

# Study on Cultural Connotation and Inheritance and Development of Macy Lai Fu

Mao Xuan<sup>1</sup>

*1 Chinese Language Institute of Xinjiang University, Urumqi Xinjiang, 830046*

**ABSTRACT.** *Macy Lai Fu is a transliteration word translated from Uyghur. Its first name was Arabic, and in Arabic it meant “the place where it was cultivated.” Today in Uyghur, meaning “assembly, gathering”, Macy Lai Fu is a Uighur people handed down from ancient times, Including entertainment activities, leisure activities, cultural education, moral education, comprehensive quality training and dinner and other content of the integrated activities. Macy Lai Fu not only to give people a kind of audio-visual enjoyment, its social function should not be underestimated.*

**KEYWORDS:** *Uighur; macy lai fu; Social function*

## 1. Introduction

Macy Lai Fu is a transliteration word translated from Uyghur. Its first name was Arabic, and in Arabic it meant “the place where it was cultivated.” Today in Uyghur, meaning “assembly, gathering”. People often say that dance for happy Macy Lai Fu. thus it can be seen that in the eyes of many people, Macy Lai Fu is just a kind of entertainment mainly based on singing and dancing; But the real Uyghur Macy Lai Fu, however, is more than just singing and dancing. Macy Lai Fu has been handed down from the Uyghur people since ancient times, and it includes entertainment activities, leisure activities, cultural education, moral education, comprehensive quality training and dining and other comprehensive activities.

## 2. Sources of the History of Macy Lai Fu

The Uyghur folk Macy Lai Fu has a long history, which can be traced back to the records in the *Book of Wei*. At that time, the *Book of Wei* defined this large-scale activity as an unprecedented activity of singing and dancing among people of all ages and both sexes. Therefore, it can be seen that the Uyghur Macy Lai Fu has a very long history. In today's Kuche region and Turpan region of Xinjiang Uyghur autonomous region, the frescoes in the cave of a thousand Buddhas contain records of the ancient Macy Lai Fu. Some historians believe that the salchuk and sukhodic sodas recorded in the *Dictionary of Turkic Language* were the original Macy Lai Fu. Since then, studies have shown that Macy Lai Fu has been very rich in contents, which includes singing, dancing, poetry, dining and some simple sports activities.

With a long history and a large population, the Uyghur people are distributed in various regions of Xinjiang Uyghur autonomous region. In addition, because of the special landform and topography (three mountains with two basins) of Xinjiang, people in different regions have different ways to adapt to the environment and deal with natural and man-made disasters. Besides, Xinjiang has been a multi-ethnic region since ancient times. Uighurs in different parts of Xinjiang has also been influenced by different ethnic groups, and these influences have not only changed the obvious necessities of Uighur life, such as dressing and eating. Living customs, local customs, folk literature and other aspects of intangible culture have also had a certain impact on the Uyghur people. To sum up, it shows that the Uyghur people in different regions have some small regional differences in daily life on the basis of being roughly the same, such as dressing, eating, entertainment, language expression and so on. From the perspective of Macy Lai Fu of the Uyghur people, the author tries to restore the essence of Macy Lai Fu from the perspective of protection and inheritance of folk culture and intangible cultural heritage.

In addition, the differences caused by the geographic and social setting also have a great impact on the activities originating from the people. The contents, forms and scales of the Macy Lai Fu in different regions are different to some extent. In the northern part of Xinjiang, the Macy Lai Fu in Ili, Turpan and Hami is relatively representative. While compared with the northern part of Xinjiang, the population of Uyghur people in the southern part of Xinjiang is larger, so the forms and contents of Macy Lai Fu in the southern part of Xinjiang are richer, among which Daolang Macy Lai Fu in the Kashgar region is the most famous.

### **3. The Social Function of Macy Lai Fu**

The Uyghur Macy Lai Fu not only gives people a kind of audio-visual enjoyment, but also its social function can not be underestimated.

