

細講弟子規 第二集

Confucius Teachings On Building A Happy Life (2)

- a foundation for Mahayana Buddhism practice

淨空老法師 鑑定

Validated by Master Ching Kung

蔡禮旭 老師 主講

The Speaker: Teacher Tsai LiXu

2005年2月15日~2005年2月23日

How do we avoid regrets in life?

諸位朋友大家好！我們要具備正確的判斷力，才會做對抉擇。

Hello my friends! Only when we have good judgment, can we then make the right decisions.

一個人是不是生下來就會判斷？還要透過學習，他才能夠形成判斷力，才能下對抉擇。

Is one born with good judgment? No, one can only develop good judgment to make right decisions by learning.

而這個判斷力要取決於他的理智、智慧，他才會下對判斷。假如沒有智慧、沒有理智，就有可能會意氣用事。

The ability to make judgments rests on one's common sense and wisdom. Without rationality and wisdom, he is most likely to do things out of impulse.

俗話講後悔莫及，後悔都是後面才來悔，就是下錯抉擇，下錯判斷。

When being impulsive, he would regret afterwards. You see, regrets always happen after one makes wrong judgments and decisions.

一個人何時要具備理智？什麼時候？理智要學多久？活到老，學到老。

When do we need to be sensible? When? How long does it take to learn to be sensible? As a saying goes: we live and learn.

但是理智要愈早建立，人生才會下對重要的抉擇。

However, in order to make the right life decisions, one has to learn to be sensible, the earlier the better.

請問理智從哪裡學？現在很多人讀很多書，有沒有理智？

Where does one's sense come from? Many people nowadays read a lot, are they sensible?

現在有個病叫憂鬱症，很多憂鬱症的人看的書可不少。

There is a type of illness called 'depression'. Many depressed people read a lot.

愈看愈怎麼樣？憂鬱。你們怎麼都知道？

Yet, the more they read, the more... **Audience:** depressed they become. How do you know?

所以在這個時代，連選書都要有判斷力。

Therefore, in this modern era, even choosing what to read, we also need judgment.

現在知識爆炸，很多小孩看錯書。

In this information explosion age, many children have read the wrong books.

有個孩子才五、六歲去看心理學，本來都跟他的媽媽講，「媽，我要一個弟弟」，都這樣跟他媽媽講。結果看完心理學的書，馬上跟他媽媽說，「你不能生弟弟，因為假如你生了弟弟，你就會比較不愛我」。

There was a child only 5 or 6 years old, who used to ask his Mom for a baby brother. After reading a psychology book, he told his mother, you must not have another child, for you would love me less.

看書好不好？你今天出去可不能說，「蔡老師說看書不好」，話要給他講完，要看對書才好，看錯書是污染。

Is reading a good thing? **Audience:** No good! Please do not tell people, "Teacher Tsai said reading is no good." We must complete the concept: Only by reading the right materials then it is beneficial. Reading the wrong materials will contaminate your mind.

How long will it take to clear one's mind once it has been contaminated?

諸位朋友，一杯清水，把一滴墨汁滴下去，時間才一秒，

My friends, a cup of clear water only needs one second to allow a drop of ink to permeate it. 請問你要花多少秒才能回復到本來的清淨狀態？多少秒？可能十倍、百倍。

But how many seconds will it take to recover its original clear state? How many seconds? Probably 10 times or even 100 times longer.

所以孩子的思想假如污染了，你要花更多倍的時間把它清除。

Similarly, if a child's mind is contaminated, it will take us more time to cleanse it.

我常常有時候跟一些同事聊天，那些同事說，某些綜藝節目真好笑，笑得我都快要躺在地上。I sometimes chatted with my colleagues, and often heard comments like: Some talk shows are so funny that I laughed so much and almost fell on the ground.

我都會跟他說，我說你看那些主持人在挖別人的隱私，在拿別人開玩笑，你覺得他做得對不對？I would tell them, "Those hosts were probing other's privacy and making a joke out of it. Do you think they are right?"

他說當然不對！那你覺得很好笑，你在那裡笑的時候，你兒子在旁邊陪你笑，他知不知道對不對，他覺得爸爸覺得很好笑，那這樣做是對的。

They said, "Of course not." But you found it amusing and laughed so hard. While you laughed, your son who was next to you laughed with you. Did he know if it is right or wrong? He would think, it must be right since my dad thinks it is funny.

所以孩子耳濡目染，對別人的言語輕慢，對別人的言語會有佔便宜的傾向，會亂開玩笑。Instilled by what he has seen and heard, a child would have frivolous speech to others and tend to take advantage of others.

當你已經發現他講話沒什麼分寸，再要把他扭回來，就很累了。

When you realized that he spoke with no manners, it would be too tiring to correct him.

電視如是，書籍的內容亦如是。

Watching TV is like this, so is reading.

Are material rewards effective for educating children?

最近很暢銷有本書叫《窮爸爸富爸爸》，應該有人看過！

Recently, a bestselling book named *Rich Dad Poor Dad*, Some of you must have read it.

有個家長看了以後很高興，跑來跟我說，她說，「蔡老師，這本書真有效果，它可以讓我懶惰的女兒瞬間變成勤勞的女兒」。

A parent came to me with great joy after reading it. She said to me, "This book is really effective, it made my lazy daughter diligent instantly
這個特效藥有沒有效？真有效。

Isn't this 'miracle drug' effective? Really effective!

她跟她女兒說，「女兒，幫我拖地，給你兩塊人民幣；幫我晒衣服，給你兩塊；幫我洗碗，給你三塊人民幣」。

She said to her daughter, "Daughter, if you help me mop the floor, I will give you 2RMB. And I will give you 2RMB for hanging clothes, 3RMB for washing dishes."

