

# The Cultural Value Analysis of Tibetan Historical Legends

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**Abstract:** The history of The Tibetan nation is strong, which creates an environment for the breeding of historical legends. Tibet has a long history and culture, which can not only meet the rich cultural needs of the Tibetan people in the spiritual world, but also provide impetus for China's overall cultural development. This paper first introduces the formation and development of Tibetan historical legends and then focuses on exploring the cultural values contained in Tibetan historical legends. We hope to expand the spread of Tibetan culture and let more people know about Tibetan culture.

## 1. Introduction

Tibetan history and culture are the product of multiple subjects, such as region, culture, folk custom and religion. Taking historical legends as an entry point to understand the historical and cultural connotations of the Tibetan people will not only help unlock the mystery of the Tibetan nation, but also promote the prosperity and development of Chinese culture. It can be seen that it is necessary and important to analyze the cultural value of Tibetan historical legends. The content is described as follows.

## 2. Formation and Development of Tibetan Historical Legends

### 2.1 Formation of Historical Legends

From the perspective of geographical location, the Tibetan people are far away from the inland and the regional space is relatively closed. It is precisely because of the small population in the region that strong conditions are provided for the formation of pure land<sup>[1]</sup>. For the Tibetan people, they can enjoy relative freedom, live freely in the natural environment of the region, accept gifts from nature, and hold nature in awe. In addition, The emergence of Tibetan Buddhism in the life of the Tibetan people, to a certain extent, satisfies the desire of people to follow nature, which inspires the initiative of The Tibetan people, and their social consciousness is gradually enhanced. The formation of Tibetan historical and cultural legends, as well as the communication between people and the world, has expanded the scope of Tibetan culture development and enriched its cultural content, providing a cultural source for the formation of legends.

### 2.2 Development of Historical Legends

From the perspective of Tibetan culture, it is speculated that the cultural transmission began in the 11th century, but in fact, the origin of Tibetan culture has another theory. When The Buddhist culture appeared in the Tibetan folk, it affected the rhythm of historical legends to different degrees, and finally some legends were passively terminated. Based on the analysis on the historical level, in Tibetan sacrificial activities, most of the offerings are related to Buddha and monkey, which can be attributed to the historical legend of the combination of rhesus monkey and Luocho female. After the combination, multiple generations of monkeys were born, and over time, the monkeys evolved into human beings, which explains why the Buddha monkey became a totem. The history and culture of The Tibetan nationality have been formed since its inception, and it has gone through several stages of development, with the formation of its unique cultural connotation<sup>[2]</sup>. At the same time, the life style and cultural flavor of the Tibetan people are unique. From the perspective of cultural value research, the historical and cultural value of the Tibetan people is quite significant.

### **3. Basic Expression of Cultural Values in Tibetan Historical Legends**

#### **3.1 Worship of National Integrity**

One of the cultural scenes of Tibetan historical legends is the worship of integrity. The Tibetan people attach great importance to integrity, which has something to do with the outburst and giving of natural forces in the early days of the Formation of the Tibetan people. The Tibetans revel and respect nature, and believe that nature is very magical. This gives the Tibetans the reason to worship integrity deep in their hearts. The Tibetans first existed in the natural world in the form of dispersal. They were unarmed at that time, and it was out of gratitude in their hearts that they were able to get help from the natural world. It can be seen that the People of The Tibetan people regard the natural force as god, and they place their good wishes on nature. They believe that nature can bring luck, and under the guidance of this magical energy, they can gradually expand the size of the Tibetan population and present a prosperous scene. In other words, based on the support of nature, the development opportunities of an entire nation gradually increase.

As one of the Tibetan clans, the legend related to the monkey is internalized by The Tibetan people. When the Tibetan people increase the frequency of communication and communication, this kind of historical legend has the characteristics of universality. It is concluded that Tibetan historical legends can be the carrier of communication, and at the same time, they can expand the popularity and influence of the clan in the whole process of legend spreading. Based on this, the clan is gradually known and understood by later generations. With the increase of the desire for life and the promotion of the law of social development, the Tibetan people have been reproducing and regenerating, which indirectly expresses that tibetans have certain pursuit for life and are very eager for the future. In addition, when the spirit of integrity worship permeates into production and life, it gradually transitions to the national spirit of self-strengthening and indomitable, which lays the foundation for the Tibetan people's perseverance building and sustainable development.

