

Reflections on the Cultural Connotation and Spiritual Core of Traditional Festivals

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Abstract

Traditional festivals are tied to the spiritual home and cultural feelings of the Chinese people, which can effectively enhance the people's national identity, improve the cohesion of the whole Chinese nation, furthermore, they are contribute to the harmonious development of society and enhance the country's soft power. Therefore, much attention should be paid to the cultural connotation and spiritual core of traditional festivals, deep reflection on the development of traditional festivals should be strengthened, the further development of cultural symbols and cultural carriers should be promoted, and the rites and ceremonies of traditional festivals should be highlighted, it makes traditional festivals conform to the requirements of current social progress.

Keywords

Traditional festivals; Cultural connotation; Spiritual core.

1. INTRODUCTION

Traditional Chinese festivals contain special cultural and spiritual connotations, and have special customs. There are various types of traditional festivals in China, which are a part of Chinese culture that cannot be ignored, they contain the long history of development and national identity of the Chinese nation, and are an important symbol of national cohesion. At present, due to the influence of the global internationalization, people chase the festivals from the West, but they no longer pay attention to the traditional festivals at home, as a result, the current traditional festivals are difficult to develop sustainably, and even show a declining trend. How to increase the attention of all walks of life to traditional festivals and help traditional festivals to adapt to the requirements of current social development is an important topic discussed by scholars at present. To this end, it is very necessary to fully explore the cultural connotation and spiritual core behind traditional festivals, it is conducive to enhance national self-confidence, promote the cohesion of the Chinese nation, and contribute to the long-term development of the country.

2. THE PRACTICAL VALUE OF TRADITIONAL FESTIVALS

2.1. Effective Ways of Passing on National Culture

There are many kinds of traditional festivals in our country, which contain rich cultural connotations, full of national colors and unique customs and habits, and are also a very important part of our national culture. At present, the whole world is seeking the common development of multiculturalism, in this context, it is required that when facing traditional festivals, people should be able to fully take the essence and discard the dregs to achieve the basic goal of improving the overall cultural quality of the nation, so that it can meet the current

cultural needs put forward by people, moreover, it contributes to the effective inheritance of national culture. For example, with the help of traditional festivals, people carry out folk performances and traditional Chinese culture learning activities, make traditional culture can be tied to people's daily life, and then be effectively inherited and developed. Tradition often exists in the details of life, but also in people's inner thoughts. People can choose a specific time to express these traditions, which is an important role of traditional festivals. With the help of various traditional festivals, people can know more about traditional culture unconsciously, and can gradually accept traditions, which is conducive to the effective spread and development of traditional culture.

2.2. It Has the Function of Ideological and Political Education

1. Traditional Festivals Are Important Methods of Ideological Education

Traditional festivals contain important educational resources, which can play an important role in the ideological education work of all walks of life, especially for students. The traditional festivals of the Chinese nation are important achievements of the nation's development for thousands of years, and are also an important class of intangible cultural heritages in our country, which contain rich cultural connotation and excellent spiritual core, and is full of rich national materials, and are also important manifestation of the cohesion and gravitational pull of the Chinese nation, carrying the rich emotions of the Chinese nation.

In addition, many traditional festivals in our country are tied to some important figures in history, therefore, there are also important cultural connotations in the festivals, it is conducive to patriotic education, for example: Cold Food Festival and ancient loyal minister Jie Zitui, Dragon Boat Festival and the patriotic poet Qu Yuan, etc. With the help of these festivals closely related to patriotic figures, by explaining the connection between festivals and patriotic figures, it can help the continuous diffusion and inheritance of the national cultural spirit, and can help modern young people to form national self-confidence and identity.

2. Traditional Festivals Are Good Opportunities to Carry Out Political and Ideological Education

Education believe that a successful political and ideological education work should be completed without being detected. This is how people can successfully accept it. Therefore, in the process of ideological and political education, it often needs to follow its permeability and explore scientific education ways. To this end, we can combine political and ideological education with traditional festival activities by the opportunities brought by traditional festivals, integrate festival culture into political ideology, which will help to improve the current problem of empty talk in political and ideological education. Furthermore, it can also effectively prevent learners from having reverse psychology, and it is conducive to improve the teaching effect. In addition, adolescents and children are often full of curiosity during this period, love to explore, and are willing to accept new things. On the one hand, it helps young people to carry out their study and life, but on the other hand, this feature also makes young people easily disturbed by bad thoughts, resulting in wrong ideology, and the problem of ideal and belief dilution appear. Therefore, it is of great significance to carry out political and ideological education for young people with the help of the spiritual connotation in traditional festival activities.

