

Research on Taoism Thought and Modern Humanistic Education

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Abstract. Taoism thought, as the main traditional ideology and culture in China, has been endowed with great educational significance at present. Based on the new situation and requirements of current education, Taoism advocates following the law of the development, respecting the development of individual personality, teaching students by precepts and examples, and breaking through the traditional bondage, which play an important guiding role in the education reform. Based on the author's study and practical experience, this paper first analyzes the basic thought of Taoism, and then sums up the enlightenment of Taoism thought to modern humanistic education.

Introduction

Taoism thought has profound influence, and it is a treasure of Chinese culture. After more than two thousand years, it still sparkles. In the past, people used to advocate Confucianism and infiltrate Confucianism into education, as a result, they ignored the educational value of Taoism thought [1]. In fact, as one of the traditional Chinese culture, Taoism theory, which has long been in a non-dominant position, contains valuable educational thoughts. Nowadays, Taoism thought can also give us a lot of enlightenment based on the educational reform [2].

Brief Introduction of the Taoism Basic Thought

From the perspective of philosophy, the "Taoism" is the core of the whole Taoism theory, and has the essential property; The rest serves the noumenon, such as epistemology and dialectics. The "Taoism", epistemology and dialectics are both unified and mutually restricted. From the perspective of pedagogy, the "Taoism" can be regarded as an educational purpose, while epistemology and dialectics can be regarded as educational principles or modes. This shows that Taoism philosophy and modern education have common ground. Taoism pays special attention to the living state of human beings, and seeks the final destination of life from the height of origin. The unique philosophy of life, such as "nature" and "inaction", requires people to maintain inner peace and then pursue the original meaning of life, which is similar to the sublimation theory in educational psychology [3-4]. Both of them eliminate the frustration of people based on the way of psychological compensation, and then promote the dissolution of individual psychological pressure. In addition, Taoism thought also puts forward a realistic way of psychological adjustment, that is, "The state of vacancy should be brought to the utmost degree, and that of stillness guarded with unwearying vigor", and advocates achieving a rational height and then promoting inner peace through the inner self-examination and sublimation [5].

In the aspect of physical and mental health education, the Taoism advocates the "promoting moral education through nourishing" and the "cultivating both mental health and physical health", which refers to the combination of physical and mental health education and moral education in order to reach the ideological level of the "coexistence of human and nature". Shen Zuyao, the president of the Chinese university of Hong Kong, puts up three expectations for students based on "Taoism thought" in a students' graduation ceremony: Firstly, insisting on simplicity leads to happiness instead of pursuing endless luxury; Secondly, don't do anything that goes against the principles of nature, and treat others and other things in a fair manner; Thirdly, it is necessary to learn how to be modest and always have the attitudes of serving others and caring about others. In the aspect of education, the Taoism advocates the "self-teaching", that is, educators can promote

learners to achieve a good spiritual state through the influence of their own behavior. For example, Tao Te Ching points out that "Those who are good at Taoism are subtle and profound", which also means that educators' lust-free behavior will have an imperceptible moral impact. The modern education advocates the demonstration education of teachers, and promotes the self-experience and self-perception of students in the learning process, which is similar to the "teaching without saying" that promotes students to construct the moral and knowledge structure through self-participation.

It is undeniable that all the educational principles and methods adopted by Taoism are in pursuit of the "Taoism". This seems to be fundamentally different from today's education, but Taoism thought, as the crystallization of human thought in ancient society, is still of great enlightening significance to all kinds of industries today. From the aspect of cultivating human beings, Taoism thought can be regarded as a kind of education which promotes the self-sublimation of human consciousness and the self-perfection of personality. Therefore, Taoism thought still has a wide application space in modern education [6]. In all ages, educators all over the world attach great importance to the students' personality cultivation. For example: Plato advocates rational education; Western educationist Locke advocates the gentleman education. At present, moral education system at all levels is used to replace personality education with moral education, however, moral education pays more attention to the inculcating of external theory but neglects to promote students' moral accomplishment from the aspect of students' psychological sublimation. The personality theory in Taoism thought provides existing reference for modern personality education, and can effectively make up for the deficiency of modern personality education practice theory.

Inspiration to Modern Humanistic Education

Educational Concepts. The natural way advocated in Taoism thought does not only refer to the nature between heaven and earth simply, but in fact advocates abiding by the natural laws such as the objective natural world, the human society, the physical and mental changes and the development of individuals based on their natural law. Therefore, modern education should draw lessons from it to set up correct values and to advocate a kind of education view of returning to life and praising highly the life spirit, including three aspects: giving play to the natural value, social value and individual value of education [7].

