

# 細講弟子規 第八集

## Confucius Teachings On Building A Happy Life (8)

- a foundation for Mahayana Buddhism practice

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### Drops of Water Can Erode a Boulder

諸位朋友, 大家早上好。

Hello my friends, good morning.

今天早上大家有沒有把《弟子規》念 一遍? 有!

This morning, did everyone read *dizigui* one time? Yes?

「好學近乎智」,

Good! The ancients say, "A mind that is keen to learn is not far from obtaining wisdom."

只要大家持續這分好學的心, 道德、 學問一定可以成就。

If we can maintain a keen mind to learn, we will be able to succeed in cultivating our virtues and acquiring knowledge and wisdom.

蘇格拉底是西方一位很有名的哲人,

Socrates was a very well-known philosopher in the West.

他跟學生第一次上課, 他就跟學生說: 今天只教一個動作, 也很簡單, 就是把手擺到前面, 然後再往後面擺, 就是這樣甩手, 甩三百下。

He once said to his students in their first lesson, "I will only teach you one movement and it is very simple. Swing both of your arms to the front and then to the back. Keep swinging your arms like this for 300 times."

做完以後, 他就跟學生說, 你每天都做一遍。

After demonstrating, he asked the students to do the same movement every day.

學生覺得怎麼樣? 很簡單。

All of the students felt that it was very easy and agreed to do it.

過了一個月, 他就問說,

After one month, he asked his students,

現在還有在甩手的請舉手?

"How many of you still swing your arms every day?"

差不多佔了百分之九十而已;

Only about 90% of the students raised their hands.

過了兩個月再問, 佔了百分之三十而已。

After two months went by, only 30% were still doing it.

經過一年以後再問, 只剩下一個人在做而已。

After one year had passed he asked again, and only one person was still doing it.

那個人是誰? 那是柏拉圖, 就是承傳蘇格拉底的第二位西方很重要的哲人。

Who was this person? He was Plato, another one of the West's all-time greatest philosophers, second only to Socrates.

其實求學問, 在蘇格拉底的這個啟示當中, 我們就知道了, 最重要的就是要堅持。

From this anecdote, we can learn that the most important factor in acquiring knowledge is perseverance.

當我們每天都能夠化整為零去深入聖賢的經典,

If we can devote just a little time every day to delve deeply into the sages' teachings, 滴水穿石之功, 必能有所成就。

then, like drops of water eroding a boulder, we will surely get achievements.

我們也要秉持這樣的態度,

We shall uphold this attitude, for example,

每天比方說把《論語》背個五句, 或者背個三句,

memorizing five sentences from *The Analects* or even three lines every day,

你這樣一年下來, 可能整本《論語》都可以背下來。

you probably would be able to recite the whole book if you persevere for a year.

所以, 我們一定要持續這樣學習的態度。

We must maintain a persevering attitude towards learning.

常常我會跟很多上完課的老師做交流,

At the end of a class, I often exchange ideas with several teachers who were in the audience.

我就問他們說, 這五天學習的狀態, 跟你這一生比較起來, 有沒有比這五天更用功的?

I would ask them, "In these past five days, compared to any other time in your life, have you ever been more diligent?"

他們都說沒有, 都覺得這五天是他人生當中上課最專注的時候。

All of them said, "No" and strongly felt that these five days were the most focused they had ever experienced in their lives.

我說這是一個開始, 但是絕不是結束, 應該保持這樣的學習態度。

I told them, this is a start but it must not be the end. They should always maintain this attitude towards learning.

有個教務主任來上五天,

There was a director of academic affairs who attended the class for five days.

上完五天, 剛好他邀我去他們學校做演講,

After five days, he invited me to speak at his school.

他就說這五天所記的筆記大過於他四年上大學的筆記的數量。

He confessed that the volume of notes that he had taken over those five days was more than those he had taken over four years of his undergraduate study.

所以, 真正一個人學習的潛力是不可限量。

We can see that the human potential to learn is unlimited.

但是為什麼這五天他的學習狀態能那麼好?

But why was he able to maintain such a great learning attitude over these five days?

究其原因是因為他覺得聖賢的學問確實能夠利益學生，

It was because he felt that the sages' wisdom can truly benefit his students.

把他這分使命感調動起來，所以人生有志向必能潛力開發。

As a result, it ignited his sense of purpose. When one has an aspiration in life, his potential will no doubt be developed.

## The Key to Wisdom: Scrutinize Our Minds at All Times

持續之外，我們要力行。

Apart from perseverance, we must also practice what we have learned.

昨天我們學到了：【父母呼。應勿緩。

Yesterday, we learned that “When my parents call me, I must answer right away.

父母命。行勿懶。

When my parents give an order, I must do it promptly.

父母教。須敬聽。

When my parents instruct me, I must listen respectfully.

