

论文

论道教幸福观的特点及现代意义

孙亦平

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摘要:

道教以“得道成仙”为基本信仰,认为幸福不在于占有极大的物质财富,拥有极大的权力名声,而在于保持身体健康和精神愉悦,故倡导顺应自然、清静自心、知足常乐地活着。千百年来,道教以“知足常乐”为准则,把保重身体、快乐地活着上升到了人生幸福的高度,对生命的热爱形成了道教幸福观的鲜明特点。道教对幸福与欲望关系之探讨,表达了对人的本质及生命理想的自觉意识,对现代人生仍有独具的意义和价值。

关键词: 道教 幸福观 现代意义

Taoist View of Happiness: Its Impacts on Modern Life

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Abstract:

Taoists whose ultimate goal is to attain wisdom and become celestial beings, believe that happiness is not based on the richness of material life, power or high social reputation, but on a healthy and happy life. Thus they advocate that people follow nature rules, be content with the current life and take care of their own health. For thousands of years, Taoism has emphasized the idea "Enough is as good as a feast" and believed that taking care of one's own health and living happily is the way to happiness, therefore the love of life constitutes the distinguishing feature of Taoist view of happiness. Taoist inquiry into the relationship between happiness and desire is an expression of their concern about the nature of human being and the consciousness of ideals of life, which has special value and significance in modern life.

Keywords: Taoism happiness significance in modern life

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