

## 細講弟子規 第五集

# Confucius Teachings On Building A Happy Life (5)

- 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

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諸位朋友，大家好！

Hello, my friends.

上一節課我們提到家庭有兩個很重要的主軸，

In the last lesson, we talked about two very important areas in a family.

一個是經濟，就是物質生活；另外一個是精神生活，孩子的教育這方面。

One is finances, namely the material aspects of living; the other is spiritual life, namely children's education.

剛剛也提到現在的家庭情況都是夫妻一起賺錢，孩子大部分是留給安親班，或者留給傭人，留給爺爺奶奶來帶。

We also mentioned that, in the majority of families today, both husband and wife work. As a result, children's education is left to after school tutors, nannies, or grandparents.

人生的智慧在哪裡看到？在取捨當中看到，有捨才有得。

Where can we see one's wisdom? From what he accepts and what he rejects. We will gain only when we can sacrifice.

少賺些錢，多教育孩子；還是你要多賺錢，忽略孩子教育，得到的結果一定會不一樣。

Would you rather make a little less money, and spend more time educating your children, or would you rather make more money and neglect your children's education? The results that you get will surely be different.

### Can Affluence Help Children Earn a Good Life ?

我們看看上一代，現在五、六十歲的人，跟我們現在二、三十歲的人，這兩代我們來比較一下。

Let's make a comparison between the last generation, people in their 50s & 60s, and our generation, people in their 20s & 30s.

上一代的人很有責任心，很孝順父母。

The last generation has a strong sense of responsibility and filial piety.

我們這一代？諸位朋友，您不要客氣直接講，有沒有上一代的這些人生態度？

What about our generation? My friends, you don't need to be polite, you can say it directly. Do we still have these life attitudes of the last generation?

是進步了還是退步？退步。

Have we improved or fallen behind? (Audience: Fallen behind).

上一代有錢還是我們這一代有錢？這一代。

Is the last generation wealthier or the current generation? (Audience: This generation).

對！為什麼有錢了反而人生的態度退步了？所以有錢不一定解決問題。

But why have we fallen behind in our life attitudes when we are wealthier? You see, money does not necessarily solve problems.

我父親那一代，基本上都很窮，因為很窮，所以特別節儉。

In my father's generation, most people were very poor. Due to their poverty, they were particularly thrifty.

記得小時候在吃飯的時候，剩菜都是誰撿？都是爸爸媽媽，因為他們已經很習慣不能糟蹋食物。I remember when I was young, during mealtimes, who ate all of the leftovers? My mother and father, because they were used to not wasting any food.

所以生活比較拮据，第一個養成了勤儉的習慣，

So, life with more difficulty, first of all, leads to the habit of thriftiness.

第二個，生活愈困難人愈懂得感恩父母，友愛兄弟姐妹。

Secondly, the harder one's life is, the more they will feel grateful to their parents and love their siblings.

所以我父親那一代，他們在念書都不是父母催他們的，都是自己很積極主動，因為希望透過自己在學問上有所成就，能夠往後讓父母過好一點的日子。

My parents' generation, they studied very hard without their parents pushing them. They were all very self-motivated because they wanted to be successful so that they could one day help their parents live better lives.

你看生活的貧窮、生活的拮据，讓一個人更有志氣，更有孝心。

You see, poverty and thriftiness help develop one's aspirations and filial piety.

所以貧窮，我們要感謝它。

Therefore, we must be thankful for poverty.

這一代因為從小生活就很優厚，要什麼有什麼，所以習慣揮霍，習慣花錢，

People in this generation, from a young age, have enjoyed wealthy lives. We can get whatever we want, and we are used to splurging and spending money.

又不懂孝道，又沒有生活的歷練、承擔。

In addition, we do not know how to practice filial piety, plus we never experience much hardship or responsibility.

所以現在我們這一代，不只自己賺的錢花掉了，還要去花誰的錢？父母的錢。你們怎麼知道？

The younger generation today, not only do they spend all their own money, but whose money do they also spend? (Audience: Their parents'!) How do you all know?

很多年輕人已經喜歡消費、享受到什麼程度？一個月的薪水一拿到，馬上怎麼樣？走，我們去好好的shopping一下！

Young people today like consumerism and enjoyment to what degree? One month's salary, as soon as they get it, what do they do? "Come, let's go shopping!"

可能把整個月的薪水在前面十五天就花光了，後面的日子怎麼熬？後面的日子買泡麵一包一包慢慢吃。

They probably spend an entire month's salary in the first 15 days. How do they survive afterward? For the rest of the month, they probably buy instant noodles, eating them one by one.

然後後來撐不下去了，回去找他老爸，說：爸，我沒錢了。

After a while, when they can no longer stand it, they go look for their dad, say, "Dad, all my money is gone".

他的爸爸很生氣：「告訴你不要亂花，你都講不聽，來！要多少？」還是拿給他。

The father is very angry and says, "I told you not to spend so recklessly. You don't listen! Well! How much do you need?" The father will still give them money.

所以生活的優厚，不見得能夠帶給你孩子正確的人生態度。

You see, an affluent life does not necessarily help your child develop the correct attitude towards life.

### **What Should We Leave to Our Children When Passing Away?**

古代很多讀書人看清楚這一點，在漢朝開國，劉邦打下天下分封了一百多個功臣，都有封地，給他們很多田宅。

In ancient times, many scholars saw this point clearly. Liu Bang, the first emperor of the Han dynasty in China, awarded plots of land to over a hundred subordinates who helped him establish the dynasty.

這一百多個功臣經過了一百年，漢朝的史學家突然想說：我去了解看看，這一百個功臣的後代，經過一百年後是什麼樣的情況？

After one hundred years, a historian of the Han dynasty suddenly had the idea, "Let me investigate how the descendants of these over one hundred subordinates are doing today after one hundred years.

結果這個史學家非常驚訝，這一百多個功臣的後代，基本上都已經沒落了，很多已經流落街頭在討飯。

The historian was shocked to find out that basically most of the descendants had fallen. Many had already become so poor that they roamed the streets begging for food.

其中只有幾個人的後代還很好，其中有一個人叫蕭何，當初在分封土地的時候，蕭何要了一塊很貧瘠的土地。

Only a few of the subordinates' descendants still led good lives. One of these subordinates was named Xiao He. When being awarded a piece of land, Xiao He chose a very infertile plot.

因為貧瘠的土地，你只要不耕作就沒飯吃，他深謀遠慮，希望他的孩子以後懂得勤勞節儉。

Because with infertile land, one will have no harvest if he does not work hard. Xiao He was very wise and farsighted, he wanted his offspring to understand the values of diligence and thriftiness.

其他分封很好的地，好吃就懶做，而且好的地你喜歡，別人也喜歡，就會引來很多人覬覦，很多人的設計陷害。

The descendants of other subordinates who had rich lands became very lazy. Moreover, their rich lands caused much covet among others and made them a target. Many schemes were devised to undermine them.