#### ***3.1 Analysis from the Perspective of Physiology***

From a physiological point of view, People can achieve the goal of strengthening their bodies through the Uyghur folk Macy Lai Fu. It is known to all that the hardworking, kind-hearted and gifted Uyghur people, no matter their age, are almost all capable of singing and dancing. Therefore, the Uyghur dance, sometimes beautiful and sometimes powerful, is an indispensable part of its folk Macy Lai Fu. Take, for example, the “wedding Macy Lai Fu”. The wedding is one of the important ceremonies that people must go through in life. Among them, the wedding of Uyghur people is held in the afternoon, the host family feasts on all parties' relatives and friends, at the end of the wedding ceremony, all the guests gather in the center of the dance floor, moving their hands and legs, dancing the unique Uyghur traditional dance. In addition, during the autumn harvest, the family with a good harvest usually holds a “harvest Macy Lai Fu”, and the host family and its neighbors and relatives gather in the fields and dance happily with the golden ears of wheat. Of course, in many of the traditional ceremonies of the Uyghur people, such as the cradle ceremony, naming ceremony, harvest ceremony and other happy moments, Macy Lai Fu will be held, or large or small, to celebrate these moments. In short, Macy Lai Fu has touched every aspect of Uighurs' lives, so there is no doubt that this kind of dance is a regular occurrence. In dance, people's body can get good exercise and be relaxed, at the same time, people's abilities, such as balancing ability, limb coordinating ability, and their cardio-pulmonary function can also be exercised. In a word, no matter small or large, this kind of “dancing party” can let people temporarily away from the pressure of life and the impetuous society. While relaxing and indulging in a comfortable life, people also achieve the goal of strengthening their body.

“Dao Lang Aerobics” is a kind of rearrangement of Dao Lang dance. In terms of movements, the original Dao Lang dance is adapted and simplified. Even ordinary people who have not specially studied dance can also participate in this artistic activity. Nowadays, “Dao Lang Aerobics” has become a kind of outdoor recreation for many people in Xinjiang. Many primary and secondary schools as well as individual institutions of higher learning in Xinjiang have introduced Dao Lang aerobics as a form of physical exercise for relaxation in their spare time. This kind of large-scale activity where hundreds or even thousands of people gather to dance has been regarded as a kind of “folk Macy Lai Fu” by all circles in Xinjiang. The calisthenics activity, which lasts about 20 minutes between classes every day, makes the traditional “calisthenics” less boring, and gives teenagers a break from heavy schoolwork to participate in this artistic sport, which is both educational and enjoyable.

#### ***3.2 Analysis from the Perspective of Psychology***

From the perspective of psychology, the Uyghur folk Macy Lai Fu has the function of regulating emotion, reducing pressure and pleasing body and mind to a large extent. On the Macy Lai Fu, people enjoy the happiness and beauty of life by singing, dancing and playing musical instruments. Through these highly infectious art forms, some participants who are in bad mood will also be positively affected, thereby releasing themselves to some extent from the bad mood. In this way, the emotions of most participants can be adjusted, which is conducive to physical and mental health. In addition, on the Macy Lai Fu, participants can share their feelings with neighbors, relatives and friends. People can share the joys of life with each other, and take this opportunity to enlighten those who are sad. And they can also brainstorm together to give advice to those who encounter difficulties in life. Dao Lang people in Kashgar, for example, will hold Macy Lai Fu in the winter to eliminate the long leisure time, so that the body and mind can get relaxed. In the busy season of farming, they will also hold Macy Lai Fu so that farmers can temporarily release themselves from the heavy farm work, relieve their emotions and the pressure of labor, and better meet the work behind. This shows that this kind of folk activity also plays a significant role in people's mental health.

#### ***3.3 Analysis from the Perspective of Interpersonal Communication***

Firstly, Macy Laifu is undoubtedly an opportunity to improve relationships. An important part of the Uyghur folk Macy Lai Fu is the “amends Macy Lai Fu”, or “apology Macy Lai Fu”. If in a certain Uighur group, there are some contradictions and misunderstandings between individual social members. A person of good character and prestige will be in charge of the amends Macy Lai Fu, then the neighbors, as well as the parties and their

relatives and friends who have conflicts and misunderstandings will come forward, and the offending party is asked to offer the other party a cup of tea or a meal as a gesture of friendship. If the other party accepts the offer of tea and food from the offending party, the two parties are reconciled, and the party receiving the apology will also offer the tea and food to the apologizing party. If the conflict between the two sides does not ease at the amends Macy Lai Fu, then people will continue to find ways to resolve the conflict between the two sides until the relationship is completely resolved.

Secondly, for wedding, harvest, festivals and other reasons, the host may invite some friends who do not know each other to attend the ceremony. In Macy Lai Fu, people who do not know each other can take this opportunity to become friends by singing harmoniously, dancing together, playing group games and so on. It can be seen that the Uyghur folk Macy Lai Fu is also a good opportunity to expand their contacts.

