects of Confucius. Like the Analects of Confucius, which restored the image of "the supreme holy teacher", it reflects Wang Yangming's inculcation of students as a teacher, not only in how to learn, but also in how to learn. The domestic research on Wang Yangming's educational methods mainly focuses on moral education, children's education, and teaching students in accordance with their aptitude. Xu Hong and Liu Yangke believe that the methods of moral cultivation such as the Yangming of "knowing and doing", "sitting in silence" and "tempering on things" can shape a sound personality, improve students' moral cultivation and carry out moral practice. Dai Yue compared Wang Yangming and Dewey's child education methods, pointing out that the most similar place between them is that education should obey children's temperament and consider children's differences, so that children are willing to accept them. Wang Shengjun stressed that although Wang Yangming and Confucius proposed that students should be taught in accordance with their aptitude, he linked it with his philosophy "conscience", believing that teaching students in accordance with their aptitude is the way and "conscience" is the purpose. On this basis, the author puts forward two kinds of teaching methods of cultivating interest and encouraging questions. However, there are few studies on the way of learning Yangming in China, so this is the focus of research. This paper is divided into four parts, and the first part is introduced.

Wang Yangming is the background of the way of learning and teaching method, the second part analyzes his philosophical thought and its influence on learning and education, the third part expounds the specific methods of

learning and education, and the fourth part summarizes them.

## 2. For the Way of Learning and Education Method of the Background

### 2.1. Personal Background

Wang Yangming (1472-1528), young named Yun, later renamed Shouren, styBo'an, Yangming, was born in Yuyao, Ningbo. Because he once lived in Yangming Cave, and was called Mr. Yangming, the school he founded was also called the Yangming School. He was the most famous thinker, educator, writer, calligrapher, philosopher and strategist in Ming Dynasty. He was famous for his martial arts and martial arts. However, Wang Yangming's life experience is complex and legendary, and these rich experiences have bred a unique philosophy and a unique way of learning and education.

Wang Yangming was born into a landlord eunuch family, and his ancestors can be traced back to Wang Xizhi, a great calligrapher in the Eastern Jin Dynasty. His grandfather Wang Lun and his father Wang Huajun were elegant, loved reading and was obsessed with bamboo. Wang Yangming's birth is quite a mythological color. Mother Zheng was pregnant for 14 months and showed no signs of giving birth. Her grandmother, Cen Shi, dreamed that she was in the misty-shrouded heaven, where a fairy gave her baby. When she woke up, she really heard the cry and was exactly the same as the child in her dream, so her grandfather Wang Lun named the child: Wang Yun. When Wang Yun was five years old, he still could not speak. His grandfather renamed his grandson "Shouren". Then a miracle appeared. Wang Yun not only could speak, but also could recite the articles that Wang Lun usually recited, and everyone was very surprised. The authenticity of the natural story remains to be verified, but before the age of five, what Wang Yangming, who could not speak, was doing. According to his great achievements, he probably studied silently, otherwise it would be impossible to recite the articles recited by his father's daily life.

Wang Yangming, a young man, loved reading and admired

Zhu Xi and his thought of "lattice to knowledge". He even faced bamboo with his friends and tried to explore the truth of things. Although "lattice" bamboo failed, it laid a foundation for him to embark on the road of academic exploration and put forward the viewpoint of mind study. Like many scholars, Wang Yangming passed the imperial examination to enter the official circle, but he did not become an official, because he offended the great eunuch Liu Jin was demoted to the dragon field, arrived at the dragon field, he day and night thinking about life and all things, humanity and the universe, finally realized the way of the sage, self-sufficient, not false "truth, this is the famous "Dragon field enlightenment".

Middle-aged Wang Yangming time, the road step by step. In just two years from the seven to four, three six levels. He did not slack off in learning. Without lecturing in the capital, he even got through with Zhu Lu and trained many excellent disciples. In his later years, Wang Yangming attacked Teng Gorge and eight villages and continued the war, but he did not forget to lecture and realize enlightenment. Wang Yangming died on November 29, Jiajing (January 9, 1529). Before his death, his disciple asked him if he had anything to say. He said, "What is my bright heart?"

Throughout Wang Yangming's life, good birth gave him certain innate advantages, but it is undeniable that hard work, good at exploring is the key to his success, even after many times, he still insists on reading, enlightenment, lecturing, from beginning to end adhere to the mind theory, the practice of "fine" to "learning" must have the original "in heart body hard" for the way to learn.