所以蕭何看得到，不要留錢給子孫，更重要的是要留智慧傳給子孫，還有留榜樣給子孫。  
Xiao He could see, do not leave a fortune for your descendants, it is more important to leave your descendants with wisdom and set a good example for them.

司馬光先生曾經提過，「留錢給子孫，子孫未必能守得住；留書給子孫，子孫未必能讀；不如於冥冥之中留陰德，以為子孫長久之計」。

Mr. Sima Guang (\*A Chinese historian of the North Song dynasty) once said, "Leaving money to descendants, they might not be able to keep it; leaving books to them, they might not be able to read them; for the long run, it is better to leave them with hidden merits (\*Good deeds that will benefit his descendants or the next life of his own)".

《易經》有一句很重要的教誨，「積善之家 必有餘慶」，陰德一定可以庇蔭後代。

There is a very important teaching in *I Ching/Book of Changes* which states, "Families that accumulate hidden merits will have fortune lasting for generations". One's unknown good deeds will definitely shelter his descendants.

陰德不只在往後可以庇蔭後代，當我們在行善，當我們在立身行道的過程，已經給下一代最好的身教。

Apart from sheltering our descendants, when we are doing good deeds, we are also setting a good example for our offspring.

所以，這是有智慧的父母會這樣去抉擇。

This is the way that parents with wisdom will choose to care for their descendants.

好，我父親那一代因為生活比較拮据，有五個兄弟姐妹，

In my father's generation, with five siblings, their life had more hardship.

他們念書都不用父母推，兄弟姐妹感情都很和睦。

They all studied hard without my grandparents nagging them, and got along very harmoniously.

所以只要生活過得去，好好的提升孩子的智慧、孩子的精神生活，還是可以把家庭經營好。

Therefore, as long as the basic necessities are met, we should develop our children's wisdom and spiritual lives. We can run a family very well even without much money.

我們再來看，是不是一個人賺就會賺得比較少？是不是兩個人賺就會賺得比較多？

Is it true that a family will have less income if there is only one parent working? Will it end up having more money if both parents work?

很多夫妻一起賺錢，但是也沒剩多少錢；那邊又被朋友倒了，這邊又買了哪些東西又被騙了。

Many families with both parents working still have not much money saved. They might lend money to a friend on one hand and fall victim to a scam on the other hand.

我們要理解到財富的真正因在哪裡？怎麼樣的人生才能得到財富？

We must understand, what is the real cause of wealth? What kind of life must we lead in order to earn wealth?

要把這個道理搞清楚，不然你可能一輩子都在賺錢，但是一輩子也沒剩多少錢。

We must understand these principles, otherwise it is very likely that we will not be left with much, even after a lifetime of hard work.

## What Is the Fundamental Reason for A Person to Be Wealthy?

古代中國的財神是范蠡，俗名陶朱公，他是春秋戰國時代的人。

In ancient times, the Chinese wealth-deity, Fan Li, also known as Tao Zhugong. He lived in the Spring and Autumn Period (\*770- 476BC).

范蠡輔佐越王勾踐，他跟文種輔佐越王勾踐，然後恢復越國。

Together with Wen Zhong, Fan Li assisted Gou Jian, the king of Yue, in restoring his kingdom. After the kingdom was restored,

後來范蠡他就跟文種說，越王勾踐可以共患難，但是不可以同富貴。

Fan Li told Wen Zhong, “The King of Yue is someone with whom we can endure hardship but not enjoy prosperity together”.

范蠡很會看人，所以會看人很重要，不會看人可能一輩子都會受到很不好的影響。

Fan Li was very good at judging a person’s character. You see, being able to judge a person’s character is very important. If we lack this judgment, we might suffer throughout life.

你看，文種不會看人，他看到眼前榮華富貴就要來了，怎麼可以讓我現在把它放下，不願意！後來越王勾踐就賜文種自殺。

However, Wen Zhong did not know how to judge people. He was unwilling to give up the coming reward, hence he did not leave. In the end, he was ordered to commit suicide by the King of Yue.

范蠡帶著西施就離開，到了江南一帶開始做生意，從小生意開始做起。做了沒多久，發了大財，范蠡馬上把這些財富統統捐出去；

Meanwhile, Fan Li moved to Jiangnan, changed his name and started a business. He started from a small business and became very wealthy soon after. He immediately donated all of his money to the poor.

過沒有多久，過了幾年他又發財了，他又把錢統統捐給這些貧窮困苦的人，之後再從小生意做起。

After another few years, he again became wealthy. And he donated all his money to the poor once again, starting over again from a small business.

歷史上記載「三聚財，三散財」。

It was recorded in history as, “three times accumulating wealth, three times distributing wealth”.

所以，人為什麼能夠有財富？真正的原因在他懂得財布施出去。

Why does a person have wealth? The fundamental reason lies in the fact that he is willing to give it away.

范蠡這樣的做法也是謹遵聖賢教誨，《大學》裡面有提到「財散則人聚」，

What Fan Li did was in accordance with the sages’ teachings. It is stated in *The Great Learning* (\*One of the *Four Books* in Confucianism), “Distributing wealth will bring people together.”

當我們把財散出去的時候，什麼聚過來？所有人對你的愛戴，人心都向著你。

When we give away wealth, what comes to us? Others’ respect and love.

不管你做什麼生意，他們都要來給你買，要來支持你，因為你贏得的是人心。

As a result, whatever business you do, they will support you and give you their patronage.

Because you have won their hearts.

財散出去不是沒有了，不能看不到就是沒有，它無形當中的影響力只要遇到緣就會起現行。

Giving away wealth does not mean that the wealth is gone. It may no longer be visible, but under the right conditions, wealth will appear again.

所以我們分析，財富有因、有緣才會結果，「因」在財布施，「緣」加上你的努力、加上貴人相助、加上機會來了，自然而然就會結財富的「果」。

Let's take a look, wealth is the effect, there must be causes and conditions. The 'cause' is wealth-dana (\*donation), the 'conditions' are our efforts along with help from benefactors and the right opportunities, the 'effect' of wealth will naturally arrive.

所以，經營家庭的財富，一定要如理如法去經營，不然你一輩子的努力到頭來可能是枉然。

So, we should follow the proper way to manage the wealth of our families. Otherwise, it is more than likely that our entire life's efforts will result in nothing.

我的姐姐她懷孕以後，就把她的公職工作辭掉，

My sister quit her job as a public officer after she became pregnant.

很多的親戚朋友都覺得怎麼樣？很可惜。連她的婆婆也常常跟她說：你去工作，我來幫你帶孩子。

Many of our relatives and friends felt pity for her. Even her mother-in-law often told her, "Go to work.

I'll look after the child for you".

但是人生有捨有得，她辭掉公職就在我們家待產，之後做月子，到之後小孩都是自己帶。

However, there are gains and losses in life. After quitting her job, my sister stayed at my mother's home waiting for childbirth and for postnatal care. Then she undertook a mother's duty to take care of her child.