Besides, Macy Lai Fu plays an important role in national unity and cultural exchange. Nowadays, the Uyghur people often invite their Han compatriots or other ethnic minority compatriots to participate in the Macy Lai Fu. Especially on the wedding party, the host family often invites friends of all ethnic groups to witness the happiness of the couple. On the wedding party, people sing and dance together, and exchange with each other the little things in life and their recent experiences. From the superficial point of view, this is the chatter of the people of all nationalities on the Macy Lai Fu. While from the deep analysis, different ethnic groups not only enhance their relationships but also take this opportunity to get a good cultural collision and integration through Macy Lai Fu. Nowadays, Macy Lai Fu is no longer the exclusive possession of the Uyghur people, nor the characteristic of Xinjiang people. The kind and warm Uyghur people have brought this ancient and excellent culture to all over the motherland. In Hainan, Beijing and other places, there has been a harmonious scene of people of all ethnic groups gathering together to dance Uyghur dances and co-host the Macy Lai Fu. It can be seen from this that Macy Lai Fu has become a kind of comprehensive activity of the whole people in a real sense, and the positive effects it has played are worthy of being applauded by every one of us.

### ***3.4 Analysis from the Perspective of Culture***

#### **1) The Enlightenment Function of the Uyghur Folk Macy Lai Fu**

In 2014, a local TV station in Xinjiang aired a program in Kashgar called “Kashgar children’s Macy Lai Fu” in the local language, and it was an instant hit with high ratings once aired. It was mainly aimed at the creation of a program for children's education. At the beginning of the program, People saw a young Uyghur boy wearing a flower cap with one arm straight forward and slightly raised, and the other arm bent with the palm of his hand behind his head. He looked into the distance and made a sincere call. thus began the Macy Lai Fu program. The program was mainly attended by Uyghur children, during which some respected elders sang, played, danced and performed skits together with the children. In that way, they gave a lively and relaxed preaching to children, and to a great extent, they helped children to develop good conducts from an early age to set up the right values.

Not only children but also adults who participate in various forms of Macy Lai Fu can benefit from it. Singing and dancing performances, eating and punishing misbehaving people are three important components of the Uyghur folk Macy Lai Fu. In the third link, the elders with higher cultural quality and prestige often stand out and criticize the misbehaving person in public, making him realize his mistakes, and setting up a model for others present, helping people to distinguish right from wrong and establish a correct outlook on life, values and morality. The author believes that we should base ourselves on this, carry out more such activities. By virtue of the breadth of its audience and historical popularity, it can give full play to its educational function, promote beneficial culture, popularize relevant policies, and build a good platform for the cultural construction of ethnic minorities in socialist modernization.

#### **2) The Inheritance Function of Uyghur Folk Macy Lai Fu to Traditional Culture**

There are more than ten kinds of Uyghur folk instruments, which are divided into four categories: plectrum music, string music, wind music and percussion music. Plectrum music mainly includes Tambur, Rewapu, Duttar, Qanun; The string music has Ejiek, Al-houthi Tal, Satar; Wind instruments are mainly Su Er-nai (So-na), Nai-yi (flute); Percussion instruments are mainly Tambourine, Na He-la, tasi (stone), wooden spoon and so on. Moreover, in some rural areas, there are still some more primitive instruments, such as Dao Lang Rewapu, one-handed Tambourine and so on. In the Uyghur folk Macy Lai Fu, the folk artists use these unique Uyghur folk instruments inherited from ancient times to play beautiful classical music, which is one of the best ways to inherit the ancient Uyghur music art. Along with the beautiful music from folk instruments, people also perform a traditional Uyghur dances: Dao Lang dance, Sai Nai-mu (A relatively large category of Uyghur dance. Sai Nai-mu also means beauty. It is explained here so as not to confuse readers), Nazirkum (A humorous traditional Uyghur dance originating in turpan. In this dance, people entertain and relax by imitating the gestures of various

animals) and so on. They also sing the old selected songs of the Uyghur on Ikki Muqam. After the dance, sometimes people would sit quietly and listen to the elders telling ancient Uyghur folk stories, Kuoshak (Uyghur folk songs) and so on. Unconsciously, the ancient Uyghur music art, dance art and cultural art have been imperceptibly deeply rooted in the hearts of the people, and handed down from generation to generation, writing a beautiful chapter in the splendid cultural river of the Chinese nation.

