

細講弟子規 第三集

Confucius Teachings On Building A Happy Life (3)

- a foundation for Mahayana Buddhism practice

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What Is the Root of Fortune?

諸位朋友，大家早上好！

Hello my friends! Good morning everybody.

我們昨天提到，事實上，世界、社會、家庭的安定並不是沒有辦法達成，

We mentioned in the lesson yesterday that the stability of the world, society, and family actually is not impossible to achieve.

關鍵就在每個人的那一念心念。

The key to it is in the thoughts of each and every one of us.

假如自私，就會發生衝突；假如時時可以為人著想，家庭、社會就會圓滿安康。

If we are selfish, then conflicts will occur. On the contrary, if we are always considerate of others, our families and society will then be stable and healthy.

昨天也提到，一個孩子假如從小就能設身處地為人著想，那他從小他的起心動念就開始培植自己的福分，所以從小就知道培福、積福。

We also mentioned yesterday, if children can put themselves in others' shoes at a young age, with their good thoughts, they are cultivating and accumulating their good fortune.

因為有這分存心，他知道讀書志在聖賢，所以要把學的道德學問，好好的去奉獻這個社會。Because of the good thoughts, their aspiration for studying is to become saints and sages and contribute to society, using the virtues and wisdom that they have acquired.

所以，他一入社會就知道替社會造福，他的福分就愈來愈大，到了老年福報現前，就可以安享晚年。

So, they will surely know how to create fortune for society when they enter it. As a result, they will accumulate more good fortune and consequently enjoy good lives at old age.

我們中國人講五福，其中有一福叫「善終」，再白話一點，就是很好死，不會死得很痛苦，俗話講不會不得好死。

The Chinese talk about the Five Blessings (*longevity, wealth, health, cultivating virtues, and peaceful death), and one of them is 'good ending', that is, to die peacefully without agony. A Chinese folk saying goes, I hope you do not die unpeacefully.

這句話好像是罵人的話，不過諸位朋友，現在這句話不算罵人。算什麼？算一個普遍的現象。

It sounds like a curse, but it is no longer a curse nowadays. What is it? It is a common phenomenon nowadays.

我們記得小時候，還常常聽到某位長者昨天睡覺很安祥的就去了。

I remember when I was young, I would often hear news of elderly persons passing away peacefully in their sleep.

現在這樣的情況多不多？不多了。

Do we often hear this kind of news nowadays? Not often.

為什麼以前的人，他可以很安祥的離開這個世間，而現在的人，死的時候可能都要急救，死的時候都可能不省人事？

How come people in the olden days could leave the world peacefully, whereas nowadays, people often need emergency treatments or are comatose before they die?

那都是因為他不懂得照顧身體，他不懂得培植自己的福分，福太薄了，就沒有辦法善終。

This is because they do not know how to look after themselves and to cultivate good fortune.

With insufficient good fortune, there is no way they can die peacefully.

所以人要有福分，根源還在一念善心。

So for people to have good fortune, the root is still in having a good heart.

以前的人存心比較良善，處處為人著想，所以死得很輕鬆；

People of the past were more kind-hearted; they were considerate of others in every thought, so they had very free and painless deaths.

現在的人比較自私，臨終前還患得患失，很多事情還很執著，都放不下。

Nowadays, people are more selfish. Even on their deathbeds, they could still be thinking of personal gains and losses. They cannot let go of their attachments.

我們要晚年享福，要懂得心存善念，要懂得時時能夠放得下來，不要執著。

If we want to enjoy good fortune in our old age, we should keep good thoughts and let go of matters at any time. Do not be obsessed with matters.

How a Two Years Old Child Harmanized His Family?

很多人都覺得，人的一生好像是要開始工作才會對社會有幫助，然後人老了以後，就比較沒有辦法盡自己的心力。

Many people think that we would be helpful to society only when we are working, and we can no longer contribute to society when we are old.

所以一般都覺得，好像二十歲到六十歲這一段，才是造福社會的黃金時段，很多生涯規劃都是這麼談。

We feel that the golden time of benefiting society is from 20 to 60. Many career planners share this sentiment.

其實，當一個孩子從小就是接受聖賢教誨，他的人生絕對不是只有四十年的光景。

In fact, if a child can receive sages' teachings from an early age. then the amount of time that he can contribute to society is certainly not only 40 years.

我們來看一下，這個孩子從小以仁愛存心，以道德存心。

Let's review, since young, a child has benevolence and morality in his heart, what could happen?

我們曾經在課堂當中，有個孩子他才兩歲多，第一天去上課，上完回來，他的父母問他：“你今天學到什麼？”

We have previously mentioned a real-life story about a two-year-old child. On the first day of school he went back home and his parents asked, "What have you learned today?"

這個孩子馬上精神抖擻說了四個字：“孝順父母。”

This child immediately replied with enthusiasm, "I should be filial to my parents."

他的父母也很震驚，兩歲多的孩子學得非常篤實，非常紮實。

His parents were shocked. This two year old child had such a steadfast and solid learning. 第二次去上課的時候，剛好老師請很多的同學上來分享，這個禮拜做了哪些孝順父母的事情。When he went to school the second day, his teacher invited the class to share the filial acts they had done for their parents over the previous week,

因為學問貴在力行，學了以後，回到家裡要好好落實。

because "A learned knowledge can show its value only through practice." So, we should apply what we have learned at home.

所以很多的同學都上來講，他幫父母端洗腳水、他削水果給父母吃。

Many children said that they prepared water for their parents to wash feet or peeled fruits for their parents to eat.

這位兩歲多的小朋友，看到這些大哥哥、大姐姐都做到這些孝行，讓他生起效法之心。

Seeing the elder brothers and sisters had done those filial deeds, the two-year-old child was inspired to emulate their good deeds.

所以諸位朋友，大人教小孩是一個方法，小孩教小孩又是另一個好方法，

My dear friends, adults teaching children is one approach, and learning from other children is another good method.

所謂「相觀而善」，他會互相觀摩。

The second approach is what the Chinese say: Observing and emulating good examples.

這個孩子第二節課回去，馬上就拿著茶杯去端開水給他的父母喝。

This child, upon returning home from the second class, immediately went to get a teacup and serve water for his parents to drink.

諸位朋友，他兩歲多就時時有這樣的存心，

My dear friends, he has such good thoughts at the age of only two years old.

所謂「福田心耕」，他已經在培植自己的福分。

As an old saying goes, "The field of good fortune is cultivated with one's mind." With good thoughts and deeds, this child is already cultivating good fortune at a young age.

相同的，他這樣的行為是修身，他也會感動他的父母。

Meanwhile, his conduct of self-cultivation will also move his parents.

