

## 細講弟子規 第一集

# Confucius Teachings On Building A Happy Life (1)

- a foundation for Mahayana Buddhism practice

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### Good Things Should Be Shared With Good Friends

大家早上好！我們這一次的講座是「幸福人生講座」。

Good Morning! Today we are going to talk about 'Building A Happy Life'.

諸位朋友，幸福是每個人所追求的，每個人都希望幸福，如何讓人生幸福？

My dear friends, happiness is what everyone is pursuing. Each one of us desires happiness. But, how do we make our lives happy?

我們人生走了幾十年，妳覺得幸福嗎？很多朋友笑了，笑是有幸福的感覺。

We have gone through decades in our lives, do you feel happy? Many of you smiled, Smiles are a sign of happiness.

您常常在睡覺當中有沒有睡到笑醒的？有。有沒有朋友說說看，你睡到笑醒是什麼原因？什麼原因？

Have you ever been awakened by your own smile? Yes? Would anyone like to share with us why you were awakened by your smile? What is the reason?

能不能讓這些歡喜在你的人生當中愈來愈多？我們假如這樣去經營人生，就會愈來愈幸福。

Can you generate more of this kind of pleasantness in your life? If we run our lives this way, we will be happier and happier.

哪些事情讓你一想到就會覺得很歡喜、很快樂？有沒有哪位朋友跟大家分享一下你幸福的感覺？怎麼都沒有了？

What makes you happy even just thinking of it? Would anyone like to share with us your happiness? No one would like to share?

好東西要跟好朋友分享，當我們把好東西跟好朋友分享，妳有沒有幸福的感覺？施比受更有福。

Well, good things should be shared with good friends. When we share good things with good friends, do you have a sense of happiness? That is because it is better to give than to receive.

其實我們現在已經有朋友下午來聽過課程，一定有人已經把妳最好的朋友帶過來，有沒有這樣的朋友？

當我們把最好的朋友帶過來，讓他在這一節課當中能夠得到一生重要的觀念，你的內心會覺得怎麼樣？很歡喜。

Actually some of you have shared with your friends and brought them here after benefiting from this class. Anyone? When we bring along our friends to learn this important life lesson, how would we feel? Very happy!

假如剛好這節課，他都知道如何把孩子教好，讓孩子懂得孝道，他獲得這個觀念，然後他的孩子真正懂得孝，你這個朋友半夜睡覺都會笑醒。

If our friends have learned how to educate their children to be filial, and their children indeed have become filial, our friends would wake up with a smile even at midnight.

你不只把自己的幸福自己享，還給別人享。

Not only do we enjoy our own happiness but share with others.

## Where Does Happiness Come From?

所以諸位朋友，我們去回想一下，你人生所有讓妳幸福的感覺，其實都是你下對了抉擇，所謂人生最難的不是奮鬥，而是抉擇。

My dear friends, when you look back, you may find that all the happiness you have had is actually due to making the right decisions. The most difficult thing in life is not 'striving for success' but 'making decisions'.

諸位朋友，你的人生曾經下對哪些抉擇？人生時時刻刻都在下抉擇，現在有沒有在下抉擇？

My friends, how many right decisions have you made in your life? We have to make decisions all the time. Are you making decisions right now?

假如現在你在底下說：今天好累，我打個瞌睡好了。抉擇打瞌睡跟認真聽課造成的效果截然不同。

If you're thinking, "I am so tired today, might as well doze off a little." The effect between dozing off and listening to the class attentively would be completely different.

俗話講「男怕入錯行，女怕嫁錯郎」，這句話前面跟後面都是抉擇。

As an old saying goes, "Men fear choosing the wrong career, women fear marrying the wrong man."

Both things in this saying are about making decisions.

「男怕入錯行」，所以要抉擇對什麼？行業；

Since men fear choosing the wrong career, what right decision do they need to make? Career!

「女怕嫁錯郎」，要抉擇對什麼？擇偶。

Women fear marrying the wrong man, what right decision do they have to make?

Choosing the right husband.

其實這兩個有一個共同的關係，就是你要看人看得很準。比方說你抉擇這個行業，選對了行業，還要跟對了主管，他才會提拔你，他才會成就你。

There is a common point between these two, that is, we must be very good at judging people. Because, not only do you need to make a right career decision but need to choose the right leader to follow, for a right leader would help and facilitate your success.

所以，看人的能力重不重要？很重要！

Is the ability to judge people important? Very important!

女怕嫁錯郎，嫁錯老公會不會幸福？很困難。

Would you be happy if you married the wrong man? Very difficult!

假如跟對了上司，你的事業就會有很好的發展，進而你的家庭也會很安定。所以要下對抉擇，人生才會幸福。

If you follow the right leader, you will have better advancement in your career. Furthermore, your family will be stable. Thus, you must make the right decisions to obtain happiness.

## How Do We Create A Happy Family?

人生還有哪些地方需要去抉擇？

What other decisions do we need to make for our lives?

今天早上有吃早餐的請舉手？還不少，請放下。

Those who have had breakfast, please raise your hand. Quite a few! Please put your hand down.

沒吃早餐的舉手？有些朋友沒吃。

Please raise your hand if you have not. Some of you have not.

諸位朋友，沒吃早餐，我們已經往身體不好的路邁進一步，抉擇！所以你抉擇對了，身體就好；抉擇錯了，身體就不好。

My friends, skipping breakfast is the first step of moving toward bad health. By making the right decision, you will have good health; vice versa, you will have bad health.

身體不好，人生會不會幸福？不會！

If you don't have good health, will you have a happy life? Certainly not!

下對了人生點點滴滴的抉擇，才會讓你走向幸福的大道，

Only when you make many right decisions in your life, can you then walk the path of happiness.

所以擇食也很重要，還有擇友，擇朋友很重要，所謂「在家靠父母，出外靠朋友」。

Therefore, choosing what to eat or not is very important as well, so is choosing friends. "One relies on parents at home, on friends when out."

