

細講弟子規 第七集

Confucius Teachings On Building A Happy Life (7)

- a foundation for Mahayana Buddhism practice

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Why Does a Forty-Year-Old Man Kneel Down?

我們剛剛講到，這位朋友他四十歲接受五天聖賢的教誨，內心生起很大的歡喜，有很大的體悟。In the last lesson, we mentioned a 40-year-old man who found a great joy after receiving the sages' teachings for five days. He felt deeply about the teachings.

所以在第四天的時候，一大早剛好早飯還沒準備好，他就約我，他說要跟我坐下來聊一聊。

On the fourth day, before breakfast was even ready, he said that he wanted to have a chat with me.

我的感覺就怪怪的，我坐下來就有點如坐針氈，

I instantly felt it was a little bit strange and was quite nervous after sitting down.

他馬上走到我面前，他說：我這一輩子只拜父母，只拜老師。

He walked up to me and said, "In my whole life, I have only kneeled down before my parents and teachers." (*A way to show the highest respect and gratitude)

我一看大事不妙，趕快跳起來，

I realized at once what he was going to do and jumped up immediately.

確確實實是因為聖賢的教誨讓他很感動，我們沒什麼功勞，所以承受不起。

You see, it was the sages' teachings that touched his soul, and I had not the slightest merit in this matter.

結果四十歲的壯漢，一把就把我纖細的雙手抓住，害我不知所措。

However, this strong, forty-year-old man instantly grabbed my hands, and I did not know what to do.

我看他這麼誠意，我們就心也安住了，成全他這一分恭敬之心。

But then, I could clearly see his sincerity. So I calmed myself and accepted his respect.

我們也感受到我們肩上的責任很重，

All of the teachers in our team feel that we shoulder a very heavy responsibility.

希望透過我們這些課程能夠真正讓更多的人了解到，確確實實中國的古聖先賢非常偉大。

We hope that more people, after taking our courses, will understand that the greatness of Chinese ancient saints and sages is truly admirable.

中國的古聖先賢一定可以讓我們透過他們的教誨，讓未來二十一世紀能夠得到家庭和樂，社會安定。

By learning the sages' teachings, we will surely be able to enjoy harmonious families and social stability in the 21st century.

所以諸位朋友，縱使你現在已經四、五十歲，縱使你的孩子已經二十幾歲，你都不要害怕，

Therefore, my friends, even if you are already in your 40s or 50s, even if your children are already in their 20s, please do not fear. It is never too late.

精誠所至，金石為開，

As an old Chinese proverb reads, "Utmost sincerity can move a heart of stone."

只問我們的道德、學問夠不夠，絕對不要擔心別人不改變。

We only need to ask ourselves if our own virtues and wisdom are sufficient, there is surely no need to fear that others will not change.

Diligence Starts With a Mother's Guidance

我們再看看其他的，為什麼孩子會懶惰？根源在哪？

Let us look at another topic. Why do children get lazy? What is the root cause?

諸位朋友，我看你們現在也很會分析了，

I think you all can analyze very well now.

孩子懶惰不可能是長大才養成，

Children do not suddenly become lazy when they are grown up.

所謂「少成若天性，習慣成自然」。

A Chinese saying goes, "The habits one developed at a young age will dominate one's life like inborn nature."

教育為什麼一定要抓得愈早愈好，因為一旦養成就不好修正。

That's why education must begin as early as possible, because it is very hard to correct a bad habit once formed.

我記得我這個外甥他小的時候，剛好看到母親在擦桌子，剛好媽媽擦到一半有事先去處理。

I remember there was one time when my nephew was little, he happened to see his mother had stopped cleaning the table for something else.

這個孩子看媽媽在那裡擦半天，他就跑過來拿起抹布，也在那裡模仿。

He then went over, picked up the rag, and continued her work.

後來我姐姐走過來，諸位朋友，你會怎麼處理？

Afterwards, my sister walked back. My friends, how would you handle this?

我的姐姐馬上就跟他兒子講，她說：偉偉，你怎麼這麼小就這麼懂得孝順父母？還懂得幫媽媽擦桌子，真乖！

My sister said to her son right away, "Xiaowei, you are so young but know well how to be filial to your parents. You even help mommy wipe the tables. Good boy!"

他本來才這樣擦，愈擦愈有勁。

Hearing the encouragement, he redoubled his efforts.

所以，孩子要透過我們多鼓勵，多肯定，就會把他的潛能激發出來。

You see, encouragement and acknowledgment from us adults can surely help children achieve their potential.

接著他擦完以後，他母親又跟他說：小偉，擦桌子，假如四個邊邊角角都還很仔細的把它擦乾淨，那你這個桌子就擦得很完美。

After he finished wiping, his mother said to him, "Xiaowei, if you can wipe clean each one of the table's four corners attentively, then your job will be perfect."

一來肯定他的孝心，二來又教他做事的方法。

My sister not only acknowledged his filial piety, but also taught him the method of dealing with matters.

所以我這個外甥很愛乾淨，

As a result, my nephew has developed the good habit of being clean and tidy.

三、四歲棉被都是自己折，看起來就白白淨淨的。

At three or four years old, he already had the habit of making his own bed. This gives the impression of tidiness to people.

所以，從小給他的態度就很重要。

So, it is very important to teach children the right attitude from a young age.

當這一位母親假如跑過去氣衝衝的：哎呀，你搞什麼！走開，不要在這裡搗亂。

If his mother had shouted at him, "For goodness sake, what are you doing? Go away, don't mess around!"

你這隻手給他推了兩次、推了三次，他以後會不會過來？不會了。

After you pushed him away 2 or 3 times, would he ever help out with housework again?

Certainly not.

所以當父母的要抓住機會教育，不然很多好機會當面錯過。

Therefore, parents should seize every opportunity to educate their children. Otherwise, many great opportunities would be missed.

等到他已經都不會幫你做家事了，那時候你再來生氣也於事無補。

Once children are no longer motivated to do household chores, then even getting angry at them would not help the situation.

很多家長都說：你只要把書給我念好就好，其他的事都別管。

Many parents say to their children, "You just need to study well, don't need to do anything else."

這樣好不好？你看他只有會念書，其他事都不做，對他來講，他信不信任自己做事的能力？

Is this a good way of educating children? If a child only does well in his studies but does not do anything else, then will he trust himself to have the ability to accomplish tasks?

他愈不信不信任。任他就愈不敢去承擔工作，愈不承擔，會不會有責任心？就沒有！

No! The less trust he has in himself, the less he will be willing to do work. If he does not work, will he have a sense of responsibility? No!

所以這都是連帶關係，我們要深思熟慮。

You see, these are all closely connected. We must deliberate deeply.

孩子多去活動，對他的筋骨有很大的幫助。

Doing housework is very good for a child's physical health.

在活動當中，孩子也會感受到：原來母親持一個家真不容易，我才拖客廳的地就累了，

When doing the chores, he will also genuinely feel, "It really is not easy for a mother to manage the family. I am already tired after only mopping the floor in the living room;

媽媽還要上班，回來還煮飯，還要做那麼多事。他一邊拖，心生感恩。

but my mother still needs to cook for us and do a lot of other things after she gets home from work." His heart will naturally give rise to a sense of gratitude while he is mopping.