What we need to clarify is that education needs to return to human nature, that is, "people-oriented". The object of education is human and the goal is human development. After all, education is human education. Therefore, modern education should re-evaluate the relationship between the two, advocate the return-to-life education and return to the spirit of life. In the process of education, teachers should pay attention to the needs of the students, give full play to their initiative, respect the individual life of the educated, and clarify the status of the students. The students have their own ideas, interests and demands. They are not passively stimulated by the external environment, so the teachers should give students freedom in some extent and let them make decisions by themselves. What we need to pay attention to is that the Taoism thought emphasizes "the way of nature", which does not mean that education should only cater to the students' psychology on one-side and don't pay attention to the actual needs of the society. It emphasizes that education should connect with social reality, create the acquired environment and conditions conducive to their learning, and finally promote the development of human society through the cultivation of individuals based on obeying the law of physical and mental development of human beings as well as the needs and interests of learners.

Principles of Education. Introducing the "Taoism thought" into the field of modern education is to return to the spirit of life, to return to the education of life, and to realize "do inaction activities and carry on wordless teaching". Modern education opposes the traditional teaching system centered on teaching materials and syllabus, and holds that under this system, teachers have become means of imparting knowledge, students have become products of imparting knowledge, and both of them have become non-personal tools [8]. Knowledge, on the other hand, becomes the ruler, thus forming a "non-personality autocracy of knowledge". In the process of education, teachers are required to follow the laws of nature to engage in education, to respect the natural nature of students,

to attach importance to guidance and support, and not to give artificial compulsory instillation, so as to realize "do nothing but do everything." and give full play to the self-inherent potential. On the other hand, Taoism thought has obvious dialectical color, which emphasizes that all things have two sides, and all things will be transformed to the opposite of contradiction. Therefore, in the process of education, teachers should grasp properly the problem of "extent", neither be too utilitarian, blindly control the students, nor completely let go of them, and follow the nature of the students. It is important to note that "inaction" does not mean to let the students go unchecked. Instead, it is against the excessive intervention of teachers and the control of children's learning, which will lead to counterproductive results.

The Process of Teaching. Taoism emphasis to give play to the initiative of students in the teaching process. Therefore, in the current education, it is discussed to solve the problem of "how to teach". According to the course contents, students' original experiences and interests, teachers need to explore the teaching mode and practice actively, which can stimulate students' learning initiative and practical innovation ability, so that teachers should change the traditional teaching model of "guidance-acceptance" and "demonstration-imitation". Firstly, teachers can let students make comprehensive observation and lay the foundation of learning, which can cultivate students' observation and attention. What is more, contacting with things needs practical operation, which is beneficial to enrich students' practical ability and enhance experience and participation. Secondly, teachers should create a good education and living environment for students, for example, classroom wall design and activity area placement should be arranged based on the students' psychological development level [9]. Finally, teachers should implement the idea of learning for practical use. For different teaching contents, teachers can adopt a variety of teaching methods, such as taking tasks and programs to carry on the teaching and learning teaching method to understand and consolidate practical knowledge, which aims to integrate the students into the meaningful task completion process, let students study actively, as well as carry on the knowledge construction and the ability training independently.

Improve the Teaching Resources. The problem of teaching resources has always been a hot topic in the field of education. Teachers are the means to promote the common progress of teachers and students, and the executors of educational activities who have certain initiative. Therefore, teachers should give full play to their own subjective initiative in education, be good at observation, reflect continuously, as well as use their wisdom and emotion to achieve professional competence and educational goals. Especially in modern education, first of all, it is necessary to clarify that teachers are not mechanical knowledge transfer. Teachers are human beings with their own thoughts, feelings and wisdom. Teachers should actively take advantage of their wisdom and integrate their feelings into the education. Secondly, the protection and cultivation of students' physical and mental development from teachers should be paid much attention to, therefore, teachers themselves must deeply understand and obey the laws of students' physical and mental development, give full play to students' initiative and other educational concepts, and let these ideas be internalized into teachers' own educational beliefs [10]. Finally, in the process of education, teachers should follow the law of students' physical and mental development, teach them according to their aptitude, understand the needs and interests of the educated, always carry out the educational principle of "wordless teaching" and put them into practice. At the same time, they should be clear that there are both positive and negative aspects of things. Therefore, in the specific education situation, it is necessary to treat the problems from the front and back, and to use the teachers' wisdom to find the opportunity of education and to grasp the "extent" in the education.

Summary

The main reason that the Taoism thought can be used in this educational process is that Taoism thought fully reveres the laws of nature and encourages educators to cultivate their minds. The educational thought of "things are different and people should comply with the nature" provides a good reference for modern personality education. Schools should take full consideration of the individual characteristics, develop a scheme suitable for the student's personality education, and

implement the education of "comply with the nature and the humanity", which is an important link in the development of education.

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