但是我們思考一下，現在的太太，還有為人父母的人，都在擔心她的先生交錯朋友。

Let's think about it, what is the biggest worry of a wife and parents? Their biggest worry is the husband or children choosing the wrong friends.

假如他交錯了朋友，太太在家裏吃都吃不好，睡也睡不好，他的父母也會有很多的擔憂。

If one hangs out with the wrong friends, his wife will not eat well, sleep well; nor will his parents.

所以要讓孩子、讓自己懂得抉擇正確的朋友，你的人生才會幸福；抉擇對了朋友，你的家庭才會幸福。

So, one must know how to choose the right friends in order to obtain happiness in his life. Only when one makes right friends, can he then have a happy family.

## What Is the Priority in One's Life?

人生也要抉擇輕、重、緩、急，什麼事情要先做，什麼事情後做，這先後順序也要下對抉擇。

In addition, to choose the priority is also a decision that we have to make in life. What should be done first, what can be done later, the decision of their order must be made correctly.

我們常說「至要莫若教子」，人生第一大事是要把孩子教好。

We often say, "Nothing is more important than educating children." The most important matter in life is to educate our children.

假如我們的孩子沒教好，你這一生會不會幸福？

If your children were not properly educated, would you obtain happiness in life?

一個人有沒有福報，一個人的人生能不能夠過得自在，他的中、晚年取決於孩子懂不懂事，孝不孝順。

Whether one's life would be at ease or blessed, it depends if his children are filial to him in his elderly life.

假如養育出來的孩子不懂事，我們後半輩子會怎麼樣？很難熬！不知道孩子今天又會給我上演哪一齣戲，來讓我收拾殘局？

If the children are not filial, what would happen in his senior age? His time will be very hard to pass. He would have no idea what trouble the child will make today to let him clean up the mess.

所以教育孩子教育好，你把孩子的教育放在前面，放在重要的位置，那你的輕重緩急抉擇對了。

If you regard educating children as the most important thing, you have chosen the right priority.

要怎麼教孩子？怎麼樣把一個孩子教好？

But, how do we educate our children?

## What Is Education in Parents' Minds Nowadays?

問：諸位朋友，怎麼把孩子教好？現在的家長覺得什麼是教育？答：身教。

My friends, how do we teach our children properly? What is education in parents' minds today?

Leading by actions,

來，給這位朋友掌聲鼓勵一下。

Let's give this friend a big applause.

這種答案都不會出現在三、四十歲的人身上，都是上了年紀的長者才會答出來。

This answer usually will not come from a woman in her 30s or 40s, usually comes from a senior.

我在馬來西亞演講的時候，我問家長，什麼叫教育？這個家長非常老實，他說考一百分。

I remember when I was giving a lecture in Malaysia, I asked parents what is education? One of the parents very honestly said, "Obtaining full marks in exams."

他值得鼓勵，因為他一點都不虛偽，他把他心裏面想的講出來。

Well, this parent deserves a big hand, for he is not hypocritical at all. He spoke his mind.

我帶我的學生也很注重跟家長溝通，每次跟家長第一次座談，我會問家長，我說諸位家長，您覺得教孩子一輩子最重要的是什麼？做人、做事態度重要？還是把他的分數從九十八分拉到一百分重要？

In my teaching career, I made sure of good communication with parents. During the first meeting, I would ask them, "In your opinion, what is the most important matter in education? Is teaching the attitude towards people & matters important or is improving their grades from 98 to 100 more important?"

哪件事重要？是前者還是後者重要？

Is the former or the latter more important? The first one or the second one?

前者。到目前為止還沒有人說後者。

The first one? So far, I have never heard the answer to the second one.

你看我們的家長明不明智？聽起來很明智。

Are our parents wise? It sounds very wise, right?

請問大部分的家長在做前面的工作，還是在做後面的工作？

But, let's observe, do most parents endeavor their efforts on the first one or the second one?

後者！「你這次考幾分了？給我拿過來！」腦子裏都是分數。

The second one. "What score do you get this time? Bring your paper over." You see, you only have exam marks in your mind.

## Where Does Academic Elitism Push Our Children To?

諸位家長，我們要反思，

Dear parents, we must introspect ourselves.

我們都告訴孩子，做人要言行一致，那為什麼我們明明覺得做人、做事態度重要，結果重點都擺在分數上面，怎麼會這樣？

We always tell our children to be consistent in speaking and actions. But, why do we clearly feel teaching them to deal with people and matters is more important, yet endeavoring on exam marks? Why?

其實不能怪我們的家長，因為他還體認不到做人、做事對孩子一生長遠的影響有多大。而分數，一百分馬上看得到，而且還可以拿出去說「我的兒子三科、四科都一百分」。

In fact, the parents should not be blamed, for they have yet to recognize how far the right attitude will impact their children's lives. But they can see the score immediately and proudly show off to others, saying my son got 100 in 3 or 4 subjects.

我們要來冷靜思考，今天我們把孩子都往分數這條路推過去，請問他會走出什麼樣的人生，你能看得到嗎？你都把他往這條路上推，你也要清楚，我們把孩子推向哪裏？名利。

We must think with a calm mind. Today, if we push our children to focus on exam results, what kind of life would he have? Can you see it? When you push your children to this path, you must be clear, where are you pushing them to? A life of pursuing fame and profit.

諸位家長，我也是升學主義之下的產物，你們有沒有看出來？

Dear parents, I am also a product of academic elitism, can you tell?

你們太仁慈，都不想當面傷害我，我就是升學主義之下的產物。

You are so kind that you do not want to harm me in person. I am really a product of academic elitism.

我還記得我在初中的時候念書，考試考了九十八分，害我哭了半天，為什麼？

I remember in junior high school. I cried for hours because of a 98 score. Why?

因為那時候要編特優班，差了兩分，假如我沒有編進去怎麼辦？我的人生不就毀了！

Because I was 2 points short to be in the elite class. I was thinking: "What if I was not qualified for that class, isn't my life doomed?"

有沒有這麼嚴重？為什麼我會覺得這麼嚴重？

Would it be so serious? Then, why did I feel it was so serious?

