

Olympics: A Perspective

on the Harmony of Nature and Human Beings



天人合一看奥运

An Authoritative Booklet of Beijing Olympic Culture

北京奥运文化权威读本

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张骞 (Zhang Qian)

Here in Beijing, China, we are enjoying such a living:
In pursuit of the Harmony of Nature and Human Beings
With hearty affection to inherited customs
The glory of the Harmony of Nature and Human Beings
wisdom are shining, everywhere

在中国，在北京，人们这样生活着
虔诚追求人与天地的和谐
殷殷传承历朝历代的风俗
点滴细节，无不闪耀天人合一的智慧灵光

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天人合一

看奥运

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on the Harmony
of Nature and Human Beings*

编著 沈 生 吴 佳

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北 京



Foreword 前言



Discovering Beijing Understanding Yourself 发现北京 发现你自己

Welcome to Beijing, to experience Olympic Games, to commence the travel of discovering “culture and beauty.”

Arriving at this land, you will find out that Beijing still sways among the altering shadows of different dynasties. You will inspire her comfortably breath in the ever-changing seasons of flowers blooming and shriveling; you will discover her, immersed gratefully in the highly artistic and popular melody of Peking Opera as drunk; you would view her falling to deep dreams peacefully in the shiny moonlight of Hutong courtyard. Beijing keeps happy and interested in the face of the abundance of urban construction.

欢迎来到北京，体验奥运，开始一段“文明与美”的发现之旅。

踏上这一方土地，您便会明了：北京，在重重叠叠的朝代光影中，兀自摇曳；在春去秋来的花木繁凋间，自在呼吸；在雅俗共赏的京剧腔调里，陶然如醉；在月色如水的胡同大院内，静静沉睡；在轰轰烈烈的城建热潮上，不失兴致。



Beijing, the capital with a history longer than 2,000 years, resembles an old lady who spectates this crowded road serenely and pleasantly, removes the dust from her dress gently. The palace, coming from its eventful days to leisure time, spreads over there with red walls and green tiles.

Glittering thousands of these cultural representatives, is there any chance to stop and stare?

We are not able to depict all the stories of this city and we don't intend to do it. Just like you, every one of us is discovering his own Beijing. We believe that you may comprehend somewhat.

As a result of cultural varieties, different parts of the world are not similar in style although have some shared characteristics.

For those who travel following their feelings, folk customs and human culture are the light of their way. The Olympic Games provides this opportunity by shortening the distance between Beijing and the tourists.



Here is a Chinese proverb as a kind tip offer to you: "*Ru Xiang Sui Su*" that means "When you enter a village, adapt to the local customs" (While in Rome do as Rome does).

What is the meaning of "*Su*"? Why should we adapt to it?

Su means *custom*. It refers to the prevailing custom which forms in the society during a long time, courtesy, etiquette and tradition in a society. *Sui su*, means to follow or adapt to *Su*.

Folk customs are general feelings; they are found everywhere just like air! Making an analogy, in musician's ear, any sound in life might be music; in artist's eye, anything might be a drawing; in philosopher's mind, objects all have a philosophy....For us as Chinese Medicine doctors, its spirit could be traced everywhere.

The spirit and concept of TCM (Traditional Chinese Medicine) flow in every action and any movement of our daily life; links up the classic books and customs to our today's life.



古都两千多年，像一个看尽世态的人，轻掸往事，如拍衣服上的风尘，看着来来去去的人潮，气定更闲；一任红墙翠瓦流光映天，宫殿庙宇星罗棋布，他自忙来他自闲。

万千侧影，京城的神韵，何曾有一刻的停顿，让您凝视？

我们无意，更无法罗列北京大大小小的典故，介绍一个被定格、被总结、被定位了的北京；我们只是和您一样，在发现我们每一个人自己的北京。相信您会有所悟。

世界各地，风光大抵有似，风情却是万种，只因文化有别。

跟随心灵行走的旅人啊，人文民俗，才是他们地图上的璀璨灯塔。奥运会是一个契机，因有北京全城的参与，能浓缩展现北京的风采，缩近游人和北京的距离。

更要热情地送上一句善意的中国老话：入乡随俗。

俗是什么？为什么要随俗？

俗，是社会上长期形成的风尚、礼节和习惯等。随俗，即遵从习俗。

民俗民情，如空气般无所不在。作一个譬喻：在音乐家的耳中，世间一切音声皆可为乐；在美术家的眼里，世间一切情态皆可入画；在哲学家的脑海中，世间一切事物皆蕴哲理……在我们中医人看来，这世界，更是处处有中医。

中医的精神和理念，流淌在衣、食、住、行的一举一动间，贯通在由古至今的典故史料里，民俗之类，亦在其中。

Then, what is indeed TCM?

