



Song Dynasty Rhyme Culture on Physical and Mental Therapy: A Valuable Reference for Psychological Education Reform in the 21st century

Junfeng Wang¹, Xiaojia Liu², Yanqing Yang³, Fangmiao Shi¹, Siyan Chen¹, Zixin Ye¹,
Lingyu Zhang¹, Mengyao Zhang¹, Wenjie Jin¹, Shiming Tang^{1*}

¹ Hangzhou Normal University, 311121, China

² Zhejiang Conservatory of Music, 310024, China

³ Amity Global Institute, 238853, Singapore

Abstract: Song Dynasty Rhyme Culture in Non pharmacological or Artistic Physical and Mental Healing is innovative. This paper implies and integrates key cases of Song Dynasty culture, and integrates them with views of its physical and mental healing effects. It is therefore a special model tailored for modern people to comprehensively care for their physical and mental health, based on the theoretical basis of modern psychology, medicine and other related disciplines, through innovative transformation and creative development of Song Dynasty culture.

Keywords: Non pharmaceutical and artistic; physical and mental healing; Song Dynasty Rhyme Culture; course innovation

I. Historical Review

The Song Dynasty rhyme culture is a unique cultural symbol of the Song Dynasty, with rich connotations. In terms of ideology, the prevalence of Neo Confucianism shaped the moral and behavioral norms of people at that time. In literature, Song Ci reached its peak, with poets such as Liu Yong and Su Shi emerging in large numbers. On the artistic level, the achievements in calligraphy and painting are remarkable, with a unique style of thin gold body. The painting 'Along the River during Qingming Festival' fully showcases the prosperity of the city. In terms of folk customs, festival activities are colorful, and the Spring Festival and Yuanxiao (Filled round balls made of glutinous rice-flour for Lantern Festival) are very lively. In the field of technology, inventions such as movable type printing and compass are leading the world. In terms of architecture, pavilions and towers are exquisite

and elegant. Song Yun culture is a brilliant pearl in the treasure trove of Chinese national culture.

In Song dynasty rhyme culture, physical and mental healing has a unique connotation. It is a method of restoring physical and mental balance based on the ideas, culture, and way of life of the Song Dynasty. Neo Confucianism emphasizes the concept of self-cultivation and the cultivation of one's character, achieving spiritual tranquility through introspection. Ordering tea, burning incense, and other activities can soothe the body and mind, while focusing can help relax the mind (an applied psychological study on religious rituals). Traditional non drug medicine, such as acupuncture and moxibustion and massage, is a means of physical healing. During the Song Dynasty, literati expressed their emotions through poetry and calligraphy, dispelling negative emotions and providing spiritual comfort, harmony, and recovery through peaceful artistic environments and thoughts.

II . Current Issues

In the teaching practice of adolescent mental health and counseling, the vast majority of students are able to understand the general characteristics of adolescent physiological development, changes in physical appearance, comparison of various system developments, sexual physiological development, possible problems and issues that should be noted in physiological development, grasp the cognitive development, personality development, social development and moral development of adolescents, and understand education for adolescents. However, there are also some students who have not fully mastered the possible problems and their solutions in the process of adolescent development.

Most students have a good grasp of psychological counseling techniques, the requirements of psychological counselors, and the characteristics of psychological counseling. Be able to effectively utilize theories of psychoanalysis, basic theories of behavioral therapy, people-centered theory, and basic theories of rational emotional therapy, among others. Actively learn and apply basic knowledge and skills related to adolescent mental health. Understand the factors that affect mental health and how to maintain the mental health of adolescents, learn to strictly adhere to the principles of understanding and support - confidentiality, patient listening and meticulous inquiry, counseling, comfort and inspiring education, the combination of counseling, treatment and prevention, empathy and emotional coordination, non-judgment, and extensive discussion. However, there are also some students who have not fully mastered the possible problems and their solutions in the process of psychological counseling.

