Exploration and Analysis on the way of building green lifestyle

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Abstract. The construction of green lifestyle is an important part of practicing General Secretary Xi Jinping's thought of ecological civilization, and is the content of returning to human ecological life. Reverence for nature in the field of subject cognition is the ideological premise of building a green lifestyle. It is the material foundation of Luther's lifestyle to integrate the concept of "clear water and green mountains are gold and silver mountains" into the increase of productivity. It is the value pursuit of green lifestyle to focus on people's free and all-round development. In face of a series of world history problems, building a green lifestyle is the manifestation of "Chinese wisdom".

1. Introduction
The year 2020 is not ordinary. The "COVID-19" storm sweeping the world has not only made people feel insignificant in front of nature, but also created a sense of awe for nature and reminded people of their forgetfulness for past disasters. Man began to re-examine the relationship between man and nature. The report of the 19th National Congress pointed out that man and nature are a community of shared life. So man must respect, comply with and protect nature. It is an irresistible law that man's harm to nature will eventually hurt man himself. General Secretary Xi Jinping's "two mountains" theory that lucid waters and lush mountains are mountains of gold and silver, "Protecting the ecosystem means protecting man" and other thoughts reflect the important development concept of ecological civilization construction. Harmony between man and nature is the eternal theme of social development. Green living is an important part of the practice of ecological civilization construction. It reflects people's values of viewing and treating nature, their views on consumption and their way of life and production. The construction of green lifestyle is by no means a simple problem of the relationship between man and nature, but in essence a problem of ideology and man's all-round and free development.

2. Reverence for the force of nature is the ideological premise of building a green lifestyle
Marx and Engels believed that natural force is a kind of natural factor of production which can bring extra income without any labor and cost[1]. "The heaven does not speak but the four seasons run, the earth does not speak but all things grow." "All things live in harmony and are nourished by their own means."Natural force is the foundation of productive forces and the driving force of the organic operation of the existing world. Everything in nature works at its own time, which is elegant, quiet and beautiful. But since the industrial revolution (three hundred years ago), the balance of natural forces has been broken, the ecological environment has changed greatly and human beings have been
repeatedly retaliated by natural forces. Faced with the painful lessons from history, people deeply realize that human development needs to follow the laws of nature. Only by respecting nature can we realize the harmony and unity between man and nature. To build a green life, reverence for nature is the premise.

First of all, the construction of green lifestyle should be rational, following the law and imitating the way of nature. Under the pure natural force, all things in the world follow their own path and write the harmonious beauty of nature together. Reverence for the force of nature and rationality is the way to build a green way of life. What is rationality? Rationality is a profound mastery of the ways of nature, society and life. What is "profound"? The Subject, human beings, can often reflect on the connotation of "Tao" and can apply it to life. Awe is not the same as fear. Awe is to use the "Tao" of existence in the object world to build the green lifestyle needed by human beings. This process is to realize the leap transfer from the "kingdom of necessity" to the "kingdom of freedom". Rationality is to criticize and reconstruct the unreasonable. Rationality is the source of constructing green life style, which is the new realm thought of Marxist historical view. "Rationality is a subversive force and a negative force. As theoretical and practical reason, it establishes the truth of man and all things."[2] Rationality is the judge house. Under COVID-19, people expect those who destroy the harmony between man and nature, between man and man, and those who label their evil deeds as "wisdom" to enter the "judge house of reason". Rationality is a scientific method to solve the contradiction between the finite and the infinite by the unified method of "truth, goodness and beauty". Tao Te Ching says, "In the Way of heaven, there is no partiality of love; it is always on the side of good people"; "Heaven and earth are unkind, all creatures are considered straw dogs". The "epidemic", "influenza" and "natural disasters" that human beings have suffered seem to be abused by nature as "straw dogs", but in fact they are the result of the fact that the way of life of human beings goes against the law of nature. Building a green way of life contains the unity of "respecting the tao", "the supreme goodness" and "virtue", which is seeking the partiality of the Tao of Heaven.