所以俗話說「惜勞」，他真正付出，真正去勞動，才知感恩，才知付出者的辛苦。

As a proverb goes, "One must cherish the opportunity of working." Because only when a person truly contributes their own effort and works hard, can he then truly understand the effort of those who work hard and develop a sense of gratitude.

所以不能讓孩子不勞動，絕對不能讓他養成懶惰的習慣。

Therefore, we must encourage our children to do housework and prevent them from forming a habit of being lazy.

我們再看看生活規律，為什麼孩子生活沒規律？

Next, let's look at the daily routines. Why would a child lack the structure of daily routine in their life?

我曾經問過我的學生說：今天有吃早餐的舉手？

I once asked my students, "How many of you had breakfast today? Please raise your hand."

很多，差不多一半都沒吃。

Many of them, about half the class, had not eaten breakfast.

我接著就問：那你媽媽沒煮嗎？他說：我媽媽還在睡覺。

I continued, "Didn't your mother cook breakfast for you?" They replied, "My mother was still sleeping."

他的早餐就是幾個銅板擺在桌上，上面寫著兩個字叫「早餐」，家長出錢。

Their breakfast was a few coins on the table with the word 'breakfast' written on a paper.

請問出錢的家長有沒有真正去了解過，那幾個銅板有沒有轉成早餐？

Dear friends, did the parents who gave the money really care to understand if those few coins were actually exchanged for breakfast?

有沒有？沒有！你們怎麼知道？

Were they? (audience: No!) How come you all know the answer?

轉成什麼？轉成電動玩具，轉成色素一大堆的零食。

What were they exchanged for? Video games or very unhealthy junk food.

孩子假如吃這些東西吃個半年、一年，體質絕對直線下降。

If a child continues this kind of diet for half a year, a year, their physical health is bound to take a nosedive.

很多都是去打電動玩具，都沒吃。

A lot of them play video games, don't eat breakfast at all.

我為什麼知道？因為我們當老師要關心小孩，關心學生。

How did I know? As teachers, we should be concerned about our students;

我發現，因為我教的是六年級，六年級正值發育，肚子特別容易餓，都差不多十點多就咕嚕咕嚕叫了。

since I taught a sixth grade class, I understood children at this age have growth spurts, and noticed that their stomachs would start to growl at around 10 am every day.

所以我的抽屜裡面隨時都會放著餅乾，他們都很愛我的餅乾，這些小朋友都會過來。

I made sure to always keep some biscuits in my desk drawer, so my students all loved me - loved my biscuits. A lot of children would come over for my biscuits.

很多基本上九點多、十點，你看他在上課的時候臉色就有點發青了，肚子餓。

Basically, around 9 to 10 am, their facial complexion would grow paler because they were so hungry.

一了解下來，他的銅板沒有變早餐，拿去花掉。

I found out that many of them did not use that money for breakfast, but spent it on other things. 所以我們為人父母，要讓孩子生活規律，自己要當榜樣，

As parents, if we want to guide our children to develop a daily routine, we must become a good example for them.

要讓他的三餐正常，我們也要多付出一點。

We should pay more effort if we want them to have three regular meals.

而你這些付出對孩子將是一生的影響，不管是他的身體還是榜樣，對他都很重要。

These efforts will have a lifetime influence on your children. It is very important whether it is to set a good model for them or to benefit their health.

Filial Piety Brings Out All Virtues

諸位朋友，這些壞習慣，你相不相信只要長了一個善全部都解決？

My friends, do you believe that these bad habits can all be solved as long as they develop one virtue?

長哪一個善？「百善孝為先」，

Which virtue? The Chinese say, 'Of all virtues, filial piety is foremost.'

這句話隨著你深入聖賢教誨，你的體會會愈來愈深。

As you delve deeper into the sages' teachings, you will develop a deeper and deeper understanding of this sentence.

這句話有兩個意思，第一個意思是孝為百善之首；

This saying has two meanings: Firstly, it means that filial piety is foremost among all virtues;

第二個意思是孝心開了，百善自然就開。

secondly, it means all virtues will follow once a filial mind is in place.

我們來看看，一個有孝心的人會不會自私？不會！

Will a person with filial piety be selfish? Certainly not!

一個有孝心的人會不會頂嘴？

Will a person with filial piety talk back?

「父母呼，應勿緩，父母命，行勿懶」。

Dizigui states, "When my parents call me, I must answer them right away. When they ask me to do something, I must do it promptly."

諸位朋友，不要小看《弟子規》，一個「入則孝」就解決你所有小孩的問題。

My friends, we must not belittle *Dizigui*. This chapter of Being Filial to Parents at Home will solve all of the problems that we have with our children.

當他知道「身有傷，貽親憂」，他會不會生活顛倒？不會！

When our children understand that 'Injury to one's body brings parents worry', will they lead a chaotic life? Surely not!

他會不會沒責任心？「德有傷，貽親羞」。

Will they become irresponsible if they remember the line of 'Injury to one's virtue brings parents shame'?

他會很勤勞，因為「親所好，力為具」，

They will become very diligent if they understand the teaching of 'I will make efforts to satisfy what my parents like and what they expect from me'.

希望能讓父母歡喜，讓父母安慰。

They will want their parents to be happy and comforted.

所以孝心一開，除了對父母孝敬，對兄弟？

Once a child develops a filial mind, he will not only be filial to his parents, but also love and care for his siblings.

友愛！因為兄弟發生衝突，誰最難過？父母。

Because when there is conflict between siblings, who would be the saddest? Parents.

所以「兄道友，弟道恭，兄弟睦，孝在中」。

Dizigui states, "Older siblings should care for younger ones; younger siblings should respect the older ones. Siblings getting along harmoniously is an act of filial piety itself."

我們也體會到，一個人真有孝心，他對其他人的父母也會有恭敬之心。

When a child is truly filial to his parents, he will also show respect to the parents of others.

所以推而廣之，他這一分孝、這一分敬會對一切長輩。

He will naturally extend his filial piety and the sense of respect to all elders.

那他會不會去欺負別人的孩子？不會。因為他知道當別人的孩子受傷害，他的父母最痛苦，

Would he bully other children? Surely not! Because he knows that if other children are hurt, their parents will suffer the most.

他這分同理心就會自然而然延伸開來。

His empathy will be naturally extended.

所以一個人的仁慈之心是從這個原點，從「父子有親」這個孝道擴散開來，

Therefore, one's benevolence and compassion come from his filial piety, and are the extension of the loving relationship of parents-children.

所以學「入則孝」就特別重要。那我們進入「入則孝」。

That's why learning this section of 'Being Filial at Home' is especially important.

How Deep Is A Mother's Kindness?

教孩子孝，首先要告訴他，為什麼要孝？

Let's start to learn this section. Before teaching children filial piety, we need to explain to them why,

所謂知恩才懂得報恩，

because 'Only by acknowledging the deep kindness of one's parents, can one then reciprocate their kindness'.