The vast majority of students are able to analyze the impact of the environment and family on the psychology of adolescents, establish a harmonious family psychological atmosphere, carry out mental health education in the family, correctly face adolescents who make mistakes, face scores, solve problems faced by children from special families, deeply understand the psychological problems of adolescents, scientifically deal with adolescent resistance emotions, and solve intergenerational relationship problems in the family. However, there are still some students who have not fully grasped the impact of the environment and family on the

psychology of adolescents, as well as the importance of establishing a harmonious family psychological atmosphere, carrying out mental health education in the family, correctly facing adolescents who make mistakes, dealing with scores, and solving problems for children from special families.

Many students can start from the laws of the physical and mental development of teenagers, grasp the development trend of school mental health education, understand the reasons for juvenile delinquency, consumer psychological problems, and so on. However, there are still some students who lack scientific understanding of adolescent idol worship and have shallow knowledge of the harm of adolescent drug use behavior.

III. Classic Experiences.

Case Study 1: Wang Chao's Health Secrets

During the Shaoxing period of the Southern Song Dynasty, there was a man named Wang Chao. When he was young, a stranger taught him a magical 'yellow and white way of living in the world'. At the turn of summer and autumn, Wang Chao would apply moxibustion at the Guan Yuan acupoint on his lower abdomen. He used moxa sticks for moxibustion, with a quantity of up to a thousand sticks. Year after year, over ninety years old, yet still full of energy, with smooth and moisturized skin, in excellent condition. Later, he was arrested by the authorities for committing a crime and ultimately sentenced to death. The prison officials were curious about having such a good body at such an advanced age and were told that it was a method of moxibustion at Guan Yuan acupoint. After being executed, the executioner investigated and opened open the warm part of his abdomen, discovering a peculiar substance inside, neither meat nor bone, with a texture as solid as stone. This is the wonderful change caused by long-term moxibustion.

Case Study 2: Artemisia argyi can pray for peace and protect the home

In a story from the Song Dynasty, there was a family living in a remote mountain village. The parents of this family are often weak and sickly, and their family background is also relatively poor, leading a tight life. One day, the elderly mother at home suddenly fell ill, and the doctor diagnosed her with "invasion of cold and dampness", indicating a more serious condition. After hearing about this, an elderly person in the village told her that the misfortune at home may be related to the "yin energy" inside the house. I recommended a method to her: fumigate the whole house with mugwort and hang mugwort bundles at her doorstep. According to the old man's instructions, the mother lit the mugwort and hung a bundle of mugwort. Not long after, the mother's health gradually recovered and the family's fortune began to rise. After it spread, villagers imitated and hung mugwort on their doors or fumigated their rooms as a symbol of peace and health in their homes.

Case Study 3: Zhao Kuangyin, the founding emperor of the Song Dynasty, used moxibustion to empathize with his younger brother's pain

Emperor Taizu of Song, Zhao Kuangyin, had a deep emotional connection with his younger brother, Zhao Guangyi. Once, Zhao Guangyi fell ill and his condition made him very uncomfortable. After learning about it, Zhao Kuangyin personally held a moxa stick and performed moxibustion therapy for his younger brother. Due to the symptoms of cold

and dampness in Zhao Guangyi's body, the warm breath during moxibustion is transmitted into the body and interacts with the cold and dampness qi, causing strong pain. Zhao Kuangyin watched his younger brother suffer, and his heart was filled with unbearable pain. In order to share his brother's pain, he even gave himself moxibustion. This matter was widely discussed at that time, and people used the term "burning moxa and splitting pain" to praise Zhao Kuangyin's deep friendship with his younger brother. At the same time, it can also be seen that moxibustion therapy was highly valued in the Song Dynasty court at that time, and even the emperor recognized its effectiveness.

