

細講弟子規 第四集

Confucius Teachings On Building A Happy Life (4)

- a foundation for Mahayana Buddhism practice

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Put Each Rule We Learned Into Practice

諸位朋友，大家下午好！

Hello my friends! Good afternoon everybody.

早上我們提到，學習一開始的態度很重要，提到了「學貴立志」，

This morning we mentioned that one's attitude to learning at the very beginning is crucial and the foremost element of learning is to set aspirations.

要先立定志向就會有無窮的動力，去驅使我們不斷的進步成長。

Only with firm aspirations can we have the infinite drive for continuous progress.

第二個，「學貴力行」。

Secondly, it is vital to apply what we have learned.

我們現在要學中國文化，要學聖賢的學問，我們也不要很擔心說我現在才開始學來不來得及？其實最重要的是，學一句我們就做一句。

Now we want to learn Chinese traditional culture and sages' teachings, there is no need to worry if it is too late or not. In fact, what is most important is that we put each teaching into practice as we learn it.

很多人說等 我學好了再來教孩子，等我學好了再來幫助別人，等我們學好了，來不來得及？來不及。

Many people say, "After I have learned it properly myself, I then teach my children" or "I will help others after I have practiced well myself". Can we afford to wait until we have learned well? No, too late!

現在學一條做一條，光是這樣的精神就會感動你的孩子，感動你的學生。

Now, if we put each teaching into practice as we learn it, this attitude alone will absolutely move and influence our children and students.

我們很多的老師，之前比較少薰習中國文化，他們也是抱持著跟自己的學生一起學習的態度，Many of our teachers previously had little exposure or familiarity with Chinese traditional culture, they also had the attitude of learning together with their students.

往往這樣的態度，孩子看了也很歡喜，因為我們把好學的態度演給小孩看，給學生看。

As a result, their students are delighted and moved, because we have exemplified a studious attitude to them.

有一個幼兒園，他們就教導孩子，

There is a preschool where children were taught to have good manners.

吃飽飯以後要有禮貌，起來的時候要跟同桌的老師、同學說「大家請慢用」之後，再拿著他的碗跟筷子去廚房自己洗，所有的孩子就養成習慣。

They were told to bow to the teacher and classmates before leaving the table and say, "Everybody, please take your time and enjoy your meal." Afterwards, they take their own bowl and chopsticks to the kitchen, and wash them clean by themselves. Each of these children has already cultivated this into habit.

他們的老師同樣也這麼做，每個老師吃完向他們一鞠躬說，「大家請慢用」，所有的孩子都會會心的微笑。

Their teachers also do the same. Whenever the teachers finish their meals, they also bow and say, "Everybody, please take your time and enjoy your meal." Every child will have an understanding smile on their face.

諸位朋友，為什麼？

My friends, why?

這些孩子的心中就在想：老師也跟我們一樣，要有禮貌，要遵守這些規定。

These children must be thinking in their hearts: Our teachers are just like us, they have to follow the same rules and have good manners as well.

其實我們跟著孩子一起做，那個效果非常好。

When we lead children by example, and practice what we preach, the results will be extremely good.

還有個孩子，剛好那次吃飯，全部的老師、同學都吃完了，

One time, one child was still eating while every teacher and classmate at his table had finished. 只剩下他一個人。這個孩子吃完以後站起來，對著桌椅、板凳深深一鞠躬，說「大家請慢用」，所有的老師看了都笑出來。

He stood up after finishing eating, facing directly at the tables and chairs, bowed deeply and said, "Everybody please take your time and enjoy your meal." All of the teachers, upon seeing this, couldn't help but laugh.

但是我們感受這個孩子很老實，說一條、學一條就做一條。

We can feel that this child has a very honest attitude towards learning, because he put each rule he learned into practice.

一個人要先學老實，再學靈活，這樣學問才會成就。

A person should first learn to be honest and then learn to be adaptable. Only then will their learning be fruitful.

假如一開始就學靈活，對老師的教誨，說了五條，挑三條來做。

If, for example, he learns adaptability first and puts three out of five of what he was taught into practice;

好，腦筋也很靈活，但是很可能學問會不紮實，到時候會被自己的小聰明給害了。

his brain, though very quick-thinking and flexible, his learning, very likely, would not have a solid foundation. In the end, he may be hurt by his own smart aleck attitude.

The Order of Learning Sages' Teachings

除了力行以外，接下來我們要了解，學習也要重視它的順序，它的次序。

In addition to implementing what we have learned, we must also understand the importance of following the correct sequence of learning.

《三字經》上有一句話，「為學者 必有初」，讀書它是有次第的，

There is a line in *Three-Character Classic* which states, "A pupil must have a proper start to learning." It means that there must be a proper sequence of learning.

「小學終 至四書」，就是把《小學》這本書學好，接著學四書五經。

"After learning the basics from the book of *Xiao Xue*, can he then learn *The Four Books*." This is to instruct us to first learn well the basics from the book of *Xiao Xue* and then move on to study *The Four Books* and *Five Classics*.

《小學》是一本朱熹朱夫子編的童蒙養正的書籍，

Xiao Xue is a book compiled by Zhu Xi (a renowned scholar of the Song dynasty, 1130-1200) it is about nurturing a righteous mind from a child's primordial state.

這本書教導孩子怎麼孝養父母，怎麼尊重長輩，還有整個生活當中灑掃應對之禮。

This book teaches children how to be filial to their parents, how to respect elders, as well as the etiquette of doing their daily chores and interacting with others.

這本書有看過的朋友舉手？還不少。

My friends, who have read this book, can you raise your hands? Wow, quite a few!

這本書距離現在已經快一千年，歷史比較悠久，它很多當時候的生活情境跟現在已經有差別了。

This book is nearly 1,000 years old. Its history is certainly quite long. Much of our living conditions and social environment has changed compared to that ear.

而為什麼學《小學》這麼重要？

But, why is it still so important for us to learn *Xiao Xue*?

因為孩子從小先扎做人做事的根基，

Because children, starting from a young age, should first establish a solid foundation of how to interact with others and tackle daily tasks.

這個根基扎好了，他讀其他的經書，他就不是只有讀而已，他懂得要落實在與人相處當中，他懂得要落實在生活當中，所以這個根基一定要扎。

With this solid foundation, they will not merely be reading the words when studying other classics, but would apply the teachings into daily life particularly when interacting with others.

So this foundation must be established and firmly rooted.

因為這本書離我們比較遠，我曾經看過，也只能看個六、七成，很多術語都不懂。

This book was written quite long before our time. I once read it and could only understand 60 to 70 percent, because there were many unfamiliar phrases.