Secondly, natural force is the inherent power and tension of the orderly operation of the shared-life community between man and mountains, forests, fields, lakes and grasses. The ecosystem is an organic operating system formed by the action of natural productive forces. Carrying capacity is the key to maintaining the sustainability of an ecosystem, just like a human organism, which constitutes a living organism. If it exceeds its carrying capacity or load, the human body will survive in ill condition. As conscious and creative members of the ecosystem, human beings are not satisfied with the sustainable operation of the ecosystem under the role of natural productivity. The rate of productivity of the ecosystem is sped up. Then the creative energy subsidies outside the ecosystem appears. In the 1950s and 1960s, advances in plant cultivation were seen as the beginning of the Green Revolution. Norman Borlaug won the 1970 Nobel Prize for developing new varieties of wheat and rice in the 1960s. Fritz Haber, a German chemist, won the 1918 Nobel Prize for ammonia production. At present, the artificial change of the global nitrogen cycle due to the increasing subsidies required by new varieties has become one of the environmental problems faced by society. The invention of DDT effectively controlled the mosquito population, reduced the number of deaths from malaria, but destroyed the ecosystem, leading to the "silent spring". It can be seen that a certain moment and a breakthrough discovery in the face of the ecosystem may cause many unexpected problems in the subsequent time without effective prevention. Of course, to achieve rapid social development and to protect ecological harmony, it is necessary to pursue modern technology, but at the same time people need to respect nature with awe and build green ways of life and production.

Thirdly, reverence for nature is the key to steady development. Hugo said: "Nature is a kind mother, but also the ruthless butcher."Human development needs to follow the laws of nature. There is an aphorism in Bai Juyi's Zerin saying "Sometimes nature breeds things under the limits of time, the earth produces limited wealth, but human desires are infinite". Qi Min Yao Shu says "follow favorable weather, take advantage of geographical location, then more success comes with less effort ". It has only been more than 300 years since the beginning of industrial civilization, and the enormous productivity of human society has created western-style modernization in a few developed countries. But today, the survival of human beings and the continuation of life on earth have forced human beings to rethink the
form of civilization. Reverence for nature, respect for the laws of nature, practice of ecological civilization and take the road of green development are the best solutions to the serious problems of human survival.

3. Practicing the theory of "two mountains" is the material basis for the formation of green lifestyle

People pursue harmony between man and nature, economy and society. In other words, people want both lucid waters & lush mountains and mountains of gold and silver[3]. The concept of " lucid waters & lush mountains are gold and silver mountains", which relates to the rise and fall of human civilization and the well-being of the people, was first put forward by General Secretary Xi Jinping on his visit to Anji County, Zhejiang Province on August 15, 2005.On March 8, 2006, General Secretary Xi gave a speech in Renmin University of China, in which he systematically discussed the dialectical relationship between "two mountains". The first stage is to exchange lush mountains for mountains of gold and silver. The second stage is to have both gold and silver mountains, but also lucid waters and lush mountains. The third stage is to realize that lucid waters & lush mountains can bring a steady stream of gold and silver mountains, and that lucid waters & lush mountains themselves are gold and silver mountains[4]. Countries are trying to find a way to balance economic and ecological development."We must foster the idea that lucid waters and lush mountains are invaluable assets" was written into the report of the 19th National Congress of the Communist Party of China. In his speech at the national conference on ecological and environmental protection on May 18, 2018, general secretary Xi Jinping stressed that lucid waters and lush mountains represent gold and silver mountains. It is an important development concept and an important principle for promoting modernization. The "two Mountains" theory is not only a declaration that China's economic development mode is shifting from GDP focus to ecological economic development mode, but more importantly, it contributes "Chinese wisdom" to the solution of the world's ecological problems. The "Two Mountains theory" heralds the start of the transformation from industrial civilization to ecological civilization, and opens a new "ecological era".

First of all, the theory of "two mountains" contains the profound thought of ecological productivity. Building a green lifestyle means protecting and developing the productivity. At present, while China has made rapid progress in economic, political, cultural and social fields, problems such as ecological imbalance, air pollution, drinking water and food have greatly reduced people's happiness index. The ecological problem is, in essence, about the idea, way and method of the relationship between human and nature in the productive forces. To return to the green mode of production and green way of life, we should practice Marx's concept of "integrating man with the environment". Man himself is the product of nature and he develops together with the environment which he lives in[5]. We should practice Marx and Engels's "two reconciliation ideas", that is, the reconciliation between human and nature and the reconciliation between humans. The two reconciliations are to correct the alienation between man and nature and to develop and protect productive forces in a way that is consistent with laws and purposes. Marx once pointed out that "human plans which are not based on the great laws of nature will only bring disaster". By relying on modern science and technology, the practice of the green lifestyle of circular development and low carbon development is the best choice to meet people's demands for a better life.