Case Study 4: Hot Spring Therapy for Old Women in the Song Dynasty

In the Song Dynasty, there was an old woman who had been suffering from rheumatism for many years. Her joints are swollen and deformed, and she feels excruciating pain every step she takes, making her movements extremely difficult. She sought medical advice everywhere, tried herbal medicine for external application, oral administration, and acupuncture and moxibustion treatment, but her condition never improved. The old woman almost fell into despair and could only sit at home every day, silently shedding tears while looking out the window. A young man in the village suggested that the hot spring water should be warm and that going for bubbles might alleviate the pain. The symptoms of rheumatism have improved, joint pain is no longer severe, and swelling has also subsided.

Case Study 5: Su Dongpo's Tea Therapy

Su Dongpo was talented, but his career in the court was not smooth and was once Dismissal as Governor of Hangzhou. Devoting himself to the mountains and rivers, drinking tea has become an extremely important part of his life. When tasting tea, one not only enjoys the aroma and taste of the tea, but also finds psychological comfort in difficult situations.

Case Study 6 Tea Enlightenment

There was a young monk in the Song Dynasty who had an impatient personality and found it difficult to calm down during his practice. The abbot of the temple saw this and decided to teach him how to order tea. The process of ordering tea is extremely meticulous, and through continuous practice, one's mindset changes. He deeply realized that life is like tea, carefully polished and patiently waited, showing the most beautiful posture.

Case 7: Zhao Ji, the Emperor of Literature and Art of the Northern Song Dynasty,'s "Health Tea"

According to historical records, Emperor Huizong of Song, Zhao Jiping, placed great emphasis on health preservation during his lifetime. I particularly love high mountain tea soup, which is rich in tea polyphenols and can invigorate the mind, clear the heart, and nourish the body. In order to maintain clear thinking and good physical fitness, Zhao Ji usually collected high-quality tea leaves from his own palace garden.

Case Study 8: Famous Poet Lu You's "Tea and Poetry"

Lu You's home is planted with a large number of tea trees, especially a type of tea called "Longjing". I believe this tea can clear the liver, improve vision, remove dampness and detoxify. Whenever he feels tired, he brews a pot of Longjing tea to nourish and cultivate himself. In the poem "The Works of Tea Mountain", Lu You wrote: "Tea leaves are fragrant, with a clear heart; the qi is clear and the spirit is clear, why need medicine?" This expresses

his profound understanding of tea health preservation. Lu You often calmly drinks tea after meals, bringing a sense of calmness and tranquility to adjust his physical and mental state. Luyou sometimes invites friends to share tea, literature, poetry, and life philosophy in his study. Tea, in the life of Lu You, is not only a healthy way of health preservation, but also a symbol of culture.

Case Study 9: Football Healing

In the Song Dynasty court, cuju was a popular activity. Cuju performances and competitions are essential at every palace banquet or festival celebration. In cuju, participants need to concentrate and judge the direction and strength of the ball, which helps to cultivate concentration. At the same time, cuju matches have certain rules that players must abide by, which can also cultivate a spirit of cooperation.

Case Study 10: Physical and Mental Healing of Palace Dance

The Song Dynasty court had a wide variety of dance styles, including training in body posture, dance steps, gestures, and other aspects. Practice requires dancers to immerse themselves emotionally, enrich their inner world, and achieve the effect of self-cultivation. At the same time, it has an exercise effect on the flexibility and coordination of the body, playing a role in strengthening the body.

Case Study 11: Ouyang Xiu, a top expert in the Song Dynasty, relaxes his body and mind with music

Ouyang Xiu, as a literary giant during the Northern Song Dynasty, not only excelled in poetry and prose, but also had a special fondness for the ancient qin. He practices, appreciates, and hides the qin, and is better at using it for health preservation and disease treatment. Ouyang Xiu believes that the calm and peaceful sound of the qin can help regulate the heart qi, which can not only treat heart diseases but also alleviate physical ailments.