父母責。須順承。】

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

這整段經文最重要的是有一分恭敬的心對待父母，不管是一言還是一行。

In this passage, the most important concept is that we maintain a heart of respect towards our parents, in our every word and action.

相同的，恭敬心不只要對父母，應該是對身旁周遭所有的人都不失恭敬。

Likewise, this respect should be not only towards our parents, but also towards everybody around us in our life.

『父母呼』是一個呼喚，我們馬上能夠過來；

“When my parents call me”, I should go up to them right away.

相同的，在跟父母交談當中，我們也應該「怡吾色，柔吾聲」。

And when we are talking to our parents, our attitude and voice should always be gentle.

有時候表面上看跟父母在對應，口氣不會很大聲，但是心裡面會有不耐煩的感覺，

Sometimes, when interacting with our parents, even though we did not raise our voice, we actually had felt impatient already.

這個時候我們要常常能夠觀照自己的心，

At this moment, we especially need to observe our mind.

有不耐煩的時候要趕快修正。

When we have an impatient attitude, we should immediately correct it.

所以道德、學問最根本的下手處，就是時時能觀照好自己這顆存心。

The fundamental starting point of obtaining virtues and wisdom is being able to scrutinize our mind and intentions.

當念頭不對了，馬上修正，

If we have wrong thoughts, we should immediately correct them.

那你的言語、行為就不可能有太大的偏差。

This way, it will be impossible for our speech and behavior to deviate too far from our innate goodness.

我有一次去找我一個朋友, 剛好他在面臨人生的抉擇,

One time, when I went to visit a friend, he happened to be facing a life decision.

要從一個私立的大學轉到一個公立的大學,

He wanted to transfer from a private university to a public school.

他正在跟他父親報告他這個抉擇, 希望父親能夠支持他這麼做。

He was just reporting this decision to his father, hoping to gain his father's support.

剛好我進去的時候, 他剛好講到一半。

When I walked in, he was in the middle of the conversation.

結果我一進門, 他就說: 你先請坐, 我先跟我父親把話說完。

So he said to me, "Please take a seat, let me finish speaking to my father first."

那時候我坐在旁邊, 看到一個孩子恭恭敬敬的在跟他父親報告他現在的工作狀況,

I sat there and observed a child respectfully reporting his current situation to his father.

那種娓娓道來, 那種禮敬的態度給我留下深刻的印象。

His pleasant, respectful, and tireless attitude left a deep impression on me.

相信他的孩子在這樣的家庭裡面薰陶, 也會是一個翩翩君子。

I believe that, being raised in such a family, his children will also be graceful bearing persons.

我們回想一下, 我們現在年輕人在做人生的決定, 有沒有去詢問過父母的意見?

Let's think about it, do most young people nowadays ever ask for their parents' advice when they are making a life decision?

有沒有把自己的情況跟父母講清楚, 減少父母的擔憂。

Do they ever clearly explain their situation to their parents to assuage their worries?

假如父母常常心裡面都不知道孩子在幹什麼, 那不知道讓他多操了多少心!

If parents never know what their children are up to, their worry will be constant.

所以, 真正當一個人對父母很恭謙的時候, 確確實實會感動身旁周遭的人。

When a person is very humble and respectful to their parents, it will most definitely touch the people around them.

## When We Can Change Ourselves, We Can Change Others

除了在家對父母要恭敬, 事實上「老婆呼」、「太太呼」也要怎麼樣? 也要「應勿緩」。

Besides being respectful to our parents, when my wife call me or my husband call me, I must also answer them right away.

當夫妻之間言談非常的相敬如賓, 非常的尊重, 已經在給孩子做最好的榜樣。

When the dialogue between a husband and wife is always courteous and respectful, it is already setting the best example for their children.

現在夫妻之間談話有沒有注意到這一點?

Do husbands and wives today stay mindful of this point when they speak to each other?

人愈熟不能愈隨便,

People should not become more casual as they get more familiar with each other.

應該愈熟要愈尊重,

The closer we become to somebody, the more respect we should have for them.

所以禮不可失;縱使再親的人,禮貌要時時提得起來。

Courtesy cannot be ignored. We should always be courteous even to the people closest to us.

有個小朋友剛好聽到他媽媽在講話,講完以後,媽媽把電話掛掉,他兒子就跟她說:媽媽,你剛剛是不是在跟爸爸講話?

There was a little boy who happened to hear his mom talking on the phone. After she hung up, her son immediately said, "Mommy, were you talking to dad just now?"

你看,他兒子從母親講話的口氣,就可以知道一定是跟爸爸講話。

You see, her son could tell that she must have been talking to her husband from the way she spoke.

為什麼?母親在跟先生講話都是什麼口氣?

Why? What attitude did this mother always have when she spoke to her husband?

好不好?所以這個母親一聽,心裡驚了一下,

Was it good? Upon hearing this, the mother raised her awareness and was thinking,

你看我們對先生的態度,小孩都可以辨認出來,所以要調整一下。

"Wow, my son can already recognize my bad attitude towards my husband. I need to make some adjustments."