連兩歲多的孩子都知道端茶給父母喝，都知道處處為父母設想，

Seeing their two-year-old child, serving them water and being considerate of them at all times and all places,

相信他的父母自己也會感覺，連孩子都這樣，我自己要更積極力行孝道。

his parents would probably also feel the urge and duty of being filial to their own parents.

所以這個孩子已經開始在齊家。

From this perspective, the child has already started harmonizing with his family.

這個孩子的事例，我在中國大陸已經講遍了大江南北，

I have spoken about this child's story all across China,

甚至於還揚名海外，把他這個故事講到了馬來西亞、新加坡、印尼。

as well as other countries such as Malaysia, Singapore and Indonesia.

因為有這個孩子真實的修身功夫，我們才能夠把這些事例進而去推廣，讓更多的人、讓天下的人都能夠引以為效法。

Because of this child's genuine effort in self-cultivation, we are able to share his story and encourage more people around the world to emulate him.

所以，一個孩子假如從小受聖賢教育，他的生命絕對不是從二十歲才開始發光。從幾歲？

So if a child receives sages' teachings at an early age, he certainly does not have to wait until the age of 20 before his life starts to shine. What age will his life start to shine?

假如剛好這個媽媽懷孕的時候就知道給他放《弟子規》，給他聽這些聖賢經典，可能這個孩子一生出來第一句話說什麼？可能說「弟子規，聖人訓」，

If a pregnant mother plays a CD of sages' teachings such as *Dizigui*, the first words that her child utters might be the first line of *Dizigui*. "The guidelines for being a good person are exhorted by ancient sages".

那這個孩子從出生就可以弘揚聖教，他的生命可以從小就有價值。

You see, the child has already started promoting sages' teachings ever since he was born. His life will be meaningful from a very young age.

Has Confucius Died?

再來，從小讀聖賢書的孩子，他長大造福社會，他的智慧會與日俱增，他會愈老愈值錢。走到哪裡，很多的後生晚輩都要親近他，

Moreover, if a child reads books on sages' teachings, his wisdom will increase day by day by benefiting society when he grows up. He will be more valuable as he grows older. Wherever he goes, there will be many young people following him.

因為只要親近他就可以得到很多人生的啟示，減少很多無謂的摸索。

It is because the young people can receive much inspiration from him and avoid unnecessary mistakes and obstacles.

所以接受聖賢教誨的人，他的生命不是六十歲結束，而是會到他老都會很有價值。

So, the lives of those who receive the sages' teachings do not end at the age of 60 but become more valuable as they grow older.

我的老師釋淨空教授，今年已經七十九歲了，走到世界各地都有一大堆的學生希望能得到他的教誨；

My teacher, Professor Master Chin Kung, is 79 years old this year. Wherever he goes in the world, there are hordes of students who want to receive his teachings.

不止是我們中國人希望得到他的教誨，現在世界上各個宗教、種族都非常希望能親近這位長者，這位老師。所以他的生命絕對不是六十歲結束，他的生命什麼時候結束？不會結束；

Not only Chinese people want to receive his teachings, people of many religions and ethnicities around the world also want to follow this elder, this teacher. So the value of his life certainly did not end at the age of 60. When will it end? It will never end.

因為他的教誨是從真誠心中發出來，真誠心可以超越時空。

It is because his teachings originate from his utmost sincerity, and utmost sincerity can transcend time and space.

《中庸》裡面講，「誠者，物之終始」，

According to *The Doctrine of the Mean (One of the Four Books of Confucian Classics, 500 B.C.E.)*, "Sincerity should be applied from the start to the end of everything."

真誠一定可以成就事情，而且至誠如神，至誠可以感通。

Sincerity will surely bring success. When possessing with utmost sincerity, one will be as spiritual as deities and can receive blessings from one's ancestors and the divine beings.

用真誠心做出來的言語、行為，不會因為時空而改變他的影響力。

Words and conduct from a sincere heart will not lose their impact due to changes over time and space.

所以諸位朋友，孔老夫子死了嗎？他的精神長存，垂範後代。

So, my dear friends, has Confucius died? His spirit lives forever and sets a good example for generations to come.

范仲淹死了嗎？在二〇〇二年，大陸舉辦了一場全球華人讀經的活動，

Is Fan Zhongyan dead? In 2002, an event was held in mainland China to promote classical Chinese texts studies amongst the Chinese around the globe.

來自馬來西亞，來自新加坡、香港、印尼，很多地方的華人都到了山東曲阜。

Chinese from many regions such as Malaysia, Singapore, Hong Kong, and Indonesia all gathered in Qufu, Shandong.

其中邀請了一個特別來賓，就是范仲淹的嫡傳後代，已經八百多年，他的後代都很有成就。

Some of the distinguished guests at the event were living descendants of Fan Zhongyan.

More than 800 years have passed, and Fan Zhongyan's descendants are still very successful.

我在演講當中結識了兩位，其中有一位我看他臉大大的，耳朵耳垂很大，我們中國人說的，一看就是富貴相。

During the event, I met two of them. I saw that one of them had a wide face and long, hanging earlobes. The Chinese would say, he had strong facial features that show wealth and nobility.

所以他的教誨，八百多年來還影響著他的後代子孫。

You see, Fan Zhongyan's teachings, even over 800 years later, still has an impact on his descendants.

他的這位子孫在山東曲阜的活動當中，上台唱了一首歌，他們把范仲淹的《岳陽樓記》譜成一首曲。

This descendant sang a song on stage at the event in Qufu. It was adapted from one of the poems written by Fan Zhongyan, *The Account of Yuyang Tower*.

當他唱到「先天下之憂而憂，後天下之樂而樂」，

When he was singing the line, "Be the first to worry about the affairs of the world and the last to enjoy the happiness."

相信范仲淹在天之靈，他也會覺得他這一生真有價值，這一生沒有白來一遭。

I believe Fan Zhongyan's spirit would feel that he had lived a worthy life, and that he did not come to this world for nothing.

所以，當我們的孩子從小接受聖賢教誨，就知道用真誠、用愛心去經營他的人生，相信他這一生的價值會永垂不朽。

If our children can receive sages' teachings at a young age and learn to manage their lives with sincerity and love, it is most certain that their lives will hold everlasting value.

Great Accomplishment Can Start Out Small

諸位朋友，當你為人父母，為人長輩，你到底要讓你的孩子經營出什麼樣的人生格局，這個很重要！

My dear friends, as a parent, as an elder, what kind of life would you like your children to create? This question is very important.

你是希望他能垂範後世？還是希望他不要餓死就好了？我們的思想觀念會直接影響後代子孫。

Would you like them to set an example for generations to come or just not to die from starvation? Our views and thinking will directly influence our offspring.