Case Study 12 Folk Incense Therapy Wonders

In the bustling folk culture of the Song Dynasty, commerce flourished and there were strange people and events in various industries. There is a spice merchant who travels around all year round to purchase spices, and his life is busy and tense. However, it is unknown when he fell ill with a strange disease. This illness made him restless and uneasy, like a nameless flame in his heart that could erupt at any moment. Every night, he lay in bed with a myriad of thoughts in his mind, unable to fall asleep, staring at the dark roof until dawn. Long term insomnia and irritability have made his body increasingly weak, his face haggard, and his business has also been affected. However, when the fragrant pill was lit, wisps of green smoke rose up and the fragrance began to spread throughout the room. At first, he didn't have much hope. But as the fragrance gradually filled the entire room, something wonderful happened. He felt his inner restlessness being gradually soothed by the fragrance, as if a pair of gentle hands were gently soothing his soul. At night, he lay on a bed filled with fragrance, unknowingly falling asleep and sleeping deeply. As he continued to smell the aroma of this specially made fragrant pill, his sleep quality improved and he felt refreshed every day when he woke up. The body slowly recovered with sufficient sleep and a relaxed state of mind, and the complexion gradually turned rosy, and the strength returned. After the news spread, many people came to inquire and followed his example. This fragrant therapy has become a unique

folk remedy for physical and mental healing, bringing hope to those who are troubled by restlessness and insomnia.

Case Study 13: The founding emperor of the Song Dynasty took off his armor and drank tea

In Jinjing Town, Changsha County, Hunan Province, there is a folk legend that on a day in April 963 AD, Zhao Kuangyin led his troops to pacify Hunan. When they arrived at a stone arch bridge about 60 kilometers east of Changsha City, they saw a tea garden shrouded in clouds and lush greenery, feeling like they were in a paradise on earth. So he ordered to camp and rest on the spot, and with great interest, asked his followers to take him to a nearby farmer's house for tea. The farmers presented new tea brewed with spring water as a gesture of hospitality to the emperor. After drinking tea, Zhao Kuangyin suddenly felt refreshed and invigorated, with a slight gust of wind blowing through his arms. His fatigue subsided, and he even felt a bit ethereal and comfortable. He exclaimed out of his mouth, 'Wow, good tea!' This story later became known as 'Taizu taking off his armor and drinking tea'.

Case Study 14 Famous Prime Minister Wang Anshi Drinking Tea

Wang Anshi and Su Shi had a deep friendship and were both tea lovers. Su Shi had profound expertise in tea cultivation and brewing, while Wang Anshi had a slight advantage in water tasting and drinking. According to folk stories, Wang Anshi suffered from phlegm fire syndrome in his old age, and although he took medication, it was difficult to cure it. The imperial physician suggested that he often drink Yangxian tea and boil it with water from the Qutang Gorge of the Yangtze River. After Wang Anshi followed the instructions, his condition indeed improved. However, extracting water from Qutang Gorge on a daily basis is not an easy task. Once, Wang Anshi learned that Su Shi was going to Huangzhou and would pass through the Three Gorges on the way, so he asked him to bring back a jar of water from the Qutang Gorge. When Su Shi returned, due to exhaustion from the journey, he dozed off when the boat passed through the Qutang Gorge. When he woke up, he had already arrived at the Xiaxia Gorge and had to scoop up a bucket of Xiaxia water to bring back. After tasting tea, Wang Anshi's brow furrowed slightly as he asked Su Shi where the water was taken from. Su Shi replied that it was Qutang Gorge, but Wang Anshi asked if it was Zhongxia Gorge. Su Shi felt guilty but still insisted that it was. Wang Anshi observed the color of the tea soup and determined that it was the water from the Lower Three Gorges. He explained the differences in water properties among the Upper, Middle, and Lower Three Gorges, as well as why the water from the Middle Gorges is most suitable for frying Yangxian tea. This story not only showcases Wang Anshi's ability to discern water, but also reflects his profound emotions towards tea.