#### **3.2 Religious and Cultural Beliefs**

The formation of Tibetan history is not accomplished overnight. With the dynamic development of regional culture, the formation of Tibetan folk customs, and the spread of Buddhism in Tibetan areas, Tibetan historical legends are endowed with religious and cultural factors. After the emergence of the Aboon monkey clan, Buddhism was introduced into the Tibetan region. At that time, when the Tubo kingdom was in trouble, the Tibetans faced both local culture and Buddhist culture. With the dynamic development of The Times, there is an opportunity for the historical evolution of Buddhism, which provides an opportunity for cultural integration.

From the perspective of the spread of Buddhism, Buddhism was first introduced into the dynasty, but the people knew little about Buddhism. But after the prosperity of the dynasty, Buddhism flowed into the people with the dismemberment of the imperial family. For the public, they agree with some views of Buddhism, which paves the way for the rapid spread of Buddhism. However, the public has not completely abandoned the local culture, but to explore the best way for the integration of the two cultures, to improve the Buddhist system to some extent, so that the Buddhist culture has the characteristics of universal dissemination, so that it is recognized by the world. Further on the timeline, the legend of Monkeys and Rhasas appeared during the rise and fall of the Tubo kingdom, when Buddhism passed from imperial family to civil life.

#### **3.3 Regional Cultural Plots**

The regional cultural characteristics are reflected in Tibetan historical and cultural legends, which can be traced back to the living place of Tibetan ancestors -- near the Yalong River Valley in Shannan region of Tibet. Today, the location of the Yalong Valley corresponds to the Tibetan Plateau<sup>[3]</sup>. Based on geographical knowledge, the terrain and the overall environment of the plateau area were analyzed. Even though the environment is closed and there are many obstacles to development, it does not prevent Tibetans from pursuing their lives and dreams. On the contrary, this difficult environment stimulates their inner morale. In their hearts, The Tibetan people are grateful to this pure land, and they have put environmental protection and environmental

governance into practice, truly caring for and protecting their homes, and realizing the harmonious development between man and nature.

#### **4. Educational Value of Tibetan History and Culture in the New Era**

The Tibetan culture is still shining in the new era after the washing up of time, which is enough to see that the historical and cultural value of the Tibetan people is infinite and worthy of cultural researchers to explore its connotation. The history and culture of the Tibetan people contain indescribable value of educating people. Leading the Tibetan people to march forward bravely is of great significance to the building of a harmonious society and the rejuvenation of the Chinese nation. The following is an exploration from the aspects of personality formation, spiritual cohesion, and social harmonious development:

##### **4.1 Personality Development**

Tibetan history and culture are of The Times, that is, they play the role of cultural education according to the changes of The Times. In the new era, socialist builders are required to have a high moral level and strong cultural confidence, which can provide reliable talent support for the exploitation and full use of cultural values. The cultural value of Tibetan historical legends is mainly carried forward by people. People should be provided with as much excellent Tibetan culture as possible so as to get cultural nourishment, realize all-round development of people and make great progress, and finally accelerate the speed of China and create Chinese miracles. For example, the sixth National moral model Tashi Linju was born in The Tibetan ethnic group. It is precisely because of the influence and influence of Tibetan history and culture that Tashi Linju has become a loving and selfless person. In the face of natural disasters, he is fearless and brave to move forward and help the people in need through practical actions. Tashi Lin radiates with the Tibetan precious spiritual love, tolerance, selflessness, can let the contemporary people to tashi Lin sit up and take notice, part of the cultural workers to tashi Lin as a model of Tibetan cultural practitioners, for example a wide range of promotional value of Tibetan culture, to create a good social moral and ethical culture development play a role in promoting.

