

「只有那种能够相伴一生的智慧，

在我们的生命中，才是最有力，

最真诚，最永久的伴侣。」

——《致加西亚的信》作者。

太极论

——为了生命的和谐

On Taichi

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林卫 著



湖南科学技术出版社



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前言

几千年来，中国人对太极一直没有说清楚过。
为什么？

我个人认为，并不是因为没有人真正懂太极，
而是古代中国没有一组合适的概念可以准确地表述
太极及其相关的概念的涵义。

Foreword

For thousands of years in China, the concept of Taichi and some related concepts have never been clearly explained by anyone. What is the reason? It is not because no one really understand Taichi, I think, but because there is no right concept to explain exactly the meaning of Taichi in ancient China.

In this book, I have made a clear definition to Taichi. I hope it can play a role as "knock



书中我对太极是什么做了明确的定义。我希望它能起到一个“抛砖引玉”的作用，将起源于中华民族的太极文化发扬光大。

在书中，我企图将我所定义的太极思想体系中的所有概念系统化地联系起来，形成一个有机的整体，并具有指导人们实践（思维方式和太极拳锻炼）的意义。

brick to lure jade”. It can significantly help to carry forward the Taichi culture origin from China.

I try to integrate all the related concepts systematically into the Taichi ideology I defined. To make it become a living working system that can be used as a tool to direct the way of thinking and the guideline to do Taichi exercise.

There have been a clearly embodiment of the practical significance of the Taichi ideology, which is explained in chapter 3: Taichi exercise

太极思想体系的实践意义已经在本书第三篇“太极运动—怎样练出太极功夫”中得到了具体的体现。它在其他方面的应用，我认为也是显而易见，不需要做任何解释和证明的。

今天的太极思想体系是中西方智慧的结合。西方动态的极限的概念，准确描述了宇宙万物动态的变化过程，它生动形象地解析了中国人复杂的感知。西方样本空间的概念使中国独有的阴阳的定

—how to get Taichi Kung Fu. Its practical significance on other aspects, I think, is obvious and there is no need for any explanation or certification.

The key point on Taichi research, I think, is to stand on a point of view of dynamic, continuum and integrate connected. From this point of view, the ancient Chinese maybe, I think, have a conceptive limitation to explain Taichi.

To study Taichi, we should not only make clear that what is Taichi? what is Yin and Yang?



义更准确清晰。

研究太极的关键，我个人认为，是要立足于动态、连续、联系的观点。在这一点上，也许古代的中国人存在概念上的缺陷。

为了研究太极，我们不仅要弄清楚什么是太极与无极、什么是阴与阳、什么是有与无、什么是有为与无为。更重要的是要弄清楚它们之间的联系，

what is Yu (being) and Wu (non-being), and what is Yu-wei (action not accord with Dao) and Wu-wei (action accord with Dao)? The most important is, I think, to make clear that what make these concepts connected, how they change and what is the rule to guide the changes?

The Taichi ideology explained in this book is an integration of wisdoms of Chinese and westerners. The dynamic concept of limit (a mathematical concept) of westerners has accurately described the dynamic change process of everything in universe. It gives a lifelikeness

它们之间的发展变化和所遵循的规律。

所以，本书中所涉及的太极思想体系是古往今来全人类的智慧的结果。我期望它会被全人类接受并服务于人类的幸福。我相信它本身也会在其中获得发展和完善。

就人类的幸福与不幸来说，有思想的人可能是更多的活在自己的脑海里。如果我们具备了一种能

visualized and analytic description on the illegibility perceptions of Chinese.

The concept of sample space (a mathematical concept) of westerners helps the definition of Yin and Yang to become more accurate and clear.

So we can say that the defined Taichi ideology in this book is a crystal of accumulated wisdom of the world in our human history. I hope it will be accepted by all people and it can work for happiness of everyone. In this cause, I believe that the Taichi ideology itself will get



令我们生活得更和谐的思想，我们生命的海洋将更平和晴朗，我们追求幸福的努力就多了一份成功的保障。

作者

2004 年 6 月于南京

developed and improved.

When we talk about happiness and unhappiness of human being, we seem living in our mind more than in reality. If we are armed with a kind of ideology which can help us to live in a more harmonious state, our sea of life will be more gentle, fine and cloudless. We will get more guarantee for our struggle for happiness.