你看我們才上初中，患得患失的心這麼嚴重！

You see, we worried about personal gain and loss so much even at just the age of junior high.

一個孩子患得患失，這一生會不會幸福？常常要煩惱東、煩惱西。升學主義就是只想到自己的分數要上來，要把別人踩下去。

When a child is anxious about loss and gain, will he be happy in this life? No, he will constantly worry about this and that, A child with academic elitism in mind will only focus on how to improve his scores and beat others' scores.

所以本來我應該有范仲淹的心胸，「先天下之憂而憂，後天下之樂而樂」，結果因為升學主義，只想到要擊敗別人。

My heart should have been as big as Fan Zhongyan, the famous statesman of the Song Dynasty, "Worry for the world's troubles before others do, and only enjoy happiness after others have." However, due to elitism, I was only thinking of beating others.

### **What Will A High Academic Degree Bring to Your Children?**

我這個人生回想高中的時候，一發考卷都要瞄瞄看別人幾分，假如比我的分數高，我的內心怎麼樣？很不舒服。小鼻子小眼睛，這樣的人格會幸福嗎？我們要深思。

Recalling my high school age, I was always nosy about others' scores. If they had a higher score, How did I feel? Extremely uncomfortable! With such a narrow mind, would I have a happy life? We must deeply contemplate!

我記得我大學畢業，剛好在一個商店裏面遇到我一個初中的同學。他每次都是第一名，在我的印象當中，好班裏面的第一名。

After graduating from college, I met a junior high classmate in a shop. I remember he was always first place in the elite class.

當他大學畢業出來，因為長期埋在書堆裏，所以跟人相處的能力特別差。一談到他出社會工作的經驗，他就在那裏發抖，他說人為什麼這麼恐怖？我都很怕跟他們相處。你看他與人相處能力極低，相同的，包容別人的胸襟也沒有形成。所以，他這樣的人生不大可能會幸福。

After graduating from college, due to poor social skills caused from focusing on studying, he would be shivering when talking about his work. He asked, why are people so horrific? I am so scared to interact with them. His ability of dealing with people is incredibly poor, thus a lack of an inclusive heart. His life is unlikely to have happiness.

我們再來思考，我們把孩子往升學主義推，他出來又拿了博士、碩士的很多，請問現在失業率最高的是什麼學歷？

Let's think deeper, we push our children to academic success, many have reached the degree of Master or PhD. Yet, which degree possesses the highest unemployment rate today?

現在高中畢業的都不會失業，為什麼？勞動、洗碗、掃地，他願意做，所以他不會失業。反而是大學、研究所畢業，覺得那個薪水太低了，不願意做。

People who graduate under high school are unlikely to lose jobs. Why? Because they are willing to do manual labor, and would not become unemployed. People with high qualifications above Bachelor often complain of not enough money, and are not willing to take jobs.

諸位朋友，請問大學、碩士給了這個孩子什麼態度？

My friends, what attitude does a high academic degree bring to them?

屈不下去，人生要能屈才能伸。

They are not able to bend themselves to a low position. We must learn bending before stretching to a higher position.

### **Why Would One Miss the Best Opportunity in Front of Him?**

好，現在每年大學以上的畢業生非常非常多，但是有很多都失業。有沒有？我們來思考一下，這個從教育體系裏面培養了十多年的人才，出來用不上。出來很多！

There are so many college graduates every year, but a lot of them are unemployed. Right? Let's think again, these graduates have received over ten years' education under this system, but they cannot put what they have learned to use.

但是諸位您假如有朋友，他是企業主，他是公司的主管，甚至於公家機關的主管，你問問他，現在年輕人有沒有好的人才？

If you or your friends are a business owner, a supervisor, or even in charge of a government department, You can ask yourself or them, "Are there any talents among youngsters?"

他會怎麼回答？他會告訴妳，找不到人才！

The answer you will get is likely to be: I can't find talents.

教育的機器一直在出產，結果企業家覺得用不上。

The education-machine keeps producing graduates, yet the entrepreneurs cannot find proper talent.

所以諸位家長，您假如跟妳的孩子講：你就是考試就對了，其他的家事你都不用做，你就一直給我考試，都一直考上去，大學畢業保證你有個幸福美滿的人生！

Dear parents, if you told your children to 'just focus on exams, no need to do house chores, just focus on exams, once you graduate from college, I guarantee you a happy life'.

有沒有家長給你的孩子這樣打包票？

Have any of you made this promise to your children?

你會跳票！好像告訴他，你就是把書念好，你以後就是一帆風順。

Well, your check will bounce. This is like telling him, your life will proceed smoothly if you study well.

沒有這種事！現在沒有，以前有沒有？以前也沒有。

No such thing! It does not exist now, neither in the past.

今天他大學畢業了，他假如不會做人，不會與人相處，再好的機會也會讓他當面錯過。

Even graduating from college, if he does not know how to get along with others, he will miss even the best opportunity coming to him.

那你都告訴孩子，你就是一直念上去，其他的都不用做，孩子有一個態度缺乏，就是責任心。

When we tell our children to neglect everything but studying, they will lack a sense of responsibility.

一個孩子有責任心，他才有擔當。

Only when a child has a sense of responsibility, can he then shoulder the burden.

但是你告訴他，就念上去就好，其實他念書為了什麼？看誰的面子？看父母的面子，這樣念；跟一個有孝心的孩子，那可是截然不同。

If you tell him just focus on studying, for whom will he be studying? For whom? For parents. Such kind of studying would be completely different from the studying of a filial child.

有孝心的孩子他是要讓父母放心，他是希望往後能讓父母有好的生活，所以他會不斷提升自己的德行跟能力，這樣子孩子大有發展。

A filial child will let their parents rest assured. He bears in mind of providing good lives for his parents in the future, thus he keeps improving his virtues and abilities. This kind of child has great potential.

諸位朋友，您去了解一下，真正成功的主管跟企業家，學歷都不是頂尖的。

If you take a survey, you will find out, many successful people were not top students in their school life.