諸位朋友，做人要有志氣，

Dear friend, as a human we should bring forth aspiration.

當我們知道中國文化可以解決這個社會跟世界的問題，我們應該責無旁貸，要勇敢走出來。

Since we know that traditional Chinese culture can solve our social and global issues, we must take this responsibility as an indispensable duty and have the courage to 'walk the walk'.

諸位朋友，勇敢走出來也不用拋頭顱，也不用灑熱血，

Dear friends, we do not have to lose our heads or spill our blood.

只要從哪裡開始？從自己的修身開始做起，

We only need to start from where? Start from self-cultivation.

很多的大事業都是從小地方一步一步做出來的。

Many great accomplishments started out small, taking it step by step.

《大學》裡面有一句非常重要的教誨，「自天子以至於庶人，壹是皆以修身為本」，

As an important teaching from *The Great Learning* (*one of *The Four Books of Confucius Classics*, 500 B.C.E) states: From the Son of Heaven (*Emperor) to commoners, all must take self-cultivation as their fundamental responsibility.

意思就是說，不管他是國家領導人還是販夫走卒，他要把國治好，要把家治好，下手處在哪？修養自己的道德、學問。

It means that regardless of whether one is the leader of a nation or a mere street vendor, in order to govern a country properly or to harmonize his own family, where should he start from? Start from improving his own morality and intelligence.

當你有道德、學問，就能齊家、治國、平天下。

Only when we have morality and intelligence, can we then harmonize our families, govern a country, and achieve world peace.

所以很複雜的事，你把它抽絲剝繭，其實很簡單。

Such complex matters, if we make a painstaking examination, they are actually very simple.

Where Does Benevolence and Compassion Come From?

我們已經了解到，有仁慈之心，念念有仁慈，

We have learned that we should always have benevolent and compassionate thoughts.

人人都有仁慈，社會就能夠往大同世界發展。

When each one of us becomes benevolent and compassionate, our global society will move towards the Great Concord World.

我們進一步要再思考，一個人的仁慈之心從哪裡開始培養？

Now let us think a step further. where should we start cultivating a heart of benevolence and compassion?

從哪裡下手才能夠長養他的仁慈之心？

From where should we begin to develop the compassion and benevolence in our hearts?

我們總要把第一步找出來，這第一步在哪？

We must figure out the first step. What is the first step?

好，我們常常把思考一直往根本去思惟的時候，真理就出現了。

Well. if we delve into the fundamentals, the real truth will reveal itself.

一個人對父母都不孝敬，他會去對其他的人孝敬，你相信嗎？

If a person is not filial to his own parents, but treats others with love and respect, will you believe in him?

所以，《孝經》裡面有一句話說到，「不愛其親」，不愛他的父母，「而愛他人者」，而去愛護他人，這個叫「悖德」，違背一個人的德行，這是不這是可能出現的。

There is a line in *The Classic of Filial Piety*, "Loving others while not loving one's own parents is a deviation of virtues." This is against nature.

我在課程當中，也曾經請教過一些還沒有結婚的女性，我就問她們，

So during this class, I had asked some young ladies, I asked them,

我說：有一個男士他很積極追求你，數十年如一日的努力。

“If there was a man, very vigorously courting you, paying 10 years’ worth of effort every single day...”

現在還有沒有這種數十年如一日的愛情長跑？現在比較沒有。

Nowadays, is there still this kind of extreme effort towards courtship? Not so much.

他追求你三年，三年如一日，

“Let’s say he chased you for three years, persevered for three years as if it was one day.

你有任何的要求，他一定盡心盡力幫你辦好，

Whatever you asked for, he would fulfill with his entire heart and soul.

而且只要有空都陪你喝咖啡，都陪你爬山、郊遊。

And as long as he had time, he would accompany you to have coffee, go hiking, and go on outings.

但是他從來沒有跟他父母喝過咖啡，也沒有去爬過山。

But he never ever once sat down for a cup of coffee with his parents and never once went hiking with them.

這三年，你也覺得他對你很好，他跟你求婚。

You felt great with his performance of these three years, and he proposed to you.

突然有一位長輩，剛好是他的鄰居，他告訴你，這位男士對他的父母不孝敬。

Suddenly, an elder, who just so happened to be his neighbor, told you, ‘This man has not been treating his own parents with filial respect.’”

我就請問她，請問要不要嫁給他？要不要？不要！有些女士還會遲疑一下。

So I asked those young ladies, “Would you marry him?” Yes or no? No! Some of these ladies hesitated for a second.

當局者迷，假如現在還會遲疑，真正遇到的時候一定...陷進去。怎麼你們這麼有經驗？

“Those who are closely involved usually get deluded.” If even then they were hesitant, in the real world scenario, they would surely be...seduced ([audience replies](#)). Why are you so experienced?

所以我們要理解到，孝對一個人很重要，

So we must understand, filial piety is very important for an individual.

當一個人沒有學到孝道，他有一個態度不能形成，他恩義、道義的人生態度沒有辦法形成。

If a person does not learn filial piety, it is unlikely for him to develop a grateful and righteous attitude towards life.

因為對我們恩德最大的，莫過於自己的父母，懷胎的辛勞，生育、養育、教育的付出。

Because no one can bestow upon us such deep kindness as our parents can. They have devoted themselves to our well-being, from the hardship of pregnancy and giving birth to nurturing and educating us.

Who Is the Big Demon?

他沒有長恩義，沒有長道義，會長什麼？

If a person does not develop gratitude and righteousness, how would he turn out to be?

很多的父母說，「我的孩子沒學好，也沒學壞」，有沒有這檔子事？

Many parents say, “My children have not learned to be good, but they have not learned to be bad either.” Is there this kind of case?

學如逆水行舟，不進則退，

As a Chinese saying goes, “Learning is like a vessel sailing against the current, either advancing or moving backward.”

什麼是逆水？

What do we mean by 'against the current'?

現在的社會是個大染缸。你不趕快教他好的，他一定學壞的。

Because today's society is like a huge dyeing vat. If we do not teach our children to be good, they are bound to learn to be bad.

我曾經在一些比較偏遠的地方教書。一般人會認為在偏遠地方污染比較少，所以孩子比較單純。其實不然，因為現在有一個大魔王無遠弗屆。

In the past, I have taught at schools in remote rural areas. Many people think that remote areas are less contaminated and the children there are more innocent. Actually, that is not necessarily the case. Because now, there is a big demon that knows no bounds.

不管你住在山上，他都會跑到那裡把不正確的觀念告訴你。

Even if you live atop a mountain, it will go up there and tell you all kinds of wrong views.

這個大魔王是誰？電視。你們怎麼都認識他？

Who is this big demon? Television and the internet. Wow, how do you all know him so well?