她女兒本來懶洋洋的，突然變得很有精神，變得好像不辭勞苦，開始工作。

Her daughter used to be very listless. Suddenly she becomes energetic and is not afraid of hard work.

有沒有效？你看特效藥都很有效，感冒流鼻涕，馬上針打下去，藥吃下去，五分鐘、十分鐘見效果。有沒有效？

Isn't it effective? Miracle drugs are usually very effective. For example, flu with a runny nose. It takes only a short time to see the effect after taking medicine or being given a shot. Isn't it effective?

我們現代人都很喜歡特效藥，所以你看，為什麼很多人會被那些神棍騙？

People today love miracle drugs. Thus, it is easy to fall into the trap of a con artist.

他夫妻關係不好，都已經十年、二十年，結果這個人跟他說，你馬上燒些紙錢，做哪些動作，馬上保證你夫妻變好。

For instance, a couple, having a bad relationship for ten or twenty years, would believe that their relationship will improve after doing something instructed by him.

都很希望吃特效藥，都沒有考慮到冰凍三尺，

People are eager to take some miracle pills, without considering 'three feet of ice does not result from one day's chill'.

有沒有理智？這位家長過了一兩個禮拜又來找我，她臉色不大好看。

Are they sensible? This parent came to me again after a week or two. She did not look good. 她說，「蔡老師出狀況了」。我就問她什麼狀況？

She said, "Teacher Tsai, something is wrong." I asked her, "What's wrong?"

她說，「今天我跟我的女兒說，我說女兒今天媽媽很累，你去幫我把已經洗好的衣服晾起來，媽媽給你兩塊錢」。她跟她媽媽說，「今天我也很累，我不賺了」。

She said, "I told my daughter that I am tired today, please help hang the clothes out, Mom will give you 2 RMB. She said to me: Today I am tired too, I do not want to make money today."

她突然驚覺到這服特效藥，已經流露出副作用了。

She raised her vigilance instantly. This miracle pill has revealed its side effect.

諸位家長，家庭是不是談利益的地方？不是。你已經把功利主義帶到最溫暖、最祥和的地方，都被功利主義襲捲了。

Dear parents, Is the family a place to talk about self-interest? No! You have brought 'utilitarianism' into the most peaceful and warm place. ([*Utilitarianism is a theory that promotes actions to maximize happiness for most affected individuals. Its consequences may vary.](#))

家庭是教付出的地方，家庭是教感恩的地方，家庭是教認知本分，懂得盡本分，懂得盡孝道的地方。所以我們要有理智的判斷，你才能夠防止書籍裡面不正確的知識，才能防止孩子受到這些的污染。

Family is a place to teach giving, gratitude as well as to recognize duty and to fulfill filial piety.

We must possess sensible judgment in order to prevent improper knowledge from polluting our children's minds.

Are you betting the future happiness of your children?

好，那我們再來看，到底要學哪些書本、哪些教誨才能真正建立理智？我們進一步要來思考這個問題。

Okay, let's take a look again! What kind of books and teachings can truly build a sensible mind? Let's investigate further:

有個心理學家，四十歲寫了一本書，六十歲又寫一本書，諸位朋友，你要看哪一本？六十歲。為什麼？經驗豐富。

If a psychologist wrote a book at 40 years old and wrote another book at 60 years old, which book would you read, my friends? His work of 60 years old? Why? More experienced! 經驗有分好經驗跟壞經驗，壞經驗豐富也要學嗎？

Well, there are good experiences and bad experiences. Should we learn if it is a bad experience?

很多朋友都說，他的人生可能智慧比較高；這句話其中有兩個字我們要思考，「可能」。

Many friends might say, probably he gained more wisdom by his sixties. We must contemplate, this statement contains an uncertain word 'probably'.

是不是活得愈老愈有智慧？不一定。而社會是個大染缸，諸位朋友，二十歲的人比較單純，還是四十歲的人？單純離智慧近，還是複雜離智慧近？

Is it true that the longer you live, the wiser you get? Not necessarily. Since society is like a big dyeing vat, are people purer in their twenties or forties? Is a pure or sophisticated mind closer to wisdom?

很多事情你不能似是而非，要很清楚明白，你的寶才會押對；不然押錯了，人生可不能轉回來，所以要戰戰兢兢，要很謹慎。

Many things cannot be approached with an ambiguous attitude. You must be very clear in order to bet correctly. You cannot relive your life if you place the wrong bet. So, we must be rigorously cautious.

假如你只是相信他「可能」說對了，那你是把你的人生押給他，甚至於把你孩子以後的幸福押給他，這樣太危險。

If you only think that he may be right, you are making your life bet on him. Even betting the future happiness of your children based on his words, it is too dangerous!

不能聽哪個人說你就相信，因為他所說的話還不能印證是智慧，還不能印證是真理。

We must not easily believe in someone's words before it is testified as wisdom, as the Truth.

Filial piety transcends time and space

而中國人的文化，它是已經經歷幾千年的人類共同印證，確確實實都是所言不虛的真理；而中國聖賢的智慧是超越了時間跟空間。

The Chinese culture, which has been corroborated by human beings for thousands of years, is indeed a genuine truth. And the wisdom of Chinese sages transcends time and space.

我們來看一看，四、五千年前，做人要盡孝；四、五千年之後，要不要孝？要，所以超越時間。

Let's take a look, Four, five thousand years ago, people needed to fulfill their filial duties;

Five thousand years later, do we need to be filial? Yes. You see, it transcends time.

