

The Ideological Core and Basic Psychoanalysis of Tibetan Traditional Culture

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Abstract: In the development of culture, the most fundamental, the most stable and the deepest level of ideological content is the cultural spirit. Among the cultural traditions of ethnic minorities in China, the Tibetan traditional culture is an important part. Through scientific and reasonable analysis of the ideological core and basic spirit of Tibetan traditional culture, the Tibetan traditional culture can be effectively spread.

1. Introduction

In the course of inheriting and developing the fine traditional culture of ethnic minorities in China, the Tibetan traditional culture has received extensive attention and in-depth study. The core of Tibetan culture is characterized by creativity, subjectivity and patriotism, and contains the basic spirit of fortitude, equality, harmony, altruism and harmony between heaven and man. Based on this, in the development of the new era, to realize the inheritance and development of Tibetan traditional culture, it is necessary to explore the ideological core and basic spirit of Tibetan traditional culture.

2. An Overview of the Core of Cultural Thought and National Spirit

The cultural spirit usually refers to the spirit in the narrow sense, which can fully reflect the essential contents of human consciousness, mentality and concept. Cultural spirit is based on the basic ideological content of culture, is the high concentration of the basic content of culture, is also the concrete embodiment of the connotation of cultural thought. Because the core of culture and cultural spirit are the most essential and core content of culture, and their essence is the core content of culture. The core of culture and cultural spirit play a leading and dominant role in the overall development of culture^[1].

The so-called cultural core refers to the most core and essential content of a culture, which can be specifically reflected and presented through the cultural spirit. The development of culture is always inseparable from the development of nations, and each nation is the main body and carrier of its culture. It reflects the national culture to a certain extent in the ideology, value judgment and psychological program of each nation.

National spirit is the core and soul of a nation's national culture, and it is the excellent cultural connotation and thought full of vitality that a nation has formed gradually after a long period of development and production. Excellent national spirit is the value concept to promote the development of a nation, it is also the spiritual pillar of national development, it is the internal driving force to promote development, and it can also show its national image to other nations through national spirit^[2]. Therefore, it can be said that national spirit is the core content of national culture, and national spirit depends on national values. Based on this, the core content and basic spirit of national culture have become the national spirit that each nation relies on in its development. As a scholar of traditional Tibetan culture put it, a nation must closely combine its own national culture and the national spirit reflected in its national culture if it wants to achieve long-term development, achieve continuous progress and stand out among nations in the world. National spirit is the internal driving force for the continuous reform, development and progress of the nation, and it can also promote the continuous enhancement of national cohesion, thus making the development of the nation full of spiritual driving force. Excellent traditional national culture can make the ethnic people have a strong sense of national identity, responsibility and sense of

belonging, and gradually improve their national confidence and self-esteem.

3. The Ideological Core of Tibetan Traditional Culture

According to the research results of traditional Tibetan culture, the ideological core of Tibetan culture is mainly manifested in five aspects:

First of all, the connotation of subjectivity. The subjective connotation of Tibetan traditional culture is the connotation of time spirit. After a long period of development, in the process of creating cultural history, the Tibetan people have gradually formed a good understanding and cognition according to the natural environment in which they live and live, so as to realize the effective control of the cultural environment. In the process of creating Tibetan traditional culture, it has gradually formed the active spirit and subjectivity connotation with “being myself” as the core, and fully embodies the national and regional characteristics of Tibetan traditional culture. In the development of traditional Tibetan culture, the spirit of autonomy is also fully reflected. From the fundamental analysis of the Tibetan traditional culture, it is not difficult to find that the Tibetan traditional culture is formed by the collision, fusion and promotion of the surrounding multi-ethnic cultures. For example, in the formation process of Tibetan culture, the Tibetan culture may be impacted by foreign Buddhist culture. Through organic integration and absorption of excellent foreign culture, it can also promote the stable and rapid development of Traditional Tibetan culture^[3].

Secondly, the connotation of creativity. In the process of the formation of the traditional Tibetan culture, the original traditional culture is gradually improved and transcended, thus forming a new cultural spirit, and making the original Tibetan culture more rational and pursuing the lofty cultural spirit.

Again, the meaning of endeavour. In the process of development, the good spiritual qualities of the Tibetan people, passed on from generation to generation, such as diligence, courage, hard work, courage, honesty and trustworthiness, have gradually formed an excellent traditional Tibetan culture. In the process of the development of traditional Tibetan culture, the connotation of traditional Tibetan culture has been gradually updated by absorbing, absorbing and integrating excellent foreign cultures.

Fourth, the spirit of tolerance and peace. Altruism in traditional Tibetan culture, it is emphasized to selfless dedication, altruistic interests, tolerance and peaceful spirit is an important part of the Tibetan culture thought core, is only reasonable to inherit and carry forward, to form a good system of Tibetan culture, and guide people to love life, tolerance and peaceful spirit.

Finally, the connotation of patriotism. In the process of its development, Tibetan culture was influenced by the central Plains culture, and gradually inclined to the Central Plains, showing a relatively distinct tendency of cohesion, which also made the maintenance and consolidation of the Chinese nation easier to develop, and gradually formed the spirit of patriotism and other excellent traditional culture. Analyzing Tibetan traditional culture, it is not difficult to find that the core of Tibetan traditional culture also contains the connotation of humanity, altruism, patriotism and so on.

4. The Basic Spirit of Tibetan Traditional Culture

According to the analysis of a large number of literature research, with The Times the thought characteristic of traditional Tibetan culture has more distinct and spirit connotation, for points, subjectivity connotation with the description of the more prominent, and in the long-term accumulation and development, gradually formed the patriotism thought, and pass to patriotic thoughts and peace, tolerance and altruistic organic combination of the theory of spirit, such as the basic spirit of traditional Tibetan culture research and the elaboration. According to the current research results, the basic spirit contained in the traditional Tibetan culture mainly includes: fortitude, equality, harmony, altruism and the basic spirit of harmony between heaven and man^[4]. Only when the basic spirit of Tibetan traditional culture is studied deeply can we strive for exploration and research.