對！所以我們要警覺到。你不趕快把正確的態度、觀念教給孩子，他一天一點一滴都在學不對的。

Correct! We must be highly alert. If we do not teach our children the right attitude and views, they will be contaminated by the wrong things, drop by drop, day after day.

所以讓孩子看電視，一定要選擇沒有污染的，要選擇好的節目。

If we must let our children watch TV and use the internet, we must choose the right materials that will not contaminate their minds.

當孩子恩義、情義沒有長，會長什麼？會長利害。他喜歡的，他就會盡力去追求。他不喜歡的，他可能就翻臉不認人。

If our children do not develop a sense of gratitude and righteousness, what will they develop? Self-interest. They will go to any lengths to get what they like, and immediately turn against us when they dislike something.

當孩子對人的態度都是利害... 那利害靠不靠得住？利害是瞬息萬變。

When their attitude towards others is all about self-interests... Is this 'self-interest' reliable? Unfortunately, it can change in an instant.

今天沒有什麼利害，兄弟還相處的很融洽。明天假如因為父母的財產，可能明天就會翻臉。

Siblings may be on good terms with each other when no self-interests are involved. But the very next day, they might suddenly fight bitterly over the inheritance if their parents pass away.

這個男士為什麼在這三年來，可以這麼樣盡心盡力為這個女士去付出？原因在哪裡？

How could this man wholeheartedly devote himself to one girl for 3 years? What is the reason?

有利可圖。

For his own self-interest.

你看，現在的男孩子看到漂亮的女生，都會無怨無悔替她付出，有沒有？

You see, boys nowadays, when seeing a beautiful girl, they will chase her and do everything for her with no regrets or reluctance.

半夜這個女孩子肚子餓了，打通電話給他，他馬上就跑出去幫她買些熱的芝麻糊，還是熱的杏仁糊給她吃。

If the girl is hungry and makes one phone call, even at midnight, he would immediately run out to buy some snacks for her.

這背後的動力是利。

The purpose behind his action is his own interest.

當你嫁給他了，三年之後也幫他生了個白白胖胖的兒子，

After the girl married him, let's say three years later, she gave birth to a lovely and healthy son for him,

但是生孩子很辛勞，所以臉上長了幾條皺紋，沒有像以前這樣年輕貌美。

but her face began to show some wrinkles due to the tiring task of caring for a child. She is no longer as young and beautiful as before.

結果這位男士他出去工作，看到一個更年輕貌美的。那你從利變什麼？變害！因為他又想要追求那個女孩子。

This man went to work and saw a younger, prettier woman. What did the wife become? She is now at a disadvantage. Her husband is now chasing that younger girl.

我們就從利變害，因為他只有利害、只有好惡。所以從利變害，從好就變惡，這個動作一做下去，影響家庭、影響社會。

Because he has only self-interest in mind and regards his wife as a disadvantage, what he does affects the family and in turn the society.

離婚率就攀升了。離婚率以攀升，直接影響的就是下一代的教育。

The divorce rate will increase. A high divorce rate has a direct impact on the education of the next generation.

不只是你離婚以後影響這個孩子，在相處過程當中，夫妻的衝突，這種不好的氣氛，都深深的烙印在誰的心裡？小孩的心裡。

Not only will their child be affected after the divorce, the conflicts and inharmonious atmosphere between parents before the divorce will all have a deep negative imprint on this child.

所以夫妻不和、夫妻離婚對孩子是一輩子的傷害。

So conflicts between parents and divorce will cause lifelong trauma for their children.

The Root Cause of Social Disorder

離婚率還會帶動另外一個嚴重的社會問題。就是犯罪率。

Moreover, a high divorce rate can trigger another severe social issue. That is, a rising crime rate.

我曾經去問過一位監獄的領導人。我請教他一個問題，他也回答到，他說進監獄裡面百分之六、七十的人都是來自於不健全的家庭。

I once interviewed a senior staff member of a prison in China. I asked him a question and he answered, "Between 60% to 70% of inmates came from broken homes."

因為家庭不健全，孩子從小沒有好的家庭教育，所以他人生的根基就不紮實。

Without a wholesome family, the child will not have a good upbringing, hence the good foundation of his life is not solidly rooted.

然後到學校、到社會，遇到不好的緣分，馬上連根拔起。很容易就被不好的朋友給帶壞了。

After he goes to school and enters society, when encountering negative conditions, such as bad influence from friends, his goodness may be uprooted immediately. He will be easily influenced by bad friends.

當社會的犯罪率愈來愈高的時候，諸位朋友，你再有錢、再有社會地位，你有沒有安全感？有沒有？沒有。

So when a society's crime rate is increasing, dear friends, no matter how much wealth you have, or how high your social status is, will you have any sense of security? Certainly not.

現在整個世界確確實實很少人有安全感。

Indeed, it is rare to come across somebody who truly feels safe in today's world.

現在我們走在街上逛街，像我到海口去，我背我的背包都怎麼背？

Today, when we walk down a street, like when I go to Haikou, how would I carry my backpack?

一定要背在前面，而且要放在肚子前面，要這樣子慢慢走。

We must carry it in front, right in front of our stomach and walk carefully.

不然很害怕後面會怎麼樣？假如有人要搶你的皮包，你就危險。

Otherwise, what might happen? Some thief might snatch it from behind.

現在呈現社會治安的不好，是個結果。諸位朋友，原因在哪？家庭沒有穩定。

The social disorder of today is an effect. My friends, what is the cause? The cause is the lack of stability in our households.

再來，人從小沒有學孝道，沒有學聖賢教誨。

Also, people nowadays do not learn filial piety and sages' teachings from a young age.

今天婚姻不好，根源在哪？

So, what is the root cause of inharmonious marriages nowadays?

根源在從小沒學孝道。我們了解到這點，就要更重視孝道的教誨跟聖賢的教誨。

It is because we have never learned filial piety. Realizing this point, we should pay even greater attention to filial piety and sages' teachings.

與其我們常常在那裡抱怨社會治安不好，不如現在從自己做起教孝。

Instead of constantly complaining about a disorderly society, we should start from ourselves to teach our own children filial piety by setting an example.

再來，看到別人的孩子也要同時教育他孝順父母。

Moreover, when we see other children we should also teach them to be filial to their parents.

The Root of All Virtues

我們要盡心盡力去推廣這個重要正確的觀念。

We must do our best to promote this important and correct life concept.

孔老夫子在《孝經》有一段非常重要的開示：夫孝，德之本也，教之所由生也。

In *The Classic of Filial Piety*, Confucius gave us a VERY IMPORTANT teaching: Filial piety is the root of all virtues and it is also where education originates.