所以我們會引導孩子去念父母的恩德。

So, we should guide children to acknowledge their parents' deep kindness.

一開始我們會說，在兩三千年前有位聖者叫佛陀。

We start from telling children, "Around three thousand years ago there was a saint, the Buddha.

有一天他帶著他的學生走在郊外，剛好看到一堆白骨，

One day, he was walking on the outskirts of town with his students, and they happened to come across a pile of bones.

佛陀把這白骨分成兩堆，一堆顏色比較潔白，一堆顏色比較灰暗。

The Buddha grouped them into two piles: One was white and the other was darker.

學生也很好學，他們知道「心有疑，隨札記，就人問，求確義」，
His students were always enthusiastic in learning. They knew that 'when there is a question, note it down right away and ask someone for its true meaning'.

所以懂得學問學問，要懂得發問。

They knew that they must learn to question in order to learn well.

佛陀接著就跟他們說，他說，為什麼這兩堆白骨，一堆比較潔白？一堆顏色灰暗？

The Buddha explained to them why one pile was white and one pile was darker.

這堆顏色灰暗是女人的骨頭。女人的骨頭為什麼比較灰暗？

The pile with darker color was women's bones. Why are women's bones darker?

因為當母親要懷胎十月，在懷胎十月過程，孩子所有的營養都必須從母親的血液中輸給小孩，
Because when a mother is pregnant for 10 months (*Lunar calendar calculation), all of the nutrition that the fetus needs comes from her blood.

當小孩的鈣質不足，就必須從母親的骨頭當中滲出來。

If the fetus does not get enough calcium, it will be extracted from the mother's bones.

所以懷胎十月很辛勞。

So the ten months of pregnancy are very laborious to the mother's body.

我們曾經就給孩子做過一個活動，叫他們拿一個雞蛋，然後放在身上，叫「一日護蛋活動」。

We once designed an activity where we gave every child an egg and told them to carry it for a day. We called it the exercise of Guarding an Egg for a Day.

就告訴他們，你今天感受一下保護一顆蛋的感覺，只要一天，看你能不能把它保護好。

We told them to experience what it is like to guard an egg today. It is only for one day, let's see if you can protect it until the end.

結果孩子一開始小心翼翼，差不多過了一、兩個小時就差不多忘記了。

In the beginning, the children were very careful with the eggs. But after an hour or two, many of them pretty much had forgotten,

所以就聽到很多聲音，「啊」！

we heard the sound of many children saying, "Oh no!"

到當天最後一節課，剩下沒有破的寥寥無幾。

By the time the last class of the day ended, only a small number of eggs survived.

老師就引導他們，他說你看，你們才守一天就守不住，

The teacher then guided them: You see, you cannot even keep an egg safe for one day.

假如你媽媽像你一樣，每天蹦蹦跳跳，你一生出來這邊青一塊，這邊紫一塊。

If your mother had been like you, jumping around every day while she carried you in her belly, you surely would have been bruised all over by the time she gave birth to you.

你看母親十個月都要很謹慎的保護你，而且你的體重一天比一天重。

See, your mother had to protect you very carefully for ten months. Furthermore, your weight was increasingly heavier and heavier by the day.

母親在懷胎的時候會有生理反應，會嘔吐，吃不下飯，

When a mother is pregnant, she will also suffer from physiological reaction, for example vomiting and loss of appetite.

但是母親吃不下飯的時候，還勉強自己一定要把食物吃下去。

But when she has no appetite, she will still force herself to swallow the food.

諸位小朋友，為什麼母親都沒胃口了，還要把食物吃下去？為什麼？

Dear children, why is it when she has no appetite, she will still force herself to keep consuming the food? Why?

為了讓她的身體有營養可以輸給你，

In order to make sure that her body would have enough nutrition for you to grow.

所以縱使她很難過，她也會勉強自己把食物吃下去。

Even when it is very uncomfortable, she will still force herself to eat.

所以諸位小朋友，你可不可以偏食？

So, my children, can you be picky with your food?

你看媽媽為了你，都願意把食物吃下去，你也應該回饋媽媽，不要偏食，

You see, a mother will even force herself to eat to ensure your nutrition, as a child, you should also repay her deep kindness by not being picky.

該吃的、營養的要吃下去，讓身體強壯，讓媽媽歡喜。

Whatever is nutritious, you should eat it. This way, your body will be strong, and it will make your mother happy.

我們這樣引導，孩子就會感同身受。

With guidance like this, children truly put themselves in their mother's shoes.

懷胎十月的時候體重很重，走起來都不容易。

Towards the end of pregnancy, a mother carries a heavy load in her belly, even walking becomes very difficult.

我們也曾經拿籃球給孩子放在身上，讓他去感受，因為很多你要去感受才生得起那個感觸。

We also did exercises to let students feel what it was like by carrying a basketball on their belly.

Because many things, we cannot truly have empathy until we feel it ourselves.

接著我又會引導學生，我說：老師曾經了解到，產房生產的那個床旁邊有兩條鋼柱，這麼粗，結果那麼粗的鋼柱都彎掉了。

After that experience, I would further guide them; I once learned the two metal posts of a birthing bed is so thick, but they are always bent out of shape.

諸位小朋友，什麼力量讓這個鋼柱彎了？

Children, do you know what force is so strong that it can bend these metal posts?

小孩就說痛的力量。

The children then replied, "The force of pain."

因為母親生產很痛，所以抓著這些鋼柱，這兩條鋼柱日積月累，鋼柱都被這些力量給拉彎了。

Because when giving birth, mothers experience great pain and grip these metal posts to brace themselves. Over time, these metal posts have become more and more bent.

生產的痛是比癌症還要痛，

Research has shown that a mother's pain of giving birth is even more excruciating than that of cancer patients.

很多癌症病患為什麼自殺？痛得受不了。

Why do so many cancer patients end up committing suicide? They can't take the pain.

結果母親居然是承受比癌症還要辛苦的痛。

A mother has to endure pain that is even worse than the cancer patients.

結果母親把孩子生下來，第一句話、第一個念頭是什麼？

But after giving birth to her child, what is a mother's first thought, her first sentence?

孩子健不健康！母親對你的疼愛可以把這麼樣的疼痛完全拋在腦後，

"Is my baby healthy?" A mother's love can make her push all of the pain she just endured to the back of her mind.

這樣的恩德我們這一輩子都要記在心上。

Such great kindness, we must remember for the rest of our lives.

接著養育、教育，那更是辛苦。

Following the birth, the nurturing, raising, and educating are even more toilsome.

有一位朋友她說，還沒生孩子以前，常常想趕快把他生出來，

A friend of mine once told me, before her son was born, she often wished to hurry up and give birth;

結果生出來以後，覺得很想把他放回去。

but once he was born, she wished that she could put him back into her womb.

所以養育的功勞大過生育！

So, the effort of raising a child is even greater than that of giving birth.