中國需要孝，外國呢？

Chinese need filial piety, what about other countries?

請問外國人聽到孝的教育，他的內心會怎麼樣？「人之初，性本善」，他聽了會很歡喜。

What would people of other countries feel when they hear of the education of filial piety?

“People at birth are innately good.” They will be very joyful upon hearing it.

因為我們在澳洲就辦《弟子規》的課，我們中國是禮儀之邦，所以客人坐前面，我們坐後面。

We held a *Dizigui* class in Australia. Since our culture stresses on etiquette, the guests are seated in the front rows.

在上課的過程當中，因為《弟子規》有很多的經句，都是根據聖賢人做出來的德行，

Many sentences in *Dizigui* were written based on the ancients' virtuous actions,

比方說「晨則省，昏則定」，是周文王做到了；

such as 'We should always greet parents in the morning and make sure they rest well at night', Emperor Wen of Zhou Dynasty (*B.C.E.1213-1117) had fulfilled it;

還有「冬則溫，夏則清」，這是東漢的黃香做到了。

'In the winter, I will keep my parents warm, in the summer I will keep them cool', this was implemented by Huang Hsiang of the Eastern Han Dynasty (*A.D.25-220).

所以每次在講經句的過程，都把這些故事娓娓道來。

We would tirelessly elaborate on these stories during the class.

我們坐在後面，就看到這些澳洲本地人頻頻在點頭，我們也很好奇，他點頭的時候在想什麼。

From the back seats, we could see those Australians keep nodding. We were quite curious and wondered 'what they were thinking of while nodding?'

上完課跟他們圍起來做座談，這些澳洲的朋友他就說，做人應該這樣，做人應該如此。

After class, we sat down and had an informal conversation with them. These Australian friends said, "Humans should act like this."

所以，孝穿越時間，穿越空間，這樣的真理才值得我們用短暫的生命好好去追求，好好去深入。

Therefore, filial piety transcends both time and space. During our short life span, only such Truth is worthy for us to pursue and to delve into.

Can we predict if one will have a happy life or not?

當我們真正有理智，就會下對抉擇。

When being genuinely rational, we can then make the right decisions.

諸位朋友，抉擇當有一個抉擇最重要：抉擇你的思想、觀念，擇念。

My friends, among all decisions, one of them is most important: To choose your thoughts, your perspectives.

諸位朋友，您現在的思想、觀念處於什麼狀態？為什麼思想、觀念這麼重要？

At this moment, what is your state of thought? Why is one's thinking so important?

思想決定你的行為，行為決定你的習慣，習慣形成一個人的性格，性格決定一個人的命運。

Because your thoughts dictate your behavior, behavior forms your habits, habits shape your personality and personality determines your destiny.

所以一個人能不能幸福，從哪裡就見真章？思想！

With this logic, what reveals to us whether one will have a happy life or not? His thinking.

我常會問朋友：你是炎黃子孫嗎？怎麼沒聲音？

I often asked my friends, Are you a descendant of Emperors Yan and Huang (*B.C.E. 2717-2599 united tribes and started Chinese civilization)? How come no answers?

諸位朋友，您不知道你們現在正在「萬姓宗祠」之下嗎？所有的祖宗在等你們的答案，他們快要垂淚下來了。

My dear friends, do you know that you are right in front of the ancestral shrine of all Chinese clans now? They are waiting for your answers and about to shed their tears.

你們是炎黃子孫嗎？是！

Are you the descendants of Emperors Yan and Huang? Yes.

好，一個孩子假如從小在美國長大，他的父母都是中國人，長大以後，我們可以保證他的血液一定是正統的中國血液。他的思想呢？

Good! Even so, if a child is brought up in America, with both parents Chinese, when he grows up, we can guarantee that his lineage is pure Chinese. What about his thinking?

好，思想重要還是血統重要？

Okay! Is thinking or lineage more important?

血統不會影響你一生，思想會影響你的一言一行。所以，我們做人要重實質，不能重形式。

Lineage will not affect your life, while thinking will affect your every word and action. That's why we must stress substance over form.

If the world is like a piece of farmland, what can we do if it has grown crooked crops?

我們現在來檢驗一下，我們的思想是炎黃子孫的思想，還是其他的思想。諸位朋友，您心中有答案了嗎？

Let us do some examination now, is our thinking like the descendants of Emperors Yan and Huang, or others? My friends, do you have an answer yet?

現在社會我們明顯看到，人與人發生衝突，現在父子有沒有衝突？有。打開報紙很多情況，父子衝突、兄弟衝突，

In today's society, frequent conflicts are observed among people. Are there conflicts between parents and children? Yes, many cases can be seen in the news, conflicts between parents and children, between siblings...

很多的法院愈蓋愈大，為什麼？

Many courthouses are getting bigger and bigger. Why?

衝突變多了，他們處理不來，愈蓋愈大。夫妻離婚率節節攀升，所以人跟人衝突。團體跟團體 Because conflicts have increased so much, the divorce rate alone has climbed rapidly, that they can hardly be processed in the old facilities. Not only the conflicts among people, we also see conflicts between groups.

我們看到很多的團體互相攻擊，互相批判，衝突了。

We have seen many groups attacking and criticizing each other.

國與國？今天翻開報紙，假如你沒有看到戰爭，你會覺得很欣慰，幾乎每天都有戰爭發生。

What about conflicts between nations? If we did not see wars when watching news, we would be so relieved. There are wars almost everyday.

諸位朋友，這些衝突是結果，我們每天看著這些結果嘆氣，有沒有用？沒有用。

My friends, these conflicts are effects, we sigh over these effects everyday, will it help? It will not help.