「孝」是德行的根本，教育要從這裡開始。

Filial piety is the root of all virtues. Education should start from here.

沒有從孝道入手，一個人的德行是長養不起來的。

Without learning filial piety, a person's virtues cannot be established.

所以教育首重孝道。

So the foremost important element of education is filial piety.

諸位朋友，我們把這句話念一遍。您念一遍一定跟以前念這一句感覺不一樣。

My friends, let's read this sentence together one time. You will definitely have some new insights towards it.

好，來我們念一下，預備起！「夫孝 德之本也 教之所由生也」

Ok, let's read it. Ready, go! "Filial piety is the root of all virtues and it is where all education originates."

好，根本找到了，路就不遠了。

Ok. Now that we have found the root, the path is not far.

所謂君子務本，本立仁道就生了。

Chinese ancestors said, "A virtuous man devotes himself to practicing fundamental virtues. Once his fundamental virtues are established, Dao (*Tao, morality) will emerge."

老夫子在《論語》裡面就有講到「孝弟也者，其為仁之本與」。所以我們一定要從「孝」開始教起。

There is a line *The Analects*: Filial piety and fraternity are the roots of benevolence. So, we must start teaching from filial piety.

我們這一次的主題是「細講《弟子規》」。而《弟子規》就是從「孝悌」扎根。

Our topic for this lecture is *Elaborating on Dizigui in Detail*. *Dizigui* is rooted in filial piety and fraternity.

所以「入則孝 出則弟」。

According to Confucianism: People who learn sages' teachings should be filial at home and respectful to others outside.

在我們開始講《弟子規》之前，我們要先確立一些正確的學習態度。

Before we learn *Dizigui*, first of all, we should establish a correct learning attitude.

當我們有正確的學習態度，你的學習效果就會很好。俗語講：好的開始是成功的一半。

Once it is established, our learning will be much more effective. As a proverb states: A good start is halfway to success.

學習首重立志。所謂「學貴立志」。

Education should place emphasis on aspiration. The ancients said, "Setting a firm aspiration is the cornerstone of learning."

我們在海口辦教師課程，第一節課我們跟所有的老師共同立了一個志向。

We once ran a teacher training course for primary school teachers in Haikou. We set an aspiration with all the teachers in our first lesson.

叫「為往聖繼絕學 為萬世開太平」。

It is: For the ancient sages, we inherit and pass on their wisdom; for the future generations, we open up a gateway to peace.

我們常常在祈求世界和平。世界和平是個結果。要先種什麼因？仁愛的思想、觀念的因。

We often pray for world peace. World peace itself is an effect. What cause do we need to plant first? Each of us should first of all plant the seeds of benevolent thoughts and views. 而仁愛的思想、觀念要透過學習、透過教育。也就是要教導聖賢的智慧。

These views must be learned, must be taught through education. In other words, we must teach the wisdom of saints and sages.

所以「開太平」是結果，「繼絕學」是種因。

'Opening up the gateway to peace' is the effect, and 'to inherit and pass on the sages' wisdom' is to plant the cause.

「為往聖繼絕學」，才能承先啓後。

Only when we carry forward the teachings of ancient sages, can we inherit their wisdom to inspire the younger generations.

要承先就要先自己學好。

The first step we need to take is to put it into practice in our daily lives.

How Does A Teacher Invite Hundreds of People to Teach Her Students?

我們有一位老師，他教的是五年級。

One of our teachers who teaches 5th grade,

他有這樣的使命，所以一天除了教書以外，還安排三個小時深入聖賢經典。

having this sense of mission, sets aside three hours every day to deeply study classic sages' teachings outside of her normal teaching schedule.

而且每天早上他是很早就到學校去，然後自己打開《弟子規》，打開《孝經》來讀誦。
Every morning she arrived at her classroom very early, and opened up *Dizigui* and *The Classic of Filial Piety* to read out loud.

他的學生一進門，本來還拎著早餐準備怎麼樣？準備在那裡慢慢的吃。

When her students walked in holding their breakfast, what were they preparing to do? They were preparing to take their time to eat their breakfast.

看到老師已經正襟危坐在讀經，小孩馬上走到自己的坐位，坐下來把經書拿起來跟著念。
Upon seeing that their teacher was sitting upright and reading out loud, they immediately walked to their seats, opened up their copies and started to read aloud with her.

所以諸位朋友，教育最重要的是什麼？

My friends, what is the most important point of education?

以身作則。由於他的用心，所以他們班成績還有禮貌都有很大的成長。

Set a good example. Because she put her heart into it, the academic performance and the sense of etiquette of her class had hugely improved.

他的校長看了以後就問他，他說：「你們班是怎麼教的，怎麼會教得這麼好」？

Noticing the change, her principal asked her, "How do you teach your class? Why is it so effective?"

這位老師跟校長說：因為我請了數百個古聖先賢來教我的孩子。

The teacher replied, "It is because I have invited hundreds of ancient sages to teach my children."

我們中國有一套書叫《德育故事》，裡面有七百多個聖哲人的故事。

Chinese have a book series titled *Stories of the Virtuous*, narrating the stories of over 700 ancient Chinese sages.

它分成八個單元來編排，這八個單元就是「八德」，依據「孝、弟、忠、信、禮、義、廉、恥」這八德編出來。

It is categorized into 8 sections based on the Eight Virtues which are: Filial piety, fraternity, loyalty, trustworthiness, propriety, righteousness, honesty, and a sense of shame.

他每天跟學生講兩三個德育故事，這些孩子看了以後，懂得見賢思齊。

This teacher told her students two or three stories every day, thus, the children manage to emulate after listening to the stories of the sages.

然後又以《弟子規》為他們班的班規。學生犯錯不等老師講，自己就會知道錯在哪一句。

Moreover, she set class rules based on *Dizigui*. When the students who have done something wrong, before being told by the teacher, they already knew which rule in *Dizigui* they did not follow.

比方說在教室裡面跑，結果去撞到椅子。學生會說什麼？「寬轉彎，勿觸稜」。

For example, a child was running around in the classroom and accidentally knocked over a chair. He would remind himself of the lines in *Dizigui*: When walking, we should be aware of our surroundings so as not to bump into anything;

「事勿忙 忙多錯」。

avoid doing things in a hurry since acting in haste may lead to many mistakes.

當孩子有不好的行為出現，孩子會想到「無心非，名為錯。有心非，名為惡。過能改，歸於無。倘撝飾，增一辜」。

When children behaved badly, they would recall the lines: If we accidentally make a mistake, it is an error. But if we do it on purpose, then it is an evil act. If we correct our faults and do

not repeat them, the faults will no longer exist. If we try to cover them up, we will be doubly wrong.