因為多少的夜晚都要跟這些孩子耗，他假如晚上不睡覺，家裡的人就必須怎麼樣？輪番上陣，做接力賽，

How many nights do parents exhaust themselves for their children? If a baby does not sleep at night, what will the whole family do? Take turns to care for the baby.

因為我也做過。剛好外甥不睡覺，我也排到班，

I was sometimes scheduled on the night shift if my baby nephew did not sleep.

但是我接棒差不多二十分鐘就撐不下去了，手都快斷掉了。

But I could never stand holding him for more than 20 minutes, I would feel my arms were about to break.

我抱著我這個外甥，我就對他說：以後你對你母親不孝，我就第一個好好的責罰你。

So I would hold my nephew and say, "In the future, if you ever dare to be unfilial to your mother, I will be the first to punish you!"

因為多少的夜裡都是母親辛勞讓他入眠，陪著他熬夜；

Because how many nights had his mother have to stay up all night to comfort him until he could sleep?

多少次的生病，都是父母在半夜當中帶著孩子去看醫生；

How many times when he got sick had his parents taken him to the doctor in the middle of the night?

多少天擔心著孩子的下一餐怎麼辦。

How many days had they worried about what to prepare for his next meal?

這些生活的壓力，教育的重責，時時都擔在父母的身上。

All of these pressures of life and the responsibility of raising you falls squarely on parents at all times.

所以佛陀告訴學生，父母的恩德我們這一生是不可能報得了，

So the Buddha told his disciples, our parents' deep kindness is impossible to repay in one lifetime.

我們應該盡心盡力來做到為人子的孝道。

We should try our best to fulfill the filial duty of being a child.

我們跟孩子講整個父母的辛勞，在講的過程，有些孩子也會感動的掉下淚來。

When we were telling these children about the hardships that their parents undergo, many children were so moved that they bursted into tears.

我們進一步就跟學生說，對父母的辛勞我們很感動，掉了眼淚之後要怎麼辦？

We continued, "Now we are very touched by our parents' hard work, but what should we do after shedding tears?"

你真正感受到父母的恩德，你就要起而去做孝順的行為。

If you truly feel and acknowledge the deep kindness of your parents, you should take action to carry out filial behaviors.

當你能夠做到《弟子規》裡面的一條，你就是盡到一分孝心；

When you are able to faithfully follow one single teaching of *Dizigui*, you are fulfilling one percent of your filial duty.

當你把《弟子規》統統做到了，你的孝就做得很圓滿。

When you are able to implement every teaching in *Dizigui*, your filial piety is complete."

當孩子起了知恩之心，我們進一步引導他要報恩。

When children have gratitude in their hearts, we should guide them to reciprocate the deep kindness that they have received.

Great Wisdom From Trivial Matters

從哪裡力行孝道？我們來看《弟子規》這一段經文，我們一起把它讀一遍：

But from where should their filial piety start? Let's turn to *Dizigui*, read this line together,

【父母呼。應勿緩。父母命。行勿懶。父母教。須敬聽。父母責。須順承。】

"When my parents call me, I must answer them right away. When my parents ask me to do something, I must do it promptly. When my parents instruct me, I must listen respectfully. When my parents reprimand me, I must accept submissively."

『父母呼，應勿緩』，

"When my parents call me, I must answer them right away."

這是提到對父母講話的態度很重要。

This teaching tells us that the attitude of speaking to parents is very important.

其實一個人的道德、學問從哪裡看出來？從他的一言一行，

In fact, from where can we discern a person's virtues and wisdom? From his every word and action.

所以孩子對父母講話的態度，對他影響很深遠。

That is why a child's attitude of speaking to his parents will deeply affect him in the long term.

當他所形成的是孝心、是恭敬心，那他的學問就扎得很好的根基。

When a child has formed a filial and respectful mind, he has set a very solid foundation for his acquisition of virtues and wisdom.

當他沒有這一分孝跟敬，他生起的是什麼心？

When he does not have a filial and respectful mind, what attitude would he develop?

可能是傲慢，可能是不恭敬，這很有可能就毀了他一生的道業。

Probably arrogance, and most likely disrespect; these attitudes are very likely to destroy his life of pursuing Dao.

我這麼講不誇張，《大學》裡面有提到，一個人假如要對社會、國家貢獻，

I am not exaggerating the severity of this matter. The *Great Learning* has taught us how we can contribute to society and country,

說「古之欲明明德於天下者」，先要怎麼樣？「先治其國」，

"Since ancient times, one who wished to help people throughout the world to awaken to their innate virtues must first govern his own country well;

「欲治其國者，先齊其家；欲齊其家者，先修其身；欲修其身者，先正其心」。

to govern a country well, one must first harmonize his family; to harmonize his family, one must first cultivate himself; to cultivate himself, one must first rectify his mind."

所以孩子要能誠意、正心，他才能修身、齊家，長養孩子的孝跟敬就是正他的心。

You see, only when a child has a sincere and upright mind, can he then cultivate himself and harmonize his family. Nurturing a child's filial piety and respectfulness is to rectify his mind.

如何誠意、正心？

But then, how do we cultivate a sincere and upright mind?

必須格物致知。格物就是革除他的物欲，革除他的壞習性。

We must battle with our material desires in order to walk on the path of pursuing the Truth, which means we must eradicate our bad habits and desires.

而不耐煩、傲慢就是壞習性，

Impatience and arrogance are both bad habits.

從小就能夠把他這個壞習性轉化掉，就是格物致知，就能誠意正心。

If we eliminate the bad habits from a young age, we are pursuing the Truth by battling with our material desire; our mind will then be sincere and upright.

所以，大學問都是從小地方開始扎根的。

Therefore, great wisdom is always rooted from trivial matters.

我們思考一下，現在的孩子你叫他：小明！他會怎麼回答？

Think about it, how do children today respond when we adults call them?

標準答案。

"What?" (*Audience replied) Wow, standard answer!

現在假如有個孩子，你叫他，他走過來：叔叔，你有什麼事嗎？

If there is a child today who, as soon as you call him, walks over to you and says, "Yes sir, how may I help you?"

你會突然對他怎麼樣？肅然起敬！

What would you feel about this child? You would raise respect to him!

現在真是碩果僅存的孩子。所以孩子要教！

It is indeed hard to find children with such manners nowadays. So children must be educated.

很多家長，我說孩子從小要教他禮貌，看到長輩要叫人。

I often say that children should be taught manners from a very young age. We should teach them the etiquette of greeting the elders properly.

他說：叫人？他能對著你笑一笑就不錯了，還叫人！

Some parents responded, "It is already rare for them to smile at an elder, let alone a proper greeting!"

諸位，這樣對孩子的態度對不對？你看，我們現在教孩子把標準降低，會造成什麼結果？一代不如一代。

My friends, is this attitude correct? You see, we have lowered our standards of educating children. What consequence will this cause? Each generation falls short of the one before. 你看結果不都呈現出來了嗎？

Aren't the consequences manifesting before us now?

所以教孩子的標準絕對不能因為時代而改變。

So we must never lower our standards on educating children no matter how the times have changed.