4.1 The Basic Spirit of Fortitude and Fortitude

In the process of the development of traditional Tibetan culture, the unique natural environment and climatic conditions of the Tibetan people living in the plateau region from generation to generation are distinct from those in the plain region, which also make the culture bred on this land have distinctive characteristics. Qinghai-tibet Plateau is a typical inland plateau topography, where the climate is relatively dry, rainfall is less, natural disasters occur frequently, and rivers are widely distributed. As the altitude of The Qinghai-Tibet Plateau is usually $\geq 4000\text{m}$ and the terrain is relatively complex, the air in this region is relatively thin and the traffic conditions are relatively poor. People entering the Qinghai-Tibet Plateau are prone to hypoxia. Because of the location of the Qinghai-Tibet Plateau, the whole Region of Tibet is bathed in abundant sunlight, which is very strong. In such a cold and harsh natural environment, the Tibetan people have gradually formed the basic spirit of fortitude and fortitude in their long-term development, which has become an important part of the traditional Tibetan culture.

4.2 The Basic Spirit of Equality and Neutrality

When studying the traditional Tibetan culture, it is not difficult to find the basic spirit of equality and harmony contained in the traditional Tibetan culture from the political and social perspectives. The positive connotation, upward connotation and justice connotation of Tibetan traditional culture have gradually become the mainstream thoughts. As we all know, the focus of Tibetan traditional culture is Tibetan Buddhism, and excellent Tibetan traditional culture will have a certain positive impact on social development. Influenced by the concept of equality among all living beings in Tibetan Buddhism, it has gradually formed the ideological connotation of equality among all living beings and the basic spirit of equality and harmony in Tibetan traditional culture. In Tibetan Buddhism, it is believed that human beings will go through the reincarnation of six lives and continue to grow endlessly. In the whole process of samsara, people in samsara may meet their relatives. It is precisely because of the influence of such Tibetan Buddhist ideas that people demand to treat everyone and everything equally and repay kindness.

4.3 The Basic Spirit of Altruism

In the traditional Tibetan culture, people's yearning for beautiful things and their pursuit of truth, goodness and beauty are all reflected. In the process of the formation and evaluation of Tibetan traditional culture, the elements of sincerity, kindness and happiness are the important standards and main values of Tibetan traditional culture. The goodness factor of the evaluation of Tibetan traditional culture mainly requires people to have excellent ideology, moral character and behavior habits, as well as high social morality. Therefore, in the traditional Tibetan culture, the advocacy of goodness can also be regarded as the advocacy of excellent ideological, moral and behavioral habits, and the advocacy of goodness is an important internal driving force for the formation of social virtues. Among the traditional Tibetan culture, Buddhism has a profound influence, and the religious belief of the whole people is an important part of the traditional Tibetan culture. Based on this, the development of Tibetan culture is influenced by traditional culture, historical connotation, social economy and Buddhist thought. In terms of the moral thoughts and behaviors of the traditional Tibetan culture, Buddhism has also put forward relevant theories and the cultivation methods of moral thoughts and behaviors. In the formation process of the traditional Tibetan culture, Buddhism has also been influenced by the "contemplation and separation from greed" and other aspects, and gradually some excellent Buddhist thoughts have become the main connotations of the traditional Tibetan culture. As a result, the moral behavior and thoughts in the traditional Tibetan culture gradually guide and restrain people to demand themselves with a more sincere attitude, trustworthy concept and self-restraint, so that people can form an honest and trustworthy viewpoint, cherish their own lives and other people's lives, be content with gratitude and be willing to make selfless contributions.

4.4 The Basic Spirit of Harmony and Unity between Man and Nature

In the process of self-development, every nation needs to face the relationship between man and nature, and how to properly handle the relationship between man and nature has become a key issue to be solved in the development of each nation. Due to the great differences in the natural geographical environment of different nationalities, different nationalities have great differences in their attitudes towards man and nature, and how to deal with the relationship between man and nature. The main living area of the Tibetan people is concentrated in the Qinghai-Tibet Plateau, where the natural environment is subject to the geographical location, the climatic conditions are relatively special, and the natural environment is relatively harsh. Under the influence of these natural conditions, the local compatriots face relatively high pressure of survival and development. It is this special and harsh natural environment that makes the Tibetan people gradually hone their super strength in their development, believing that everything growing in the natural environment is spiritual. Therefore, the Tibetan people have distinct characteristics of advocating nature. The worship of nature can be seen as the reflection of the Tibetan people living on the Qinghai-Tibet Plateau on nature and the spiritual product explored by the Tibetan people in the relationship between man and nature. The special living environment of The Tibetan people has created the unique Tibetan people and created the unique Tibetan culture, which fully embodies the Tibetan people's respect for nature, mountains and rivers.

5. Conclusion

To sum up, based on the in-depth study of Tibetan traditional culture in recent years, it is not difficult to find that Tibetan traditional culture is deeply influenced by Buddhist culture and pursues the development of equality, fairness and harmony between man and nature. People have always been full of a sense of respect for all things in nature, there are relatively bright altruistic thought, patriotic thought characteristics. In order to promote the inheritance and development of Tibetan traditional culture, it is necessary to analyze the core and basic spirit of Tibetan traditional culture based on multiple documents and field research results, and give full play to the core and basic spirit of Tibetan traditional culture, so as to promote the sustainable development of national culture.

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