

On the Discussion of Embodying and Cultivating Ch'I in Mencius Study

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Abstract

This article probes into how it is that spiritual values comes to be incarnated in one's body in Mencius' theory. I will deal with three core concepts of Mencius Study, namely, Embodying, understanding words and Cultivating Ch'I. It is a very important theory on the Confucian view of the body, which states that flesh, Ch'I and spirit are in all one. If one cultivated one of the three, the other two would be affected as well. Therefore, one who cultivated himself can embody his body and understand any messages from others; he, finally, could communicate with the cosmic element of Ch'i.

Key words: understanding words, accumulating righteousness, unmoved heart, embodiment.