## What Kind of Talents Do Entrepreneurs Need?

我們要重新思考另外一個角度，企業家覺得找不到人才，請問企業家需要什麼人才？

Let's look from a different perspective, entrepreneurs feel that there are no talents, what kind of talents do they really need?

這個問題不見得要去問博士，問每個人心中都有答案，

We do not need to ask a PhD for an answer, each of us has the answer in our mind.

因為我們人生走過來，也看了不少人成功還有失敗。諸位朋友，你覺得成功的人具備哪些特質？有沒有朋友說說看？

Throughout our lives, we have seen many successful people and those who have failed. In your eyes, what traits must a successful person have? Would anyone like to share?

你們不要迷信一定要多有學歷的才會有答案，很多答案一個人心靜下來答案就冒出來，清淨心生智慧。

Don't think only people with high education can obtain answers, Many answers arise from a calm mind.

As a saying goes, "Wisdom arises from a pure heart."

你覺得什麼樣的特質才會讓人生成功？誠實，責任心，謙虛。還有沒有？信用，耐心。

What traits do you think can lead you to a successful life? Honesty, sense of responsibility, humility.

Anything else? Trustworthiness, patience.

我們可以出一本書了《成功的特質》

Okay, we can publish a book called *The Traits of Success*

我不騙你，你去書局翻差不多都是這些話。

I am not lying to you, You will find similar information in the bookstores.

既然知道往後具備這樣特質的人才是真正的人才，請問我們教孩子誠實了嗎？

Since we know, the real talents need these traits, allow me to ask, have we taught our children to be honest?

很多家長覺得誠實重要，然後心裡面想假如太誠實，出去要被人家欺負怎麼辦？這個信心有待商榷，假如很謙虛都被人家壓下去怎麼辦？

Many parents agree with this point, but they are afraid that their children will be bullied if they are too honest. Their faith is certainly a moot point. "What if my children are oppressed for being too humble?"

所以信心是根本，您是否真正相信有這些特質，往後他的人生會真正成功！

Therefore, faith is fundamental. Do you genuinely believe that he will get a real successful life with these traits?

其實企業家都已經發現這個事實。

In fact, entrepreneurs have discovered this truth.

西方這幾十年來的管理，注重在品質管理。什麼品質？物品，產品的品質。他們叫「全面品質管制」

In the past few decades, western society has stressed quality management. What quality? The quality of the products. They called it 'Total Quality Management'.

幾十年來的管理學都強調，今天我要做這隻麥克風，只要我把麥克風做好，讓它很有競爭力，我就可以高枕無憂，所以他們的專注點都在把東西做好。

For example, making a microphone, they believe that as long as safeguarding their products to be competitive, they can then be free from worries. Therefore, the products have become their focal point.

結果近一二十年發生了一些事情，

In recent ten or twenty years, something happened.

在一九九五年，英國有一家兩百多年的銀行叫**霸菱銀行**，兩百多年的基業，因為一個新加坡的期貨員挪用公款，兩百多年的基業化為烏有，倒下去。

In 1995, an over 200-year-old British bank, Barings Bank, went bankrupt, because a futures trader in Singapore embezzled. A two hundred years foundation had collapsed.

諸位朋友，西方的思維出現問題趕快解決，這叫做「症狀解」。症狀解好不好解？不好解。就好像今天身體壞了，得了癌症，好不好處理？不好處理。

My dear friends, Western philosophy tends to deal with the symptoms of a problem. Is dealing with symptoms a good solution? Not really. For instance, if we are ill with cancer, is it easy to be cured by just taking care of symptoms? Not really.

所以中國的學問是不治已病治未病，還沒生病就要去預防。

Chinese philosophy is 'Not only to treat the illness that has happened but also treat the future illness'.

而西方科學雖然科技很發達，但是他專門處理什麼？症狀。胃癌，馬上把胃切了，肝有問題，肝切了。切了沒事了嗎？這裡沒事，過兩年這裡又有事。

Although science and technology are highly developed in the West, they specifically treat the symptoms. They cut stomach when having gastric cancer, cut liver with liver problems. Are they free from trouble then? No, the problem might transfer to other places.

癌細胞你不要對它很仇視，因為是有人把它寵壞了，它才這麼囂張。誰把癌細胞寵壞了？

We should not antagonize the cancer cells. The reason they become rampant is because they are spoiled by someone. Who spoiled the cancer cells?

諸位朋友，每個人身上都有癌細胞，只是你把它寵壞了，它太囂張，因為我們的身體狀態已經十年，十五年把它糟蹋掉了。這個身體要壞還真不容易，因為它非常精密。

Dear friends, we all have cancer cells in our bodies, they become rampant because you spoil them, you have been abusing your body for ten, fifteen years. This body is not that easy to be ruined, because it is very intricate.

所以把癌症割掉並沒有根本解決問題，不只沒有根本解決問題，還要同時產生副作用。所以很多癌症病人，他在去接受一些治療以後，後面的日子都會很難熬。

You won't resolve the root cause of illness by removing cancer cells. Not only is the problem not solved, but side-effects arise. Many cancer patients found that their life is unbearable after receiving modern treatment.

其實處理癌細胞，打個比喻，就好像拿了一包垃圾放在地上，很多的蒼蠅都過來了，你非常生氣，怎麼來那麼多蒼蠅？馬上拿殺蟲劑把牠統統噴死。問題解決了，好，你離開了，過十分鐘什麼又來了？蒼蠅又來了。Let's use an analogy, to explain this approach of dealing with cancer. When we dump a bag of garbage that attracts many flies. You are annoyed by so many flies, you then used pesticides to kill them all. You thought the problem is solved. Ten minutes later, more flies appear.

所以人現在的思維就是把症狀解掉。這個男朋友不好，換了，女朋友不好，換了。有沒有解決問題？不是男朋友不好，也不是女朋友不好。是誰不好？

People today only think to resolve the symptoms. This boyfriend or girlfriend is no good, change another one. Was the problem solved? It is not the boyfriend or girlfriend 'no good'. Who is no good?