In brief, it is kind of “Harmony of Nature and Human Beings” life view; it is an extrasensory perception of life-style; it is a sort of pursuit of “Harmony between Nature and Human”. “Harmony of Nature and Human Beings” is the core concept of Chinese traditions and culture.

The flame of Paralympics will be ignited in the “Temple of Heaven”. This fact is precisely the implication of the “Harmony of Nature and Human Beings” since in ancient China the “Temple of Heaven” was the place that the emperor, on behalf of all the people, used to offer sacrifice to the Heaven and pray for the harmonious natural condition in the next year to secure the people’s life and the country’s stability. The Ignition Ceremony of Beijing Olympic Games will be the climax embodying the life value of “Harmony of Nature and Human Beings”.

TCM goes along the plain value of “Harmony of Nature and Human Beings” and as a precious inheritance of Chinese culture, pursues its principles: “Man depends on the Land; the Land is influenced by the Sky; the Sky is governed by the Order; the Order is dominated by the Nature”. It considers seasons, natural creatures (animals and plants) and all other aspects of nature.

TCM owns an exclusive method of diagnosis and treatment: your body condition can be scanned and interpreted by three fingers pulse taking; herbs balance *yin* and *yang* and keep the body healthy; hairy needles of Acupuncture regulate *qi* and blood in the body; *Taiji* keeps you fit and vigorous.

TCM is not only the medicine, but also the wisdom of life: a bowl of mung bean soup can drive the food poisoning out; boiling the stove subsoil can subdue the climate sickness; a cup of scented flower tea can make the heart pleased and relieve depression; setting up a folding screen can prevent wind attack...

This booklet aims to explore Beijing and discover its popular customs from the view point of Traditional Chinese Medical science and Health preservation culture together with you; give you implications for keeping good health through them; let you last your pleasant journey to Beijing for more time and perceive the core of omnipresent Chinese traditional culture.

Wish you discover your own Beijing!

那么，什么是中医呢？

简而言之，是一种“天人合一”的生命观，是一种与天地心心相印的生活，是一份对“人与自然和谐”的追求。“天人合一”，正是中国传统文化核心理念。

残奥会的圣火，来自天坛，正是“天人合一”的寓意。天坛，是中国古代祭天的场所，在这里，皇帝代表全国老百姓向上天致以敬意和谢意，并祈祷来年的天时地利，风调雨顺，国泰民安。奥运会神秘的点火仪式，将把“天人合一”理念的展现推向高潮。

中医，顺承了传统文化的精髓，追求“天人合一”的境界，教人遵循“人法地，地法天，天法道，道法自然”的朴素规律，与天地同幻化，与自然同声气，识得四季流转，天时地利，鸟语花言，木性草味。

中医，更有其独特的诊疗体系：凭三根诊脉的手指，读懂人的五脏六腑七情；用几道配伍的药材，祛邪扶正，平阴秘阳；扎几根银针，通调经络气血；导引一套太极，舒活周身经络。

中医，不只是医学，更是生活的智慧：煮一锅绿豆汤，能解食物中毒；熬一撮灶心土，能消水土不服；泡一杯花茶水，能舒心胸抑郁；立一道屏风，能阻穿堂邪风……

这样一本小书，旨在从中国传统医学和养生文化的视角，和您一同探索、发现北京的民俗风情，以及背后用心良苦的养生寓意，让您为时两个月甚至更长的北京之旅舒适如故，感受到无所不在的中国传统文化内核。