後來我翻了《小學》之後又翻《弟子規》，對《弟子規》這本書非常的感動，也非常讚歎。

After translating *Xiao Xue* into modern language, I also translated *Dizigui* and was very touched by this book's content. I highly praised it.

因為《弟子規》是清朝時候編的書，離我們才幾百年時間，很近。

Dizigui was written in the Qing Dynasty, it is only a few hundred years before our time, relatively recent.

而清朝的李毓秀夫子，他就是根據《小學》裡面最重要的內容，把它抓出它的綱領，編成這本《弟子規》；

The author, Li Yuxiu of the Qing Dynasty, compiled *Dizigui* based on the guidelines and core contents of *Xiao Xue*.

離我們的生活是完全相應，沒有一句做不到，而且也把《小學》的重點都包含進來。

Every single line in *Dizigui* corresponds with and can be applied, to our daily lives. Furthermore, it encompasses all the main points in *Xiao Xue*.

李毓秀夫子他編這本書，還是依據孔老夫子在《論語》裡面一句很重要的教誨，

Li Yuxiu, when compiling this book, also followed very important teachings from *The Analects* (*A collection of sayings attributed to Confucius, compiled by his disciples).

這句教誨提到「弟子規 聖人訓」，

“*Dizigui*, the guidelines for being a good person is exhorted by the ancient sages. Being filial and fraternal is the foremost rule, followed by being cautious and trustworthy;

就是提到「首孝弟 次謹信 汎愛眾 而親仁 行有餘力 則以學文」，

love all equally, and learn from the benevolent ones. Having practiced all of the above, one can then expand one’s horizons to study literary arts.”

就是根據孔老夫子提的這句話，把它舉出了七個綱目，編成這本《弟子規》。

Based upon Confucius teachings, Li Yuxiu concluded with seven outlines, and compiled the book *Dizigui*.

所以，我們把《弟子規》學好，就是把《小學》的根基扎好。

Therefore, to learn *Dizigui* well is to set a solid foundation of *Xiao Xue*.

假如《小學》的根基沒扎好，直接讀四書五經，孩子讀愈多會跟生活脫節。

If the foundation is not firm, and they jump straight into learning the *Four Books and Five Classics*, (*The authoritative books of Confucianism, written before 300 BC. The *Four books* are *Great Learning*, *Doctrine of the Mean*, *Analects*, and *Mencius*, The *five Classics* are *Classic of Poetry*, *Book of Documents*, *Book of Rites*, *Book of Changes (I Ching)*, and *Spring and Autumn Annals*.) they will become increasingly out of touch with reality.

A Huge Killer for Seeking Wisdom

有些孩子經讀的很多，但是他會拿著《論語》裡面的經句跟爸爸媽媽辯論。

Some children read many classic texts, but may use them to argue with their parents.

有個孩子六歲左右，有一次他媽媽在批評他，他就跟他媽媽說：媽，你有孔老夫子的溫良恭儉讓嗎？你假如做不到，你也沒有資格說我。

There was a child, around six years old. On one occasion, his mother was disciplining him. He answered back to her, “Mother, do you have the five virtues of Confucius: gentleness, kindness, respectfulness, thriftiness, and concession?” if you cannot achieve them yourself, you have no right to criticize me.”

他媽媽心裡一震，現在都已經用經典的言語在跟我反駁，那再讀下去會怎麼樣？

His mother’s heart dropped, and she thought to herself: “This child already dares to use the classic texts to argue with me now, what would happen if he reads more of them?”

我有個長輩，她帶著她的孫女，那個孫女要叫我舅舅，帶到我們家，我爸爸媽媽都在。
I have an elderly relative. She once visited us with her granddaughter who calls me uncle. My parents were both home that day.

一坐下來就開始對她的孫女講：來，我們背英文給這些長輩聽。

She said to the little girl as soon as sitting down, "Come, let's recite a few words you have learned in English to your elders."

這個小女孩也非常的純熟，我相信絕對不是只有表演給我們看過，一定是上演不少齣了，所以她也很有自在。

This little girl recited very fluently. I believe that it was not her first time putting on a performance in front of others. Therefore, she was very comfortable.

然後她的奶奶就開始問：蘋果怎麼講？小女孩說：Apple。雨傘怎麼講？小女孩說：Umbrella。Her grandmother started the questions, "How do you say apple in English?" The little girl replied, "Apple." Grandma continued, "What about umbrella?" The little girl answered, "Umbrella".

問了好幾個都對答如流，突然這個小女孩反問她奶奶一句話，她說：奶奶，書本怎麼講？

This Q&A show went on smoothly for several rounds. Suddenly, the little girl countered by asking her grandma a question, "Grandma, how do you say book in English?"

她奶奶說：我怎麼會知道！小女孩說：奶奶，你怎麼這麼白痴！

Her grandmother replied, "How do I know?" The girl said, "Grandma, how come you are so dumb!"

孩子假如沒有學會做人做事，學的知識、看的書愈多愈傲慢。

If children do not learn how to interact with people properly and tackle daily tasks, the more knowledge they acquire and the more books they read, the more arrogant they will become.

「傲慢」是求學問一個很大的殺手，傲慢心只要生起來，學問很難有成就。

Arrogance is a huge killer of seeking wisdom. Once arrogance emerges, it is very unlikely for one to succeed in developing wisdom.

所以《禮記·曲禮》提到「傲不可長」，這些都是以前的聖賢人給我們很重要的提醒。

This is why in *The Book of Rites*, it states: One must not let arrogance grow. This is a very important reminder from our ancient sages.

林則徐先生在他體悟的人生當中歸納了十件事，

Over the course of his lifetime, Lin Zexu ([*A scholarly official of the Qing dynasty best known for his role in the First Opium War of 1842-49](#)) had summarized Ten Futilities.

這十件事就是，假如人犯了這十個錯誤，那人生是很沒有益處的，他說叫「十無益」。

If a person makes these ten mistakes, then his entire life will become meaningless.

第一個叫「父母不孝 奉神無益」。

First: If one is unfilial to one's parents, it is futile to pray for divine blessings.

對父母都不孝順，每天拜神求神明保佑，有沒有用？沒有益處。

If a person is not filial to their own parents, would it work to pray for deities' blessings? No! It is futile.

「兄弟不和 交友無益」，

Second: If one is not in harmony with one's siblings, it is futile to make friends.

在家裡面跟兄弟相處都不懂得包容，都常常有衝突，這樣的人出去外面交朋友，能交到知心的朋友嗎？不可能。

If a person is not accommodating, often has conflicts with siblings at home, would he be able to find a true friend in the outside world? Impossible!