自己都沒有學到包容，沒有學到愛護他人。當這個根本問題沒有解決，再換幾個有沒有用？也沒有用。所以解決問題要從根本解決。

When we do not learn being inclusive and loving others, when this basic issue does not get resolved, it is futile? no matter how many lovers you change. That's why we need to solve a problem from its root.

## **Why Should We Treat Not Only the Existing Illness But Also the Future Illness?**

現在西方人已經發現，原來還有一個比把東西做好更重要影響企業的因素，就是員工的德行。

Now people in the West have realized that there is something else more important and influential to the company than producing competitive products, which is the virtues of their staff,

2001年，全球第七大企業安隆集團，每年的營業額數千億美金，因為兩個高級主管挪用公司的公款，全球第七大企業也垮了，

In 2001, the seventh biggest enterprise in the world, Enron Corporation, with annual earnings of hundreds of billions, went bankrupt, due to embezzlement by two senior officers.

所以現在西方重要的全球連鎖企業都在推「全面道德倫理管理」，要求提高員工的道德素質。能不能解決？西方人覺得他能不能解決？

Many major international companies are now promoting TEM, Total Ethics Management. They are demanding to improve the moral quality of employees. Can this solve the problem? Do the westerners think that the problem can be solved?

諸位朋友，現在人有個錯誤的認知，他覺得金錢是萬能，只要有錢，就可以把我的孩子教好。只要有錢就可以解決問題。現在有沒有很多人有這種觀念？有。

My friends, People today have a wrong perception, they think money is omnipotent. They think, "As long as I have money, I can offer good education to my children, and solve all my problems." Are there many people having this kind of perception? Yes, there are.

所以外國人很有氣魄，2002年美國專門強調，倫理道德教育，還特別撥款，從本來的兩億五千萬調到七億五千萬，整整調了三倍。

Well, Americans have boldness of vision, in order to promote moral and ethical education, they allocated a grant in 2002, from \$2.5 billion increasing to \$7.5 billion dollars. an exact 3 times increase.

有沒有用？你覺得有沒有氣魄？

Did it work? Aren't they ambitious?

結果他們同時做了一個調查，針對八千多個中學生做心裡問卷。百分之七十一的孩子做過弊，百分之六十八的孩子打過人，百分之三十五的孩子在商場裡面偷過東西。

In the meantime, they surveyed over 8000 junior high students. The result shows, 71% of the students had cheated in exams, 68% had bullied others, and 35% had shoplifted.

這個測試裡面有一道題，在後面有一道題：請問：你覺得你的道德高尚嗎？答道德高尚的中學生高達百分之九十六。

There was a question at the end of the questionnaire: Do you think you have high moral standards?

Surprisingly, 96% of the students answered 'Yes'.

諸位朋友，百分之七十一做過弊，百分之六十八打過人，百分之三十五在商場裡面偷過東西。

結果他的結論，百分之九十六的孩子覺得他的品德高尚。請問這一群這個時代的孩子，他依循的是誰的標準？誰的標準？誰是標準？他自己。請問孩子這種態度跟誰學的？

My dear friends, there were 71% who had cheated on exams, 68% had bullied others and 35% had shoplifted, yet 96% think that they were of high moral standard. May I ask, whose standards do they follow? Who is his standard? Himself. Please tell me, from whom do these students learn this attitude? 假如他的國家領導人動不動就帶著軍隊去打人，打完之後回來說「諸位小朋友，你們不要跟人家亂打架。」要注意這個教誨，他聽不聽？不聽。

If a state leader randomly waged wars against other countries and told the children not to fight, would the children listen to his teaching? Of course not.

所以外國人第一個，他是否掌握教育的核心？

Did they master the core of education?

## How Does Grasping the Core of Education Create A Happy Life for Our Children?

教育不是錢多有用，教育也不是說多了有用，也不是你理論的書很多就有用。

Education will not work by spending a lot of money, by giving a lot of speeches or by publishing a lot of books in theories.

最重要的，在《說文解字》裡面把它點出來。什麼叫教？「上所施，下所效。」叫教；育呢？「養子使作善也」才兩行字把教育的核心都點出來。

The core of the education as explained in *The Graphs & Analyses of Chinese Characters*, what is education? Education is 'The above demonstrate good examples while the below emulates'; also means 'raise children to enable them to do good'. Such a short interpretation has pointed out the core of education.

諸位朋友，您對於老祖宗的智慧的信心，絕對取決於你對經典的深入，你真正有去領受教誨，你愈讀會愈佩服。所以教育裡面最重要的第一個要教對的東西，「使作善也」

My dear friends, The faith in our ancestors' wisdom absolutely hinges on your in-depth study of the classic scriptures. If you truly comprehend and accept our ancestors' teaching, your admiration will go deeper as you read more and more. So, the key of education is to teach the right concepts, which is 'enable them to do good'.

當孩子有個善良的心，他就有善良的行為，他自然而然就會有很多善良的朋友，他的人生會幸福。

When our children are kind-hearted, they will naturally have good deeds. In consequence, they will naturally have many good friends, and no doubt will obtain a happy life.

而我們如何教他這些善的行為？不是要求他讀很多書，而是先要求自己要做到。當我們表現出來是善的行為，你的孩子在潛移默化當中都會受到很深的感動。

How do we teach our children to do good deeds? It is certainly not by asking them to read a lot of books but by demanding ourselves to implement the sage teachings. When we practice and show good deeds, our children will be imperceptibly influenced and moved.

諸位朋友，你相信我這句話嗎？有些人相信，有些人覺得好像沒什麼感覺，

Dear friends, do you believe in what I have just said? Some of you believe, some of you seem not.

假如你沒什麼感覺，那你要冷靜思考，你旁邊都沒有善人，都沒有演出讓你感動的戲

If you do not, please think calmly, is it because no good people surrounding you ever perform good deeds that touch you?