假如全世界就像一畝田地，現在長出來這些稻子長什麼樣？歪七扭八。你要不要對著這些稻子破口大罵？罵了半天，它有沒有長好？有沒有？

If the world is like a piece of farmland, now it has grown crooked crops; should you lash out and curse at those crops? Would the crops grow better by your curses?

沒有長好，可能罵完之後，它馬上就死掉了。

Not only would they not grow better, but might die at once.

覺者畏因，覺悟的人會把原因找出來，迷惑的人只會害怕那個結果。

Those who are awakened fear the causes which means they will find out the cause; while deluded ones would only fear effects.

所以當我們去擔心我的身體會不好，擔心以後孩子會不孝順，擔心來擔心去，一點幫助都沒有。

When we worry about if we will be healthy or if our children will be filial or not, worry this and that, it would not help at all.

我們要把人與人、國與國的衝突根源找到，從根本下手，才能夠解決問題。根本就在思想，We must find the root cause of the conflicts between people and those between countries. Only by working on the root cause can we then solve its problems. The root cause of all is our thinking.

What are people's thinking in general nowadays?

因為現在人的思想普遍都是以自我為中心。

Nowadays our thinking in general is self-centered.

自我為中心，第一個先想到誰？自己，所以會損人利己。

When being self-centered, who do you think of first? Yourself. So, you compete with others and do things that seemingly benefit yourself but harm others.

競爭再提升變什麼？鬥爭。鬥爭再提升，戰爭；戰爭再提升，末日。

What will competition escalate into? Fights. Fights escalate into wars, and wars escalate into the end of the world.

諸位朋友，你現在看到戰爭，能不能站在中間：不要打了！能不能解決？

When we see wars, can we tell them 'Stop killing each other'? Can it be resolved by telling them?

為什麼會戰爭？根源在哪？人的思想、態度就會延伸出他的行為。

Why are there wars? What is the root cause? Because people's thinking and attitude will extend into behaviors.

自我中心，諸位朋友可能會聽不明白，我用個比較白話給你們看，自私。

What is self-centered? Some people may not understand it. Let me explain it in a more direct way. It is selfish.

諸位朋友，你現在拿到一顆很好吃的巧克力，你第一個會想到誰？我們剛剛講人要誠信，第一個想到誰？

My friends, if you have a piece of very fine chocolate, whom would you think of first? We have mentioned the importance of honesty and credibility, tell me, whom would you think of first?

好，我在一次課程裡面，剛好有三個答案。

I received three answers in one of my classes.

坐在前排有一位三十來歲的年輕人，他說：「趕快吃下去。」他很老實，

A young man in his thirties sitting in the front row said, "Eat it immediately." Isn't he honest? 後面兩排有一位女士四十幾歲，她說，「留給孩子吃」。

A lady in her forties sitting two rows behind the young man said, "Save it for my children."

再後面一點，有一位六、七十歲的長者，他說，「先給父母吃」。

An elder in his sixties sitting at the back said, "Let parents have it first."

諸位朋友，哪一個人有文化涵養？哪一個？三十幾歲還是四十幾歲，還是六十幾歲的？

Which one has more cultural upbringing? Which one? The person in his thirties, forties, or sixties?

六十幾歲？可是六十幾歲的人可能不識字，三十幾歲的人可能是大學畢業。

The sixties? But the sixties may be illiterate. The thirties may be a college graduate. 所以學歷愈高不代表他有文化，不代表他懂得做人。

A highly educated person does not mean that he has a cultural upbringing. It does not dictate that he knows how to conduct himself properly.

我常會跟小朋友說，我說大學畢業有沒有文化？他們馬上說有。

I often ask children, "Is a college graduate cultured?" They immediately say, "Yes".

我說不孝父母有沒有文化？他們說沒有。

I ask again, "Is one cultured if being unfilial?" They say, "No".

我說大學畢業不孝父母,有沒有文化？他們答不出來，被我騙了。

"Is an unfilial college graduate cultured?" They do not know how to answer.

所以人的認知錯誤了，真正的文化、道德涵養就在你的一念之間見分曉。

Is one's cultural upbringing righteous or not? It is often revealed from his one thought.

三十幾歲，第一個念頭想自己，所以自私。

The first thought of the thirties is himself, that is selfish.

四十幾歲想孩子，對不對？

The forties thought of her children, is it right?

現在人慷慨激昂，對！

Today, many people may answer in excitement, "Right!"

您假如回到兩百年前，你可不要這樣講，你會被人家笑，人家會覺得你沒有智慧。

If traveling back 200 years ago, you must not say something like that. People would laugh at you and think that you have no wisdom.

因為當你拿到好吃的東西是先給孩子，你已經給孩子錯誤的示範。他會想到誰最重要？我最重要！你已經在長養他的自私。

When you let your children have good things first, you have demonstrated to them a wrong role model. Who would they think is the most important? "I am the most important!" You are nurturing their selfishness.

但是你這塊巧克力，假如是拿給爺爺奶奶，這孩子在旁邊看著爺爺奶奶笑得這麼燦爛，他會很感動。你種了他為人子之道。

But, if we gave this chocolate to the children's grandparents, they would be deeply moved when seeing their grandparents' smiles. You have planted the seed in him to be a proper child.

What kind of life is worse than death?

從剛剛這個事例，我們也好好省思一下。我們假如自私多，這不是炎黃子孫。自私多是受到資本主義，跟功利主義影響。

Let's contemplate from this case: A selfish person cannot be considered as the descendants of Emperors Yan and Huang. Selfishness is mostly the consequence of capitalism and utilitarianism.