在這「十無益」當中，其中兩點是針對求學問很重要的提醒，

Among these Ten Futilities, two of them are very important reminders in regard to the attitude of our seeking wisdom.

「心高氣傲 博學無益」，「行止不端 讀書無益」。

“If one is arrogant, it is futile to have erudition.” and “If one’s behavior is not righteous, it is futile to study.”

所以，他只要有了傲氣，學歷愈高愈瞧不起人，愈容易傷害別人。

You see, if an individual is arrogant, then the higher his education is, the more arrogant he will become, and the more easily he will disdain people and cause harm to others.

「行止不端」，假如他的言語、行為跟聖賢的教誨都背道而馳，那讀的書跟他不相應，不得利益。

If his speech and conduct go against the sages’ teachings, and he does not resonate with what he studied, he will not benefit from his learning.

所以我們看到中國幾千年的聖哲人所留下來的話，我們要很珍惜，要好好拿來警惕；

Therefore, when we see these wise words from philosophers and sages of China’s past millenia, we must cherish their teachings and use them to stay alert in our own speech & conduct.

自己不能犯，當然孩子也要盡量不犯這些過失，這是學習的次序。

Not only prevent ourselves from making mistakes but try our best to help our children as well.

This is the sequence of learning.

The Learning Method: Delve Deeply Into One Subject of Dao and Persevere with It

再來，學習的方法要抓住八個字，「一門深入 長時薰修」。

Next, in our learning process, we must grasp this method; that is, ‘delve deeply into one subject and persevere with it’.

一門，哪一門？中國聖哲告訴我們的教誨，假如用兩個字來說，就是「道德」。

Which subject is this? This subject is ‘Dao De/Tao Te’, the teachings of Chinese sages.

道德兩字就掌握了整個聖賢幾千年的教誨的綱領，

These two characters alone encapsulate the entire guiding principle of the ancient Chinese sages’ teachings over the past few thousand years.

所以綱舉目就張。

Once a person grasps the guiding principle, it becomes easy to maneuver the rest.

諸位朋友，什麼是道？什麼是德？

Dear friends, what is ‘Dao’? What is ‘De’?

我們翻開手冊第二頁下面有一行字，我們一起把它念一遍，

Let us turn to page two, there is a sentence at the bottom. Let us read this sentence together,

「認識超越時空的大自然運行法則，此之謂道」；

“The laws of nature that transcend time and space are called ‘Dao’”.

下一句，「教導人類如何順從大自然的法則，不違越地做人，此之謂德。」

Next sentence, “Teaching humankind how to follow the laws of nature and not transgress the laws is called ‘De’”.

所以「道」是超越時空的大自然法則，俗話講倫常大道。

Hence, ‘Dao’ is the laws of nature that transcend time and space, it is what Chinese people call ‘the great ethical path’.

五倫關係就是道，

The five-ethical-relationship (*Superior-subordinate, parents-children, husband-wife, elderly-young, among friends) that the ancient Chinese sages taught are known as ‘Dao’.

所以天地萬物都有它運行的軌跡，才不會發生衝突。

When everything in the universe follows its own trajectory of moving, there will be no conflict. 不只人有正確的道路，像星球與星球之間的運轉，它也有它正確的軌跡在轉。

Not only human beings have their ethical path, planets have their proper orbits too.

假如宇宙間的星球運轉，它今天這樣轉，明天要改這樣轉，行不行？不行。

Would it be alright if the planets did not follow their rightful orbits? Certainly not.

假如九大行星，冥王星說我今天不這樣轉，明天我要改了。

If Pluto said, “I do not want to follow this orbit anymore. I will change it tomorrow.”

可能它一改軌道，就會跟其他的星球相撞、衝突、摩擦。萬物如是，人亦如是。

Once it changed its path, it would lead to collisions with other planets. Planets are like this, so are people.

所以我們這五個關係，假如能夠去遵守，那就會相處的很融洽。

Only if we follow the rules of five-ethical-relationships properly, will we then live in harmony;

但是這五個關係，我們假如不願意去遵守，就會發生矛盾，發生衝突。

if we don’t follow them, there will be contradictions and conflicts.

Which Relationship Is the Most Important Relationship Among All Relationships?

好，諸位朋友，現在這五個關係有沒有衝突？有沒有？

My dear friends, do we see conflicts amongst the five relationships nowadays? Many conflicts.

很多衝突，打開報紙就知道。我們來看看，這五個關係如何不踰越？如何用心的去經營？

We can see a lot from the news. Let us take a look, How can we not cross the line of the five-ethical-relationships, and how do we manage them earnestly.

諸位朋友，這五個關係你覺得哪個最重要？都很重要。

My friends, which of these relationships do you think is the most important? All are important.

《中庸》裡面提到，「君子之道 造端乎夫婦」，所以夫婦關係影響很深遠。

However, The *Doctrine of the Mean* states: The ‘Dao’ of becoming a virtuous man starts from the ethical relationship of husband-wife.

為什麼夫婦關係最重要？因為夫妻是同室，同一個房間。

So, the spousal relationship is far-influential. But, why is the spousal relationship most important? It is because husband and wife live closely in the same room.

夫婦假如和睦相處，夫婦處得好，自然而然孩子在這樣的家庭環境成長，父子關係會很親；夫婦關係處得好，兄弟也會和睦。

If they live in harmony, children who are brought up in such an environment will naturally be close to their parents. This good example will also foster a harmonious relationship between siblings.

夫妻的相處，確確實實給予孩子潛移默化的影響。

The way that a husband and wife treat each other indeed has a silent instilling influence on children.

所以夫婦一正，父子自親，兄弟姐妹也會和睦。

Once the relationship between husband-wife is harmonious, their children will also have harmonious relationships among siblings.

當「父子有親」孩子知道要感恩父母辛勞付出。

When a child is close to his parents, he will recognize and be grateful for his parents' toil and efforts.

她這分對人的感恩心就會油然而生

In turn, his gratitude will be naturally applied to others.

所以他出社會遇到對他很提攜、很栽培的長官，他自然而然會生起「君臣有義」會效忠他的領導者。

As a result, when he encounters leaders and elders who care for and give him useful training, such a grateful child will naturally give rise to the sense of 'righteousness between superiors and subordinates',

所以自然而然就形成這個態度。

his loyalty will naturally be developed.

古代有一句名言叫「忠臣出於孝子之門」這句話是相當有道理的。

There is a famous ancient Chinese saying, "Loyal subordinates come from families with filial children." This sentence makes great sense.