我姐姐辭掉工作以後，就是我姐夫一個人賺錢，但是我的姐夫愈賺愈多。

My brother-in-law was the only breadwinner in the family after my sister quit her job. But he earns more and more money.

為什麼愈賺愈多？

Why does he earn more and more?

因為我姐夫拿給我姐姐的錢，我姐姐說，我一個人在家帶孩子也沒什麼用，常常都會拿給我，她說你幫我拿去印印經書，做些善事。

Because with the money that my brother-in-law gives to my sister, she often said to me, "I do not need so much since I mostly stay at home. Please help me print the Classics and do some good deeds with this money".

我姐姐懂得幫先生布施財，所以她的先生愈賺愈多。

You see, my sister knows how to donate wealth for her husband, her husband thus earns more and more money.

有一次他們夫妻一起出去買東西，剛好遇到大賣場開幕，可以抽獎，第一特獎是一台轎車，

One time, they were shopping together in a big supermarket. It happened to be the grand opening, and everyone was invited to a prize drawing. The firstplace prize was a new car.

我姐姐也寫了一下就把它放進去。過沒多久，大賣場打電話來，他說蔡女士，你抽到了一台轎車。

My sister wrote down her information and entered the drawing. Not long after, the supermarket called her and said, "Ms. Tsai, you have won a car!"

所以懂得布施，「命裡有時終須有」，

If a person knows how to donate wealth, “What is in his destiny will eventually come”.  
不是你很多人去賺就賺得比較多，你要懂得要種財布施的因下去。  
It is not that more people working will bring more money. You must know how ‘to plant the seeds of wealth by donation’.

### Inner Wealth and Outer Wealth

很多朋友說：我又沒錢，怎麼種財布施的因？這個財絕對不是只有錢而已，財布施包含「內財」跟「外財」。

Many people would say, “I have no money. How do I plant the seeds of wealth by donation?”  
Well, wealth does not only refer to monetary wealth. It in fact includes ‘inner wealth’ and ‘outer wealth’.

我們工作很努力，這是內財，勞力，還有你的經驗、你的智慧，這都屬於內財布施；  
If we work very hard, this is inner wealth. Our labor, working experience and wisdom are all inner wealth.

外財才是金錢跟財物、跟物品，這些都可以修財布施。

Outer wealth refers to money, property, and belongings. These can all be used as wealth-dana\*.  
(\*Buddhist term for donation of wealth)

在錢財的布施是不是捐愈多福報就愈大？不見得！

Is it the more money we give away, the more good fortune we accumulate? Not necessarily!

我記得曾經看過一個報導，有一對農夫他們已經年紀很大了，一輩子攢了一些錢，剛好他們附近蓋醫院，是個很好的醫院，他們夫妻兩個就把一生的積蓄捐出來買了一台救護車。

I once read a news report about an elderly farming couple. They had accumulated some life savings. It just so happened that there was a new hospital being built in their area. The couple donated their life savings to buy an ambulance for the hospital.

跟大企業家捐幾十萬，他們也捐幾十萬，哪一個福報大？

Compared to an entrepreneur who donated hundreds of thousands of Yuan, if these farmers donated the same amount, who accumulated more good fortune?

農夫是把一生的積蓄都布施了，他那一分愛心可以造福多少人的生命？

The farmers gave away their entire life’s savings. How many people will their true love benefit?  
而企業家那幾十萬對他來講只是什麼？零頭而已。

In comparison, the same amount of money to the entrepreneur is just a fraction.

所以福田靠心耕，福分也是由心生，

A Chinese saying goes, “The field of good fortune is plowed with our good thoughts”.

當我們能夠盡心盡力去布施，不管錢多少都可以種無量的福分。

When we give wholeheartedly, no matter how much money it is, we will reap infinite good fortune.

### Why Does a 2 Cent Donation Earn More Merits Than a Thousand Silver Taels?

古代有一位女士，剛好經過一個佛寺，她就進門很虔誠的禮佛，

In ancient times, there was a woman who happened to pass by a Buddhist temple. She went into the temple and piously bowed to the statue of the Buddha.

剛好身上只有兩文錢，她就完全把它奉獻出來。方丈看了很感動，親自出來幫她念佛祈福，幫她迴向。



But she only had two pennies with her. She gave all of it away. The abbot saw it and was very moved by her good intention. So much so that he personally chanted Amitabha, prayed and transferred the merits on her behalf.

後來真的嫁到宮中去，也富貴了，拿著幾千兩到這個佛寺來，也是要把它布施出來。

Some time later, she was wed into the royal family and became wealthy. She brought thousands of silver taels to the temple as a donation.

結果方丈沒出來，找了他一個徒弟出來幫她念經迴向。

But this time, the abbot did not come out, just sent one of his disciples to read sutras and dedicate the merits for her.

這位女士就很好奇，之前我才捐兩文錢，這次拿了幾千兩，兩文錢是方丈親自幫我懺悔迴向，可是現在捐幾千兩，居然只叫徒弟出來。

This woman was very curious and thought to herself, "Last time, I only donated 2 cents; this time, I brought thousands of silver taels. For the two cents, the abbot himself prayed and dedicated merits for me; but this time, I brought so much more, and he just asked his disciple to do it for me".

這位女士也很有智慧，她懂得去請教，把問題搞清楚。她就主動去找方丈，詢問為什麼會是這樣的情況？

This woman had wisdom, she knew to ask in order to find out the reason. She took the initiative to consult with the abbot.

方丈告訴她：你這兩文錢是發自你的真心，所以我不出來幫你迴向，對不起你；

The abbot said, "The two cents you donated last time came from your utmost sincerity. If I had not come out to transfer the merits for you in person, I would have forsaken you.

這一次你雖然拿了幾千兩，但是你的心已經沒有像那一次這麼真切，請我的徒弟就可以了。

This time you brought so much silver, but your intention is not as sincere as before. It was sufficient to have a disciple monk pray for you".

所以一個人的福田，根源還在他的存心。我們只要有這一分心常常懂得捨財來救濟他人，我們的福報點點滴滴都在積累。

So, the root cause for the field of a person's good fortune is his intentions. As long as we constantly have the thoughts of donating wealth to help others, we are accumulating good fortune little by little.

好，財富的問題我們有了正確的認知，就不會患得患失，看到別人賺很多錢，你的心就怎麼樣？就忐忑不安，不需要！

Once we have a correct understanding of wealth, we will no longer worry about our losses and gains, nor will we feel anxious when seeing others make a lot of money.

我們扎扎實實修我們的財布施，自然果報就會現前。

If we cultivate a solid foundation of wealth-dana\*, the good effect will naturally emerge.

(\*Buddhist term for donation of wealth)

## The Values of A Wife

經濟面解決了，接下來教育孩子這個問題，夫妻要取得好的共識。

We have discussed the financial aspect of running a family, next is educating children. In this aspect, the husband and wife should establish a common understanding.



當然教育首重以身作則，古代說的「三從四德」、

Of course, the most important element in education is leading by example. The Chinese ancients advocated that women live in accordance with the practice of the 'three amenability and four virtues'.

