

老子哲学与中华太极养生论,----对中华太极养生论的一种哲学溯源

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摘要: 可以将以张三丰和王宗岳等人为代表的、由内家拳术(太极拳)和内家行功(静坐等内丹术)两者所构成的理论体系概括为“中华太极养生论”,其主要体现在张三丰的《太极拳经》《太极行功说》和《太极拳歌诀》以及王宗岳的《太极拳论》等著述中。就哲学基础而论,中华太极养生论主要植根于《易经》和道家哲学特别是老子哲学。中华太极养生论对老子哲学思想的继承、发挥和运用,集中表现在本自太极、太极在我,法于阴阳、动静相因、舍己从人、旨在悟道等方面。

关键词: 老子哲学; 中华太极养生论; 哲学溯源

Laozi's philosophy and Chinese Taiji health preservation theory

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Abstract: The theoretical system represented by Zhang Sanfeng and Wang Zongyue can be summarized as “Chinese Taiji Health Preservation Theory”. This is mainly reflected in Zhang Sanfeng’s “Taijiquan classics” and Wang Zongyue’s “Taijiquan theory” and other works. As far as the philosophical basis is concerned, Chinese Taiji Health Preservation theory is mainly rooted in the Book of Changes and Laozi’s Philosophy. This is mainly manifested in: The origin comes from Taiji, Taiji in me, Method of Yin and Yang, Dynamic and static are reciprocal causation, Go with the flow as object, Aiming at enlightenment and so on.

Key words: Laozi’s philosophy, Chinese Taiji health preservation theory, Philosophical roots