所以孩子懂得勇於認錯，勇於改過。不會推諉，不會掩飾。

As a result, the children became courageous in admitting and correcting their mistakes. And they would not make excuses to cover for themselves.

也會想到「德有傷，貽親羞」。

They would also recall: Compromising our virtues will bring shame to our parents.

諸位朋友，當我們的下一代遇到事情，都能提起《弟子規》的教誨，

Dear friends, if our children can remind themselves of the teachings in *Dizigui* whenever they encounter a problem,

他這一生一定會過得很充實、很踏實，也會很有影響力。

they are bound to lead fulfilling and steady lives, and they will also become very influential.

Aspire to Inherit and Pass On The Sages' Wisdom

所以他們除了班上表現好，他的校長重視了以後，就邀請我們中心的老師去跟他全校的老師做兩次演講。

Having observed the great performance of that class, the principal took on board the effect of *Dizigui* and twice invited teachers from our center to give speeches to all the teachers at his school.

然後我們又把《弟子規》都發送到他們學校去。所以一個人有立定志向，要「為往聖繼絕學」，他的影響力就會不斷擴展。

We also sent them copies of the book. You see, when a person aspires to 'pass on the great wisdom of ancient sages', his influence will keep expanding.

他自我的要求就會非常的深。他就能夠「苟日新 日日新 又日新」。

Subsequently, his self-expectation and self-discipline will become higher and higher. In doing so, he will be able to 'live anew each day'.

這位老師跟我們接觸了半年時間，他就開始跟著我到中國大陸去演講。

We had been in contact with this teacher for about half a year before she joined me to give speeches and share her experiences.

把他的經驗不只在學校推展開來，還把他的經驗貢獻給其他地區的老師跟家長。

She contributes her experiences not only to her colleagues but to the teachers and parents of other regions.

所以諸位朋友，「為往聖繼絕學」絕對不是遙不可及的事情。

That is to say, to 'continue the great wisdom of the ancient sages' is certainly not something unattainable.

最重要的是我們這一念心，是不是真正有發出來。

The most important thing is whether we can genuinely bring forth our aspiration.

我們要立志「繼絕學」，當然要從自己身旁最親的人開始，我們去做他的榜樣。

If we aspire to inherit and pass on the sages' wisdom, we certainly should start with setting good examples for people closest to us.

所以我們的立志可以先立志當孩子的好榜樣。

First of all, we must aspire to be good examples for our children.

諸位朋友，你這個志真的立下去了，保證你下一刻就變一個人。

Dear friends, once you truly set this aspiration, I guarantee that you will turn out to be a completely different person.

因為你開始講話會很小心，「奸巧語 穢污詞」講出去了，就不是孩子的好榜樣。

It is because you will become careful with what you say. As soon as you speak 'cunning, deceptive speech, and foul language', you will be a bad role model for your children.
在家庭立志當好父母。在公司立志當什麼？當好的長官、好的同事。在社會當中立志當好公民。

So, we must aspire to be good parents at home. What about at work? What must we aspire to be at work? To be good leaders, good colleagues. And in society, aspire to be good citizens.

我們有個老師坐公車，剛好看到一位長者上來，他馬上站起來請這個長者坐。

Once there was a teacher from our center who was riding on a bus; upon seeing an elder board the bus, he stood up immediately and offered his seat to the elder.

結果他這個動作一做完，接連有四個人讓座。他看了很感動，眼淚差點就掉下來。他也印證每個人都有善良的本性。

As soon as he had done so, four other passengers followed him to offer their own seats. Upon seeing this, he was so touched that he almost burst into tears. It proved for him that each one of us has a good nature.

所以，當我們有這分志向要去改善社會風氣，相信你的一言一行都會謹慎，都會克制自己。Therefore, when we aspire to improve the atmosphere of our society, I believe that we will be very careful with our every word and action and will be more self-disciplined.

我們的道德、學問也因為立志而不斷的提升。這是立志。

Consequently, our moral standards and wisdom will also keep improving. This is aspiration.

Preschoolers' pride

我們在深圳面對的都是五、六歲的孩子。我們問他說：讀書要做什麼？你們知道他的答案是什麼？他們的答案會很標準，要做聖人！

All of the children that we teach in Shenzhen are around 5 to 6 years old. Once we asked them, "What do you study for?" Do you know what their answer was? Their answer will always be the same, to become a sage!

他說：不做聖人，讀書幹什麼！

They even said, "What is the point of studying if it is not to become a sage!"

他們六、七個同學要從外面回到他們的幼兒園去。就一路上孩子爭先恐後，幹什麼？撿垃圾。Once, 6 or 7 children walked back to their preschool together. On their way back, what were they doing? They were excitedly picking up trash.

他們一看到垃圾，好像看到寶一樣，覺得我可以為社會付出。大家在那裡搶著撿垃圾。

When they saw trash, they acted as if they had found treasure and felt that they were contributing to society. Everybody was competing to pick up the trash.

結果剛好路上遇到了一些下課的初中生，這個初中生手上拿著雪糕，拿著吃的東西，邊吃邊丟。突然看到一群小孩在撿垃圾，本來要丟的垃圾，突然在半空中停住了，沒有丟下去。

At the same time, some middle schoolers had just finished class. These students were holding popsicles and other snacks in their hands, littering as they were eating. Suddenly, they saw a group of young children cleaning up litter. The trash that they were about to throw suddenly froze in mid-air, and was never thrown down.

然後有一位初中生就對著其他的同學說：我們別丟了，這麼小的孩子都在撿。

One of the middle schoolers said to his classmates, "Let's not litter, even the young children are cleaning up after us."

他是用廣東話說的，結果這六、七個孩子只有一個是廣東人。

He said it in Cantonese. It turns out that only one of those 6 or 7 children was Cantonese.

回到他們的幼兒園，這位同學雄糾糾氣昂昂翻譯了這個大哥哥的話給其他的同學聽，他說這些大哥哥因為看到我們撿垃圾，所以他們就不丟了。

After returning to the preschool, this classmate bragged valiantly, translating what the older boy said and proudly telling his classmates, "Those older boys saw us picking up the trash so they stopped littering!"

這位小朋友內心的感受，他會覺得原來我的一言一行都可以影響這個社會，

This little boy felt in his heart that each of his words and actions can actually have an influence on society.

所以孩子的定位就是「學為人師，行為世範」。

Therefore, children should live by the motto 'Learn to be teachers of others and perfect our actions as good examples for society'.

志向就好像一個人人生的一個目標，一個終點，我們志立對了，這一生才不會白來一遭。

Aspiration is like a person's purpose in life, a destination. As long as we set a proper aspiration, our lives will then not be wasted.