你抓住原則，孩子就能學到這樣的水準。

Only when we grasp the principles, can the children learn to the proper level.

我們要引導孩子，父母叫你的時候要趕快過來：爸爸媽媽，有什麼事嗎？

We should guide our children; when your parents call, you should come right away and ask, "Mom, Dad, how can I help you?"

當然我們做長輩的要先做給孩子看。

Of course, as elders, we should set a good example for them to follow.

當爺爺奶奶叫我們為人父母的，我們一定要恭恭敬敬去演給孩子看。

When grandparents call us, we should play our role and show the utmost respect.

縱使你現在演不出來，也要怎麼樣？習慣就成自然。

Even if you feel awkward at first, you must force yourself; it will become natural after it becomes a habit.

當我們做出這樣的態度，這種孝心跟恭敬的氣氛就會薰染，就會在你的家庭形成風氣。

When parents are filial and respectful to their elders, children will naturally pick up the attitude, and it will spread through the entire family.

除了「父母呼，應勿緩」，這樣的恭敬心，除了對父母，還要對誰？

When my parents call me, I must answer right away. Aside from our parents, who else should we give this kind of respect?

對師長，也要「師長呼，應勿緩」，

To teachers. When my teachers call me, I also must answer right away.

還有沒有？「長輩呼，應勿緩」、「上司呼，應勿緩」。

Anybody else? When an elder calls me, I must answer right away too, and when my boss calls, I must answer right away as well.

假如你明天去上班，你的上司叫你，你馬上跑過來：經理，你有什麼事嗎？

Let's say, tomorrow, you go back to your workplace. Your manager calls you, and you walk up to him right away and say, 'Sir, how may I help you?'

你經理馬上說：你今天有沒有發燒？

Your manager would probably be very surprised and ask, "Are you okay today? Do you have a fever?"

沒有關係，從我們開始改變，整個地球都會變，不要小看自己的力量。

Do not be bothered; when we initiate change in ourselves, we can change the whole planet. Do not underestimate your own power.

所以學習要舉一反三，要能從我們的內心，所謂心行一如。

We should be flexible and apply the principle to other scenarios. We must integrate our actions and mind to be consistent with each other.

心是根本，所有的行為都從你的心延伸出來，當一個人的內心真正恭敬，他會對一切人都恭敬。

Our mind is the root of all behaviors. All behaviors are the extension of our mind. When a person has a respectful mind, he will respect all people.

所以《禮記》第一篇「曲禮」開頭就說，「曲禮曰，毋不敬」，

The opening of the first chapter of *The Book of Rites* states, "Treat all with respect."

對一切人、事、物都要恭敬。

In other words, we must be respectful to all people, matters, and objects.

諸位朋友，一個人對父母，對兄弟、長者都恭敬，對父母交代的事，他會怎麼樣？同樣盡心盡力

My friends, when a person is respectful to his parents, siblings, and elders, what will he do when his parents ask him to do something? He will do his best.

當他對人敬，對事就會敬。

When he is respectful to people, he will deal with matters respectfully as well.

當他對人恭敬，父母辛辛苦苦賺錢買的食物，他會不會糟蹋？不會！

When he is respectful to all people, will he waste the food that his parents bought with their hard-earned money? Surely not!

當孩子對人懂得恭敬，對事、對物自然而然也會心生恭敬。

So, when a child truly respects people, he will naturally give rise to respect towards all matters and objects.

所以諸位朋友，恭敬心太重要了。

My friends, a respectful mind is extremely important.

Adapting the Teachings to Different Situations

那對孩子要不要「兒子呼，應勿緩」？

However, as a parent, should you adapt the teaching as 'When my child calls me, I must answer right away'?

你不要說蔡老師說對一切人都要恭恭敬敬，今天回去你兒子叫你，你馬上跑過去：兒子，有什麼事嗎？

Don't you tell me, "Didn't teacher Tsai say that we should be respectful to everyone?" So after you go back home today, your son calls you and you instantly run up to him "Yes son, what can I do for you?"

那你就學呆了。孩子，我們是長輩，他是晚輩，我們要讓他對我們恭敬，要去成全他的恭敬心。

You are learning *Dizigui* rigidly if you do so. To children, we are their elders, they are younger; we should teach them to be respectful to us and give them opportunities to practice.

所以應該是，孩子假如今天說：爸爸，你過來一下。你要不要過去？不可以，要說：你怎麼不過來。

So if your child says to you, "Dad, come here." Should you go over to them? No, you must not.

You should say to him, "Why don't you come over to me?"

然後他過來再跟他說：來，我們一起來學《弟子規》。

When he comes over, you then say, "Come, let's learn *Dizigui* together."

你不要又開始訓斥他，不要，要循循善誘，跟他一起學，他自然在這些聖哲的故事他會心生效法。

You should not reproach him right away but give him systematic guidance instead. This way, he will naturally start to emulate the good conducts that he learns from the stories of sages.

所以，我們面對不同角色，我們要懂得如何去運用學問。

We must know how to apply these teachings when we are in different positions.

有一位老師，她的孩子剛好有一天在她的門口給她敲門，她的婆婆（就是孩子的奶奶）就走過來，可能是要叫孫子吃東西。

There was a mother whose son knocked on her bedroom door one day, when her mother-in-law walked up to him and asked him to have a snack.

結果她孫子馬上就回了一句話：你別吵了！怎麼辦？你看孩子對奶奶不恭敬。

This boy immediately replied to his grandma, "Don't bother me!" What should we do? See, the child is being disrespectful to his grandmother.

所以教育很重要，要慎於開始，你一發現就要趕快處理，不然等他習慣了就很難改。

Therefore, morality education is very important, it must be cautious right from the start. You should quickly take care of it when you notice it, otherwise it will be very hard to change once he has formed it into habit.

這位老師很有敏感度，馬上開門跟她的孩子說：跟奶奶道歉。

The mother was highly alert, so she opened the door immediately and said to her son, "Apologize to grandma!"

馬上糾正他講話的傲慢、不恭敬。

She corrected the arrogance and disrespect in her son's speech.

這孩子死都不道歉，不願意道歉。

But this child was very stubborn, he would rather die than apologize.

結果她的婆婆就說：天氣這麼熱，別道什麼歉。

Her mother-in-law said, "Aw, it's so hot today, no need to apologize, it's okay!"

這時候怎麼辦？這個在考驗我們為人父母的智慧。

What should the mother do in this situation? This situation is truly testing the wisdom of a parent.

結果看孩子不道歉，他母親馬上就說了，

Seeing that her son was unwilling to apologize, the mother immediately said,

她說：媽媽，孩子沒有教好是我的過失，我跟妳道歉。

"Mom, (mother in law), it is all my fault. I did not teach my son properly. I apologize."

這個媽媽話才說完，兒子眼淚就掉下來。

As soon as she finished her sentence, her son started to tear up and cry.

眼淚掉下來代表什麼？有慚愧。

What does this child's tear represent? It shows that he has the sense of shame.