Case Study 15: Huang Tingjian's "Tea Skill" as a Literary Master

Huang Tingjian specifically discussed the health benefits of tea in his article "Tea Theory". He believes that tea can help clear the liver and improve vision, especially suitable for literati who often read and write. He himself drinks tea every day and often uses it as a magic weapon for self-cultivation. He mentioned, "Tea can relieve annoyance and heat, eliminate food stagnation, clear the mind and nourish the body." Through these words, it can be seen that Huang Tingjian highly praises the health benefits of tea. Once, Huang Tingjian's

friend experienced symptoms of weakness due to overwork. Huang Tingjian suggested that he drink tea every day, especially some fragrant green tea, to help restore energy and clear the heat in his body. My friend followed his advice and indeed, his body gradually recovered and he felt refreshed. Afterwards, Huang Tingjian's "tea technique" became a widely circulated health preservation method among literati.

Case Study 16: Poetry Chatting with Heart

There is a scholar who repeatedly fails and feels depressed in his heart. He drinks to drown his sorrows all day long, and his health is deteriorating. One day, he accidentally stumbled upon a collection of Song Dynasty poetry in his study. The poetry in the book has a beautiful artistic conception and sincere emotions, which deeply touched him. He began to immerse himself in the world of poetry, reciting and savoring it every day. Gradually, he found resonance in poetry and understood that the path of life is not limited to the imperial examination. He began to express his emotions through poetry, turning his depression and dissatisfaction into beautiful verses. With the continuous deepening of poetry creation, his mind became broader and his body slowly regained its vitality. Later, although he did not achieve fame in the imperial examination, he became a well-known poet who used poetry to heal his soul and left valuable spiritual wealth for future generations.

Case Study 17: Folk Tai Chi

In a folk town during the Song Dynasty, there was a Tai Chi master named Chen Laolao. He teaches Tai Chi every morning in the town square. People of all ages and genders in the town come to study. There is a middle-aged businessman who, due to years of running around doing business, is physically exhausted and has become irritable. He came to learn Tai Chi after hearing that it can strengthen the body. The moves of Tai Chi are slow and rhythmic, such as "White Crane Brightens Wings" and "Hand Swinging Pipa". When merchants first start learning, they often find it difficult to grasp the essentials of the movements. But Mr. Chen patiently taught him that Tai Chi emphasizes the unity of body and mind. The merchant gradually began to carefully study each movement, and he found that every movement required coordination and cooperation from various parts of the body, as well as coordination with breathing. After several months of practice, his physical flexibility has improved and his previous symptoms of lower back pain have been greatly reduced. Moreover, during the practice of Tai Chi, his mind gradually calmed down, and he was no longer as easily impatient as before. He was also able to handle business matters more calmly. Due to embodiment of self-cultivation and character cultivation., the practice of Tai Chi requires inner peace, and through the coordination of movements and breathing, it can help people eliminate distractions and achieve the effect of self-cultivation. At the same time, its slow movements have a good exercise effect on the joints, muscles, etc. of the body, enhancing its flexibility and balance ability, and playing a role in strengthening the body.

Case Study 18: Meixun Burning Incense and Smoking Clothes

Mei Xun, the attendant of the Imperial Secretariat of the Zhenzong Dynasty, would burn two incense burners every morning before going out. He would then unfold the cuffs of the two large sleeves of his official robe and cover them with incense. After the incense burns out, he gathers the cuffs of his big sleeves to prevent the fragrance from dissipating. When he

arrived at the office, he let go of his sleeve and the fragrance wafted out. For a moment, the whole room was filled with fragrance, and Mr. Mei instantly transformed into a human aromatherapy machine, known as "Mei Xiang".

Case Study 19: Sima Guang and Happy Garden

Happy Garden is the resting place of Sima Guang, a famous historian, politician, and prime minister of the Northern Song Dynasty, located in Luoyang. The park is not large in scale, about 20 acres, with a pool as the center and buildings arranged north-south. There are seven scenic spots in the park, each symbolizing different cultural metaphors and life philosophies. When Sima Guang's career was not smooth and he was feeling depressed, he often came to the amusement park to stroll, drink tea, and enjoy the scenery. The scenery of Nongshui Pavilion, Fishing Nunnery, and Bamboo Plantation in the garden not only made him feel the beauty of nature, but also triggered his associations through cultural metaphors, thus achieving a deepening of artistic conception and spiritual healing. In the Lonely Land, Sima Guang was able to temporarily forget the troubles of the world and return to inner peace and tranquility.