諸位朋友，現在受功利主義影響的人佔多少？

My friends, what is the percentage of those who have been influenced?

這個數字還在繼續增加當中。諸位朋友，要不要繼續增加？

Well, this number is still on the increase. Should we let the number grow?

假如繼續增加，這些戲都會持續怎麼樣？繼續上演。會不會停下來？不會！

If it keeps growing, the conflicts will keep increasing. Will the conflicts stop? No!

所以要根本解決從哪裡？從人的思想開始解決，我們常常在說，戰爭可能不到我身上，末日我也不一定看得到。

So, what would be the root resolution? People's thinking! We often think, "Wars will not happen to me, I probably won't see the end of the world either."

很多人對末日的想法是什麼？覺得可能是幾顆核子彈炸了，地球毀了，叫末日。

What is the end of the world to many people? It probably is when the Earth is destroyed by a few nuclear bombs.

其實俗話有提到，生不如死更痛苦。什麼樣的生活會讓人生不如死？諸位朋友有沒有這種經驗？看起來都沒有，那你們都很有福報。

In fact, living a life that is worse than death would probably be more miserable than the end of the world. What kind of life is worse than death? Have you ever had this kind of experience?

It looks like you haven't. Well, you all are very fortunate.

很多人孩子在外面每天為非作歹，這個家長每天擔心受怕，真的活的比死還痛苦。

Some parents with children carrying on misdeeds outside would live in fear and worry; that is a life far more miserable than death.

當道德都淪喪的時候，那是真正的末日到了。

When morality has degenerated, that is truly the end of the world.

在大陸的四川，有一位十三歲的孩子煮飯給他爸爸吃，他爸爸吃完就暴斃死了，家裡很窮，沒有錢驗屍，所以就埋了。

In Sichuan, China, a thirteen year old child cooked a meal for his father. His father died after eating the meal. A postmortem was not conducted since the family is poor.

過一陣子，煮飯給他媽媽吃，他媽媽吃完也死了，也跟他父親就一起安葬。

After a while, his mother also died after he cooked her a meal. He buried his mother with his father.

他去給父母祭拜，祭拜完很不耐煩，把那些飯菜趕快倒到垃圾筒。

When he went to the tomb for a commemoration, he appeared very impatient and threw the offerings in the garbage after the ritual.

他的嬸嬸看了之後心裡起疙瘩，這個孩子怎麼對父母一點恭敬心都沒有？

His aunt felt goosebumps all over her body. She wondered why this child had not even the slightest respect to his parents.

結果這孩子走過來跟他嬸嬸說，他說，「我爸爸媽媽是不是有買保險」？

This child went to the aunt and asked, "Didn't my parents have life insurance?"

他嬸嬸聽完很警覺，趕快報警處理。

Upon hearing this, his aunt was alarmed and reported it to the police at once.

結果確實是他親手殺了父母。為了什麼？那個保險費才一萬塊人民幣，不多，兩條命都不見了。而這還不是普通的命，是他的父母。

The police investigation showed that he indeed killed his parents. Why did he do it? For the insurance payout! It was a mere 10,000 RMB, not much, yet two lives were taken. These were not ordinary lives but his very own parents.

他為什麼要拿保險費？因為要去買一支手機。

Why did he want the insurance benefit? To buy a cell phone.

We would have known how to prevent it only if we knew the principle of Cause and Effect.

諸位朋友，慾望的力量強不強？強！欲令智迷。

Dear friends, is the power of desire strong? Very strong! Desire makes one lose his mind. 所以我們教孩子是要長他的慾望，還是要長他的德行？那會差很多。

The difference between teaching children to increase their desires versus virtues are huge. 假如你教導孩子，是讓他懂得孝道，懂得盡自己的本分。那他念書是他一種責任，他念書覺得要讓父母擔心，這是長他的德行。

If we teach our children to be filial and to fulfill their own duty, they will regard studying as their responsibility so as to assure their parents. This is nurturing their virtues.

假如他念書，你是說今天考前三名，帶你去吃麥當勞。上了初中，你說考前三名，給你一台數碼相機。要考大學，你說你考上大學，給你一台電腦。當我們這樣在引導孩子的時候，在長養他的什麼？欲望！他沒看到本分，他要的是他的欲望。

If you said to him, "If you achieve top three in class, I'll buy you McDonald's. If you achieve top three in junior high school, I'll buy you a digital camera and if you pass the college entrance exam, I'll buy you a computer." When we lead children in this way, we are breeding their desires. They only think of desires instead of seeing their own duty.

所以有個孩子考高中，考上了，就對他的父母講，他說，「爸爸媽媽，你們要替我買幾件名牌的衣服」。

A child told his parents after passing the high school entrance exam, "Dad, Mom, you should buy me some designer clothes."

他父母很納悶說，「為什麼」？他說，「因為我考上高中，你們省了很多贊助費」。

His parents were very puzzled and asked, "Why?" He said, "Because I have saved you a lot of money by passing this exam."

因為他考上高中，他的父母不用再去幫他買個高中念，所以他覺得他很有功勞，替父母省了這麼多錢，父母應該回饋他，幫他買幾件衣服。

He thought that he contributed greatly by passing this exam, so his parents would not need to spend a fortune to buy him a high school pass and that they should reward him with some designer clothes.

他的父母聽完之後，內心怎麼樣？跟一些朋友的反應一樣，直搖頭。

After hearing this, his parents shook their heads just like many of you.

但是早知今日...

We would have known how to prevent it if we knew the principle of cause and effect.