## 2.2. Social Background

### 2.2.1. Politically: Internal Troubles and Foreign Invasion

Wang Yangming was in the period of Chenghua, Hongzhi, Zhengde and Jiajing in the middle of the Ming Dynasty, which was the period of political decline and social unrest in the Ming Dynasty. Politically, eunuchs and dictatorship, vassal king rebellion, peasant uprising, and Japanese pirates ran amok. The eunuch system and the vassal system of the Ming Dynasty should date back to the period of Zhu Yuanzhang, Emperor Taizu of the Ming Dynasty. In the early stage of his reign, he abolished the prime minister and established the vassal system and the legislative, military, administrative and judicial powers, laying hidden dangers for the outbreak of contradictions in the future. Emperor Xiaozong emperor Zhu archilife frame from childhood timid afraid of things, plus the constitution is bad, often sick, will be the event to the eunuch to deal with, he rarely asks, so the power of the eunuch is more and more big, the emperor Xiaozong died, only 15 years old crown prince Zhu Houzhu inherited the throne, change the year number for "Zhengde". During this period, the great eunuch Liu Jin reached its peak, not only occupying the people's land but also framed Zhongliang and misled the emperor. Wang Yangming was also even nearly killed by his staff. Due to the chaotic and decadent rule, the vassal king rebellion and peasant uprising appeared constantly, and the Japanese pirates in the coastal areas also repeatedly violated the border, seriously damaging the interests of the people and endangering the national security, but the emperor still did not realize the seriousness of the problem. It was against this background that Wang Yangming still insisted on reading and lecturing to serve the country. He proposed that morality should correct people's hearts and govern the world.

### 2.2.2. Economy: The Development of Commodity

#### Economy

In the middle of the Ming Dynasty, although the policy of "emphasizing agriculture and suppressing commerce" was implemented, with the development of commodity economy, cities and towns gradually appeared and capitalism sprouted. People's values have gradually changed, and they pay more attention to money and interests. Under this background, it is not easy for Wang Yangming to achieve "precision one", and he always put moral education first when giving lectures.

### 2.2.3. Culture: The Decline of the Style, the Style of

#### Writing

Due to the influence of corrupt rule and economic development, the taxi style and writing style of the Ming Dynasty underwent great changes. The eight-part essay seriously restricts the writing content and way of the writers. In addition, they all want to gain money and benefits through the examination. The style of writing becomes more and more grandiose, and the thoughts of the scholars become more and more extreme.

Although in the chaotic era, Wang Yangming did not live in seclusion like Tao Yuanming in the Eastern Jin Dynasty. Instead, he led troops to suppress bandits, suppress rebellion, understand and give lectures. Therefore, Wang Yangming's methods of learning and teaching had more value and significance of The Times and became more and more vivid.

## 3. For the Ideological Source of the Way of Learning and the Method of Education

The main thoughts and viewpoints of Wang Yangming are recorded in the Lu, and these thoughts are the source and foundation of his study and education. It can be roughly divided into three parts: one is "heart is reason", two is "conscience", and the third is "the unity of knowledge and action".

The ontology of "heart is reason" inherits Lu Jiuyuan's idea of mind learning, advocating that the heart precedes the principle of heaven and should give play to people's subjective initiative. The thinking of "heart is reason" comes from the "dragon field enlightenment". In the capital, Wang Yangming, who offended the powerful, was demoted to Guizhou. Here, he passed on the theory. He believes that there is no gap between man's heart and the way of heaven, and that the so-called way of heaven is not unrecognizable. People are born with the instinct to observe all things.

"To science" can be traced back to Wang Yangming's youth "Gezhu". Wang Yangming at the age of 17, he began to study the Neo-Confucianism of the Song Dynasty. He believed in Zhu Xi's theory of "knowledge" and actively put it into practice, so he asked a friend to "ge" bamboo. Although it did not succeed, but it laid the foundation for the heart study. In the later period, Wang Yangming no longer said "to conscience" but "conscience" in his lectures. What is "conscience", Wang Yangming believes that there is in every one of us a difference between good and evil, which is conscience. And conscience is every born, always exist, do not need the day after learning.

The methodology of "the unity of knowledge and action". On the relationship between knowledge and action, Wang Yangming emphasized: both know and act. More importantly, the knowledge here, not only refers to knowledge, knowledge, but also refers to the conscience.

## 4. For the Way of Learning and Education Method

### 4.1. For the Way of Learning

One is the "fine one". Language "Shang Shu Dayu Mo": "the heart is only in danger, the heart is only small, but the only", the heart in times of danger, the heart is in the middle, but the only is the heart of the heart, we must sincerely keep the only way, do not change, do not change their ideals and goals. Wang Yangming mentioned "Jingyi" many times in "ChuanLu", and might as well take "Jingyi" apart to talk about its meaning. First is the "one", which is the object of "fine", wang yangming's philosophy is very important is "mind", namely heaven is can cognitive, people born with cognitive ability, with Marxist epistemology, is "knowable", namely the universe is complex, but is able to be human cognition, and human cognition is developing. "Lord one" Lord what? "The Lord is refers to the master of a natural principle", That is, the devotion to the holy principle of heaven. Throughout Wang Yangming's life, he has achieved "one", this "one" is to become a sage. Whether in the youth or in the middle-aged and old age, whether when the official career was promoted step by step or was demoted, he will be this profound practice. Today, "one" is not only the way of heaven, but also the ideal, goal and faith. Then is "fine", "fine" is next to the rice to use rice metaphor, refers to make rice pure. To extend to the way of learning is to make their own theoretical views, ideals and beliefs, goals to achieve a comprehensive and accurate degree. In addition to Wang Yangming, the ancient sages all respected the word "jing". Zeng Guofan once said that mortals do one thing, they must pay all spiritual attention in this matter. The first and end unremitting, do not change, do this, think that, sit this mountain, look at the mountain; people without constant, life nothing. This sentence is an exhortation to people, I hope that people do not change their ideas, should choose a goal, and then always try to do it. Zhang Jingyue, who was "after Zhongjing, one man through the ages", also mentioned in the Jingyue Complete Book that the most valuable thing is "Jing Yi". Nan Huaijin, a master of Chinese studies, also said: keep a fine way, can Dacheng.