不然，只要有人演出來，一定會感動周遭的人，我敢跟你打包票。因為“人之初 性本善”，只要有人演，一定有人感動，有人效法。

Otherwise, the surrounding people would be touched as long as someone truly performs it. I dare to guarantee you. Because 'People at birth are innately good'. As long as there is someone performing, there must be people who will be touched and further emulate them.

## To Know Shame Is Akin To Courage

在深圳有一位老師，她當初也是學習中國文化一段時間。我人在海口，剛好去年三月十五日，深圳有些老師邀請我過去講課。

In Shenzhen, China, a teacher who had learned Chinese traditional culture for a while. I met her when I was invited to give lectures on March 15 last year.

結果他們就問邀請我的老師說：這位老師要講什麼？

At that time, she asked the sponsor, "What is the topic of the lectures?"

她就跟他說這位老師要講《弟子規》。結果他們說《弟子規》有什麼好講的？那個不是給小孩學的吗？為什麼不講講《論語》？

"It will be *Dizigui-the guidelines for being a good person*." She responded, "What does he talk about that for? Isn't that for children to learn? Why doesn't he talk about *Analects*?"

結果這位老師 雖然這麼講，但是也去聽第一節課。

Although disagreeing with the topic, she still participated in the first class.

聽完之後，她突然覺得自己很多很基本的做人道理都還沒有去落實，所以她調整了她的態度，很認真學《弟子規》。

After the class, she suddenly felt that she had not fulfilled many basics of being a good person. She therefore adjusted her attitude and seriously learned *Dizigui*.

她說還沒學《弟子規》以前看很多這些聖賢書，覺得自己善根真的非常深厚，有時候還蠻佩服自己的。結果學了《弟子規》以後，覺得連孝都沒有做到，要好好檢討。

She said, before learning *Dizigui*, she had studied many classics, thus regarded herself as deep-rooted in goodness. She confessed that she even admired herself sometimes. After learning *Dizigui*, she felt ashamed of not even fulfilling basic filial piety. She deeply introspects herself.

諸位朋友，是覺得自己善根深厚好？還是覺得自己什麼都沒學好？前者好還是後者好？前者是活得不清不楚，後者懂得「知恥近乎勇」。

My friends, which is better, feeling deep-rooted in goodness of herself or learning nothing well? The first one or the second one? The first one shows that she lived in a state of topsy-turvy. The second one shows: She has realized that 'To know shame is akin to courage'.

所以我們說修行修行，要修正行為。發現自己的過失，你才會愈來愈明白，要當個明白人才好，改正自己的過失，這叫真修行。

We often say, "Cultivation is to correct our behavior". Only when discovering our own faults, can we then become more clear of the Truth. We must determine to become a person who is clear of the Truth by rectifying mistakes, this can then be called 'a genuine cultivation'.

## How A Mother's Wordless Teaching Touches Her Son Deeply?

所以他們五月份遇到母親節，這位老師她剛好也回家鄉去。學了就要做，所以她要感謝父母的養育之恩，剛好又遇到她生日。

On Mother's Day in May, this teacher went back to her hometown. She put her learning to practice. It happened to be her birthday, she wanted to show her gratitude to her parents' grace of raising her.

諸位家長，現在孩子生日第一個想到什麼？蛋糕！還有沒有？

What comes to children's minds on their birthday nowadays? Cake! Anything else?

教子使作善也，請問第一個念頭想到蛋糕是善嗎？所以孩子很多的反應都已經流露出教育的結果，我們要冷靜看看這個種子是播對了還是播錯了，要慎思慎思。

Well, 'Teaching and enabling our children to do good'. Allow me to ask, is first thinking of cake a 'good deed'? You see, children's reaction has shown the result of our education. We must inspect with a calm mind, is this seed we sow right or wrong? We must reflect meticulously.

這麼好的機會教育，應該讓他第一個想到的是，生日即是母親的受難日。要謹記母親懷胎的辛勞，生產的辛苦，讓他能夠生起知恩報恩之心，這叫教育。

Such a good teaching moment, we should teach our children to have the first thought of 'birthday is the suffering day of a mother', teaching them to remember their mothers' hardship of conceiving and giving birth to them. So that they will arise the heart of knowing and repaying the grace of their mother. This is education.

所以這個老師回去，她要感謝父母，所以就拉了三個椅子，剛好她的外婆也在，就請外婆，爸爸，媽媽坐好。結果她的母親比較敏感，她說：女兒啊，你到底要幹什麼？

Upon returning home, she wanted to show her gratitude to her parents. She pulled over three chairs, and invited her grandma, father and mother to sit down. Her mother was quite sensitive and asked, "Daughter, what on earth are you doing?"

這個老師就跟她的母親，跟這三位長者講，她說：我人生三十多年來，讓你們操了不少心。現在我已經開始在學習聖賢教誨，所以從今以後我要當個孝順的女兒，不再讓你們操心，而三十多年的養育之恩，我會記在心裡。今天剛好是我生日，我要好好感謝父母，今天要跟父母行三跪九叩禮。

She replied to these three elders, "I have lived over thirty years in my life and caused you many worries. Since having now started to learn sage teachings, I have determined to be a filial daughter and never let you worry again. I will always keep in my mind your grace of raising me. It happens to be my birthday today, I must thank my parents properly. Please allow me to give you the traditional etiquette, kneeling down thrice and kowtowing nine times."

這個老師第一拜拜下去，她的母親眼淚馬上流下來，諸位朋友，那是什麼淚？欣慰的眼淚。

At the sight of her daughter's first kneeling, the mother immediately bursted into tears. My friends, what kind of tears were these? Tears of joy and comfort.

其實當母親的人不會去想要孩子回饋什麼，但是孩子有這份孝心，就會讓她很欣慰。

A mother never thinks of anything in return from her children. However, when a child has such a thought, She will be so happy and comforted.

天底下誰最傻？媽媽最好騙，不要求回饋，你給她一些好言好語，對她盡點孝心，她就滿足的不得了。

Who are the most silly people in the world? Mothers are the easiest to be cajoled. They do not ask anything in return, as long as you give some sweet words, some filial actions, they will be so...satisfied.