3. THE CONTENTS OF CULTURAL CONNOTATION AND SPIRITUAL CORE OF TRADITIONAL FESTIVALS

It is generally accepted that from the perspective of cultural structure, culture can be divided into two aspects: material culture and spiritual culture, China's traditional festival culture, as a part of culture, can also analyze its cultural connotation and spiritual core from two aspects.

3.1. Connotation of Material Culture

1. Food Culture

Traditional Chinese festivals contain rich food culture. From one perspective, traditional Chinese festivals can also be said to be "eat" all the way. For example: frying soybeans on the second day of February, eating dumplings on the first day of the first lunar month, eating noodles on the Summer Solstice, and drinking Laba porridge during the Laba Festival. In addition, most traditional festivals in our country are passed and evolved from ancient worship and sacrifice activities, along with sacrifice activities and festival food, the custom of eating specific food on specific festivals has gradually formed, this custom also contains rich national emotions. On the one hand, they have laid a good foundation for the progress of the subsequent national food culture, on the other hand, the unique food sacrifice, gift and sharing in traditional festivals also constitute the core traditional culture of the material life of traditional national festivals, it is a form of expression for the Chinese nation to deal with the relationship between heaven and man and social relations.

2. Costume Culture

In some special traditional festivals, people often wear traditional costumes and take to the streets or the stage of festivals, and this phenomenon is especially common during the Spring Festival. The festival is also an important stage to show a nation's unique costumes. Compared to ordinary costumes, ethnic costumes are often more solemn and elegant, and the wearing process is more complicated. These ethnic costumes pay more attention to the deep reflection of the connotation of festivals and ethnic culture, they are important references for scholars to explore the development of ethnic culture, art and history, and have excellent artistic, cultural and historical value. For example: Tang Costume is a common holiday national costume, and its current improvement and evolution are of great significance to exploration of the development of national culture.

3. Festival and Ritual Culture

Most of the traditional festivals in our country are developed from sacrifice activities, therefore, most of the modern traditional festival celebrations are also tied to ancient activities such as sacrifice, celebrations, protection against evil spirits and welcoming gods, these activities have become the current festival activities after development and evolution, for example: guessing lantern riddles; setting off firecrackers; dragon boat racing and so on. The rich traditional festival activities not only make the festival more interesting, but also help to form a rich national culture. In addition, all kinds of folk arts related to traditional festivals, for example: offer a sacrifice in shrines; literature and arts such as folk mythology; sacrifice dances; performing arts such as opera performances, in addition to welcoming the Dragon King; crafts and arts such as paper-tie knotting and coloring, which help enrich the treasure house of Chinese cultural heritage.

3.2. Spiritual Core

1. Harmony is Most Precious and Uphold Moderation

Traditional festivals are the main manifestation of people's desire for harmony, among which: harmony is most precious and uphold moderation, as an important thought, is particularly notable in traditional festivals. For example, people use group worship, family visits and other activities to effectively strengthen the connection among people and for easy exchange emotions of people. Moreover, with the help of various festival activities, festival atmosphere, participation in competitions, etc., people can fully express their emotions, furthermore, they are eager to enhance communication with people around, so that people can coexist with each other more harmoniously, and contribute to the stability of social order. Traditional festivals can also help strengthen ties between two different nations. First of all, through the activities

carried out by traditional festivals, two nation groups can separately apply their own unique ways to show their own culture with the other nation group, which is conducive to the promotion and influence of culture. Secondly, the people of the two nations can also participate in the same kind of festival activities, which can help the nations to enhance their self-identity and cultural identity. In addition, the unique moon cakes and porridges in traditional festivals also contain people's expectations for a complete and harmonious life. Various activities to expel evil influences and invoke blessings, for example, Qingming outing and smoking wormwood on the Dragon Boat Festival also represent people's thinking of advocate beauty.

2. Man Is an Integral Part of Nature

The traditional festivals in our country evolved from the ancient agricultural society. Almost every festival represents a solar term, and the solar term is a summary of the natural rules made by ancient Chinese laborers in the process of exploring and developing agriculture. The time selection of the festival shows the basic idea of the Chinese nation to conform to nature, hope that people can follow the law of natural development, adapt to the climate cycle, and then carry out scientific farming activities. Activities in various festivals are developed from ancient sacrifice activities, and the purpose of sacrifice is often to wish for the smooth growth of crops and hope for good weather in the next year. This expectation can also well reflect the idea of harmonious coexistence between man and nature in traditional festivals. In addition, in traditional festivals, people often take the initiative to integrate into nature: such as Qingming outing, flying paper kites, and ascend a height on the Double Ninth Festival, these activities can make people take the initiative to get close to nature, feel the atmosphere where man is an integral part of nature, and live in harmony with nature.