現在跳槽的特別多，跳槽的時候只想到自己的財富，都沒有去想到這些長官對他長期的栽培，Nowadays, job hopping is especially common. Many people do it only for their own profit; they do not consider their leaders' effort in nurturing their abilities over the years.

有的甚至於直接就跳到他的對手的公司去，又跟自己本來的公司競爭起來。好，所以「君臣有義」。

Some of them even hop to a competitor, competing with their previous company. There should be 'righteousness between superiors and subordinates'!

兄弟姐妹能相處得好，他在家裡就懂得互相照顧，互相幫忙，一跟同學相處，一跟同事相處，他那種態度自然而然就表現出來，所以也會跟人家交到很好的朋友。

If siblings get along well, helping and looking after one another; they will naturally reveal fraternal love to their classmates and coworkers, hence building good friendships with others.

所以夫婦一正，五倫就正，

Therefore, once the relationship of husband-wife is harmonious, all of the five-ethical-relationship will become proper and harmonious.

教導如何把夫婦處好，這是個相當重要的學問。

Teaching how to handle the husband-wife relationship is a very important knowledge.

諸位朋友，您曾經學過夫妻相處之道嗎？課本裡面有沒有教過？沒有。

My friends, have you ever learned how to handle spousal relationships? Has it ever been taught in your textbooks? No.

這麼重要的事怎麼都沒有教？

Why is such an important subject not formally taught?

你看，我們以前考試那些題目，對現在人生影響不大，但是學很久；

All of the questions that we answered in our examinations have not had much impact on our lives, but we studied them for a long time.

可是影響人生很重要的道理，我們卻沒學過。

In contrast, we have never learned about something that has a big impact on our lives.

夫婦關係也要記住，「慎於始」。

When it comes to a husband-wife relationship, we should keep this phrase in mind 'make a cautious start'.

一開始還沒結婚以前，你就要睜大眼睛，要選好對象。

Even before marriage, we should keep our eyes wide open and choose the right partner.

當然你要選別人，別人也要選你。

Of course, while you are choosing others, others are also choosing you.

要找到好對象，不是一直跑出去相親，這個方法很累人。

Always busy meeting new people won't find you a good spouse; this approach is too tiring.

最好的方法叫做眾星拱月，你只要把自己的光圈擦亮，很多星星就會靠過來，到時候任你挑，這是最高明的找對象的方法。

The best approach is called: Having the moon surrounded by stars. As long as you brighten your own aura, 'stars' will naturally gather around you. Then you will have many choices. This is the wisest way of finding a spouse.

好，夫妻要慎於一開始，要去明辨是不是能夠相處一生的伴侶，這就不是可以馬虎的事情。

Husband-wife should have a cautious start. Long before marriage, they must clearly discern if this person is suitable to be a lifelong partner. This is not something to be taken casually.

The Proper Sequence for Romantic Relationship

現在很多的年輕男女，他學夫婦之道，學男女相處，從哪裡學？

Where do young men and women nowadays learn about romantic relationships?

都從情歌裡面學。情歌裡面說男女相處都是什麼情況？都是愛得很痛苦，愛得死去活來，有沒有？

Often, from love songs. But what portrayal do most love songs give concerning romantic relationships? Misery, like a matter of life and death. Right?

好像年輕不痛苦就不叫年輕人，「人不輕狂枉少年」，這樣叫愛嗎？

It seems as if a person cannot be called a young fellow if he suffers no misery. They feel that 'it is a wasted youth if a youngster is not frivolous'. Can we really regard this as 'love'?

我發覺到這一點，在我教五、六年級的學生時候，我就很謹慎。

As soon as I noticed this trend, I was very cautious when teaching the 5th and 6th grade.

趕快先跟他們打一些預防針，讓他們對男女關係有正確的態度，不要被這些情歌誤導。

I immediately gave them a 'vaccine injection' so that they could form a correct attitude towards romantic relationships, and avoid being misled by those love songs.

我跟他說，人與人相處都會經過一些過程，

I told them that it takes a process for people to build a relationship.

一定是先從「相識」，認識了，再發展「相知」，互相了解，再來「相惜」，互相珍惜彼此的因緣，再到「相愛」，最後「結婚」，

This process must start from being acquainted with one another, then get to know each other afterwards, which is mutual understanding. Following that, cherishing for the affinity of each other should be developed, and finally, should they fall in love and get married.

是不是結束？很多人說「結婚是愛情的墳墓」，這都是誤導。

Is marriage the end of all? Many people say, "Marriage is the grave of love". This is totally a misleading concept.

假如好好相處，酒會愈陳愈香，所以這個要經營。

If the relationship is handled properly, it will get better and better, like fine aged-wine. That's why marriages need to be managed.

什麼是真情真愛？

What is true love?

我常常舉一個例子，真情真愛就好像一位七十多歲的老爺爺牽著他七十多歲老太太的手，走在公園散步。

I often give an example. True love is an old man in his 70s holding the hand of his over 70 year old wife, taking a walk in the park.

然後老太太就跟他先生說，她說：先生，明天是十五了，明天該吃素了。

The wife says to the husband, "My dear, it is the 15th day of the month tomorrow, we should be on vegetarian diets again." (*Many Buddhists and Taoists practice vegetarian diet by starting from the first day and 15th day of each lunar calendar month.)

你看那種老夫老妻才看得出來那種相愛相惜的味道，

You see, genuine love can truly be seen in old couples who cherish each other.

絕對不是很激烈那種情感，那個都很容易變化。

The 'fire-like' love certainly does not have the same energy, and it is easily subject to change. 所以我們告訴孩子，這是一個男女相處，人與人相處的過程。

So we must teach our children, there is a proper sequence for romantic relationships.

假如今天這個男生跟你認識了，他馬上跟你說：我好愛你。

If, for example, a man had just met you today, and he immediately said to you, "I love you so much",

這一定是什麼？一定是騙你的，這個不符合自然，這是錯誤的。

what must this be? Surely he is trying to trick you. This does not follow the natural order, it is surely false.

然後，今天遇到你就告訴你，「我這一生非你不嫁，非你不娶」，你也要趕快清醒過來。

Or if he told you, "In this lifetime, I will not marry anybody but you." You should quickly raise your awareness.

他是什麼？他又不知道你是什麼人，是不是？他也不知道你的整個對人、對事的態度，然後他就說他很喜歡你，這叫做什麼？花言巧語；

What is he doing? He does not even know what kind of person you are, and he knows nothing of your attitude towards other people or daily life, yet he is saying that he likes you very much, what is this called? It is cunning sweet talk.