「夫義婦聽」，

In which it implies that 'a husband should be righteous while the wife follows'.

就是當丈夫的人要有恩義、要有情義、要有道義；要做到恩義、情義、道義，就能給孩子當好榜樣。

This means that as a husband, one must be grateful, compassionate and righteous. He must practice these virtues so that he can be a good role model for his children.

對自己的父母有「恩義」，孩子就懂得也要孝順父母；

If a person is grateful to his own parents, his children will understand and practice filial piety.

對太太要有「情義」，太太跟我們一起胼手胝足，一起經營這個家庭都很难，要時時念著太太這個恩情。

A husband should also maintain a sense of compassion towards his wife. The wife works just as tirelessly as him, it is not easy for her to manage a family. So he should always be grateful and keep in mind his wife's efforts and contributions.

太太有一個恩情是我們這一輩子都報答不了，就是幫我們怎麼樣？傳宗接代。這個使命很重大，不然我們自己做行不行？不行！無人可以代替，我們要感恩。

There is one contribution of a wife that her husband can never match. That is to help us continue the ancestral lineage. This is a very important mission. Can a husband do it by himself? No way! There is no other person who can take over this role, we must be grateful.

所以當先生的，每次想到就是我有這個太太幫我傳宗接代，當我們時時把這個恩德放在心上，夫妻會相處不好嗎？不可能！

As a husband, if he keeps in mind his wife's irreplaceable contribution and maintain a constant sense of gratitude, would they have a bad relationship? Impossible.

然後對孩子要有「道義」，一定要把孩子教好，這是為人父母的責任跟本分。

To our children, we have moral responsibility. The children must be educated properly. This is the responsibility and duty of the parents.

### **With Women's Four Virtues:**

#### **A Good Wife Can Bring Prosperity to Three Generations**

太太要「四德」：婦德、婦言、婦工、婦容。

A wife should possess the four virtues, namely, a woman's virtues, a woman's speech, a woman's skills and a woman's appearance.

太太要有德行，假如太太沒有德行，可能嫁到人家的家裡會搞得人家怎麼樣？雞犬不寧。你們怎麼知道？雞犬不寧，本來家裡還沒事，嫁過去就搞得亂七八糟，所以「德」很重要。

A wife should have a good moral character. If she has no morality, what might happen? Utter turmoil. If a woman with bad moral character marries into it, a peaceful family can be thrown into complete chaos. That's why a wife's virtues are very important.

所以，兒子孝比不上媳婦孝，古代有說到，娶個好媳婦，家族可以旺三代；

A Chinese saying goes, "A filial daughter-in-law outclasses a filial son." The ancients said, "A good wife can bring prosperity to three generations."

那娶一個不好的媳婦，家庭會怎麼樣？會敗三代。

If you marry a bad wife, what would happen to your family? Your family would fail for three generations.

所以娶妻第一個標準是什麼？德行，娶妻要娶德。

Therefore, what is the top requirement when choosing a wife? To choose one with virtues.

現在有這種認知的男士多不多？不多了。

However, do many men recognize this? Not many.

所以我們要教育孩子，以後要找對象要首重德行，要有「婦德」。

We must teach our children, when seeking a partner, the most important criteria is virtue.

## Women's Virtues

而這個婦德，自然而然媽媽的言語、行為給孩子就有潛移默化的影響。

So, women must pay attention to practicing their virtues, because from seeing a mother's example, her children will naturally be instilled with these virtues.

我的母親常常在說我爸爸的時候，說「你就是心腸太軟」，講了以後就說「你們全部都一樣」。

My mother often appraised my dad, "You are just too soft-hearted." Then she added, "You are all the same!"

本來是在說我爸爸，到最後全部都被她說了，我還要補一句：那你不是也一樣。

Originally she just appraised my father, but we were all appraised in the end. Then I would say, "Aren't you the same?"

我記得小時候 剛好回外婆家，坐計程車回去，

I remember as a child, my mother and I once took a taxi to my grandma's house.

計程車司機技術不大好，在開一條小路的時候，一個輪胎跑到水溝裡面去了。掉下去的時候因為排氣管撞到了水泥就鬆掉，所以後半路程是這個排氣管這樣叩叩叩這樣到了我外婆家。

The driver was not very skillful; on a small road, we got stuck in a ditch. When the car was pulled out of the ditch, the exhaust pipe was caught and fell loose. We finished the rest of the journey hearing the noise of the pipe scraping.

結果我母親就把車費拿給他，額外又拿了五百塊給他。

When we were dropped off, my mother paid the taxi fare, and added a NT\$500 tip.

那時候我還小，當我母親拿錢出來的這個動作，請問我媽媽有沒有告訴我她在幹什麼？她沒有，她甚至於不知道她兒子在看。

At the time I was still a young child. When my mother took this money out, do you think she told me what she was doing? She did not. She probably did not even know that I was there watching.

但是我的大腦裡面出現幾排文字，就是媽媽覺得他們是勞力賺錢的人，很不容易，這個修車的費用一定會造成他家庭的負擔，我們生活比較充裕，給他一些幫忙。

But in my head, a few thoughts popped up, "My mother recognized that he was a blue-collar worker and had to work hard. The cost of the repairs could cause serious strain on his family, while my family was more financially stable. So she wanted to help him with some extra money."

我母親那個動作我很感動，所以母親一言一行給孩子都是潛移默化的影響。

I was very moved by what my mother did. So every word, every action that a mother does has an imperceptible impact on her children.

事後，因為我是後來在講課當中突然回想到這一幕，我打電話給我媽媽講這件事，她怎麼樣？她早就忘記這件事情，甚至於根本不知道孩子都在學習，都在感動。

I often tell this story during my lectures. One day I called my mother and talked to her about this incident. What was her reaction? She long ago forgot this incident, and was not even aware that her children were constantly learning and touched.

所以「婦德」確確實實在一言一行當中都在影響小孩。

As we can see, a woman's virtues truly have an imperceptible impact on her children with her speech and actions.

## Women's Speech

再來，「婦言」。母親的言語什麼時候開始影響小孩？在胎教的時候。

Next, let's talk about a woman's speech. When does a mother's speech start to influence her child? From the day she becomes pregnant.

母親的言語假如很柔和，孩子在胎中感受就很舒服；母親假如大嗓門，假如講話很刻薄，這個孩子從胎裡面就學習。

If a mother's speech is very gentle, the fetus will feel very comfortable. If she speaks loudly and harshly, the child will also learn to speak in the same way.

所以我們常常到一些朋友家裡面去，就覺得他們家在講話好像怎麼樣？好像在吵架一樣，都很大聲，那就是一種習慣。

When visiting friends' house, I often observed some families talking loudly as if they are quarrelling. This is one kind of habit.

所以講話太大聲，講話刻薄，你的孩子都在學習。假如我們的言語很溫和，言語很能包容他人，孩子就會學到好的。

When we speak loudly and harshly, our children will learn the same bad habit. But if our speech is soft and forgiving, our children will obtain good influence from us.