Practice through actions

好，學習除了立志以外，還有另外一個很重要的態度，叫「學貴力行」。

Apart from setting aspirations, another very important attitude is essential for learning, which the ancients advised, "Practicing what we have learned is the cornerstone of learning."

我們學習一句經教，一定要做一句，所謂解行相應，我們的道德、學問才能夠提升起來。

For each sentence of the sages' teachings that we have learned, we must put into practice.

This is what we call: Cultivation and comprehension correspond to each other. Only by doing so, our virtues and wisdom will then keep improving.

在唐朝時候，有位高僧叫鳥窠禪師，

During the Tang Dynasty, there was an eminent monk known as Zen Master Niao Ke.

唐朝的詩人白居易，晚年好佛學，他希望能夠去親近這樣的大德，能夠提升自己的學問。

Bai Juyi, a renowned poet of the same period, took a strong interest in Buddhism in his later years. He hoped to learn from this Zen master to elevate his own wisdom.

當他遇到鳥窠禪師，他就開始請教他，他說怎麼學佛？

When he met Master Niao Ke, he sought his advice on "How do I learn Buddhism?"

「佛」是印度話，它本來的意思，本來的話叫「佛陀耶」，

The Chinese character of 'Buddha' is derived from the Sanskrit word 'Buddhaya'.

中國人喜歡簡單，把它直接翻成一個「佛」字，左邊一個「人」，右邊一個「弗」；這個在中國造字叫形聲字，形是人，聲是這個弗。

Chinese people like simplicity and translated it into one character, '佛'. It is a picto-phonetic character, one of the six methods to form Chinese characters;

「佛」這個字以中國的話來解釋，就是覺悟的人、有智慧的人，再講白一點，叫明白的人，明白道理的人。

it means 'enlightened being', referring to a person who has the wisdom to see the Truth of the universe and life.

所以，學佛就是要去學當一個明白人。

To study Buddhism is to learn to become a person who can see the Truth.

鳥窠禪師就對白居易說，學佛就要「諸惡莫作，眾善奉行」，八個字。

Master Niao Ke advised Bai Juyi that learning Buddhism is 'Do no evil, cultivate all goodness.' Eight words in Chinese.

白居易聽完之後哈哈大笑，他說三歲小孩都知道。

Upon hearing this advice, Bai Juyi burst into laughter and said, "Even a 3-year-old child knows that."

諸位朋友，你三歲的時候知不知道？

My friends, did you know this when you were 3 years old?

以前教導善惡、教導做人，在哪裡教？不是到學校，在家裡，家教就教了。

In the past, where were children taught the difference between good and bad as well as how to act like a human being? Where? Not at school but at home. This education was standard at home.

所以確實白居易說的沒錯，三歲小孩都知道。

In fact, Bai Juyi was not wrong, even a 3-year-old child knew this.

烏窠禪師回答他，八十老翁都做不得，都沒做到。

Master Niao Ke replied, "But even an eighty-year-old man may not be able to implement it."

所以道德學問的樞紐、關鍵，不在你念了多少，而在你做到多少。

You see, the key to acquiring virtues and wisdom is not about how much we have read, but how much we have put into practice.

這個態度，我們自己學跟引導孩子學聖學賢，一定要確立這個正確的態度。

We must establish this right attitude when learning sages' teachings in both self-learning and guiding our children.

A Chinese Character That Exhibits Philosophy and Wisdom

我是去年三月十五到了深圳，跟當地的老師跟家長上了一堂課。隔天，當地的老師請我去跟他們幼兒園的孩子上一堂課，我就跟他們上《弟子規》。

On March 15th last year, I was in Shenzhen to teach a class to the local teachers and parents. The next day, one of the local teachers invited me to give a class to the children at her preschool. I taught them *Dizigui*.

結果我一進去，我說諸位同學，我們今天來上《弟子規》。

As soon as I entered their classroom, I said, "Hello class, today we are going to learn *Dizigui*."

這些孩子異口同聲說：老師，我們都學過了，我們都會背了。

To my surprise, all the children replied in unison, "Teacher, we have already learned that and know it by heart."

諸位朋友，學《弟子規》給了這些孩子什麼？

My friends, what did learning *Dizigui* bring to these children?

給了這些孩子覺得「那個我早就會背了，我都學會了」，給了他傲慢，而不是謙卑。

It brought these children the sense of 'I have already learned to recite and knew that long ago'. It gave them arrogance, not humility.

所以老師一開始的引導，對孩子很重要。

This is why the correct guidance from a teacher is very important for children's learning.

我就在黑板上寫了一個字，道德的「道」，

I wrote a Chinese character on the board, the character of Dao (*Tao).

我也沒有直接去跟他們反駁，我就先寫一個「道」字。

I didn't argue with them. I just wrote this one character of Dao (*Tao).

我說諸位小朋友，中國文化博大精深，中國的文字是全世界唯一可以在文字當中，把人生哲學、人生智慧流露出來的文字，只有中國字。

I said, "Dear Children, traditional Chinese culture is vast and profound. Chinese characters are the only characters in the world that can exhibit the philosophy and wisdom of life through their composition."

接著我就解釋，這個字叫會意字，當你看到這個字，你就能夠體會其中的道理。

I went on to explain that this is a compound ideograph character, one of the six methods to form Chinese characters. When you see this character, you will be able to discern the meaning within it.

左邊一個「辵」部，右邊一個首先的「首」，

The left radical means 'carrying out' combined with the right radical meaning 'first'.

這個字就告訴我們，真正有道德的人就是首先能夠實踐(這個「辵」就是實踐)，首先能做到、能做出來的人，才是有道德的人。

This single character alone tells us that a truly virtuous person is someone who can firstly implement the sages' teachings.

所以我們學《弟子規》就是要做有道德的人，諸位同學，《弟子規》哪一句話你做到了？

The purpose of learning *Dizigui* is to become a virtuous person. Then I asked, "Dear class, which sentence in *Dizigui* have you put into practice?"

他們本來頭抬的很高，聽完之後，突然在那邊想，「父母呼，應勿緩」，昨天才跟媽媽頂嘴，所以馬上開始反省。

Initially, they had all held their heads high, with an air of arrogance. Upon hearing this, they lowered their heads, probably thinking, "When my parents call me, I should answer them right away...yet...I had just talked back to my mom yesterday." They started to introspect.

我接下來就《弟子規》的經句，一句一句告訴他們如何落實在家庭生活之中。

Afterwards, I taught them line by line, how to put the teachings of *Dizigui* into practice in their everyday lives at home.