而相識到相知這個過程要很冷靜，比方說你覺得這個男孩子不錯，你就要細細的觀察，

From acquaintance to knowing, we should keep very calm during this stage. For example, if you are interested in someone, you should then observe him carefully.

看他都跟他的同事怎麼相處，他都跟他的朋友怎麼相處；或者你跟他是大學同學，你就要看他跟其他同學怎麼相處。你這樣觀察很客觀，就能真正了解他的做人、做事的態度。

Pay attention to how he interacts with his colleagues and friends. Such observations will be more objective, and help you truly understand his attitude in dealing with people and matters.

假如他跟其他的同學、朋友他都非常有愛心，非常關懷他人，

If he treats all of his classmates and friends very lovingly and is caring towards others, 保證他假如真正要跟你相惜相愛，一定會對你有很多的付出。

then it is guaranteed that if he truly cherishes you and loves you, he will definitely contribute much effort and put his heart and soul into it.

所以相知也要客觀、要理智，不能一開始就兩個人去活動，這個都很危險。

So when getting to know each other you must be objective, be rational, and should not go on private dates alone right away, this is very dangerous.

諸位朋友，現在的年輕人都不知道這一點，所以都陷入很危險的境地。

My friends, young people nowadays do not know this point and often get themselves into very dangerous situations.

有句話講，「因為誤解而結合，因了解而分開」，對！因為他的了解是表面，不是真正客觀的了解。

There is a saying, "United by misunderstanding, parting after understanding." This is because their understanding is superficial, not objective.

所以，相知很重要，要多觀察，要冷靜。

That's why getting to know each other is vital; we must stay observant and composed.

再來相惜，珍惜彼此的因緣、相處的機會，之後相愛，再走上地毯的那一端。

Now, let us look at the phase of cherishing each other: A man and a woman should cherish the opportunity of getting to know each other, and fall in love afterwards, then walk the aisle together.

在這個相知過程有一點很重要，要有共識以後再走向婚姻。

However, there is a crucial element in this process. That is, the two must establish a common understanding before marriage.

很多朋友很有雄心壯志，她說：他的觀念不對沒關係，我去改變他。

Many people are very courageous and say, "It doesn't matter that his views are different, I can change him!"

有沒有雄心壯志？這種人還不少。

Is this courageous? There are quite a few people like this!

我會跟她說，有一句詞叫「醉臥沙場君莫笑，古來征戰幾人回」，

I would say to them as a poem goes, "If we lay drunk on the battlefield sands, do not laugh, my friend! Since old times, how many have survived to return home when the battle ends?"

你假如是抱持這樣的態度去，回來的、活過來的沒有多少人。

If you intend to change someone, the probability of success is very slim.

因為到了二、三十歲，很多的習慣、很多的性格已經比較固著，

It is because at the age of twenties and thirties, the habits and character of a person have been set.

除非他自己願意改變，不然別人很難去扭轉他。

Unless one wants to change himself, it will be very hard for anyone to change him.

所以我們還是要隨緣，不要去強求，要找到志同道合的伴侶，婚姻才不會走得很辛苦。

So we should go with the flow, not try to force or beg for anything. Only if we find our other half who shares the same outlook and aspirations with us, will the marriage not be full of hardship.

Four Angles to Judge Whether A Love Is True or Not

相愛，怎麼樣去愛別人？怎麼樣去辨別人與人的相處是真正的愛？

Now, let us look at the phase of falling in love. How do we love others? How do we distinguish whether the interactions among people are real love?

你看現在很多人把這個「愛」字拿來威脅別人，有沒有？我很愛你，所以你應該替我怎麼樣怎麼樣。

You see, nowadays many people use the word 'love' to threaten others. They said, "I love you so much, you should do this and that for me."

當對愛不了解，很可能會拿著愛到處控制別人，到處讓人家生痛苦跟煩惱。

When a person does not understand what love really is, it is very likely that he will misuse 'love' to control others and cause them distress.

我們看這個「愛」字，它是會意字，中間一個「心」，外面一個「受」，

Let's take a look at the traditional Chinese character of 'love', '愛'. In the middle of the character, there is 'heart', 心, it is embraced by the word 'to feel', 受.

所以愛是用 心去感受。感受什麼？感受他人的需要在哪裡。

Therefore, love is to feel with one's heart. To feel what? To feel the needs of others.

當對方都時時感受到你的需要，都會懂得關懷你，你的內心、你的感受會很溫暖，

So when a person can always feel your needs and knows how to care for you, you will feel very warm from within.

絕對不會像情歌一樣寫得那麼痛苦。所以愛的感覺是溫暖的。

It will certainly not be as miserable as those love songs describe. So firstly, the 'feel of love' is warm.

我們現在要懂得判別是不是真正的愛，假如不是，要趕快抉擇，不要執迷不悟。

We must learn to distinguish if someone's love is real. If it is not, we must make a quick decision, do not be deluded and persist with it.

愛的言語是正直的，它的言語不會一大堆的花言巧語，

Secondly, the 'words of love' are righteous, rather than full of cunning sweet talk.

今天他會對你花言巧語，改天他同樣會對其他的人花言巧語。

If someone talks sweet and flatters you today, they could do the same to others tomorrow.

反而是不大會花言巧語的男人靠得住，因為他的精神、他的用心都沒有擺在這種花言巧語上，所以他才這麼不會講話。

In fact, a man who does not utter much sweet talk is most reliable. because he does not waste energy and intentions on sweet-talk.

那些花言巧語的，就是把精神都放在哪裡？都放在這些言語的推敲上。

What do those big sweet talkers put all of their energy towards? They put their energy on deliberating those flattery words.

有位女士，她說她第一次跟她先生見面，她先生什麼話都沒說，第一句就跟她說：你的牙齒不好。

A woman once shared her story of meeting her husband for the first time. The first sentence her husband said to her was “Your teeth are not good”.

接著又說：所以你的腸胃也不好，因為牙齒不好，你咬食物的時候消化就不好，所以腸胃負擔也會大。

Then he continued, “Your digestive system is not good either. Because of your bad teeth, you cannot chew your food properly, so your stomach and intestines have a heavy workload.”

後來她就想，這個人真老實，都沒有花言巧語，第一次見面就把我的缺點講出來。

Later, she thought, this person is so honest. He did not try to sweet talk me at all, even pointed out my flaws on the first date.

她覺得很可靠，後來就嫁給他。

She felt that this kind of man was very reliable, and ended up marrying him.