為什麼孩子有這種態度？用物質在跟孩子互動，在教孩子。他物質化就會很自私。

Why do children have this kind of attitude? Because we use material rewards to teach and to interact with them. They will become selfish after learning to be materialistic.

How did an ancient harmonize his family, further bringing peace to the nation?

我們不希望道德淪喪，就應該從自己開始做起。

If we do not want to see moral demise, we should start the actions from ourselves.

很多人都會覺得，現在社會都變這樣，我再怎麼做可能也沒有效果，很多人都會這樣想。

Many people may think it is useless no matter how much effort I pay since society has degenerated nowadays.

請問我們這樣的念頭對家庭、對社會有沒有幫助？沒有。這樣的想法理不理智？不理智。

Would this kind of thinking help your family or society? It would not. Is this thinking sensible? Not sensible.

我們不要小看自己的力量。一個人的真誠心、真德行，能夠喚醒身旁周遭人善良的本性。

We must not underestimate our own power. One's sincerity and genuine virtues can awaken the true nature of those around him.

所以古代舜王，大舜。他為人非常孝順，他一個人很孝順，修養很好。

In ancient times, Emperor Shun ([*about B.C.E.2128-2025, his mother died, father remarried.](#)) was a well-cultivated filial child.

父母雖然對他很兇，但是他依然盡他的孝道。因為他知道，「親憎我，孝方賢」

He did his best to uphold filial piety even though his parents were very fierce to him. For he knew well that 'When parents do not love me, my filial piety is then sacred'.

跟父母可不是交易。不能說今天父母對我兇，我就不對他好。

Our relationship with parents is not a business transaction. We must not respond with the same attitude as theirs just because they yelled at me today.

我們是要時時刻刻記住父母的養育之恩，要去回報。而不是去渴望父母要對我們好，因為孝順是一個人的本分事。

We should remember parents' grace of raising us and think of paying it back at all times. We must not expect our parents to be good to us because filial piety is our duty.

由於他有這樣的態度，所以他那分對父母的孝，改變了他的家人。

Due to his righteous and filial attitude, he transformed his entire family.

因為他修身，所以能夠齊家。

The reason he could harmonize his family was because he cultivated virtues in himself.

因為他的德行讓鄰里鄉黨的人看了都很感動，都願意效法他，甚至於是都希望做他的國人。

Due to his virtues, people of his neighborhood and associates were all deeply moved, and were willing to follow and emulate him, even hoped to live under his governance.

所以他就齊家治國。

He had brought harmony to his family, and further, governed a state.

當時的君王堯帝看了很感動。覺得把天下交給這樣的人，人民才會幸福。所以他進一步治國平天下。

At that time, Emperor Yao was also deeply moved. He believed his people would be happy if leaving his country in the hands of a person like Shun. Therefore, Emperor Shun had brought peace to the whole country.

諸位朋友，當我們真正修養身心，就能夠對家庭、社會產生很大的力量。

So when we genuinely cultivate physically and mentally, it will be a great influence on our families and society.

新加坡有兩個國寶，一個是他們的前總理李光耀，另外一位是一位女士叫許哲，她已經一百零六歲。她自己對人很有愛心，對父母也很孝順。

There are two national jewels in Singapore. One is the former Prime Minister, Lee Kuan Yew. and the other is a 106-year-old lady, Teresa Hsu Chih. She is very loving to others and filial to parents.

她自己一個人照顧二、三十個老人，這些老人都比她年輕二、三十歲，都是七、八十歲，她還去照顧他們。她這樣的愛心感動了新加坡人，不止感動了新加坡人，感動了全世界千千萬萬的人

She alone looks after almost 30 elderly people who are 20 or 30 years younger than her. Her genuine love has moved not only the Singaporeans but countless people around the world.

所以其實要對這個社會、世界有所貢獻，並沒有我們想像中那麼困難。只要好好的提升自己的道德修養。

You see, it is not that difficult to contribute to society and the world. All we need is to improve the cultivation of our virtues.

Is Confucius the ancestor of Chinese, Japanese, or Korean?

所以老祖宗教誨我們國家興亡...

Our ancestors taught us: The rise and fall of the world rests upon each of us.

這個態度很重要，當有這樣態度的人愈來愈多，這個社會就開始轉變過來。

This attitude is very important. If more and more people adopt this attitude, the world will start to transform.

從哪裡轉？七〇年代，有一位英國的大哲學家，叫湯恩比教授。他曾經講過一段話，他說，

「解決二十一世紀的社會問題只有兩種學說，哪兩種？孔孟學說、還有大乘佛法」。

Where do we start? In the 1970s, a British historian, Arnold J. Toynbee once stated, to solve the social problems of the 21st century, only the doctrines of Confucius, Mencius, and Mahayana Buddhism will work.

這一段話很有道理，不是中國人講的。

This statement makes great sense. It was not said by a Chinese person.

請問孔孟學說在哪？

Allow me to ask, "Where can we find the doctrines of Confucius and Mencius?"

在中國，你確定嗎？你看，中國是禮儀之邦，你現在看到人與人見面會很客氣說「你好」在哪裡看到？

In China! Are you sure? China was indeed a land of etiquette. However, where do we see people greet each other with 90 degree bows today?

日本？怎麼答案變了？在韓國。

Japan? How come the answer has changed? In Korea!

所以我很擔心有一件事，可能五十年後，國際法庭會打一個訴訟案，就是孔夫子是韓國人的老祖宗，還是中國人的老祖宗？

That's why I really worry about one thing. Probably in fifty years, there will be a litigation case at the International Court of Justice: Is Confucius the ancestor of Korean or Chinese people?