3. Value Human Relations

Human relations are an important feature in Chinese culture. The traditional Chinese festivals in our country often contain the idea of emphasizing family affection and value human relations, which reflects the traditional ethics and family thinking of our country, and is also a main idea to maintain the social interpersonal relationship in our country. For example, reunion is the most important activity during the Spring Festival in my country. In addition, value human relations, which can also be expressed in the emphasis on the idea of filial piety this idea. Many traditional festivals require family members to sacrifice their departed elders or ancestors to express their thoughts and filial piety. In addition, respect the elderly and visit relatives on the Double Ninth Festival honors; the Dragon Boat Festival is also called as the Girls' Day, which requires daughters who are married to return home and sons-in-law to visit their father-in-law and mother-in-law, all of which show the care and respect of the younger generation to the elders.

4. STRATEGIES TO ENRICH THE CULTURAL CONNOTATION AND SPIRITUAL CORE OF TRADITIONAL FESTIVALS

4.1. Strengthening the Research on Cultural Connotation and Spiritual Core

Traditional folk festivals in our country can generally be roughly divided into two kinds: astronomical festivals and natural and cultural festivals, covering many aspects such as farming, sacrifice, ceremony, social propriety and folk tourism activities. Astronomical festivals are usually a kind of festival proposed by human according to the rules of planetary time changes, human festivals usually are specific dates in accordance with the Chinese lunar calendar or the Gregorian calendar, or commemorate and celebrate a certain time, or festivals to commemorate and celebrate a certain person or something in a certain period. From the perspective of the solar calendar, astronomical festivals are commonly called as the 24 solar terms, this is also an important discovery of astronomical weather by the ancient working people, which has guided

the development of the agricultural industry in our country for thousands of years. Astronomical festivals can generally be divided into four seasons and Three Yuan Festival. Among them, the four seasons have four traditional festivals: Qingming Festival, Dragon Boat Festival, Mid-Autumn Festival and Laba Festival. Three Yuan Festival is divided into three festivals: Shangyuan Festival, Zhongyuan Festival and Lunar New Year Festival. Humanistic festivals can be roughly divided into seven and eight festivals, The date we currently use is a dual legislative system that includes both the Gregorian calendar time and the Chinese lunar calendar time. Seven festivals are the second day of the first month of the lunar calendar, the third day of March, the second day of the second month of the lunar calendar Dragon Head Raising Festival, and the sixth day of the sixth month of the lunar calendar Tiankuang Festival. Eight festivals are a festival on the eighth day of the year on the Gregorian calendar, the Gregorian calendar is the most common form of calendar in the world. Since about 1912, mainland China has officially adopted the lunar calendar. The Eight Festivals are festivals produced or established in modern China, including New Year's Day, March 8th, May 1st, May 4th, June 1st, July 1st, August 1st and November 1st, eight special festivals, most of these festivals calculated by the Gregorian calendar have certain political significance, it has experienced a certain development history at present and has become a very important part of our traditional festivals.

4.2. Rational Use of Traditional Festival Resources

There are various types of traditional festivals, rich in contents, they have distinct characteristics from the perspective of time structure, moreover, they have significant cultural connotations and spiritual core themes, the folk events in them can meet the emotional needs of the masses at different stages. However, due to the influence of historical factors, the precious wealth called traditional festivals left by ancient civilizations has not been used scientifically at present, and its value has not been fully played, and its cultural connotation cannot play its original function at present. Therefore, it is necessary to further explore the cultural connotation and spiritual core contained in traditional festivals in our country, and continue to enrich the cultural matters of existing traditional festivals, so that they can play their due cultural functions and help enhance national cohesion. For example, a primary school of the Hui people in a certain area organizes students to carry out grave sweeping activities in the martyrs' cemetery every year, and some societies organize the masses to participate in family training hall activities during the Double Ninth Festival and the Qingming Festival, these are traditional festivals worth advocating at present, which contribute to further enrich the connotation of traditional festivals, moreover, the good resources of traditional festivals are used reasonably to help people form a correct national consciousness. In addition, we can also make full use of and publicize traditional festivals such as the Zhongyuan Festival, Laba Festival, and Tiankuang Festival, enrich the forms of festival activities, and enhance further exchanges between people and between people and nature, and meet the requirements of the material and cultural connotation of traditional festivals. In addition, part of the festival activities produced in modern times should be sorted out and integrated into the time structure of traditional Chinese festivals.