事後想想，她還真有智慧，她知道言語正直的人才可靠。

Looking back at this story, she was very wise indeed. She knew that men who speak straightforwardly are reliable.

所以愛的言語應該是正直的。

So the ‘words of love’ should be righteous.

再來，愛的心地是無私的，他存心是無私的。

Thirdly, the ‘heart of love’ is pure and selfless.

一個人懂得關懷、愛護別人，他應該是對父母、對妻子，還有對朋友，甚至於是對陌生人，他都是同樣的態度才是。

A person who truly cares for and loves others should hold the same attitude towards his parents, wife, children, friends, even strangers.

現在很多男女交往，對方不願意繼續交往了，他就惱羞成怒，甚至於會傷害對方。

In many cases today, when one wants to end the relationship, the other becomes furious and even brings harm upon them.

這個不是無私的心，這是控制、佔有欲，他們是穿著愛的外衣在騙人。

This kind of heart is not selfless; it is the desire of control and possession. They are using the disguise of love to trick people.

所以你要會明辨那個叫慾，那是控制跟佔有，絕對不是愛，他們把這個愛字給污染了。

We must learn how to differentiate, that is called desire. It is controlling and possessive, definitely not real love. They have polluted the true meaning of this word of ‘love’.

再來，愛的行為是成全的，懂得成全別人。

The fourth, the ‘action of love’ is to facilitate others to do good deeds.

我們有位老師，她的先生有個妹妹，在夏威夷讀書、生活。

There is a teacher at our center; her husband has a younger sister who lives and studies in Hawaii.

剛好妹妹在財務上出現問題，她的先生就跟他太太講：我們這兩三年存了一些錢，現在妹妹有困難，我想把這兩三年存下來的錢統統匯過去。

One time, his sister was experiencing some financial hardship, and this husband told her, "We have saved a bit of money over the past 2 or 3 years, now my sister is going through some hardship, I want to transfer all of our savings from the past few years over to her."

諸位朋友，假如是你老公，你會怎麼說？怎麼都說不出來？

My friends, if your husband said that to you, what would your response be? How come nobody answers?

這位老師馬上跟她先生說，她說：你這麼做我很感動，你這樣無私的照顧你的妹妹，相信你媽媽、你父母會很欣慰，所以我支持你這麼做，明天我去幫你匯錢。

This teacher immediately responded to her husband, "I am very touched that you look after your younger sister so selflessly. I believe that your parents would be very comforted. I support your decision. I will go to transfer the money for you tomorrow."

你看這個太太還親自去幫先生做這件事，所以愛的行為是成全對方的善良，成全對方對的行為。You see, this wife even was willing to fulfill this selfless act for her husband. So, what is the 'action of love'? It is to complete the good wishes of others, to help fulfill their kindness and proper deeds.

這個老師隔天要去匯錢，剛好另外一個朋友聽到這件事很感動，他說你不用去匯，我去幫你匯，他跟銀行很熟。

The next day when she was about to wire the money, a friend of hers happened to find out and was very touched. This friend said, "You don't need to make the trip, I will wire the money for you." She was very familiar with the bank.

然後匯完錢以後，告訴這位老師說，你什麼時候給我都沒關係，我已經幫你匯好了。

After transferring the money, she said to the teacher, "I have already wired the money. Don't worry, just pay me back whenever you can."

所以，一個人善良的行為會感動身旁周遭的人。

You see, one person's kind actions will move the people around them.

從這四個角度，我們可以去判斷他是不是真正懂得愛人。

From these four angles (*feel, words, heart, action of love), we will be able to tell if a person knows how to truly love others.

有位朋友提出來，他說蔡老師，這四點後面還要加一點，他說還要加「喜歡讀聖賢書」。

One of our friends in the audience once suggested, "Teacher Tsai, there should be one more criteria added. They should also enjoy studying the sages' teachings."

我說這句話很有道理。因為這些做人的態度從哪裡學？又不是突然冒出來，也都是要學聖賢教誨才能夠形成這些正確的態度。

I said, "This is a very good point." Because where do we learn the right attitude for interacting with people? It does not suddenly appear out of nowhere. We can only form the right attitude by learning the sages' teachings.

The Key To A Successful Marriage, Establishing A Common Understanding

好，當我們已經選對了對象，接下來要經營，要取得共識。

After we have chosen the right partner, we should next learn to manage the marriage and establish a common understanding.

家庭裡面第一件大事，是要把孩子教育好，所謂「至要莫如教子」。

The foremost responsibility of a family is to educate children properly. As the saying goes, "Nothing is more important than educating children."

我們來思考一下，假如夫妻社會地位都很好，也很有財富，但是孩子每天在外遊手好閒，他的後半輩子會不會好？

Let's think about it, if a couple with high social status and wealth, their children do nothing all day but loaf around, would they have good lives in their old age?

不可能。不只是家庭要把孩子教好，我們幾千年來的帝王，他也認知到把下一代教好很重要，Very unlikely. It is not only ordinary families who should educate their children properly, even the Emperors in the millenia of Chinese history recognized the importance of educating the next generation properly.

所以他們登基第一件最重要的事是什麼？立太子。

So, after becoming an Emperor, what was the first thing they did? Choose the heir to the throne. 他也希望他的朝代可以長治久安，

Every Emperor would hope for his dynasty to enjoy long standing peace and stability.

而太子正則天下才會正，

Only when the crown prince was upright and behaved properly, could their entire kingdom be governed properly.

所以他們都是找來全國最好的老師來教導他的孩子。

So those Emperors would invite the best teachers in the country to teach their children.

當夫妻之間有取得這樣的共識，就很好配合。

Only if the husband-wife have this common understanding, will they cooperate well.

五倫關係當中，夫妻倫叫「夫婦有別」，夫婦是道，有別是德。

Among the five ethical relationships, the husband-wife relationship is defined as 'Husband and wife have different duties'. 'Husband-wife'; is Dao, 'having different duties' is De.

別在哪裡？別在責任不同。

Different in what way? They differ in their responsibilities.

古時候是男主外，女主內，因為家庭有兩大主軸，

In ancient times, men were the breadwinners and women were the homemakers. Because there are two major aspects of life for each family.

第一個是物質生活，第二個是精神生活。

The first one is material life, and the second is spiritual life.

男主外，把經濟問題、生活問題解決；

As the breadwinner, the husband dealt with finances and the family's material needs.

女主內，把精神生活、把孩子教育好。

As a homemaker, the wife was responsible for the family's spiritual aspect as well as educating their children properly.