### 3) The Uyghur Folk Macy Lai Fu Contains the Function of Enriching People's Spiritual World

In today's materialistic society, working to earn a living seems to have become a central task in everyone's life. The great pressure of life, academic and work pressure have turned many people into the dead head of "reality". Although people are constantly enriched in the material world, their spiritual world is so fragile and vulnerable. The activities of Macy Lai Fu can fill a gap in people's spiritual world to a certain extent. By taking part in the poetry recitation, singing, dancing, playing small games of the Macy Lai Fu and so on, people feel a sense of beauty outside the material world. And after hard work and study, people are entertained and able to enjoy the positive beauty of thoughts brought by folk art and traditional culture, and their spiritual world is greatly enriched.

## 4. Macy Lai Fu and Muqam

"My Sattar is strung with the ties of life, it soothes the unfortunates, and gives them sorrow....." This is the opening line of the documentary Time Heritage in China EP04 -- Xinjiang Uyghur Muqam. Known as the world's intangible cultural heritage, the Uyghur on Ikki Muqam, which combines music, dance, poetry and playing, is the peak of Uyghur art.

Muqam has now changed its meaning to Daqu, an art form found in many ethnic groups, not just the Uighurs. When we say Twelve Muqam, we mean Uyghur on Ikki Muqam. In the 15th century, "the mother of Muqam" -- queen Amanisharhan and Kadir Khan, the master of court music, collected and sorted out the Muqam popular among the people at that time, which made the Muqam of the Uyghur ethnic group more distinctive in its ethnic characteristics and artistic style. Finally they made it clear that those twelve Muqam suites included Rak, Chebbayat, Muxawrak, Qarigan, Penjigah, Ozhal, Ejem, Ushak, Bayat, Newa, Sigah, Iraqi.

Many Uyghur folk songs have been passed on from mouth to mouth for thousands of years. Their words and tunes may not have been what they were originally. But if we compare these folk songs to the music of Muqam, most of the tunes remain Muqam. Not only folk songs, many modern Uyghur songs also show the characteristics of modern music although they incorporate the elements of modern instruments in the musical form. However, in terms of the overall music style, there are still more or less retained some of the original Uyghur music style, most of which can always find similarities in the tunes of Muqam music. Thus it can be seen that the ancient Muqam music has exerted great influence on the music culture of the Uyghur people for thousands of years.

Without the company of music, even the beautiful dance will be reduced to the "silent art", and become overshadowed. Uyghur music and dance are inseparable, and music and dance have now become almost the most important part of the activities of Macy Lai Fu. Therefore, in the Uyghur Macy Lai Fu, the art of Muqam can be seen everywhere. When people in the Turpan region hold Macy Lai Fu, Nazirkum is a must (Nazirkum is a unique art form in Turpan). People imitate the movements of various animals and combine them into a humorous dance movement accompanied by brisk Uyghur traditional music, hence the popular Nazirkum. The Dao Lang people in Kashgar, who have been fishing for a living for generations, have their own unique Dao Lang Macy Lai Fu. When Dao Lang Muqam appears in Dao Lang Macy Lai Fu, it can always show the strong, brave, kind and other good qualities of Dao Lang people living in Kashgar with magnificent music and dance. During the Dao Lang dance, both male and female dancers wear high hats, and their costumes are less colorful than traditional Uyghur costumes. Instead, they are mainly red, black and yellow. In terms of dancing posture, the difference between the Dao Lang dance and the general Uyghur dance lies in that the Dao Lang dance lacks both the tenderness of women and the eye contact between men and women. Both men and women's dance movements are very sonorous and impassioned, and the dancers seem to tell the audience the brave perseverance of Dao Lang people through dancing posture. Compared with other Uyghur music, the music of Dao Lang Muqam is also relatively impassioned, and its appeal and impact are relatively strong.

The Uyghur people not only preserved and inherited the large-scale activities with comprehensive functions like Macy Lai Fu, but also inherited and developed the Uyghur Muqam through such large-scale activities, making great contributions to the preservation and development of the world's intangible cultural heritage. Today, there are no artists who can sing all twelve Muqams. In Kashgar and other places in southern Xinjiang, only a few old people can sing the eight or nine sets of Muqam. As early as many years ago, our country began to attach importance to the inheritance and protection of the Uyghur on Ikki Muqam. China Muqam Association,

Xinjiang muqam Art Troupe and other organizations have also been established. Universities have also set up related majors to carry on the inheritance and research of Muqam. More and more people have been involved in the protection and development of Muqam with remarkable results.

## 5. Conclusion

Art comes from life and is higher than life. Macy Lai Fu is an indispensable part of Uyghur people's life, and it has evolved into a unique ethnic art form in a sense. thus people's contribution to the inheritance, development, research and protection of Macy Lai Fu is the contribution to the protection of the cultural and artistic products of all mankind.

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