我回想到，我的父母從來沒有在我們小孩的面前講過他哪個朋友的不是。這個很重要！

I remember, neither of my parents ever spoke ill about any of their friends in front of my sisters and me. This is very important.

當為人父母在孩子面前講這個人很不好，那個人很不好，請問你的孩子學到什麼？

If parents make negative comments about people, what are their children learning?

學到處處看別人不好，處處批評，會很傲慢。

Their children will learn to see others' shortcomings only, to criticize others and become arrogant.

所以，我們言語也要謹慎。

Therefore, we should be very careful with our speech in front of children.

## Women's Skills

再來「婦工」，古代女人會織衣服，會做很多家事，這個叫「婦工」。

The third one is a woman's skills. In the past, women knew how to knit, weave, make clothes, and do a lot of housework.

換作現代的狀況，女子還要不要去織毛衣幹什麼？

Do women nowadays still need to knit or make clothes?

比較不需要，因為現在紡織業比較發達了。

There is no need because of the development of the textile industry.

古代跟現代整個家庭狀況不一樣，但是一個母親要把家庭維繫好，還是要有很多好的能力。

Surely the circumstances of a family in ancient times were different from those today. However, a mother still needs many skills in order to manage a family well, for example, tidying up a house.

比方說要把家裡怎麼樣？整理乾淨。孩子在整齊清潔的環境當中成長，他無形當中就會覺得東西就要擦乾淨，東西就要擺整齊。

If a child grows up in an orderly and clean environment, he will imperceptibly develop a concept that items should be kept clean and organized.

他假如看到東西亂，他會不由自主自己動手去擺好。

When he sees things scattered around, he will take the initiative to clean them up.

除了整理家庭，還要能煮一些拿手的好菜，因為假如孩子跟先生都在外面吃，會有什麼結果？

Besides cleaning the house, a wife should also be able to cook some delicious food. If a wife cannot prepare lovely meals, her husband and children will often eat out. What does this lead to?

都在外面吃，家庭氣氛不融洽，很少聚在一起。

This means that they are less likely to be together as a family and it will undermine the harmony of the family.

然後常常去吃外面，外面的食物怎麼樣？又油又鹹，所以現在什麼疾病最多？心血管疾病。

Moreover, restaurant food is often very greasy and salty. Today, what kind of illness is most common? Cardiovascular diseases.

這個心血管疾病一位難求，你要一個病床位都要排半天。

Patients with cardiovascular related diseases are filling up the hospital beds.

所以現在中風、心肌梗塞的人特別多。

There are many people with stroke and myocardial infarction nowadays.

家裡面假如常常煮些清淡的菜，讓家裡的人都很歡喜回到家裡來吃。

If a wife always prepares healthy dishes, everyone in her family will be very happy to eat at home.

我記得小時候，還有一句很好的口號叫「爸爸回家吃晚飯」，就有很好的家庭氣氛。

I remember when I was young, there was a very good slogan: Dad, come home to eat dinner please. It created a very good atmosphere in a family.

## Women's Appearance

再來，「婦容」，女子的容貌，當然不是要塗的跟結婚當天一樣。

Next, let's talk about a woman's appearance. We are not saying that a woman should dress up like a bride.

是，婦容代表很端莊、很樸素，不能生完孩子以後就自暴自棄。

A woman's appearance should be dignified and simple. She must not give up on her appearance after giving birth to children.

很多女人生完孩子，覺得我註定要像老媽子一樣，所以不修邊幅。

Many women feel that they are destined to be like an old female servant after giving birth. When she does not care about her appearance,

很可能先生走進門嚇了一跳，然後又趕快跑出去，這樣就不好；

her husband might be shocked upon seeing her and run back out of the house. Surely, this is not good.

要讓先生看起來賞心悅目。而且你儀容端莊給誰好榜樣？

A wife should dress up nicely so that her husband is delighted when he sees her. Moreover, for whom does the wife's dignified appearance set a role model?

孩子。對，我們要看得遠。所以，婦容也是很重要的。

For her children. We must have foresight. Hence, a woman's appearance is also very important.

好，當先生太太都能夠端正自己的品行、言行，那一定會把孩子教育好。

When a husband and his wife can dignify their moral character, speech, and conducts, they are bound to succeed in educating their children.

現在說要男女平等，所以這個「四德」，女人要，男人也要！

Nowadays, everybody speaks of equality between men and women. Therefore, not only women should follow the four virtues, men should follow them as well.

夫也要有德，夫的言也要懂得輕聲細語，言語也要常常都是口吐蓮花，給孩子好榜樣。

A husband should be virtuous. He should also speak softly and often utter lotus-like-words (\*kind and wise words), so as to set a good example for his children.

「夫工」，男人沒本事還得了，怎麼維繫家庭！

A man should have many skills. If he is not capable, how can he keep his family together?

再來「夫容」，你當爸爸的在家裡面都亂穿，那都給孩子不好影響；

If a father wears clothes improperly, he will have negative impact on his children.

還有爸爸坐的時候都把腳翹到桌子上面去，這也是夫容！

A father putting his feet on the desk when sitting down is also part of his appearance!

孩子學到什麼？所以，我們要時時提醒自己給孩子好榜樣，以身作則很重要。

What do his children learn from this behavior? So we should always remind ourselves to be a good role model for our children. Leading by example is very important.

## **A Balance for Disciplining Children, Good Cop Vs. Bad Cop**

再來教孩子要恩威並濟，恩威並施，再換白話一點，就是有人要演黑臉，有人要演白臉。恩威並濟，剛柔並濟。

Apart from the aspects mentioned above, we should also know how to be both kind and firm to our children. Speaking more directly, there should be a 'good cop' and a 'bad cop' in a family.

中國人講中庸之道，不能太過，也不能不及。

The Chinese talk about the Doctrine of the Mean, neither too much nor too little.

假如今天只有恩，對孩子好得不得了，他會怎麼樣？他不怕父母，會騎到父母頭上去。

If a child only receives kindness from his parents, what will he become? He will not be afraid of his parents and will become impossible to control.

假如只有威，對孩子都很兇，孩子跟我們就有距離感。所以，恩威要掌握好。

On the other hand, if we are too stern, our children will start to push us away. Therefore, we should find the balance between being kind and firm.



剛好我的小外甥，他做月子，還有很多時間都在我們家，我的姐夫工作比較忙。

When my younger nephew was born, my brother-in-law was very busy and my sister and nephew spent much time at my parents' house.

在我們家的時候，我也身負教育這個外甥的責任。

I also took on the responsibility of educating this nephew of mine.

你看我適合演黑臉還是白臉？你們覺得呢？黑臉！怎麼一眼就把我看穿了。

Do you think I am more suitable to play the good cop or the bad cop? (Audience reply: Bad cop!) Bad cop? How did you see through me right away?