Case Study 20: Literary Master Ouyang Xiu Relaxes His Body and Mind with Music

Ouyang Xiu, as a literary giant during the Northern Song Dynasty, not only excelled in poetry and prose, but also had a special fondness for the ancient qin. He practices, appreciates, and hides the qin, and is better at using it for health preservation and disease treatment. Ouyang Xiu had an inexplicable bond with the qin when he was young. In his article "Records of the Three Qins", he mentioned that "Yu Zishao did not like Zheng Wei and only loved the sound of the qin." This indicates his preference for the qin. According to historical records, Ouyang Xiu once suffered from emaciation due to political sadness and was unable to take various medications. Later, he gradually cured his depression by listening to music, especially guqin music. He said with emotion in "The Collected Works of Ouyang Wenzhong": "It's better to use music than medicine." This experience made him deeply appreciate the magical effects of music therapy. Ouyang Xiu believed that qin music can be listened to with the ears, responded to with the hands, and combined to express its melancholy and contemplation. The sound of the qin is calm and peaceful, which helps to regulate the heart qi. It can not only treat heart diseases but also alleviate physical ailments. He recorded in his article "Trial Writing: A Discussion on the Qin Pillow" that he had been writing non-stop all day, and his fingers were overworked, resulting in spasms in both middle fingers. The doctor suggested that he move his fingers more to relieve Qi and blood, and recommended him to play the piano. He followed the doctor's advice and indeed received good results.

Case Study 21: Folk Music Therapy

Once, Emperor Huizong of Song, Zhao Ji, received a famous doctor named Li Deren from Jiangnan in the palace. Li Deren has excellent medical skills and is skilled in regulating qi and blood, as well as unblocking meridians. But during the conversation with Zhao Ji, he mentioned that in recent years, his physical condition has declined due to excessive fatigue, qi and blood imbalance. After hearing this, Zhao Ji immediately ordered the court musicians to play music and invited Li Deren to listen together. Zhao Ji told Li Deren that music can

regulate the balance of qi and blood in the human body, help clear meridians, and restore physical strength. In order to allow Li Deren to experience it firsthand, Zhao Ji arranged a specific piece of music - a song called "Three Variations of Plum Blossoms". This is an elegant and peaceful guqin piece with a gentle and delicate melody that can help people relax and relieve stress. When the music starts, Li Deren closes his eyes and listens carefully. With the fluctuation of the music, he felt the qi and blood in his body gradually flowing smoothly, the fatigue in his body seemed to gradually disappear, and his mood became relaxed and happy.

Case Study 22: The Story of Eight Section Brocade

In the seventh year of the Zhenghe reign of Emperor Huizong of Song (1117), there was an official named Li Siju who served as the magistrate and was responsible for recording the emperor's words and deeds. Li Xiangju has a habit of getting up and sitting in the middle of the night, doing massage exercises, and practicing a technique he calls "Eight Section Brocade". One day, a servant volunteered to become Li Ruju's personal attendant. Although the number of officials in the central department was limited at that time, this person stated that they did not care about salary and were only willing to work for Li Xiangju. Li Xiangju agreed to him, and thereafter, the servant was attentive and attentive to Li Xiangju, never leaving for a moment. Whenever Li Xiangju practices the Eight Section Brocade at midnight, this servant always watches from behind the screen and often laughs. Li Siju felt strange and asked him why he was laughing. The servant replied that he was originally a disciple of the Prince of Songshan, and was ordered by his master to search for good seedlings with immortal spirit and cultivation in Luoyang and the capital city. He saw Li Ruju riding a horse and felt very elegant. Upon hearing this, Li Ruju immediately sweated profusely and his face turned red. He quickly tidied up his clothes, bowed to the servant, and bowed in prayer. The servant then pointed out the practice essentials of the Eight Section Brocade and told Li Xiangju that he still couldn't explain the mysteries here clearly and needed to ask the teacher to teach him in detail. The two agreed on a six-month term, and the servant will come to find him again. However, in the early hours of the morning, the servant left without saying goodbye.