其中有一個孩子回去，當天寫日記第一句話就說，「今天蔡老師來幫我們上課，蔡老師說《弟子規》是拿來做的，而不是只有拿來背」。

One of the children went home and wrote an entry in her diary. In the first sentence, she said, "Teacher Tsai taught our class today. He told us that *Dizigui* is for us to practice through our actions, not just a text for us to recite."

諸位朋友，這個孩子會寫在日記上，代表這個態度他的印象很深刻，這個印象很可能影響他一輩子。

My friends, for this child to write it down in her diary, it means that the attitude she learned in this lesson left her a deep impression. This impression is very possible to have a lifetime influence on her.

A Three-Word Admonition About Education

所以，教育有三字真言，要「慎於始」，當他一開始學習學問就重視力行，那他功夫的得力一定跟其他的人不一樣。

There is a three-word admonition about education, that is, 'to make a cautious start'. If a child pays great effort to practice what he learns from the very beginning, then the benefits he gains will certainly be different from others.

另外有個孩子學完了，回去也很認真，隔天就站在他父母的門前，等著父母出來。

There was another student who, after finishing my class, was also very diligent when she got home. The next morning, she got up early and stood outside of her parents' bedroom, waiting for them to come out.

父母一出來，他就跟父母鞠個恭說：爸爸、媽媽早上好，昨天睡得好嗎？

As soon as her parents came out, she greeted them with a bow and said, "Father, mother, good morning. Did you sleep well last night?"

他爸爸、媽媽忽然覺得嚇了一跳，趕快給幼兒園打電話，他說：昨天發生什麼事了？我的孩子怎麼今天會給我們問好、問安？

Her parents were utterly shocked. They immediately called up her teacher. They asked, "What happened yesterday? How come my daughter greeted me in the morning?"

老師才說昨天因為上到「晨則省，昏則定」。

The teacher replied, "We learned two lines from *Dizigui* yesterday, 'We should always greet parents in the morning and make sure that they sleep well at night.'"

所以其實孩子好不好教？很好教，只是我們沒教。

So is it difficult to teach children? They are actually very easy to teach. It is us adults who have not taught them.

在汕頭有個孩子，他才七歲，剛好汕頭也有很多的老師義務的講授《弟子規》的課。

In Shantou, there was a 7 year old child. He participated in a *Dizigui* class offered by some volunteer teachers.

上了一兩個月，他們的老師辦了個活動，也跟這些家長做交流，

After one or two months, the teachers organized an event to share children's learning with parents.

他就安排每個孩子上去分享一下，他學了這一兩個月他有什麼改變。

They had each student share in front of the entire class what they had learned in this month or two and what improvements they had made.

結果這個七歲的孩子上去，他第一句話就說，他說：我上了《弟子規》才知道做人原來要孝順。

When this 7-year-old child went up in front of the class, the first sentence he said was, "Only after I learned *Dizigui* did I know that to be a human, I should actually be filial to my parents." 諸位朋友，這句話很有味道，「原來要孝順」，人不學，不知道，人不學，不知義。

My friends, this sentence is worth ruminating, "I actually should be filial to my parents!" *The Book of Rites* states, "Without learning, one would not know the Dao (**Tao/Way*); without learning, one would not know righteousness."

所以現在很多家長很生氣：這個孩子怎麼這麼不懂事，連這個都不懂！

Now, a lot of parents get angry and berate, "How come this child is so immature, doesn't even understand this simple thing?"

他真的連這個都不懂，因為沒教。所以我們要理解到，哪些道理一定要趕快教。

Well, the children really do not understand, because nobody has ever taught them. We have to know what principles that we must teach our children as soon as possible.

你看這個孩子，你馬上跟他講「晨則省，昏則定」，他隔天就去做。

You see, the example of the child was taught 'We should always greet parents in the morning and make sure they rest well at night', she put it into practice the very next day.

而這位家長懂得趕快打電話去學校，這個動作代表他很關心孩子的成長，

In addition, her parents know to immediately call the school; this action showed that they truly cared for their children's development.

他了解到把孩子教好，很重要要親師合作，所以這個家長是有教育敏感度。

They also understood that to teach their child well, it is very important to work closely with the teachers. This kind of parent demonstrates the sensitivity to education.

假如他覺得很奇怪，然後摸摸他的女兒說：女兒，你今天是不是發燒了，怎麼這麼有禮貌？

If they had felt strange and tested their daughter's forehead and asked: "Daughter, do you have a fever today? How come you have such good manners?"

假如這樣做，可能會扼殺了孩子的孝心跟學習的心。

If they had done so, it would have probably killed this child's filial intention and enthusiasm of learning.

所以，當你的孩子學了《弟子規》，回去幫你端洗腳水，你應該怎麼樣？

So when your children learn *Dizigui*, they prepare water for you to wash your feet, what should you do?

你可不要說：不要這麼麻煩，你等一下燙到怎麼辦？你看，他要學習的機會都被你斷送掉了

You should not say, "Oh, no need to go through so much trouble, what if you burn yourself?"

With this kind of reaction, the opportunity for them to learn is rejected and cut off by you.

所以我們為人父母要懂得跟老師配合，要懂得成全孩子的孝心，成全孩子的德行。

Therefore, as parents, we must understand to cooperate with our children's teachers. We must understand to help children develop filial piety and develop their virtues.

有一位母親就說了，她說我的孩子這麼小，到時候他把我打翻了怎麼辦？

One mother asked me, "My child is so little, what if he knocked over the basin of water?"

我跟她說，打翻了更好。她就很納悶，為什麼打翻更好？

I replied, "That would be even better!" She was very puzzled and asked, "Why would it be even better?"

因為他打翻了，除了你已經成全他的孝心以外，你還可以當場利用這個機會跟他說：

I answered, in that case, apart from giving your child the opportunity to practice his filial piety, you can use this chance to teach him,

兒子，你這分心，媽媽很感動，這麼小就能盡孝，

"Son, I am so touched by what you did, especially when you are still so young.

我們今天要想一下，為什麼你會把水打翻，一定是你雙手沒有拿穩，下次怎麼拿穩就不會打翻，來，我們一起把它擦乾淨。

Now let us think, why did you knock over the basin of water? It must be that you did not hold the basin steadily. If holding it like this next time, you will not knock it over again. Come, let's clean up the floor together."

你同時教他如何拿東西，同時又教他如何收拾這個情況，把事情做收尾。

At this moment, you can teach him how to hold things properly, how to deal with an accident, how to clean up, and how to solve an issue.

所以，我們當家長的不要有太多的顧慮，也不要太多的不捨，因為讓孩子多做，他才能多學習、多體會。

So, as parents, we should not worry too much or feel bad for them, because the more we let the children do, the more they can learn and understand.

好，這節課我們先上到這邊，謝謝。

Okay, our class will stop here for now. Thank you.