接著母親又告訴孩子：你看你對奶奶這麼不恭敬，奶奶卻念念都想到你，怕你太熱了，你有沒有看到奶奶的心都是時時為你著想。

Following this, the mother said to her son, "Look, you were so disrespectful to your grandma, grandma still thought of you in every aspect, did not want you to suffer from the heat. Didn't you see that grandma's heart is always being considerate of you?"

當媳婦的要幫奶奶說話，這個奶奶聽了以後很感動，然後就走了。

This daughter-in-law was speaking on behalf of the grandma, the grandma was very touched and walked away.

所以婆媳關係因為這件事會有很好的發展，因為奶奶覺得這個媳婦知道我的心。

The relationship between these in-laws was greatly improved because of this event. This grandma felt that the daughter-in-law knows her heart.

接著這個孩子，他媽媽就跟他說，你今天晚上要寫日記，好好反省一下。

After the grandma left, this daughter-in-law said to her son, "Tonight, you should write a diary entry and reflect on what you did wrong."

結果這個孩子晚上寫日記，說他有兩個我，一個是很善良的我，一個是不善良的，那個不善良跟善良在那裡拔河。

That night, he wrote on his diary entry, "I have two of 'me'; one is a good me and the other is bad. They are always playing tug of war."

諸位朋友，小小年紀就有這麼大的掙扎，長大以後有更多的掙扎。

Dear friends, if a person has so many struggles at such a young age, he will surely have more inner conflicts when he grows up.

但是假如孝心從很小就扎根，他人生就不會有這些矛盾，

However, if he cultivates a strong foundation of filial piety from a young age, his life will not be plagued with these contradictions.

他人生也不會有因為不恭敬，因為壞脾氣，做了些讓自己後悔的事情。

In his life, he will not do things out of disrespect or losing temper that leads to his regrets.

所以，當孩子一犯錯，我們為人父母的也要很敏感，趕快去處理。

So when children make a mistake, we should be very alert and swiftly take action to correct them.

我們這一句教誨，「父母呼，應勿緩」，要恭敬；

"When my parents call me, I must answer them right away" is respect.

『父母命，行勿懶』也是恭敬；

"When my parents ask me to do something, I must do it promptly" is also respect.

『父母教，須敬聽；父母責，須順承』，都是對父母的一分恭敬心。

"When my parents instruct me, I must listen respectfully." "When my parents reprimand me, I must accept submissively." All these teachings represent the respectful heart towards parents.

Opening the Door to a New Life

其實當一個人能深刻體會父母的恩德，他的心境就自然柔軟，自然恭敬。

In fact, when a person can truly deeply feel his parents' profound kindness, his heart will naturally be gentle and respectful.

記得我姐姐出嫁的時候，我是獨子，所以是我去幫我姐夫開門。

I remember, on my big sister's wedding day, I was responsible for opening the door to welcome the groom since I am the only son.

一路有很多迎娶的禮儀，其實這些迎娶的禮儀都有它的意義在。

There were several rituals that he and my sister needed to follow. These rituals have their meaning and purpose.

其中有一個禮儀讓我的印象最深刻，

One ritual left an especially deep impression on me.

就是迎娶最後我的姐夫帶著我姐姐拜別我的父母，我就在旁邊觀禮。

This was the final ritual where my new brother-in-law brought my sister to kneel down in front of my parents and bid them farewell. I stood at the side watching.

當我姐姐跟姐夫跪下去的時候，我的父親眼淚瞬間就迸出來，我父親那一滴眼淚迸出來，

As soon as the newlyweds knelt down in front of them, my father immediately bursted into tears.

瞬間我的眼淚也掉出來，我在那個時刻感受到一個為人父親的心境。

Seeing the teardrops from my father's eyes, I also started to cry in an instant. At that moment, I could feel the emotions of a father.

父親照顧這個女兒二十多年，不知道操了多少心，不知道罣礙了多少事情，

A father had taken care of his daughter for over 20 years, there were countless times and things that he had been worrying about.

念念都希望孩子長得好，孩子書念得好，孩子能有個好的歸宿。

In his every thought, he was wishing that she has good health, the best education, and to find a good husband to live a happy life together.

所以父親那一滴眼淚，是還有這麼一點安慰，

The tears from my father's eyes were also in part expressing his relief;

今天終於幫女兒找個好歸宿，

his daughter has finally found a suitable man to become her husband today.

是那一分欣慰的眼淚，感動的眼淚。

It was also the tears of comfort and being touched.

而父母對於子女的關懷、辛勞，是不是嫁出去就不操心了？

But do a parent's care, worry, and love for their children disappear as soon as they get married?

不是，而是一輩子的愛護。

No. Their love and care for their children will last a lifetime.

所謂「母活一百歲，常憂八十兒」，

A saying goes, "A 100-year-old mother will still worry about her 80-year-old child."

母親縱使活了一百歲，八十歲的兒子在她眼裡還是她的小孩。

Even a mother who has lived 100 years, in her eyes, an 80-year-old son is still her child.

當我的內心感受到一位為人父親的辛苦、辛勞，我告訴我自己，這一輩子父母的恩德都報不完，絕對不能再對父母講一句忤逆的話，講一句不恭敬的話。

When I felt in my heart the toil that a father has been through, I said to myself, "I can never repay my parents' deep kindness in this life. I shall never say a word that is rebellious or disrespectful to them."

因為有這一分體會，自然而然看到自己的父親就會心生恭敬，心生歡喜。

Due to this epiphany, I naturally give rise to a sense of respect and joy whenever I see my parents.

所以很重要，我們要念念把父母的恩德放在心上，自然而然「誠於中，形於外」，

It is very important that we shall always keep in mind the deep kindness of our parents.

Naturally, "Sincerity from within will be manifested externally."

我們的恭敬的言語跟行為就會表現出來。

Our respect will be shown in our words and actions.

Remembering to Keep Your Promise

「父母命，行勿懶」，

"When my parents ask us to do something, I must do it promptly."

我們答應幫父母做的事不可以懶惰，答應了要趕快去做，

When we promise something for our parents, we must not be lazy, must take swift action.

這個我們要求孩子就很好用。你不是說要去洗澡嗎？趕快去洗，父母命，行勿懶。

This line is very effective to use on our children. "Didn't you say you are going to take a shower? Well, hurry up then!" "When my parents ask me to do something, I must do it promptly."

當你跟孩子都有取得這個共通語言，我們都是一起要遵守孔老夫子的教誨，

When you and your children share the common language of *Dizigui* and follow Confucius' teachings together,

孩子跟你有共通語言，你就很好溝通。

you can then communicate with them effectively.

那我們要反思，我們長這麼大了，父母命令、父母交代我們的事，我們有沒有行勿懶？

But we must introspect ourselves, we have grown up as adults, do we act promptly when our parents ask us to do something?

我們面對的親友，答應的事情，最容易跳票的是哪件事？是跟誰的事情？

To whom do we most easily break our promises among our closest family and friends?

是跟最親的父母，甚至於是跟最親的先生、太太。

To our dearest parents, or our dearest husband or wife.