Case Study 23: The Story of Brewing Wine

Wang's Health "Flower Wine" In a small village during the Song Dynasty, there was an elderly village woman named Wang who had always been in good health. Despite being over sixty years old, with a rosy complexion and light steps, the surrounding villagers felt that her body seemed much younger than her peers. People often inquire about the secret to longevity around her, and Wang always answers with a smile, "I have a wine called flower wine." It turns out that when Wang was young, she studied at the family's distillery and was proficient in various brewing techniques. She not only brewed ordinary wine, but also added various flowers and medicinal herbs to it. She particularly likes to use a flower called "goji berry flower", which is both beautiful and has health benefits. When making wine, Wang mixes ingredients such as wolfberry flowers, chrysanthemums, osmanthus flowers, longans, etc. into rice wine, and adds a little honey and licorice. After being left for several months, the

wine has a strong aroma and a bright color. The most important thing is that this wine has significant benefits for the body, especially suitable for the elderly or frail population.

Case Study 24: Porcelain with Blood Movement

Zhang Dachuan, a renowned physician of the Song Dynasty, not only possessed superb medical skills, but also had unique insights into the principles of health preservation. One day, Zhang Dachuan heard that an elderly person from a neighboring village had been suffering from joint pain and weakness for years, and seeking medical treatment was unsuccessful. So he decided to personally visit the old man. After talking to the elderly person, Zhang Dachuan learned that the elderly person was old and had severe joint pain. Zhang Dachuan observed that there were many exquisite Song Dynasty porcelain pieces in the living environment of the elderly. He had a sudden idea and came up with a prescription: to have the elderly fill their hands and feet with porcelain and soak them in hot water every morning. The good insulation performance of porcelain can keep the water temperature for a long time, helping to relieve joint pain in the elderly. In addition, the smooth surface and warm touch of porcelain can also help relax the body and relieve muscle tension. The old man followed Zhang Dachuan's advice and persisted in soaking every day. Gradually, he found that his joint pain had been relieved and the stiffness of his body had also been reduced. Over time, the body becomes increasingly flexible.

Case Study 25 Huang Lao's Fitness Calligraphy

In Jiangnan during the Song Dynasty, there was a scholar named Cheng Ziming who had a passion for calligraphy since childhood and often wrote at his desk. As time passed, his body gradually weak, his shoulders and back ached, and he even developed rheumatism. He often felt discomfort in his wrist while writing. One day, Cheng Ziming met an elderly calligrapher Mr. Huang on the street. Huang Lao has a tall and straight figure, a rosy complexion, and full of vitality, which makes Cheng Ziming very envious. He took the initiative to ask Huang Lao how to maintain good health. Huang Lao taught Cheng Ziming a calligraphy practice method, emphasizing the need to relax the shoulders, be flexible with the wrists, and pay attention to the coordination of breathing and posture every time he writes. When Cheng Ziming started writing, he jotted down his luck and noticed the beginning, beginning, and ending of each character. He also took a deep breath at the end of each word, allowing qi and blood to circulate. After a period of persistence, Cheng Ziming found that his physical condition had greatly improved. His shoulders and back were no longer sore, his wrists became more flexible, and he was more adept at writing.