Second, The "two Mountains theory" shows that the green lifestyle is the password for people to get happiness, pointing out the direction for people to pursue happiness. Under the influence of the blind pursuit of GDP first, some people define happiness as material enjoyment and sensual pleasure, and do whatever it takes to "get things". In the end, these people do not get happiness, but become "one dimensional man" enslaved by materials. Lucid waters and lush mountains are an important part of people's happy life. Money cannot replace them. You make money, but if the air and water are not up to standard, there will be no happiness. The pursuit and construction of green lifestyle have endowed people with new connotation of happiness. Happiness is the harmony between man and nature. Happiness is the harmony between humans. It is not only the harmony between the East and the West, but also the harmony between the present and future generations. Happiness is health of body and mind: People are able to consume both clean and harmless means of subsistence and to engage in healthy
interaction and production. Happiness is a deep interpretation of nature. Happiness is the ability and
dignity to construct a meaningful world.

Third, the "two mountains" theory provides a scientific dialectics for eliminating absolute poverty
and building a green lifestyle. Lucid waters and lush mountains are ecological wealth as well as
economic wealth. To protect the ecological environment means to protect the natural value and value-
added natural capital, to protect the potential and sustainability of economic and social development,
and to enable lucid waters and lush mountains to bring ecological, economic and social benefits into full
play. It is clear here about how to develop. Green development is the fundamental way to eradicate
poverty. Everyone's participation is the driving force for building a green lifestyle. In a word, building
a green way of life depends on development, on the premise of huge growth and full development of
productivity. If there is no highly developed social productivity, there will only be the universality of
poverty and extreme poverty. In the midst of extreme poverty, the struggle for necessities must
recommence, and all that is stale will resurge[6]. The "two mountains theory" is the green way and the
scientific way to eliminate poverty, and it is the dialectical unity of subjective cognition and practice of
people to get rid of poverty and build green life style.

4. Focusing on the all-round development of human beings is the value pursuit of building green
lifestyle
We need to solve the contradictions brought about by industrial civilization, take harmony between man
and nature as our goal, and realize sustainable development of the world and all-round development of
man[7]. Paying attention to the all-round development of human beings is the key topic of Xi Jinping’s
thought on ecological civilization. The development of human and the evolution of social civilization
form have inherent consistency. Building a green way of life is an inevitable part and development stage
in the process of people's free and comprehensive development.

First of all, the social form of ecological civilization is the sublation and reconstruction of industrial
civilization. Ecological civilization is the form of civilization with green as the basis. Green is a sign of
life, a sign of harmony and the embodiment of vitality, health and safety of mountains, rivers, forests,
fields, lakes and grasses. It is also a symbol of human beings' pursuit of a better life and increase of
happiness. The social form of ecological civilization is formed by the interaction of economic foundation,
ecological political system and ideological and cultural concepts. The 18th CPC National Congress
incorporated ecological progress into the five sphere integrated plan for the cause of socialism with
Chinese characteristics, making it more clearly defined as a strategic priority. Green lifestyle is a
representation of people's cognition of freedom. The essence of man is to be richer and more
comprehensive in proportion to the material conditions of life which he has and which he has created.
In "The Theses on Feuerbach", Marx talks about the essence of man as the sum total of all social
relations[8].

The green way of life will be a harmonious way of life that is needed by people all over the world.
The harmony in the world restores the nature of the existence of the main body of human's social
communication. In his speech to the 70th Session of the UN General Assembly in September 2015,
President Xi Jinping pointed out that "development together is true development, and sustainable
development is good development. To achieve this goal, mutual assistance and mutual benefit should
be promoted in an open spirit."Only in and through society can an individual develop himself. Only in
the common development can we experience the essence of human beings is the real community with a
shared future for mankind. Green lifestyle is a combination of the diversity of individual freedom and
the common development of social groups. Green way of life meets both the need of openness for
individual ability development and the need to build a community of shared life. The real social
connection constructed in the practice of green lifestyle is the realization of the nature of human
communication. People's communication is not for ornament, but for the essential requirement of life.
Blocking a society from the outside world by politics, law or order will result in mental repression and
ignorance that will be hard to solve for generations. The global communication formed by the green
way of life will generate the power that human beings always pursue, and practice the free and all-round development of human beings in the world communication.

The establishment of green way of life opens up a new realm of Marxist historical materialism and restores the creative nature of human thinking. Engels once said: "With each epoch-making discovery in the field of natural science, materialism must also change its form, and since history has also been explained by materialism, a new development path has been opened up here[9]. "The establishment of green lifestyle comes from the thinking and practice of real life. At present, faced with the world disaster, people from all walks of life will rethink the new value of life, new orientation and put it into practice in real life. We should give full play to the initiative of thinking to solve problems in real life. We should strictly implement the scientific spirit and humanistic spirit of the unity of truth, goodness and beauty. Rational thinking should be used to curb the root of evil in human nature, and "kindness" should be practiced in every aspect of human life to build a meaningful world of community with a shared future for mankind.