跟我們最親，都是對我們的人生最重要、最有恩德的人，結果我們反而很容易對他不守信，什麼原因？

The people closest to us are the most important and bestow the most kindness upon us.

However, we are most likely to break our promises to them. Why is that?

因為對客戶不守信就沒錢賺，對父母不守信還可以找找藉口，「我最近很忙，不好意思，不好意思」。

Because breaking promises to a client will make you lose money, breaking a promise to parents is easily forgiven with an excuse. "I have been so busy lately, I am really sorry."

所以人要省思！我們應該對父母更守信用，這樣才是正確的態度；

We must reflect upon this. We should be more trustworthy towards our parents. This is the correct attitude.

當然對父母守信，應該對一切人都要守信用。

Of course, we should keep our promises not only to our parents but to others as well.

今天上完這節課，我們要想想，有沒有曾經答應父母的事現在還欠著，要趕快去做。

After this class, we should think hard, "Is there anything that I have promised my parents in the past, but not yet done?" If there is, we must quickly do it.

在深圳有位老師，他剛好聽了課，就說：我前幾天剛好回家，看到我爸爸拿一支很不好的刮鬍刀。我就跟他說：爸，這個那麼舊了，不要用了，我去給你買一個。馬上就把他爸爸的刮鬍刀丟到垃圾桶裡面去，結果就忘記了，

When we were in Shenzhen, a teacher in the audience recalled, "I went home a few days ago and saw that my dad was using a worn out shaver. So I said to him, 'Dad, it is so worn out, don't use it anymore. I'll buy you a new one.' I immediately threw his old shaver into the trash." She completely forgot about her promise.

她爸爸已經氣了好幾天。他突然聽完課才想起來，趕快打電話回去跟他爸爸道歉，趕快安排買了之後，趕快寄回去。

And her father had been very angry at her for a few days. She suddenly remembered her promise to her father after the class. Immediately, she called her father to apologize and ordered a new shaver for him.

結果無獨有偶，有另外一位老師，也發現答應爸爸要買刮鬍刀也沒買。

Interestingly, another teacher in the audience also recalled that she had not bought a shaver for her father that she had promised as well.

所以人確確實實需要被提醒，

You see, people indeed need reminders sometimes.

你身旁有好朋友，你常常能夠看經書，就能夠常常看到自己還有哪些不足之處。

With good friends by our side, plus reading the classic texts left by the sages, we will be able to identify our shortcomings.

What Moved Bamboo Shoots to Sprout in the Snow?

古代很多的孝子，他不等父母命令，他都能夠去感受到父母的需要，自己主動去做。

In ancient China, many filial children could feel their parents' needs and they would take action before their parents asked them to do so.

在三國時代，有個孝子叫孟宗，

During the Three Kingdoms Era*, there was a filial son named Meng Zong. (*From 220-280CE, started from the end of the Han 漢 dynasty, followed by the Jin 晉 dynasty; China was divided by the state of Wei, Shu, and Wu.)

大家可能聽過「孟宗哭竹」，

You probably have heard the story of Meng Zong's Tears Brought Bamboo Shoots from the Frozen Earth.

他看到母親已經很長一段時間吃不下東西，突然很想吃竹筍煮的羹湯。

He saw that his mother had lost her appetite for a long time due to illness. One day, she suddenly wanted to eat bamboo shoot soup, but it was not in season.

他一看，因為母親長期胃口不好，脾胃都衰弱，突然很想吃一個東西，假如吃不到一定會怎麼樣？很痛苦。

Understanding the mother had not had an appetite for a long time and her digestion has been weakened, how would she feel if she could not get it when she suddenly wanted to eat something? Very uncomfortable.

所以他就走到竹園裡面在那裡哭泣，自己也不知道怎麼辦。

So he walked to the bamboo grove and started to cry; he did not know what to do.

這分孝心，這分真誠心，眼淚滴下去感動了什麼？感動了竹子。

With this sincere heart of filial piety, what effect did it have when his tears fell to the ground? It moved the bamboo shoots to sprout.

我們的眼淚去滴滴看能不能感動？那時候是冬天，基本上是不會長竹子，但是他這分孝心，精誠所至，金石為開。

Would our tears have the same effect if we cried? It was winter, bamboo shoots normally do not grow, but his filial heart was able to make the bamboo shoots, a plant, to grow right away.

竹子是植物，日本的江本勝博士已經研究出來，人的意念可以影響礦物，可以影響水。

A Japanese doctor, Masaru Emoto, has already proven in his experiments that human thoughts can influence minerals, influence water.

當人有善的念頭，水就會結晶得很漂亮；當人有善的念頭，連很骯髒的湖水都會變得清淨。

When a person has good thoughts, the crystal of water will become beautiful. When people have good thoughts, even the dirty water in a lake can become pure and clean.

所以，大自然跟人心是呈現一個互動，呈現動態。

Nature is constantly interacting with human minds.

古代這麼多的孝子，為什麼能感動竹子，可以感動很多的動物，甚至於感動最凶猛的老虎？

That's why so many stories of filial children in ancient times were able to move the bamboo, the animals, and even the fiercest tiger.

憑的都是他的什麼？孝心！

What did they rely on? Their hearts of filial piety.

這樣的好戲，我們的老祖宗上演了幾千年，

Such a great practice had been demonstrated by our ancestors for thousands of years.

這樣的好戲，我們應不應該繼續演下去？應該！

Such a good practice, should we continue with it? Yes, we should.

只要我們能夠學到他們的孝心，一定可以在我們的人生上演一齣一齣感人熱淚的好戲。

As long as we can emulate their hearts of filial piety, we will surely be able to demonstrate touching examples one after another in our own lives.

他的母親吃了這個竹筍煮的羹湯，病就好了，

Meng Zong's mother recovered from her illness after eating the bamboo shoot soup.

真正孝子能夠讓父母寬慰，讓父母身體健康。

This proves that a truly filial child is able to bring comfort and good health to his parents.

所以「父母命，行勿懶」。

Therefore, "When my parents ask me to do something, I must do it promptly."

Dealing With Parents' Anger

下一句，「父母教，須敬聽」，

The next sentence, "When my parents instruct me, I must listen respectfully."

父母教訓我們的時候我們要恭恭敬敬的聆聽，絕對不能一言九「頂」。

When our parents scold us, we must not answer back. We must listen respectfully and surely must not talk back.

假如父親他在訓斥我們的時候，講了十件事，其中只有兩件事是真的，八件事你覺得是他誤會你了，你要不要馬上就把他頂回去？要不要？

For example, when your father scolds you, but only two out of ten things are true; you feel that eight of them are his misunderstanding. Should you immediately argue back? Should you?

不要！因為在訓斥我們的時候正是氣頭上，這個時候你只要說「是」，

No! When he is scolding you, he is very angry. At that time, you only need to be in agreement and say, "Yes, yes."

可能你父親本來火氣很大，慢慢就消下去了。

Seeing you calmly agreeing with him, he will gradually calm down himself.

等他罵完你，他的情緒已經平和許多，突然又想想，我好像罵兒子罵怎麼樣？罵過頭了。

After he has finished scolding you and calmed down, he will probably think about it and realize, "Maybe I had overdone it."