Author

2004-6

in Nanjing China

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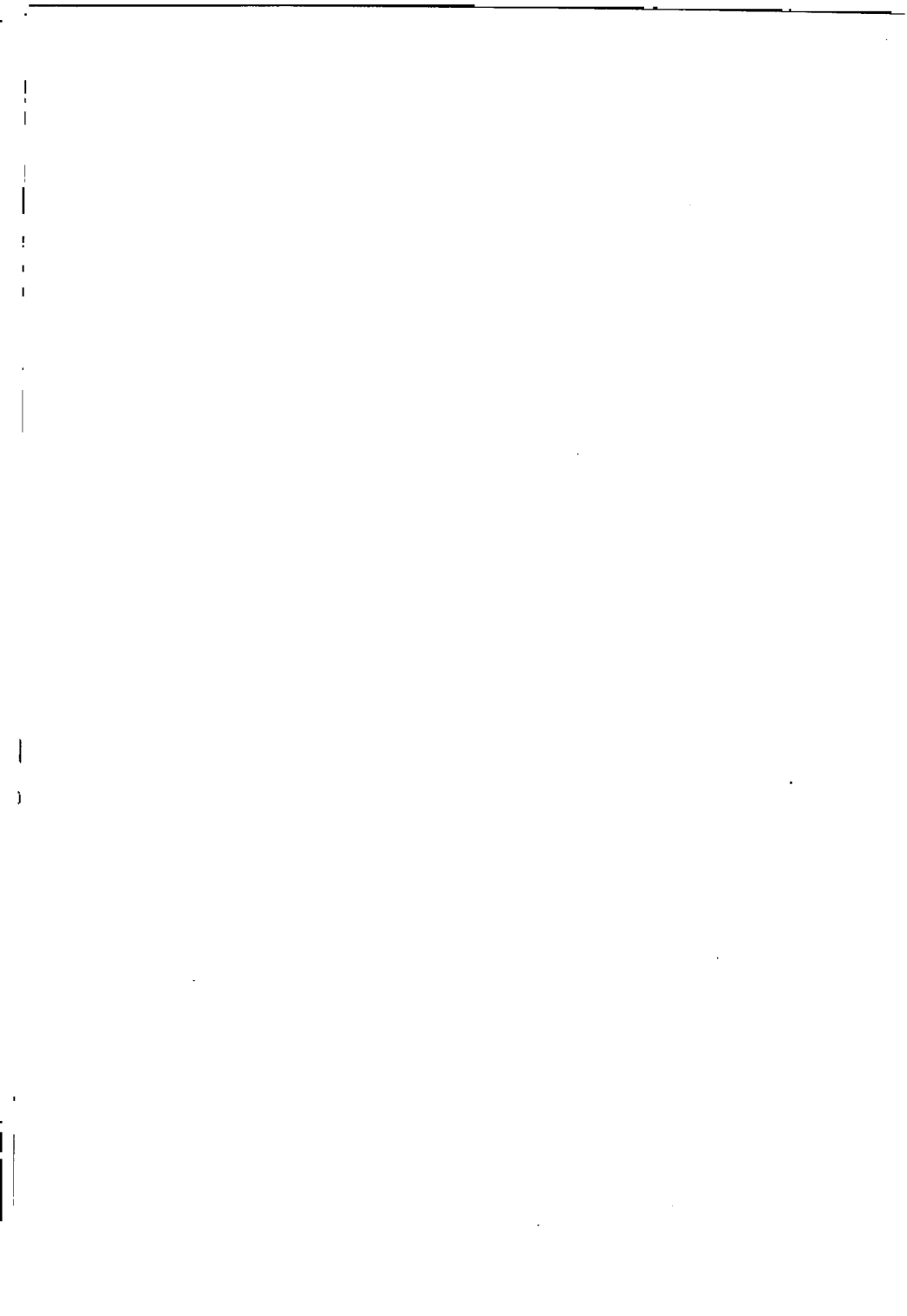
第一篇

太级与道

Taiji and Dao

太极、阴阳、无为，它们揭示了万物演变的终极目标、本质和方法。太极是和谐之极限，和谐是阴阳之平衡，无为是实现太极的唯一途径。从有为起过渡到无为，通过无为实现阴阳之和谐，这就是：“一阴一阳之谓道”。





本篇将向您介绍:

什么是太极?

什么是太极拳?

什么是和谐与平衡?

什么是阴与阳?

什么是无极与太极?

什么是反者道之动?

什么是有为与无为?

This chapter will introduce you:

What is Taichi?

What is Taichi Chuan?

What is Harmony and Balance?

What are Yin and Yang?

What is Unity of opposites?

What are Yu-wei and Wu-wei?

What is "Accomplishment by Wu-wei"?



什么是对立统一？

什么是无为而无不为？

什么是有与无？

什么是太极思想体系？

What are Wuchi and Taichi?

What is "Reversion is the motion of Dao"?

What are Yu and Wu?

What is the Taichi ideology?