諸位朋友，結果會是怎麼樣？那個法官會說重實質不重形式。我們現在來看看，是韓國人力行孔夫子教誨，還是中國人？

What would the result be? The judge might say, "We must emphasize on substance over form. Let's take a look at who actually practices Confucian teachings, Korean or Chinese?"

到時候我們就欲哭無淚，

We would have a tearless grief by then.

所謂「知恥近乎勇」，我們要珍惜有這麼好的老祖宗，珍惜他們的教誨，要把他轉過來。

Confucius said, "To know shame is akin to courage." We must cherish such great ancestors and their teachings. We must transform ourselves.

Why do Confucius, Mencius, and Mahayana Buddhism solve the problems of the 21st century?"

為什麼湯恩比教授這麼講？

Why did Professor Toynbee make such a statement?

一九八八年，七十五位諾貝爾得獎主在巴黎發表了聯合宣言，內容裡面提到，二十一世紀的人類要生存，要繼續生存的話，要回歸到兩千多年前，汲取孔老夫子的智慧。

In 1988, 75 Nobel Prize laureates issued a joint declaration in Paris, which stated: In order for human beings of the 21st century to survive, we must travel back 2000 years and learn the wisdom of Confucius.

諸位朋友，諾貝爾得獎主都是什麼來歷？都是每個行業的頂尖佼佼者。

My friends, what are the backgrounds of these Nobel Prize laureates? They are the top achievers of each profession.

為什麼他們異口同聲都體會到，未來的社會問題一定要孔孟學說來解決？

Why did they declare in unison that to solve the social problems of the future, we must rely on the doctrines of Confucius & Mencius?

其實這些道理，我們只要細細靜下來，都能思考出來。

In fact, we will come up with an answer when we calm our minds.

我們來分析一下，孔孟學說的核心在哪裡？仁愛。

Let's analyze it. What is the core of Confucianism? Benevolence.

大乘佛法的核心在哪？慈悲。所以仁慈、慈悲，

What is the core of Mahayana Buddhism? Compassion. Benevolence and compassion.

其實西方聖者也把解決二十一世紀的社會問題點出來。西方的聖者上帝、耶穌教什麼？博愛。

As a matter of fact, sages of the West had also given the solution. What did God and Jesus teach? Universal love.

既然都教了，但是現在為什麼都嘗惡果？因為不聽老人言，吃虧就在眼前。當人的思想觀念，回歸到聖賢人的教誨，問題就開始轉好。

Since sages have taught us, why are we still suffering from bad consequences?

As a proverb goes, "Disadvantage will fall upon us if we do not heed the elders' (ancients') advice. When our thinking returns to that of sage teachings, things will get better.

我們來看，仁愛存心，懂得互相幫助，再提升，互愛就能夠創大同世界。

When we embrace benevolence in our heart, we will help each other, and a Great-Concord-World will be realized if we further love each other.

諸位朋友，大同世界不是高高掛在牆壁上的。

A Great-Concord-World is not something for hanging up high on the wall.

我們來思考一下，當一個人真正有孝心，他的孝確確實實已經放在心上，他去看到別人的父母，他會不會尊敬？

Let's think about it, if one truly embraces filial piety in his heart, will he respect other people's parents?

會。所以《孝經》裡面提到「教以孝，所以敬天下之為人父者也」。你讓一個人真正有孝心，他面對所有為人父母的人，他都會恭敬。

He will. In *The Classic of Filial Piety*, it mentions, "To teach filial piety is to teach one to respect all parents of the world." When one is taught and practices genuine filial piety, he will respect all parents of the world.

我們試想一下，今天你有孝心，你坐在公車上看到一個老婆婆上來，你還會坐在那裡嗎？會不會？你馬上會想到趕快站起來，這是為人長者、為人父母，很辛勞，趕快讓她坐。

Think about it, if you have a filial heart, would you remain seated when an elderly lady gets on the bus? Would you? You would get up right away and think that she is an elder, somebody's parent, and has worked hard for her whole life, I should let her sit.

當你看到這些長者他走在路上，過馬路很驚險，相信他會馬上自然而然去攙扶他。有這份孝心、仁慈心的人，自然就會去幫助他人，愛護他人。

When spotting an elder crossing a dangerous road, you would spontaneously help him.

Embracing filial piety and benevolence in heart, one will naturally help and love others.

所以當我們都重視每個人的德行，重視孩子的德行，整個社會慢慢的就會呈現祥和之氣。

When everyone regards cultivating virtues as a duty, a harmonious society will be realized gradually.

其實末日還是大同世界，看起來很複雜，但是你抽絲剝繭，把它的來龍去脈找出來。根本在哪？就在一念之間。

Whether we will live in an apocalyptic world or a Great-Concord-World seems to be very complex, but if we do a comprehensive examination to find out its evolution and cause & effect, we will realize that the root cause simply lies on the 'one thought' of our minds.

Why do many young people ruin their credit before entering society?

現在市面上很常談生涯規劃，諸位朋友，您怎麼經營你的一生？你希望你的孩子怎麼經營一生？

Nowadays, people often talk about career planning. My friends, how do you manage your life? How would you like your children to manage their lives?

當孩子自私，當孩子注重物質享受，他會走出什麼樣的人生？我們來分析一下。

When a child is selfish and focuses on materialistic pleasure, what kind of life is he establishing? Let's analyze it.

小時候很快樂，要玩什麼都給他玩，要吃什麼都給他吃，反正順著他的個性去發展，順著個性。諸位朋友，順著哪個個性？

He would be very happy to have whatever he wants like toys, food... because following children's personalities has become the social norm. My friends, what personality of theirs are you following when you do so?