5. Adhering to the leadership of the Communist Party of China is the fundamental ideological guidance of green life

A healthy green lifestyle cannot be achieved overnight. Green lifestyle is not only the harmonious development of the material world, but also the construction of ideology. On August 19, 2013, at the national conference on propaganda and ideological work, general secretary Xi Jinping stressed that economic construction is the work of the party, while ideological work is extremely important work of the party. The original aspiration and mission of Chinese Communists is to seek happiness for the Chinese people and rejuvenation for the Chinese nation. The Communist Party of China (CPC) is leading the Chinese people in accelerating the improvement of the ecological civilization system, and by 2035, the quality of the ecological environment will have substantially improved, and the goal of creating a beautiful China will have been basically achieved. By the middle of this century, material progress, political progress, cultural and ethical progress, social progress and ecological progress will have been promoted in an all-round way, and green ways of production and living will have been fully formed. Harmony between man and nature; modernization of the ecosystem and capacity for ecological and environmental governance will have been fully realized; and a beautiful China will have been built.

First of all, to uphold the party's leadership and build a green way of life, we must internalize the Party's ideology and externalize it into action, and practice the Party's guiding ideology in the unity of thought and action. Comprehensive study and lifelong study of the Party's theory is the way to deeply understand the Party's theory and practice its guiding ideology. Marx pointed out in his Introduction to The Critique of Hegel's Philosophy of Law that "once a theory has been mastered by the masses, it will also become a material force. Theory can hold the masses as long as it persuades them; as long as the theory is thorough, it can convince people, and the so-called “thorough”, is to grasp the root of things. But the essence of man is man himself."[10] For everyone, green way of life is to strip away the confusion of thought and follow the direction of the Chinese Communist Party.

Second, upholding the party's leadership and building a green way of life are political guarantees for firm faith and a scientific world view."The Party is the highest political leadership force." This is a political affirmation of the party's leadership status in the report to the 19th National Congress. The CPC is the core of leadership for the cause of socialism with Chinese characteristics. Leadership by the Party is the fundamental way to do all the work of the Party and the state well, and is the "anchor" for overcoming all difficulties and risks. Upholding the Party's leadership over all work is the fundamental and lifeblood of the Party and state, and it is where the interests and happiness of the people of all ethnic groups lie[11]. Building a green lifestyle is a task for the present, and will have been completed by the middle of this century. In this process, "eradicating poverty" is the biggest part of building a green lifestyle. Under the strong leadership of the CPC Central Committee, the Chinese people will complete the building of a moderately prosperous society in all aspects this year. As a country with 1.4 billion people, poverty alleviation has made great contribution to all mankind. The Communist Party of China
(CPC) is the Party bearing the people in mind, and the strong leadership of the CPC is the most solid guarantee for every Chinese to build a better life and a green way of life.

Third, we should uphold the Leadership of the Party and build a green lifestyle. All 1.4 billion Chinese people should rally around the CPC Central Committee and use the efforts of everyone to synthesize the "Chinese plan" and "Chinese wisdom". If all efforts are accumulated, everything can be successful; if all wisdom is gathered, everything can be achieved. "Everyone is the protector, builder and beneficiary of the ecological environment. No one is an onlooker, an outsider or a critic. No one can just say and do nothing and stay out of it. Building a green lifestyle, from the perspective of liberating and developing the productive forces, is also a revolution that promotes the modernization of the country's governance system and governance capacity. Success belongs to those who share in one purpose. The magic weapon to win is the right direction, the unity condensed by the combination of infinite power.

6. Conclusion
"When ecology prospers, civilization prospers; when ecology declines, civilization declines". Green development and the realization of harmony and unity between man and nature is the only way for human development. The construction of green lifestyle is an important part of practising General Secretary Xi Jinping's thought on ecological civilization. In the final analysis, the goal of building a green lifestyle is to improve people's happiness and enable them to lead a better life. This is also the starting point and goal of all the work of the CPC. To build a beautiful China, we need to show the truth, kindness and beauty. We should respect and revere nature in order to gain partiality from the law of nature. We should practice the concept of "lucid waters and lush mountains are gold and silver mountains" in order to achieve the well-being of the people, and focus on the free and all-round development of the people in order to achieve modernization. Only in this way can we realize the long-term way of "not losing the heritage of ancestors, planning more for future generations".

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