我記得我第一年教書，有一次學生不守規矩，我訓斥了他們一頓。從二樓走到一樓進辦公室，全校的同仁都看著我，說：你還會發脾氣？

I remember that in the first year I started teaching, there were some students breaking the school rules. I scolded them. When I returned from the second floor back to my first floor office, all of my colleagues of the entire school looked at me and said, "Even you can be angry?"

他們都很驚訝。其實該發的時候假如不發，就不能把學生教好，

They were all shocked. Actually, we will not be able to teach children properly if we are not angry when it is needed.

我們發脾氣是要讓孩子警覺到，以後不能再犯這個過失。

In this instance, being angry is to raise their awareness that they must not make the same mistake again.

人生如戲，該怎麼演就要演得像樣。

Life is like a play; whatever role we play, we should play it properly.

所以，我對我這個外甥我就是黑臉，他媽媽是白臉，黑臉跟白臉一定要配合得好。

To my nephew, I was the bad cop and his mother was the good cop. There should be a perfect collaboration between the two cops.

### **What Would Happen When Children Cross Their Parents' Bottom Line?**

我記得也是在前幾年，剛好也是過年前夕，在我們家吃飯。

I remember a few years ago, it happened to be Chinese New Year's Eve, all of us gathered at my parents' house and were having dinner.

這個小朋友他剛好拿筷子就拿在下面夾菜的地方。

My nephew was holding the tips of his chopsticks that are used for picking up food.

我就跟他講，說：偉偉，這樣拿會有細菌，你拿筷子一定要拿在上面。

I said to him, "Weiwei, you're getting germs onto the chopsticks when you hold them like this. You should hold the upper part of the chopsticks".

他看著我，又往下一抓，我很有耐心，我說：這樣拿會有細菌，所以你應該拿上來。

He looked at me, but kept moving his hand to the bottom of the chopsticks. I patiently said to him again, "You're getting germs onto the chopsticks. You should hold the upper part of the chopsticks".

他又看看我，他雖然沒有講話，你知道是什麼意思嗎？他說我看看你的底限到哪裡？

He looked at me and moved his hands again. Though he did not say anything, do you know what his implication was? He was thinking, "Let me see how far I can push you"

很多小孩會探父母的底限，當他超越你的底限，他就對你可以予取予求，你就會節節敗退，他就可以用情緒來威脅你。

Many children know how to test their parents' bottom line. When they have succeeded to pass your bottom line, they will make endless demands. Parents will experience constant failure if they keep giving in, and the children will use their emotions to threaten their parents.

我看他勸了三次沒有用，我馬上把他抱起來，往我的房間走。為什麼要往房間走？要把他所有的援兵都截斷，他才會知道大事不妙。

After three times of warning, it was futile. I instantly picked him up and took him to my room.

Why did I take him to my room? Because I wanted to make sure all his supports were cut off, he would then know 'the fat is in the fire'.

我就把他抱起來，我媽媽馬上說：都快過年了，就別打了！要不要打？哪有過年犯錯就不用處罰，那孩子他根本就不知道規則在哪兒！

I picked him up. My mother said, "It is almost New Year, can't you spare him this time?" Should I discipline him? Surely, a child's mistake should not be excused just because it is New Year. If so, the child will never learn the rules.

### **n No Circumstances Should We Change Our Set Rules**

現在很多的家長，逢禮拜六、禮拜天就可以睡到中午，有沒有這種情況？他五天正常，禮拜六、禮拜天不正常，他的生活就亂了、就沒規律了。

Many parents nowadays sleep until noon on weekends. So their children only follow routines on the weekdays, and no routines at all on weekends.

所以現在禮拜一上學的時候，學生的表情都怎麼樣？懶洋洋的。

As a result, how do they look and feel when going back to school on Monday? Listless.

所以，規定的規則不能因為任何情況而改變，不然孩子一定會好逸惡勞，一定會往玩樂的方向去走，而不遵守規則。

Therefore, in no circumstances should we change our set rules. Otherwise, our children will only love ease and loathe labor. They will tend to indulge themselves on entertainment instead of following rules.

我都跟我姐姐交代，你縱使帶他出去爬山，出去玩幾天，每天一定要固定把該背的經典怎麼樣？要背好。

I always tell my sister, even when she takes him to hike or on vacation, she should make sure that my nephew recites the classic texts every day.

所以孩子的心中會了解到，不管在家或在外，自己學習的作業都要怎麼樣？做到。

In doing so, the child will understand that he must complete his studying tasks whether he is at home or away from home.

當你的原則愈明確，他就覺得這是他的本分，他就不會僥倖，他就不會在那裡：媽，今天就算了！在那裡講好話給你聽。這個原理原則一定要抓穩。

The clearer and firmer our principles are, the more our children will feel that it is their duty to do it. They will not use sweet-talk and hold the slightest hope of evading the tasks. We must firmly hold on to this principle.

### **How To End A Teaching Moment Properly?**

當我把他抱進房間裡面，其實那個時候最重要的是要讓他知道自己錯了。



When I took my nephew to my room, it was most important to make clear to him where he had done wrong.

是不是我們喜歡處罰小孩？不是！

Is it that we like to punish children? Not at all!

我就告訴他：你再哭沒關係，你哭得愈大聲，舅舅就處罰得愈重。結果你這麼一講，他會怎麼樣？他會哭愈大聲，

I told him, "It is useless to cry. The louder you cry, the harder uncle will spank you". When we say that to a child, he might cry even louder. So we gave him a spank.

你就馬上打他一下。其實他那時候還包尿布，根本不會痛，只是你那種氣勢把他怎麼樣？震住了。

In fact, my nephew was still wearing diapers at that time. It would not be painful at all. It was actually the momentum of my authority that shocked him.

你就告訴他，情緒絕對不可能達到你的目的，今天你再怎麼哭都沒有用。

I then told him that playing with emotions will never possibly achieve his purpose, and it was futile no matter how much he cried.

當你很堅定的時候，他一聽，他這樣的方法絕對不能夠達到他的目的，他就不哭了。

When you are very firm, he will understand that crying will not get him what he wants.

Consequently, he will stop crying.

當他不哭了，這個時候我們就要告訴他，把道理跟他講清楚，「舅舅這樣教你是為你好，你應該接受長輩的教誨」。

Once he has stopped crying, you should then clearly tell him the reason. So I said to my nephew, "uncle teaching you in this manner is for your own good. You should accept an elder's teaching".

就開始從很兇變怎麼樣？變得很慈祥。跟他講完以後，我就出來了。

I changed my facial expression from being very stern to very amiable. After the conversation, I came out of my room.

黑臉演完了，誰要上演？白臉要上演，所以我姐姐就走過來。

Now, the bad cop had played his part. It was the good cop's turn. So my sister went into the room.

一走進來，那個孩子馬上到她前面來，就抱著她撒嬌。

As soon as she entered the door, my nephew ran towards his mother and tried to butter her up with a big hug.

我姐姐馬上把他抓起來，說：你剛剛犯了什麼錯？自己講！

My sister pushed him away and asked, "What have you done wrong just now? Tell me!"