##### **4.2 Spiritual Cohesion**

Traditional Tibetan culture has not only gained a high sense of identity in Tibetan areas, but also adapted to the development trend of The Times. To some extent, Tibetan history and culture play a positive role in cohesion. The reason why the Tibetan nation has a unique advantage in the accumulation of spiritual strength can be traced back to the historical reason that the Tibetans initially adhered to the concept of harmonious coexistence between man and nature and, under the correct guidance of such ideas as reverence for nature and protection of nature, overcame the obstacles encountered in the development and growth of the Tibetan people through unity and cooperation. From the perspective of religion and culture, the Tibetan people hold an inclusive attitude towards the Buddhism culture spread among the people, so that buddhist culture can coexist with local culture and enrich the spiritual connotation of some Tibetans to a certain extent, so as to better meet their spiritual and cultural pursuit and enrich their spiritual world. Nowadays, widely promoted the socialist core values, tibetans totally agree on harmony and patriotic ideas, along with the advancement of practice activity, tibetans will this national culture combined with the excellent culture of the Chinese nation, to enhance national collective strength, glowing in the trend of The Times, build a harmonious situation of interdependence, mutual help.

In the context of the new socialist era, Tibetan culture has been organically integrated with core socialist values. This can not only make up for the lack of unity of Tibetan culture, but also accelerate the pace of cultural prosperity and development, and truly inject vitality into the cultural development of the new socialist era<sup>[4]</sup>. For the Tibetan people, their cultural confidence has been significantly enhanced, which provides human support for the promotion of Tibetan cultural value, enriches Tibetan cultural types, and expands the range of Tibetan cultural communication. Today, the Tibetan epic is well known at home and abroad. This is not only the pride of the Tibetan nation,

but also the pride of the Chinese nation, which can provide cultural strength for the enhancement of China's cultural soft power. In the future, the Tibetan people will mobilize their initiative in the exploration and development of cultural values. On the basis of affirming Tibetan culture, they will carry out cultural innovation with The Times, promote the innovative development of Tibetan culture, and truly realize the great cultural development and prosperity of the Chinese nation. It can be seen that the cultural value of a nation plays a role that cannot be ignored. In particular, ethnic groups should establish cultural confidence, enhance cultural cohesion, and make positive contributions to highlighting the cultural value of their own nation and elevating the cultural status of a country. When the national spiritual vitality is effectively stimulated, the driving force for the development of Chinese national culture will be continuously supplied, and the good effect of the continuation of national vitality and the development of national cultural connotation will be finally achieved.

### **4.3 Harmonious Development of Society**

The development of the Tibetan nation pays attention to maintaining the harmonious relationship between man and nature. Of course, this is the answer that Tibetans have summed up in their existence and life in nature. In the early stage, there was a contradiction between man and land in the area inhabited by The Tibetan nationality, that is, the growth rate of herbage was slower than that of grazing livestock, which led to serious vegetation loss. Now, the Tibetan people take history as a guide, explore the balance point of harmonious coexistence between man and nature, and pay attention to the establishment of vegetation recovery period, so as to add vitality to the grass and meet the herdsmen's grazing needs.

In addition, it analyzes the Tibetan cultural values from the perspective of constructing a contemporary harmonious society. The Tibetan people respond to the requirements of building a harmonious socialist society, and divide the task of building Tibetan culture in strict accordance with the goal of building a harmonious society, striving to speed up the building of a harmonious society and realize the balanced development of the Chinese nation. During the period of Tibetan cultural communication, the excellent culture should be explored and disseminated so as to enrich the connotation of Tibetan culture and provide cultural support for regional economic development and national economic level improvement. In fact, the promotion of social harmony requires the joint efforts of all parties. Only by truly building a harmonious society can the people of all nationalities pursue the goal of free and all-round development. Part of Tibetan culture is related to the steady construction and sustainable development of the society. It can be seen that in-depth exploration and comprehensive protection of the unique Tibetan culture plays a promoting role in social stability. For example, the art of epic singing is popular among The Tibetan people and widely recognized by the Tibetan people, which provides a driving force for the widespread spread of epic singing art and lays a foundation for the successful promotion of Tibetan cultural value in the future.

## **5. Conclusion**

In summary, against the background of cultural prosperity, the cultural value of Tibetan historical legends is of profound significance. Combining the origin of Tibetan history and culture, as well as the context of cultural development, the performance of Tibetan history and culture in integrity, religious belief and regional plot is analyzed in depth. In order to expand the scope of Tibetan historical and cultural dissemination and improve its historical and cultural value, the value of Tibetan historical and cultural education should be deeply explored in accordance with the development requirements of the new era, which will promote the development of Tibetan cultural connotation.

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