In our country, there has been a move to position the Old Man's Day and the Double Ninth Festival on the same day, which is also an important case of making ancient things serve the present. A festival is a specific time or date in each year to carry out the same sacrifices, celebrations, farming, commemoration, entertainment activities and relatively fixed activities. There are many types of festivals at present, so it is necessary to find the spiritual core of the development of traditional culture and promote the common development of modern festivals. For example: Changping City participates in the Apple Culture Festival every year, which lasts from mid-October to mid-November, during this process, it will experience three solar terms:

Frost's Descent, Beginning of Winter and Slight Snow, which solar term is used to name this festival? It will also integrate the cultural connotation of this festival, so that this local festival can also have the cultural connotation and spiritual core of traditional festivals. For example: Frost's Descent, this solar term, can take the homophonic sound of happiness and safety. Apples often represent peace in folk auspicious meanings. Similar to this festival in Changping City, Hancun River in Fangshan also held special events with the help of solar terms. Han and Han have the same pronunciation in Hancun River, so the local people hold activities to expel evil influences and invoke blessings during the two solar terms of Great Cold and Slight Cold, moreover, they sell Laba porridge, sausages and other seasonal products, adding a new folk scenery to the local area. In our country's traditional 24 solar terms, some of them belong to traditional festivals: for example: the common Qingming Festival and the Winter Solstice alias, and its name is Tianling Festival. If each solar term can be combined with local characteristics or culture, new cultural characteristics can also be formed in this area, which will help to use traditional festivals to enhance the influence of the area and show the unique charm of the area to the outside world.

4.3. Improve the Cultural Taste of Festival Activities

A long history is an important source of our cultural development, philosophy is the soul of our national culture, literature and art are the main manifestations of culture, and folk culture is an important foundation of traditional culture. The spiritual core of traditional culture does not lie in the struggle in the feudal court, nor in the past battles on the battlefield, but in the daily life of ordinary people. Folklore in traditional festivals is an important manifestation of traditional Chinese culture, and it needs to express the excellent national spirit of social commitment and continuous self-discipline and so on. The spirit of social commitment requires that ordinary people should also become the masters of the masses, and the spirit of self-discipline requires that modern people should continue to develop and innovate traditional festival activities, regard traditional festivals as a good opportunity to adjust feelings, promote social interaction, and reflect on yourself, so that traditional festivals can have tenacious and lasting vitality. During the Mid-Autumn Festival in 2015, a city launched the Mid-Autumn Festival mascot, Lord Rabbit, which was an effective measure. Traditional festivals should be effectively connected with traditional art and modern development, and should not develop towards commercialization, moreover, impetuous habits should be avoided. In the process of participating in festival activities, attention should be paid to material culture, the custom contents of traditional festivals come from the country's long history, but it should actually reflect modern civilization. Therefore, all walks of life should not regard traditional festival customs as a historical legacy separated from the modern cultural system. If the traditional festival customs cannot be treated correctly, then it is difficult to classify them as important cultural symbols of our country, and only use them as part of business. For example, an important custom of the Mid-Autumn Festival is to eat moon cakes, moreover, people will also give moon cakes to each other. But at present, many mooncakes pay too much attention to packet, unnecessary packaging is done in order to sell a mooncake gift box at a better price, it is essentially a misunderstanding and destruction of traditional festival customs, this behavior should be resisted by all walks of life. Gift-giving should be a science, in our traditional culture, gift-giving activities during festivals can be divided into festival feeling, festival respect, festival present, festival custom, festival compensation, the purpose is to make gifts reach the hands of those who need them most. In the past, people gave moon cakes to express friendship or filial piety, but now many people give moon cakes just to gain more convenience in the workplace. In the traditional gift-giving activities in our country, the festival respect is show filial respect for to one's teachers and those who are kind to him, the festival present is to convey blessings, the

festival custom is the communication between relatives and friends, and festival compensation is to express gratitude to those who have served you.

In addition, the current traditional festival activities should pay attention to political civilization, requiring festival activities should be people-oriented. The festival was originally derived from the activities of the people, and the people should be the masters of the festival. With the help of rich traditional festival activities, people who are away from home can reunite with their relatives, and the society can develop harmoniously. People's emotions can also be gradually relieved from a tense state. In order to achieve these goals, people are required to participate in traditional festival activities happily and freely, achieve "children can play and adults can hope". Only in this way can traditional festival activities give full play to their due role

5. CONCLUSION

Traditional festivals are a very important part of China's national culture and an important historical heritage of the Chinese nation, which contain rich cultural connotations and excellent spiritual connotations, they are important products of the development of our country's thousands of years of history and the precious wealth of the Chinese nation. On the whole although traditional festivals are the products of ancient people, their excellent spirit and connotation are still tie to our life and have important practical value. As modern people, we should pay full attention to the role of traditional festivals, and dig, inherit and develop the cultural connotations in them, it is conducive to the further development of Chinese civilization and enhance national self-confidence.

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