Four Different Types of 'Substitute Parents'

現在很多都是夫妻一起出去工作，教育孩子留給誰？

But nowadays, in a lot of households, both the husband and wife go to work. Who is left in charge of the children's education?

保姆、老師、外勞，好多！所以現在有個新的名詞，叫做「代理父母」。

Grandparents, nannies, teachers, au pairs... Nowadays there is a new phrase 'substitute parents',

剛剛說的，老師，很多下完課都把孩子送到安親班去了。

such as teachers we just mentioned. Many parents send their children to after school classes straight away.

還有請過什麼代理父母？還有隔代教養也很多。

What other 'substitute parents' are there? Nowadays many children are raised by their grandparents.

還有一個代理父母也是很多家長都會聘請他的：電視，現在還有電腦。

There is another 'substitute parents' that many parents hire nowadays: television, i-pad, and computers as well.

諸位朋友，當我們賺了很多錢，這些錢是不是你一直都能夠留在身邊？

Dear friends, when we earn a lot of money, will we always be able to keep it with us?

我們要了解，財為五家共有，水災要你的錢，火災要你的錢，貪官污吏要你的錢，小偷、強盜要你的錢；

We must understand, our wealth has five owners. Flood is after it. Fire is after it. Corrupt officials, thieves and robbers, all after it.

這四個還不夠力量，最後一個最厲害，叫不肖子孫，你賺得很辛苦，他花得很痛快。

These four are not powerful enough. The last one is most powerful, that is prodigal offspring who spend your hard-earned money like water.

所以，你假如這邊在賺，那邊在漏財，那是守不住的。

For example, if you keep earning money, but the prodigal children keep spending it, it is unlikely that you will be able to keep your wealth.

當我們都是用代理父母教孩子，到最後孩子不懂事，你可能一輩子都要擔心，可能會得憂鬱症，這個都很危險。

When we all use 'substitute parents' to teach our children, we will end up with unsensible children who do not know how to live life right. It is very likely that you will have to worry about them for the rest of your life and probably

suffer from depression. This is very dangerous.

我們來看一下交給安親班，我曾經深入去思考一個問題，也去觀察。

What if we leave children to the 'after school classes'? I once did an in-depth observation on the behavior of my students when I was teaching at a primary school.

全班前十名的孩子，差不多一半有補習，一半沒有補習。

I found out that the top ten students in each class I taught, about half of them had after school tutoring, and half did not.

這一半有補習的孩子，我開始觀察到，他們上課比較不專心。

Those who had tutoring paid less attention to what I said in class,

因為假如今天的課是他已經在補習班裡面學過的，他會怎麼想？

because they felt like they had learned it all in the tutoring classes.

他還會拍拍旁邊的同學說：那個我學過，那個我已經學過了。他上課專不專注？

They would even brag to the classmates next to them, "I have learned all this". So would they pay attention in class?

那不得了！求學問最重要的就是要專心、專注，當他開始對求學輕慢，敗相已露。

This is a very serious problem! The vital element of studying is being focused. When a student treats learning without respect, the sign of failure has already been revealed.

所以已經上過的課，他不專心。剛好今天上的課他還沒學過，他會想補習班老師還會教。

They would not pay attention to what they have learned. What if he has not learned what the teacher is teaching today? They would think, my tutor will teach it anyway.

這樣的同學，我還發覺到，他們在考試前夕都會抱著幾張紙在那裡猛讀。

I also noticed that those students kept reading a few pieces of paper before every exam.

哪幾張紙？補習班老師幫他們整理的重點總整理，他讀書誰幫他讀？都是這些老師。

What papers were those? The study sheets organized by their tutors. Who was studying for them? The tutors.

所以我看他們很認真背，然後考完試馬上說：解脫了！

Before exams, the students did their best to memorize the notes on those papers. But after the exams, they instantly said, "I am free!"

我在想，兩三天就把這些知識都忘得一乾二淨。

I believe, 2 or 3 days later, they would completely forget all they had crammed.

其他前十名沒有補習的，他也沒有這些總整理，他們都是兩個兩個同學在那裡，「來，我整理了一些重點，我問你，看你會不會？你也問我，看我會不會？」

As for the rest of the top 10 students, who did not have tutors, worked in pairs. "I have highlighted important areas of my studying, let me ask you to see if you know it, and later you ask me what you have highlighted, okay?"

都老老實實自己畫重點，當他在畫重點的過程，他已經一點一滴在積累他做學問的能力了。

They honestly and diligently figured out the important areas to study by themselves. In doing so, they were also developing the skills of acquiring knowledge and wisdom.

所以，很多的人有個迷思，覺得只要花錢就會有效果；花了錢也沒有謹慎去看看，孩子是不是真的學到東西。

Many people think that spending money will bring a desirable outcome, they do not carefully evaluate if their children truly learn and benefit from it.

這第一個，安親班的效果，我們要思考。

So after school classes is the first case that we must contemplate.

第二個，僱人。很多的僱人連普通話講不清楚，所以下一代的言語、語文能力一直在下降。

Secondly, nannies. Many nannies cannot even speak properly. Consequently, the language skills of the next generation are going downhill.

諸位朋友，語文科的能力是所有學科的基礎，語文學不好，學其他學科都會很吃力。

My friends, a child's language skills are the foundation of all other subjects. If he cannot grasp them properly, he will find it difficult to learn other subjects.

不只在語文當中有問題，僱人在照顧孩子的時候用什麼態度？是不是父母？不是，是把他當老闆、當皇帝伺候。

The problem is not just about language, but also about nannies' attitude towards children. Do they treat children the same way as a parent would? Surely not. A nanny treats the children that she looks after as her boss, or even an emperor.

很多佣人帶出來的孩子，要出門，往小椅子一坐，雙腳一攤，幫他穿襪、穿鞋子，所以生活能力很低。

Before going out, many children with nannies will sit on a chair, spread out their feet, and wait for their nannies to put on their socks and shoes for them. Their life skills become very poor. 這樣的孩子，假如你生意一失敗，他可能會餓死。

If their parents ever encounter setbacks in business, these children might starve to death.

富貴不可長保，你要考慮到當家裡沒有那麼富裕的時候，孩子有沒有獨立生活的能力？

As an old saying goes, "Wealth and high status do not last." So, we must consider, if one day we no longer have much money, do our children have the ability to live independently?

要高瞻遠矚。

We should have vision far into the future.

也有報導提到，這些在家裡都是佣人伺候的孩子，到學校去，老師給他安排掃地工作，他跟老師談判，他說老師，我給你錢，你幫我做。

A news report once revealed the behavior of children who have nannies at home. When a teacher asked these children to sweep the floor, they negotiated, "Teacher, I'll give you money if you do it for me."