孩子不講，又抱過來，她還是很堅持，對著她兒子說：剛剛犯了什麼錯？自己講！

The child did not say anything, but tried to hug her again. My sister still insisted and asked, "What have you done wrong just now? You tell me!"

要讓他記憶當中不是停留在舅舅處罰他，而是要停留在哪？自己犯了什麼過失。

She wanted her son to remember his own fault, not his uncle's punishment.

講完以後，我姐姐就跟外甥講：去跟舅舅道歉。還要他來跟我道歉，這就是把機會教育做了很好的結束。

After he admitted his fault, my sister told him, "Apologize to uncle" She taught my nephew to come to me and apologize. This teaching moment was ended properly.

很多父母教孩子只是處罰完，情緒發洩完，都沒有做收尾的動作，

Many parents only punish their children, venting their anger, but do not finish the whole process with a proper ending.

所以孩子的記憶當中就覺得我爸爸的脾氣很不好，我媽媽的脾氣很不好。所以恩威並濟，黑白臉的搭配要謹慎。

As a result, many children keep only the memory of 'my parents have a bad temper'. Therefore, we must be both kind and firm at the same time. The good cop and the bad cop should collaborate carefully.

### **What Is the Most Serious Illness Among Women Nowadays? And Why?**

現在黑臉有沒有人演？現在的父親願不願意演黑臉？不願意！為什麼現在父親不願意演黑臉？因為他們工作很忙，覺得對孩子怎麼樣？愧疚。

Do parents nowadays like to play the bad cop? Do fathers nowadays want to play the bad cop? No, they don't! Why don't they want to be a bad cop? Because they are very busy and seldom spend time with their children. They feel guilty.

難得跟孩子相處，都希望看到孩子的笑臉，所以他們每次回家就拿著什麼？禮物、玩具。

Every time they come back home, they want to see smiles on their children's faces. So they bring many gifts and toys every time they come home.

不只沒有演黑臉，都演白臉，然後孩子一跑過來：爸爸你真好！趕快把玩具拿走。

Not only do they never play the bad cop, they always play the good cop and spoil them. The child runs up to him and says, "You're so kind, dad", then quickly takes away the gift.

一而再，再而三都是這樣子拿禮物給孩子，過了兩三個月，這個孩子衝過來，「爸爸」，他不是看著你，都看什麼？看禮物，拿了就走了。

After doing so for a few months, the child runs up to him and says, "Dad..." he does not look at the father but at the gift. He simply takes the gift away.

突然有一天你回來沒有拿禮物，他說爸爸，你怎麼這樣就回來了。

One day, the father comes back home without bringing any gifts. The child says, "Dad, why do you come home empty-handed?"

所以不能用物質去建立父子關係，這樣很不好，應該用你的愛心跟關懷去建立父子關係。

So, we must never rely on material to establish the parent-child relationship. We should use love and care to establish the parent-child relationship.

父親不演黑臉，誰來演？母親演。

If a father does not play the bad cop, who has to take on the role? The mother.

女人天性就比較有愛心，對孩子都很關懷，所以她們演白臉是最自然的。現在不只要演白臉又要演什麼？黑臉。

Females are by nature more loving and kind. They are meant to care for children. It is very natural for them to play the good cops. Now, women have to play both good and bad cops.

很多女性跟孩子扮完黑臉，自己心裡面會覺得很難受。這一頭要演黑臉，可能一下子又要變成白臉，好不好演？不好演。

After playing the role of a bad cop, many women feel very uncomfortable. Is it easy to switch to the role of a good cop immediately after playing a bad cop? Certainly not.

脾氣剛發完，又要對孩子很慈愛，所以現在女人最嚴重的病是什麼？叫內分泌失調，是不是？

After being stern to the child, she has to be kind to him soon after. Is it easy? What is the most serious illness among women nowadays? Endocrine disorders.

常常要演黑臉，一下子又要轉成白臉，對她的身心負擔很大。

Switching the roles between bad and good cops has caused immense burden physically and mentally for women.

所以還是先生，因為男屬剛，女屬柔，還是先生演黑臉，這樣子孩子才不容易造次。

The Chinese ancestors observed that males tend to be masculine as the sun while females tend to be gentle as the moon. Therefore, a father is suitable for playing the bad cop. In doing so, children are much less likely to misbehave.

我們記得小時候，只要父親的眼睛瞪我們一下，我們馬上就會懂得收斂。

I remember when I was young, my sisters and I would immediately behave ourselves as soon as our father gave us a glare.

我常常會建議現在的父親，因為工作比較忙，建議他們其實陪孩子的時間並不是一定要很長。不是要很長孩子才會覺得你很關懷他，最重要是你有沒有這一顆心。

I often suggest to those fathers who are very busy to spend some quality time with their children. The time does not need to be long. What is most important is the genuine thought of being with them.

假如你每天拿出十分鐘，這十分鐘，大哥大要怎麼樣？要關掉。這一段時間就是你跟你的孩子相處的時間，

If you take 10 minutes very day to spend with your child, you must make sure that your cell phone is off and dedicate these 10 minutes to your child.

你就把聖賢書拿出來，把《德育故事》拿出來，每天給他講兩則。

You take out a book of sage' teachings, such as *A Collection of Moral Stories*, and read two stories to him each day.

你持續不斷這樣做，孩子會覺得你很在乎他，他聽完故事，到學校去他會跟同學講：我爸爸每天都給我講兩個故事。

If you continue doing so, your child will feel you truly care for him. After listening to the stories, he will tell his classmates, "My dad tells me two stories every day".

那同學會怎麼樣？投以羨慕的眼光，然後他會說「來，我告訴你們這兩個故事」，同時訓練他如何把這些聖賢的故事跟人家分享。

His classmates will envy him. He will say, "Come, let me tell you these two stories". You have enabled him to practice sharing the sages' stories with others.

所以，最重要的是你有這顆心。好，這是能把孩子教育好。

So, the most important thing is that you have this intention. This intention will allow you to educate your children properly.

### **Practice What We Have Learned and Perseverer With It**

剛剛我們提到五倫關係，就是夫婦關係最重要，夫婦正，五倫就正。

We have talked about how the husband-wife relationship is the most important among the five ethical relationships. Once the spousal relationship is harmonious, the five ethical relationships will all be harmonious.

所以「一門深入」，這一門掌握了道德的綱領，而《弟子規》就掌握了道德的綱領，所以我們學習先從《弟子規》這一門去深入。

The sages taught us to 'focus on one subject and delve deeply into it'. This 'one subject' refers to the guidelines of morality. And *Dizigui* has precisely grasped the guidelines of morality. So we should start from delving into *Dizigui*.

如何深入？深入要做到「解行相應」，理解之後，一定要去落實。

But how do we delve into it? To do so, our practice must correspond to our comprehension. We must put our comprehension into practice.