Case Study 26: "Unity of Heaven and Man" for Self Cultivation

Zhao Gou (also known as Emperor Gaozong of Song). He has been receiving education since childhood and deeply understands the principle of "harmony between heaven and man". In a certain winter, Zhao Gou's body gradually weakened due to long-term handling of government affairs, and he often felt tired, even experiencing symptoms of poor qi and blood circulation. The imperial physician in the palace was helpless, so he invited a master of Neo Confucianism named Cheng Changgeng. After hearing this, Master Cheng Changgeng put forward a unique suggestion: "Your Majesty, Neo Confucianism advocates harmony between the inside and outside, and the unity of heavenly principles and human hearts. If you

want to strengthen your body, you need to start with self-cultivation. You can use meditation to harmonize your breath and promote physical and mental balance." Cheng Changgeng taught the emperor to focus on the concept of "Dao" through meditation, relax stress, and regulate qi and blood. Zhao Gou followed this method and sat quietly for one hour each morning and night, meditating on his state of mind and focusing on internal cultivation. After a period of time, the emperor's complexion gradually recovered, his spirit was refreshed, and his body clearly felt more relaxed. Many people in the court began to emulate this method and cultivate themselves through Neo Confucianism to maintain health and strengthen their bodies.

Case Study 29: Literati and Chess

Ouyang Xiu's career was not smooth sailing, and there were times when he lacked talent and felt depressed. In order to regulate his emotions, he learned the piano from Sun Daozi and also became obsessed with chess. In "Autumn Sound Ode", Ouyang Xiu mentioned his experience of calming his mood, recovering from illness, and exercising through playing the piano and chess. He wrote, "To calm one's heart and nourish one's illness, what can be found in the qin? Listen to it with your ears, respond with your hands, and take its harmony. Speak of its melancholy, change its worries, and when it touches people's hearts, there are also those who bring it to life." Although the main focus here is on the qin, chess is also an activity he used to transfer mental pressure and cultivate emotions. Ouyang Xiu's love for chess is not only reflected in his personal entertainment, but he also actively promotes chess culture. According to historical records, Ouyang Xiu once established the Chess Garden and Chess Pavilion, and widely posted invitations to chess friends to participate in games. His actions not only enriched the cultural life at that time, but also promoted the popularization and development of chess.

Case Study 30: Tea for Emperor Church Ministers

Once, a court minister was welcomed into Zhao Ji's palace. He saw Zhao Ji drinking tea and sought his advice on health preservation. Zhao Ji shared some of his experiences, mentioning that tea can not only help clear the coldness in the body, but also enhance the vitality of the body. Tea soup has a fragrant aroma, which can bring peace of mind and contribute to longevity, "said Zhao Ji. He also prepared a pot of high mountain tea specifically for the minister, personally brewed it, and told the minister: 'Tea is not only a thirst quenching drink, but also a precious medicine for health preservation.'

IV. Facilitators

Based on the above case studies, it can be concluded that the ideas and concepts about Song Dynasty Rhyme Culture in Non pharmacological or Artistic Physical and Mental Healin is innovative. It carefully extracts and integrates elements of Song Dynasty culture, and organically integrates them with modern physical and mental healing science. It is a special model tailored for modern people to comprehensively care for their physical and mental health, based on the theoretical basis of modern psychology, medicine and other related disciplines, through innovative transformation and creative development of Song Dynasty culture.

V . Visions

By interpreting the Song Yun culture and strengthening the theories of psychological analysis, behavioral therapy, people-centered theory, and rational emotional therapy, future instruction should aim to learn and apply these concepts in practice.

Under the multi-pronged approach of combining the Song Dynasty's rhyme culture with physical and mental healing, curriculum education reform should interpret the classic concepts and traditional practices that promote the cognitive development, personality development, social development, and moral development of young people.

The curriculum reform of mental health education will combine the use of Western culture for China and the use of ancient culture for the present. It will learn how to solve the psychological problems of teenagers, how to treat teenagers scientifically, and how to solve family relationship problems from the non-drug oriented and art led educational stories of Song Yun culture, and strive to achieve successful experience sharing and action research.

Learn valuable experiences from the grand pattern of harmony between heaven and man and the friendly and harmonious interpersonal relationships in the Song Dynasty's rhyme culture. Curriculum reform and extracurricular activities should particularly emphasize the importance of improving relationships between classmates and teachers. Increase scientific analysis on idol worship among teenagers and intensify publicity on the dangers of drug use among teenagers.

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