這個老師第二拜拜下去，她的一個小學三年級的孩子馬上走到她先生的旁邊，開始幫她先生做按摩，她兒子好像覺得在這樣的氣氛之下，我不做些什麼好像怪怪的，

When she was kneeling down the second time, her third grade son walked to her husband's side at once and started to massage his father. He seemed to feel odd if doing nothing under this atmosphere.

不言之教，媽媽的這份孝心已經讓她的孩子感受很強烈，所以他覺得現在應該去幫他爸爸服務一下，所以身教潛移默化力量非常強，

This is a wordless teaching. The filial action of this mother had strongly influenced her son, who felt a need to serve his father at this moment. The power of this imperceptible teaching by leading a good example is mighty.

這個孩子回到家裡，進門很大方就對他父母說：「爸爸，媽媽！明年我生日也要拜你們兩個。」

When coming back home, this child said naturally upon entering the door, "Dad, Mom, next year on my birthday, I will do kneeling to you two as well."

這是教育，上行下效，要不要花錢？

This is education. The below emulates what the above does. Does it cost any money?

真正人生重要的事，錢沒什麼大作用，

When it comes to the truly important matters in life, money is not very useful.

## Can 'Embracing Buddha's Feet' Help to Solve Problems From Its Root?

所以從這裡我們回想一下，

At this point, let's recall what we mentioned before.

西方人他發現了德行很重要，那都是問題已經發生的時候，

People in the West have now realized the importance of virtue, that was after the problem had occurred.

所以他現在要去解決，請問他知道德行的根本在哪裡嗎？要能治本才能解決問題，

Now they try to resolve the problems, but do they know what is the foundation of all virtues? To solve the problem, we must tackle the root cause.

所以現在他們的大企業，也花很多錢在做培訓。用中國話講叫「臨時抱佛腳」，

Many corporations have spent a considerable amount of money on training their staff. This is like a Chinese saying, 'to embrace Buddha's feet and pray for help in time of emergency'.

請問一個人的親和力，一個人有禮貌的態度，能不能兩個月練成？假如他本來很酷都不會笑，馬上去練兩個月要對人家笑，相信客戶走進來看到他笑，全身都會起雞皮疙瘩，很不自然。

Is it possible to teach a person to be cordial and courteous in two months? If one always acts cool and does not smile, and he is trained to smile at people in two months; his clients might get goosebumps when they see him smile, because the smile is very unnatural.

因為他那個微笑想的是你口袋的錢要到我這裡來。而不是打從內心對人的尊敬。

Behind the smile, what he thinks of is how do I get money from your pocket to mine. That smile is not out of his genuine respect to others.

## What Is A Sacred Undertaking?

中國紮德行的根在什麼時候？從小才能紮德行的根。

At what age do Chinese people start to establish the foundation of virtues for their children? To establish the foundation of virtues it must start from young.

從小不教，「苟不教，性乃遷移」。長那麼大了再要把他拉回來都很困難。所以一定要從小教。

As **Three Character Cannon** states, "With no education, there would be anomalies." It would be very difficult to drag them back to the right course if we did not teach them from their young age. So we must start education from children's young age.

《易經》裡面有一句重要的話「蒙以養正，聖功也。」

There is an important phrase in **The Book of Changes/I Ching**, "Nurturing righteous minds from a child's primordial state is a sacred undertaking."

這個'蒙'是代表天地初開，代表萬物都還很脆弱，這個時候要好好保護他，好好養育他。

'Primordial state' here implies when the world was just formed, all things were very fragile needing protection and nurturing.

所以這個蒙卦引伸到孩子的教育，就是孩子小時候就要養他的浩然正氣，正確的處世待人的態度。你把他養好了，這個功德最神聖。假如你養出了個范仲淹，聖功也。

If we apply this concept to children's education, it means that we should nurture children's great righteous spirit and their right attitude of dealing with people and matters. If we do so, this merit is most sacred. If you raise a child to become like Fan Zhongyan, it is a sacred merit.

現在要養出范仲淹容不容易？怎麼會不容易，現在你把孩子養得很孝順，他馬上萬綠叢中一點紅。

Is it easy to bring up a child like Fan Zhongyan today? How could it not be easy? Nowadays, if we bring up a very filial child, he will be outstanding, just like "a red bud in the midst of thick foliage".

## What A Beautiful Pre-Meal Prayer!

我們在深圳，很多孩子都是學聖賢教誨，這次回家鄉去，讓所有的長輩都側目，現在還有看哪個小孩子鞠躬九十度的。他們都肅然起敬，看了很歡喜。不知道紅包有沒有多包一點？

We recruited many children to learn sage teachings in Shenzhen, when they went back to their hometown, all elders raised their eyebrows, for they'd never seen today's children giving 90 degree bows. They arose a deep veneration and were very happy. Just wondering if they gave a bigger red-envelope? Ha ha...

有一次，一個孩子跟所有全桌的人一起吃飯，所有的長輩看菜上來了，馬上動手要去夾。

One time, a child was having a meal with a group of people, and the elders started to pick up food upon seeing dishes on the table.

突然看到這個孩子頭低低地在那裡念念有詞。本來他們要夾菜的都停了下來。

Suddenly, they saw this child lowering his head and murmuring some words. They stopped their actions, feeling a bit awkward.

等這個孩子念完以後，就問他：你剛剛在念什麼？怎麼不趕快吃？

After this child had finished, they asked, "What were you murmuring? Why didn't you eat quickly?"

這個孩子對著全桌的長者說：我剛剛在念飯前祈禱文，感謝父母養育之恩，感謝老師辛勤教誨，感謝農夫的辛勤的勞作，及所有付出的人。

This child replied to all the elders, "I was reciting a pre-meal prayer to thank parents' grace of raising me, the teacher's endeavor of teaching me, the farmers' hard labor of growing food as well as all devoted people."

這些長輩拿著筷子上了一課：我們只是想到要吃，這個孩子却感恩的心可以常常存在心上。

Those elders had learned a lesson with chopsticks in their hands, "How can this child keep gratitude in mind while we only think of food?"

