

Magdalena Filipczuk: Chinese Aesthetic Experience in Everyday Life. Gongfu Approach
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“Every human activity has a form and expression, and all forms of expressions lie within the definition of art,” says Lin Yutang (林語堂), well-known Chinese writer and thinker. According to him, everyday activities such as writing, reading, conversation and even lying in bed can be performed as forms of art, and they can have a very big influence on the quality of our life. Using gongfu introduced by Peimin Ni, I would like to analyze some of the most important passages on Chinese aesthetics experience in everyday life in Lin’s writings. I will, therefore, try to take a closer look at Chinese aesthetic experience in a process of living and illuminate mutual interrelations between practice and art and cultivation of illuminative self-consciousness.