你去力行就會幫你更體會到聖賢道理，體會得愈深解得就愈深，解得愈深你行得就愈扎實；Practicing what we have learned will give us a deeper understanding of the sages' teachings. The more understanding we have, the better comprehension we will get.

解幫助行，行又幫助解。

And the deeper our comprehension is, the more solid our practice will be. So, understanding facilitates practice and vice versa.

所以，我們學一句一定要懂得趕快去力行。

That's why we must put into practice as soon as we learned one line in *Dizigui*.

「長時薰修」，長時是指時時刻刻。

Moreover, we should "persevere with it". This means we must constantly practice.

我常常會跟很多朋友講，只要你持續不斷，每天早晚把《弟子規》念一遍，保證三個月以後，你會覺得道德、學問有很大的進步，三個月。

I often tell many friends, "So long as you persevere and read *Dizigui* twice a day, once in the morning and once in the evening, I guarantee that your virtues, knowledge, and wisdom will be greatly elevated after 3 months". Just three months!

這一帖藥目前吃的人效果都很好，你們要不要吃吃看？

So far, those who have taken this advice found it quite effective. Would you like to try it?

我在海口的時候，有一個老師真正做到了，這個老師第一次來上課的時候，我印象很深，是去年的元宵節。

When I was in Haikou, there was one teacher who truly did it. This teacher left a deep impression on me the first day she attended my class. It was on the Lantern Festival last year. She listened to my talks very attentively. Whenever I was telling the story of an ancient sage, she immediately wrote it down in her notebook.

她聽課的時候目不轉睛，我在講很多聖哲的故事，她都會振筆疾書把它記下來。

她學了三個多月，就走向前來跟我說，她說：蔡老師，這麼好的聖賢教誨，不能只有我的家庭得利益，我希望回到我自己的故鄉去教《弟子規》。

Three months later, she came up to me and said, "Teacher Tsai, such great teachings of the sages should benefit not only my family but others as well. I want to return to my hometown and teach *Dizigui*."

她因為有立志，她因為長時不間斷，早晚念一遍，所以提升得特別快。

Due to her aspiration, she persevered with it and maintained reading *Dizigui* twice a day. As a result, she made improvements especially fast.

早上念的時候，提醒自己，今天要做到《弟子規》當中的這些教誨；

When reading *Dizigui* in the morning, it is to remind us to follow the teachings in *Dizigui*;

晚上念的時候，我們反省一下，今天哪些做到了，給自己一些鼓勵；哪些沒做到，要更加警惕，後不再造，後不再犯。

when reading it in the evening, we reflect upon ourselves how well we have practiced the teachings today. We encourage ourselves by acknowledging the ones we have done well and warn ourselves by recognizing the mistakes that we have made, further making sure to never repeat the same mistakes.

這樣就能收到很好的效果，可以長期薰修。

In doing so, we will receive very good results from 'persevering with it'.

### **Educate Ourselves Before Educating Our Children**

而修是修正。在想法、看法、說法、做法當中時時提醒自己去修正。修正往往都是在你面對與人相交往當中就要去修正，不能錯了時候再來修正。

We should always remind ourselves to rectify our thoughts, views, speech and conducts. These rectifications must be exercised during interactions with others, not wait until when we have made a mistake.

有一位朋友他就跟我分享，他說他最難修正的就是「人有短，切莫揭」，因為幾十年來說長道短習慣了，所以他也是很用功，早晚念一遍。

A friend once confided to me that he found the hardest among all the teachings in *Dizigui* is 'avoid exposing the shortcomings of others'. It was because for the past decades, he was used to talking about others' shortcomings. So he diligently read the teaching every morning and night.

結果每次當他要說長道短的時候，突然《弟子規》這句經文就怎麼樣？就出現了。這一句「人有短，切莫揭」就進了他的大腦，他的嘴巴馬上怎麼樣？

As a result, whenever he was about to expose someone's shortcomings later on, the line 'avoid exposing the shortcomings of others' would appear in his mind and he would shut his mouth immediately.

蓋住了。這叫歷事鍊心，經歷這些事情，不斷的在自己的想法、看法修正，在說法、做法當中去修正。

This is called 'experiencing different circumstances to forge our mind'; we constantly rectify our thoughts, views, speech and conducts through these circumstances.

我們提到了整個學習的態度，

So far, we have talked about the attitude to learning.

包含第一個要立志；第二個要力行；第三個學習的次序很重要，一定要先長道德的根基，再來讀其他的經典；第四個，學習的方法要能一門深入，長時薰習。

First, we should set aspirations. Second, we should practice what we have learned. Third, we must set a solid foundation of virtues before reading other classical texts. Fourth, we should 'delve deeply into one subject and persevere with it'.

我們有了正確的態度，接下來我們要進入《弟子規》的學習。

Once we have established the correct attitude towards learning, we will move on to formally learning *Dizigui*.

學《弟子規》，一般的人聽到「弟子」，他會有錯誤的認知，覺得是誰學的？小孩學的。

Upon hearing the two characters 'Di Zi', which means pupils, most people will misinterpret it as something meant only for children to learn.

其實這個「弟子」不是指小孩，弟子是指聖賢人的學生都叫弟子。

In fact, this expression does not mean it is only for children; it is for people who learn sages' teachings because the ancient sages called their students 'Di Zi'.

「規」也是會意字，左邊一個「夫」，右邊一個「見」，叫大丈夫的見解。

The character Gui is a compound ideogram. The radical on its left is 'man', and the one on the right is 'view' When combined, it means the views of a great man.

當然大丈夫的見解一定是隨順聖賢教誨，也就是人生的真理，來做事、來處事待人。

Such views certainly conform with sages' teachings. In other words, it is following the Truth of life to handle matters and ex interact with others.

《弟子規》我們來學才能把孩子教好，「教兒教女先教己」，

We must learn *Dizigui* properly before we can educate our children properly. As a Chinese saying goes, "Before teaching my son and daughters, I should teach myself first".

要把兒女教好，首先要提升自己，自己先學好，這樣才能夠當好身教的工作。

So, in order to educate our children, we must improve ourselves first. Only by doing so can we set good role models for our children.

我們翻到六十頁，我們先把「總敘」一起念一遍：

Ok. Let's turn to page 60. First, let us read the outline of the book together. Ready, set, go.

【弟子規。聖人訓。首孝弟。次謹信。泛愛眾。而親仁。有餘力。則學文。】

"*Dizigui*, the guidelines for being a good person are exhorted by the ancient sages. Being filial and fraternal are the foremost rules, followed by being cautious and trustworthy; love all equally, but become close to the benevolent ones; Having practiced all of the above, I can then expand my horizons to study literary arts.

諸位朋友，假如你回去坐在書桌上讀得這麼有精神，一定會讓你的孩子對你怎麼樣？肅然起敬。你的好學會感動孩子。

Dear friends, if you read it so energetically at home, your children will be bound to admire and respect you. Your great learning attitude will touch your children.

我們這一節課先上到這邊。謝謝。

We will end this lecture here for now. Thank you very much for listening.