諸位朋友，這個孩子幸福嗎？活在感恩中的人特別幸福，所以你能把孩子真正把他教善了，他一定會去影響很多人，他一定會是當代的范仲淹。

Dear friends, is this child happy? He who lives in gratitude is especially happy. When we can truly teach our children to be good, he will surely influence many people and become a contemporary Fan Zhongyan. 所以我們當家長的要定位，「蒙以養正，聖功也。」

We must focus our education on 'nurturing righteous minds from a child's primordial state'.

## How Do We Place Our Children In An Invincible Position?

當孩子從小就是紮這些聖賢人的智慧，諸位家長你要不要擔心他出來沒工作？你還擔心，那叫杞人憂天，When our children had rooted the sage wisdom, will you still worry of unemployment after his graduation? If you still worry, you are like 'the man of Qi worrying the sky might fall'.

所以你格局要大，人生才會走的寬廣，格局小，一輩子都活在患得患失當中。

You must have a broad vision to obtain a grand life; if narrow-minded, you will worry about loss and gain your whole life.

最近我聽一個朋友說，很多大企業都到一個團體，這個團體專門推展儒家學說，到這個團體找些年輕人。Recently, a friend of mine told me, many big companies went to an organization that particularly promotes Confucianism to recruit young talents.

這些企業家說：現在外面的人不講誠信，沒有責任心，他們用得提心吊膽。他們主動到學聖賢學說的團體去找人才。

These entrepreneurs said, "Many youngsters nowadays are not trustworthy and lack a sense of responsibility, they were always on tenterhooks after hiring them. That's why they take initiative to recruit talents from a sage teachings organization.

所以諸位家長，您的孩子現在假如紮的根是懂得如何做人做事，你已經讓他這一生立於不敗之地。

Dear parents, if the foundation your children are rooting now is how to interact with others and deal with matters, you have placed them in an invincible position.

## **Farsighted and Aim High to Inherit and Pass Down Life Wisdom**

好，我們剛剛提到的，抉擇教育的先後順序。

Okay! We have just mentioned the order of education.

諸位家長，您現在的抉擇不只會影響你，還會影響誰？你的家人；不只你的家人，你世世代代的子孫都會影響。

My dear friends, the decisions that you make now will not only affect you but your family. If we extend our vision, not only your family, your descendants for generations will be affected as well.

諸位朋友，你曾經有想過，我的決定會影響子子孫孫的舉手？來，給這些朋友掌聲鼓勵。

My friends, please raise your hand if you ever think that your decision will affect your offspring for generations. Great! Let's give these friends a big applause.

人生就好像下一盤棋，假如我們思考的都是下一步怎麼走，那你每一步都會走得舉棋不定，這樣好嗎？那樣好嗎？

Life is like playing chess. If you only think of the next move, you will hesitate over every move. Will this move work? Is that okay?

假如我們下棋可以看到一百步怎麼走，兩百步以後怎麼樣規劃，那你的人生會走得從容，你的孩子的人生也會走得高瞻遠矚。

If you can plan your life as playing chess with the vision of 100, even 200 moves, your life will be at ease with elegance. Your children will be farsighted and aim high.

當他思考到，我的抉擇會影響世世代代，相信他教育他這一代會非常謹慎，會非常用心，因為他已經考慮得這麼遠。

When one realizes that his decisions will affect generations, I believe he will be very cautious and attentive to education, because he is farsighted.

現在有這樣考慮的人不多，古代的中國人有沒有這樣的考慮？很多！所以中國的家訓應該是全世界最多的。Not too many people think so far these days. In ancient China, did anyone think this far? Yes, many of them. Chinese have the most 'family admonition' among the worlds.

我們有聽過《了凡四訓》、《朱子治家格言》、《顏氏家訓》，還有諸葛亮的《誠子書》。

As we know, *Liao Fan's Four Lessons, The Maxims of Zhu Bolu for Managing the Family, The Family Instructions of Master Yan, and The Letter of Admonition to My Son*, by Zhuge Liang.

很多的聖哲人都有這樣的態度，把人生的智慧傳承下去。所以，我們要考慮到你的抉擇很重要。

Many sages had the attitude of inheriting and passing down life wisdom. Therefore, we must realize that our decisions are very important.

而人生要下對抉擇，必需具備什麼？

What do we need in order to make right decisions in life?

我的爺爺沒有念過書，一個字都不認識，他是捕魚的。他的兄弟統統捕魚，不止他的兄弟捕魚，他兄弟的孩子上了初中還沒畢業就一起去捕魚。

My grandfather is illiterate, has never gone to school, he was a fisherman. All his siblings are fishermen.

Not only are his siblings fishermen, all their children became fishermen before junior high graduation.

他輕鬆多了，我的孩子都幫我捕魚，他就不用那麼累了。這樣好不好？馬上很好，對不對？

With children's help, my uncles' lives became much easier. Is this good? Their lives seem to improve right away, right?

但是我爺爺他覺得，人生因為沒有讀書沒有智慧，很遺憾，所以他堅持再怎麼苦也要讓孩子念書。

However, my grandfather felt that it will be a regret not having life wisdom due to being uneducated. He insisted on his children going to school, no matter encountering how much hardship.

由於這個抉擇、這個判斷，我父親那一代五個孩子，一個博士，三個大學畢業，一個高中畢業；到我們這一代全部大學以上，已經出了兩個博士，都是爺爺的抉擇。我們這一代我的學歷最低，我的身高最矮。

Because of this decision, this judgment, my grandfather raised one PhD, three Bachelors, and one high school graduate; to my generation, all above Bachelors, in which there are two PhDs. These are all caused by my grandfather's decision. In my generation, my degree is the lowest, so is my height.

所以為人長者要謹慎你的抉擇，你的判斷力。好，我們這一節課先抉擇到這裡，謝謝大家！

As elders, we must be cautious on our judgment and decisions. All right, we will also make a decision to end our class now. Thank you everyone!