人都會好逸惡勞，「苟不教，性乃遷」很多的習性就跑出來。

The problem is that it is human nature to love leisure and hate work. As the saying goes, "With no education, there would be anomalies. many bad karmic habits will then arise."

中國這些為人長者，對這個問題看得非常深入，所以教育孩子很重視，不能長他這些習性。

Chinese ancients have deep insight towards this issue and place importance on not fostering children's bad habits when educating them.

因為假如他很奢侈，他很懶惰，他不恭敬。請問一輩子會怎麼樣？一輩子會經營好嗎？不會。

If a child is extravagant, lazy, and disrespectful, will he manage his life well? He will not.

但是這些習慣一養成，要再把它導正回來就很困難。「由儉入奢易，由奢入儉難」

Once these bad habits have formed, it is very difficult to bring him back to the right track. As a saying goes, "It is easy to change from a thrifty life to an extravagant one but vice versa, that is difficult"

你讓他小時候很幸福快樂，要什麼有什麼，等到他花錢習慣了，很難改。

If we give our children whatever they want for the sake of giving them a happy childhood, wait until they get used to spending money, it will be very difficult for them to change.

我們來看看現在這些一、二十歲的年輕人，都還沒有出社會，花錢比賺錢的人更凶。

Many people in their teens and twenties have not yet started working, yet they spend money faster than those who make money.

信用卡都辦幾張？這個我比較沒有經驗，你們給我一些資訊。

How many credit cards do they have? I don't have experience on this. Can you give me some information?

辦好幾張，這一張刷爆了再去辦。

Many cards! They simply apply for more once exceeding a credit limit.

以前的中國人是覺得欠人家錢很丟臉。現在年輕人，是想盡辦法先用再說。

In the past, Chinese people regarded having debts as very shameful. But young people today spend money by all means without thinking of consequences.

所以很多的年輕人，還沒有踏入社會，已經把他的社會信用破壞、糟蹋了。所以他很奢侈，一輩子要成為物質的奴隸。

Many youngsters have ruined their credit before entering society. Once getting used to extravagance, one will become a.....Audience: slave to materials.

你們怎麼知道？真有智慧。

How do you know? Really wise!

所以他努力的目標，不是為了要孝順父母，不是為了要照顧妻兒，而是要滿足他的物質欲望。

So his goal of making money is neither for fulfilling filial duty to his parents nor taking care of his wife and children; it is for satisfying his own materialistic desires.

How can we help our children plan their career?

其實人一天要花的錢吃飯、穿衣、多不多？不會很多。但是只要沾染上這種奢靡之氣，就會擋不住誘惑。

In reality, how much money do we need for food and clothing in one day? Is it a lot? Not much! Yet, once contaminated by the extravagant habits, one will not be able to resist the temptations.

因為要還錢，他就必需很努力，要去擊敗別人，在工作當中可能會損人來利己。看到人都覺得是敵人、是對手，所以活得像戰場。

Under the pressure of returning debt, he must work hard and defeat others. He may harm others at work to benefit himself. He sees everyone as his opponent or even enemy and feels like he lives on a battlefield.

他老年，你看我們都很羨慕西方有老人福利，很羨慕。但是我們要了解，這些老人家住在裡面，雖然不愁吃穿，但是他的精神生活很貧乏。

What would happen in his old age? We all envy the good welfare of the elderly in the West very much, but we must understand, those elderly, though free from the worry of materials, lack in spiritual life.

他們可能會覺得，剛好有一天孩子來看他，他會高興好幾天，告訴其他的朋友說，我兒子還沒有忘了我。這句話聽起來，他覺得高興，你覺得心酸。

When their children come to visit them and bring them many days of joy, they would tell other residents, "My son has not forgotten me." This kind of joy really saddens us.

中國人覺得真正的福報在什麼時候享？老年。

From the Chinese perspective, when should we enjoy our fortune? Senior age.

假如老年精神生活這麼匱乏，這個人生你不會覺得很幸福的。

If one's life as a senior is so lacking in spirit, that is not a happy life.

好！那什麼樣的生涯規劃才是正確的？

Okay! What kind of career planning is the correct one?

我們來看，假如一個孩子從小有仁愛之心，他已經在為自己積福培福。所以從小要培福積福；年輕因為有德行、有智慧，所以要造福；老年福在晚年享，那才是真正的福。

Let's see, if a child embraces benevolence in his heart, he is cultivating and accumulating his fortune. So, we must guide children to cultivate and accumulate fortune from a young age; create fortune in their adulthood with their virtues and wisdom, and only enjoy fortune in their senior age. This is truly a blessed life.

我們來看一下，為什麼從小可以培福？

Let's take a look again, why is a young child able to cultivate fortune?

你不要看他年紀這麼小，哪會培什麼福？俗話說「福田心耕」。

Don't underestimate the young children and think, "How can they cultivate fortune?" Well, as the saying goes, "The field of fortune is cultivated by the mind."

當一個孩子，從小他念念都會為人設想，都會替人著想，他這一顆心已經在為他這一生培育出非常多的福田。而他有這樣的態度，學的東西他一定會奉獻社會，造福。晚年鐵定享福。

When a child is very considerate, thinks of others in his every thought, his heart has cultivated a great field of fortune for his whole life. With such an attitude, he will surely contribute what he learns to the society. He is creating fortune which he will definitely enjoy in his senior age.

好，我們今天的課就先上到這邊。謝謝大家。

Okay, this is it for today, thank you everyone.