他的價值觀裡面就是什麼？錢都可以幫忙打發掉。

What were their values? Any problem can be solved with money.

所以這個現象，佣人沒有辦法用父母的態度教養你的孩子。

This shows that nannies cannot raise children the same way as parents do.

再來第三個，隔代教養。

The third situation: Being raised by grandparents.

很多長者當父母的時候還滿有理智的，當了爺爺奶奶，這個孫子怎麼這麼可愛，他寵得不得了。

Many elders were relatively rational when they were parents. However, as grandparents, seeing their grandchildren so lovely, they spoil them.

我的母親，她在教育我們的時候多有原則！很有原則。

My mother, when she was educating my sisters and me, really had principles.

我還記得有一次我在對我母親有個要求，不合理的要求，然後我媽媽就拿著一本書，不理我。

I remember that I once made an unreasonable request to her. My mother just picked up a book and ignored me.

然後我就躺在地上開始打滾，就一定要讓她達到我要的目的，結果我媽媽統統不看我，繼續看她的書。

I started to roll around on the floor, throwing a tantrum to get what I wanted.

後來我覺得打滾很累，也知道用情緒不能達到我的目的，我媽媽不接受威脅，我就乖乖自己爬起來走了，你看我記憶都很深刻。

After a while, I was too tired to keep rolling around and realized that my mother would not be affected by my tantrums and threats. So I calmed down, stood up, and walked away quietly.

See, this incident left a strong impression in my memory.

所以，教育孩子一定要有很正確的原則，不能讓孩子予取予求，會把他寵壞。

We must have principles when educating children, we should never give them whatever they want because it will completely spoil them.

你看我媽媽教我的時候這麼好，結果帶孫子就開始寵，常常都跟我說：你對外甥不要這麼兇。

You see, my mother was so good at educating me. However, looking after her grandchildren, she started to spoil them. She often said to me, "Don't be so mean to your nephew!"

然後我也不說話，後來過了半年左右，她就跟我說：你兇是對的。

I did not respond at that time. After about half a year, she said to me, "You were right to be firm with them."

因為這個外孫已經爬到她的頭上去了。

Because at that point, my nephews had shown no fear or respect to her.

所以隔代教養效果都不好，會寵，孩子還是自己帶比較保險。

So, children raised by grandparents will be spoiled, it is not effective. Therefore, children are best raised by parents.

再來，電視跟電腦，那就更不用說了，學的都是貪、瞋、痴、慢的這些景象。

Now, raising children with TV and computers, it is even worse. Most of what children learn from them is greed, resentment, ignorance, and arrogance.

我們看到很多的孩子言語都非常的桀驁不馴，言語都非常的粗魯，這個有時候不見得是跟父母學，都是跟電視跟電腦。

The language of many children nowadays is overbearing and rude. They may not necessarily learn it from their parents, but from TV and computers.

而看電視、電腦它有一種催眠的效果，有沒有發覺看電視的人，好像就與世隔絕，旁邊的人怎麼叫都沒有用。

Moreover, TV and computers have a hypnotic effect. Have you ever noticed that people who are watching TV seem like they are separated from the world? They cannot even hear people next to them calling them?

為什麼？因為電視它的整個輻射線、磁波會讓你的腦子就像已經隔離在一個屋子裡面，隔離九十六個小時的大腦狀態一樣。

Why is this? It is because the radiation and magnetic waves emitted from a television and computer produce the same effect on your brain as if your brain has been isolated in a room for 96 hours.

所以電視看愈多愈不會思考。

So, the more we watch TV or stay on computers, the less we are able to think.

你看為什麼很多很貴的商品都喜歡打電視廣告，都花大筆大筆的鈔票下去？因為人在看電視的時候沒有理智，

Why do many luxury companies pay a huge amount of money to advertise their products on the media? It is because people, when watching the TV, lose the ability to reason.

看那個SK II擦下去，馬上就晶瑩剔透，望眼欲醉，就去買了。

When seeing an advertisement for a skin care products claiming to have immediate beautifying effects on one's face, many women instantly go out to buy it.

所以電視對孩子的大腦有深遠的影響，這個已經都有科學證明。

The media has a long lasting effect on children's brain development; this is already scientifically proven.

The Core Attitude of Managing A Family

好，所以我們了解到，孩子的教育還是要靠自己，才能夠掌握的好，因為孩子的成長是不可能重來一次。

Now we understand that our children's education should rely on parents. Only in doing so can we reap desirable outcomes, because we only have one chance and cannot rewind the process of their education.

現在叫你孩子自己帶，你做得到嗎？

Now, if we invite you to educate your children by yourselves, can you do it?

馬上說：蔡老師，人在江湖，身不由己，你講的我都很認同。

Some people will say, "Teacher Tsai, even though I agree with everything you said, there are some things that are beyond our control once we enter into society."

我們來思考第一個問題，就是經濟問題。

Let us analyze one issue, that is, the financial issue.

一般的人都會覺得，兩個人不一起賺會餓死，你看我們都很多預設立場。

Most people think that unless both parents go to work, the whole family will starve. You see, we always make presumptions.

諸位朋友，在我爺爺那一代，夫妻兩個只有先生出去賺錢，而且還生了五、六個，七、八個，他們有餓死嗎？沒有。

My friends, during my grandfather's time, only the husband would work for money, and there were often 6,7, even 8 children. Did they starve to death? No.

現在我們才養一個，還兩個人賺，又怕餓死，問題在哪？

Nowadays, many families have both parents working to raise one child and still worry about starving. What is the problem?

問題在沒有掌握治家很核心的態度：勤儉。

The problem is that we have not grasped the core attitude of managing a family, being thrifty.

「儉為治家根」，只要勤儉，不要亂揮霍，其實一個人賺的錢，家裡來用就足夠。

A Chinese idiom goes, "Thriftiness is the root of managing a family" As long as we are thrifty, do not spend lavishly, the amount of money earned by one parent is actually enough to raise a family.

而且一個人賺錢，家裡用的很勤儉，從小就扎孩子什麼態度？

When there is only one parent earning money, the whole family leads a hard working and thrifty life, what kind of attitude will a child develop?

非常勤儉的態度，你已經讓孩子立於不敗，不會成為物質的奴隸。

A very hardworking and thrifty attitude. You have put your children in an invincible position, and they will not become slaves to materialism.

好，我們下一節課再就經濟面來分析一下，謝謝。

The next class, we shall take a look at the financial aspect of a family life.