祝您发现一个自己的北京！

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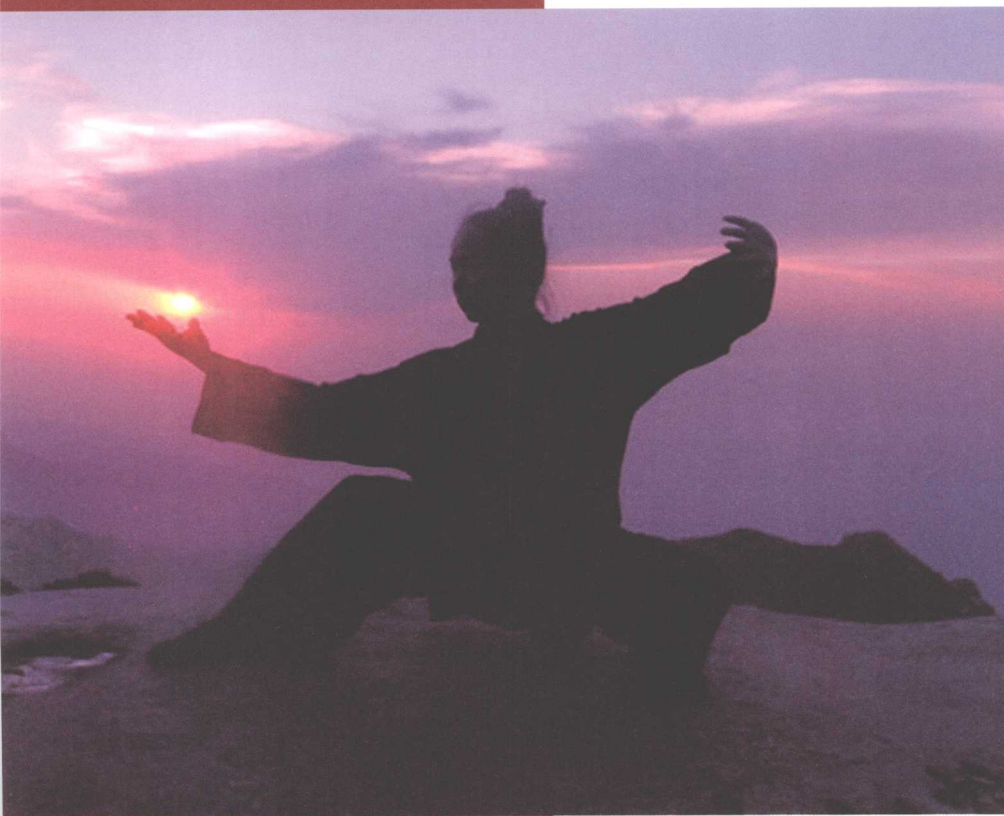
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Chapter 1

北京欢迎你

BeiJing Welcomes You





太极
Shadowboxing

1

为什么奥运会点火仪式要体现“天人合一”的理念？

How can the Ignition Ceremony of Beijing Olympic Games manifest the value of “Harmony of Nature and Human Beings”?



Where is the origination of the first kindling?

It is said in Greece mythology, that the “fire” is the last goods human beings need to accomplish civilization, but god Zeus didn’t grant it to human for being rescued from hunger and cold. Chousing Zeus, Prometheus used a long fennel branch, stole fire from the Sun and gave it to mankind. He was then punished for his crime.

Commemorating this hero, the ancient Greek lit the ceremonial fire every year in front of Hera temple.

This is the essence and source of the Ignition Ceremony of Olympic Games.

最早的火种来源于哪里？

在古希腊的传说中，人类完成文明所需要的最后的物品是火，但天帝宙斯不予，天神普罗米修斯为了解救饥寒交迫的人类，瞒着宙斯，用一根长长的茴香枝，在烈焰熊熊的太阳车经过时，偷到了火种并带给了人类，自己却受到了惩罚和折磨。

古希腊的人们每年都要在赫拉神庙前点燃圣火，以纪念这位英雄。

这就是奥运会开幕式点燃圣火的精神源头。





There is also a hero called Suiren in ancient China. People used natural fire to keep warm and cook at that time. One day the guarder of fire slept and the fire put out. People fell in darkness and coldness. A young man instructed by Fuxi, a wisdom man, went to Suiming Country to seek fire. Disappointed, he found that it was dark too. When he sat down below a big tree, he found sparks. Some big peckers were pecking the worms from the wood. Then sparks appears. He found some small branches to drill in a big bough and fire came out. People then grasped this way. And the young man became the leader and was called "Suiren" meaning the people who found fire.

在中国，也有这样的一位英雄，叫燧人氏。那时人们已学会使用天然的雷火取暖和烧熟食，但在保留火种的过程中，值守的人睡着了，火燃尽了树枝，熄灭了。人们重新陷入了黑暗和寒冷之中，痛苦极了。一个年轻人在梦中得到伏羲氏的指引，独自到遂明国去寻找火种，到了同样漆黑的遂明国后非常失望，便在一棵大树下休息。突然，他眼前有亮光一闪，原来是几只大鸟在啄树上的虫子，每一啄，树上就闪出明亮的火花，他立刻折了一些小树枝去钻大树枝，终于点上了火，带回了家乡，而且为人们带来了永远不会熄灭的火种——钻木取火的办法，人们便推举他做首领，并称他为“燧人”，也就是取火者的意思。