How to achieve the "fine one"? One is to give up the selfish desires, will be greedy, lust, fame and other selfish desires all search out, and then uprooted, so that he will never relapse. But to "the right medicine", know that they cannot concentrate to concentrate, feel lazy in reading, go to read. Third, we need to integrate knowledge and action. Knowledge and doing is one thing, for example, we say that a person respects his parents, it must be because he made the behavior of respect for his parents, he said that he knows the truth of respect. Not that he will say that he respects his parents and we will think that he respects them. "Knowledge is the beginning of the action, and the beginning of the action" is not to know first and then act, but to emphasize the close relationship between the two, and knowledge and action should be inseparable. Fourth, we should learn, interrogate, deliberate, distinguish, and act earnestly.

Second, "learning must have an origin", that is, learning needs to have a foundation, and then work hard from the foundation. The foundation here not only refers to the knowledge reserve and preliminary preparation before learning, but also refers to the goal and direction. Early preparation, the subject or experiment is naturally very smooth, like a child, in the mother's stomach is nothing, but constantly absorb nutrition, until born to grow up can be

omnipotent. After you have the foundation, just try and don't care about the results.

Third, "we must work hard in the heart and body", that is, we must work hard in our own heart. In the author's opinion, the study of various contemporary knowledge has been very different from that of ancient times, and the accumulation of ordinary people knowledge and the thoughts of great scholars are also very different. Students learn not only classics similar to the "Four Books and Five Classics", but also many applied knowledge. Therefore, in their own heart hard work has a broader meaning, deep thinking, extensive learning, active practice.

### 4.2. The Law of Education

"Biography" records Wang Yangming's lectures and letters answering his disciples' friends. Although most of them are conducted in the form of questions and answers, they still reflect the unique method of education. In the two articles of "Teaching and Reading Liu Bosong, etc.", there are also method guidance for children's enlightenment.

Pay attention to moral education. In, "xu record" article 5, wang yangming proud disciple xu love for not understand the idea of "unity" consult Mr,Mr Just explained on filial piety parents, really, the filial piety parents to say a filial piety, rather than the filial piety think this person filial piety, visible, wang yangming very pay attention to disciple's moral cultivation. In the later period of the lecture, when he explained "to conscience", he focused more on the explanation of conscience, believing that everyone should have conscience, that is, moral cultivation. About communicating with friends, Wang Yangming believes that "with friends, the best benefits, and loss" That is to say, when communicating with friends, must be mutual humility, will get benefits; and mutual comparison, mutual competition will be damaged. In the enlightenment education of children, the importance of moral education should still be emphasized. Every morning, teachers should ask students whether they are filial to their parents and brothers at home, lack in etiquette, whether they believe in no deception, and then review their lessons. In today's frequent education problems, moral education should still be put in the first place of education.

Encourage questions. The interaction between Wang Yangming and the students is mostly in the form of questions, and he will answer the students' questions face to face. Through the students' questions, we can understand the students' mastery of knowledge, but also can give full play to the students' subjective initiative, cultivate the students' innovative consciousness. The outstanding historian of modern China, the successor of modern "Shu learning", Mr.Meng Wentong, the master of history, gave the students the examination paper, let the students ask themselves questions to prove the profound understanding of knowledge, if the contrary is general, this very innovative teaching method is worth learning from.

Develop interest and follow preferences. Wang Yangming has a unique view on children's education in the book. He believes that children like to make all kinds of attempts, and also like to play games and hate constraints. In the education of children should find the children's interest, according to their interests to conduct education. You can use the method of singing poetry to arouse their interest, vent their heart knot, but also can consume their jumping up the cry energy. They should be guided with etiquette, cultivating them with kindness, rather than asking them to self-discipline and treat

children like prisoners. Such a method of education is in line with Confucius's "those who know are not as good as those who are good, and those who are good are not as good as those who are happy".

## 5. Sum up

Wang Yangming's way of learning and education is deeply influenced by his family environment, historical background and his own experience. Academically, he sets an example, focuses on "mind learning", takes a lot of reading as the basis of learning, and "works hard in the mind" to seek breakthroughs in "mind learning"; in teaching, he emphasizes moral education, encourages questions, and pays attention to cultivating students' interest. That is why we can understand the essence of his thoughts about learning and education more than 500 years later. In today's frequent education problems, Wang Yangming's way of learning and the method of education has an extremely important guiding significance.

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