他可能就會很主動的削一點水果，「來，一起吃水果」，打打圓場。

At that point, he would probably prepare some fruit and say, "Come, eat some fruit."

這個時候你也要很自然的走過來，當作若無其事。

At this point, you should also naturally go over to him as if nothing has happened.

你可不能馬上又說：爸爸，怎麼樣？要跟我和解了嗎？

We must not say to him, "What do you want, Dad? To make it up to me?"

不要這麼死腦筋，我們要順勢而為。

Do not be so stubborn. We should be more adaptable and take advantage of this opportunity.

當父母對你的責備，你都沒有回嘴，對你的誤會，你都能夠平心靜氣去接受，

When you can calmly accept your parents' scolding, accept it with a calm mind ever if they misunderstand you,

你父母對你的尊敬，對你的佩服會怎麼樣？

you will then earn their respect and approval more and more.

提升。當父母愈尊敬你，以後你跟父母就很好溝通，

When you have earned your parents' respect, it will be very easy to communicate with them.

他慢慢會覺得誰最值得我信任？就是我的兒子，就是我的女兒。

They will slowly start to think, "Whom can I trust most?" "It is my own son, my own daughter."

所以父母教，須敬聽。

So "When my parents instruct me, I must listen respectfully."

假如你的父親有心臟病，你也要視狀況而定。

If your dad suffers from heart disease, you should deal with the situation differently.

比方說他看到你，罵得很凶，已經心臟病要發作了，

If he is already so angry that he may have a heart attack,

你還要站在那裡「父母教，須敬聽」，要不要？

should you still stand there and recall the teachings in *Dizigui*?

所以，求學問要學得很靈活，是念念為父母著想，你就知道當下應該怎麼樣進退才得當。

No, we must be flexible with what we have learned. When you keep parents' best interests in your heart at all times, you will know how to defuse the situation at the time when they are angry.

下一句「父母責，須順承」，

"When my parents reprimand me, I must accept submissively."

父母有責罰，甚至有打，我們也應該欣然接受。想想為什麼父母這麼生氣，我們的過失到底在哪裡？

When your parents punish you, or even smack you, you should accept the punishment and think long and hard about why they are so angry and what I have done wrong.

有一次曾子的父親，因為曾子犯了一個錯，他很生氣，拿起一根大的木棍打曾子。

One time, one of Confucius' students, Zengzi did something wrong. His father was very angry and picked up a wooden stick to hit him.

曾子因為說「父母責，須順承」，所以動都不動給爸爸打，結果爸爸出力過猛，把他打暈了。

Zengzi had learned the teaching, he did not run away but let his father hit him. His father ended up hitting him too hard, and Zengzi fell unconscious.

這件事傳到孔夫子的耳中，他就跟學生講，曾子這樣做不孝。

When Confucius heard about this incident, he said to all his students, "In acting like this, Zengzi was not filial."

為什麼？孔夫子就說，父母在生氣的時候，情緒比較控制不了，

Why? Confucius explained: When parents are angry, they cannot control their emotions.

假如失手，剛好一棒打到你的頭上去。那兒子死了，誰最傷心？

If his hand had slipped and he happened to hit his son's head, who would have been the saddest if the son ended up dying?

父母，對！所以孔夫子說，「小杖則受」，拿小棍子可以乖乖的接受處罰；

The parents. So Confucius said, "Take light punishments (*small sticks) from parents, 大杖用跑的，以前的人比較斯文，「大杖則走」。

but walk away from the heavy ones (*big sticks)."

所以，看父親拿起來的棍子可能會打死你，趕快跑！不能陷父母於不義。

If you see parents pick up a big stick that might kill you, you should quickly run away. We should not put parents to an unrighteous situation.

諸位朋友，學聖賢學問要能靈活運用。

My friends, we must be flexible when learning the sages' teachings.

所以「父母教，須敬聽，父母責，須順承」。

So "When my parents instruct me, I must listen respectfully. When my parents reprimand me, I must accept submissively."

我會問學生，我說：你每次被媽媽爸爸罵完之後，你的內心有什麼想法？

I would ask my students, "What would you think of every time you had been scolded by your parents?"

孩子的答案是什麼？好衰！

In most cases, what was my students' answer? "So unlucky!"

被爸爸看到，被媽媽看到，下一次不被看到。

"So unlucky that I was caught by my parents. I must not let them catch me again!"

我們觀察到孩子在接受父母教誨的時候，他的心態不對，所以你要適時替父母講話，把他的態度扭轉過來。

This attitude is certainly not right. At this point, as teachers we should speak for the parents and correct their attitude.

我們會跟學生講，我說當你的父母在責罰你的時候，當他在生氣的時候，其實他的身體已經受傷了。

I would tell my students, "When your parents punish you and become angry, in fact, their bodies are already suffering harm at that time."

發一次脾氣要幾天身體才會恢復正常？要三天左右。

Do you know how long it takes for the body to recover after being angry? About 3 days.

你看，有沒有人喜歡罵人？

Since it is so bad for one's health, does anybody actually like to scold people?

罵人對身體這麼不好。你的父母是因為要讓你記住這個教訓，以後不要再做對自己不利的事情，Your parents want you to remember the lesson and hope you will never repeat the same mistake, that is why they scolded you despite the bodily harm.

所以他寧可發脾氣傷害自己的身體，也不願意你學壞。

They would rather harm their own health than to let you pick up bad habits.

你要能體恤父母這一分存心，為了讓你的道德、學問能提升，不會墮落，他才要教訓你，責罰你 You must be able to feel your parents' intention of enhancing your wisdom and virtues in order to not let you degenerate.

你要對得起父母的這一分關懷、愛護。

You must not forsake their selfless love and care.

父母愛你的方式，有時候是對你輕聲細語，有時候卻是對你非常的凶，

The ways our parents show their love, sometimes they are soft and gentle, sometimes they are very stern;

同樣都是對你的這一分愛心，你要體會。

either way is showing the same love to you. You must understand and feel it.

我們要對得起父母的教誨，這個脾氣不能白發，不能白讓父母身體受傷害，

To show gratitude to parents' teaching, we must make sure that their scolding and bodily harm are not in vain.

所以我們記住這次錯誤，要懂得挨罵要能換得什麼？進步，要學習孔老夫子的好學生顏淵的德行，要能「不二過」。

We must remember parents' scolding, learn the lesson, and correct our mistakes. We must learn from Confucius' student, Yan Hui, never make the same mistake twice.

這次被父母罵完了，一定要記住，下次不能再做讓父母生氣、傷心的事。

Every time we are scolded by our parents, we must remember what we have done wrong and make sure to never do things that will cause them to be angry or sad again.

當孩子有這樣的心態，他就不會覺得很衰，他所記住的就是下一次不能再犯。

If children have this type of attitude, they will not feel unlucky and the main thing they remember is not to make the same mistake twice.

今天的課就上到這邊，謝謝大家。

Today's class, we will end it here. Thank you everybody.