有時候看到手機顯示是先生的,一拿起來:喂,幹嘛?

For instance, when she saw her phone light up with her husband's name, she would pick up and say, "What do you want?"

你看這個口氣,孩子就能夠辨別出來是爸爸打的。

Hearing this kind of impolite tone, her son could tell that it was his dad calling.

所以這個母親馬上修正,

This mother immediately corrected herself.

剛好當天他的先生又打電話來了,她就很有禮貌,她說:喂,你好。

Her husband happened to call her again that day. She very politely answered the call, "Hi, how are you?"

他先生說「對不起,我打錯了」,把它掛掉。

Her husband replied, "Sorry, I must have the wrong number" and hung up the phone.

結果他又打過來,她先生說:是你嗎?

Her husband called again, and said, "Was that you?"

當我們的態度一修正,家庭就會修正過來,

When we correct our own attitude, our entire family dynamics will improve.

所以不要小看一個言語的態度。

We must not underestimate the importance of our attitude in speech.

剛好這一次過年,我們有些老師拿著我在香港講的「幸福人生」四十集,拿回去故鄉給他一些同學看。

This Chinese New Year, some of our teachers brought the disc collection of The Happy Life Talks I delivered in Hong Kong, 40 lectures in total, back to their hometowns to share with some schoolmates.

其中有一位,他回到寧波去就去找他的同學。

One of these teachers went to visit a schoolmate as soon as she got back to her hometown of Ningbo.

一邊在看的時候,因為這位同學她先生沒有回家,剛好公司在忙。他這位朋友的先生,除夕夜忘了打電話,結果又怕被太太罵,又撐了兩天。

They started to watch... This classmate's husband did not come home for Chinese New Year because he was very busy at work on New Year's Eve and forgot to call her. He was afraid that his wife would yell at him, so he waited two more days.

大年初二想打,又想想說一定會被罵,就一直拖,拖到初五的時候才打回去。

On the second day of the New Year, he thought again that his wife will yell at him for sure. He put off calling her again. On the 5th, he finally called his wife.

剛好正在看「幸福人生講座」,看到一半,她先生打過來,一接起來,

The phone rang while she was watching "The Happy Life Talks". She answered her husband's call in the middle of the lecture. Her husband was a little bit timid when she picked up the phone.

他先生有點誠惶誠恐,恐怕說一定被他太太罵。

He was scared that his wife would surely yell at him.

他先生說:對不起,我現在才打電話回來。

The husband said, "I'm really sorry, I didn't call you until today."

他太太馬上說:你辛苦了,連過年都沒得回家,我們很感謝你在外面辛勤工作。

His wife immediately replied, "You have worked hard, even on Chinese New Year you had no free time to come home. All of us are very grateful for your hard work out there."

他先生聽了覺得怪怪的,

Her husband heard what she said and felt a little strange.

然後掛完電話過沒多久,他先生又打電話過來,

Shortly after hanging up, her husband called back again.

他說:你還是罵我幾句,我心裡好受一點!

He said, "Can you just yell at me a little bit, it would make me feel better."

所以,夫妻相處會直接影響家庭氣氛,

The interaction between husband and wife will directly impact the family atmosphere.

夫妻關係要好,一定是從言語的態度開始做起。

A good spousal relationship must start from their attitude when speaking to each other.

## **The Principle of Talking to Others: Praising First and Being Trustworthy**

『父母命,行勿懶』,

"When my parents give an order, I must do it promptly."

我們對父母交代的事不可以失信;

We must not break our promises to our parents.

相同的,對妻子、兒女已經答應的事,我們也要言而有信;

In the same way, we should also keep promises to our spouse and children.

當我們言而有信,孩子對我們就會非常尊敬。

When our words have credibility, our children will have great respect for us.

其實我以前在教書的時候,我們不經意的一句話,一定要記住,不能失信於學生。

As teachers, we should be especially careful to remember what we say inadvertently. We

must not lose the trust from our students.

當你所說的話都真正做到了, 學生對你會很尊重。

When you always follow through on what you say, you will be highly respected by your students.

我記得我第一年當班導師、班主任,

I remember the first year I became a class leader in a primary school.

有一次剛好運動會,

One time, the school was holding an annual sports event.

所有的學生都到操場排隊, 當然我們也站在那裡陪學生。

All of the students were lining up in the playground with the teachers' supervision.

我剛好有東西要拿, 就走向辦公室,

I happened to be walking back to fetch something from my office,

結果剛好撞見了一位家長(一位父親), 提著一些飲料要上我們教室, 我們在四樓, 要到我們教室去。

where I bumped into a father who was carrying some drinks to our classroom on the fourth floor.

這個家長為什麼抓著學生都去排隊的時候把飲料拿上來,

Why did this parent bring the drinks at the time while all of the students were lining up?

為什麼? 不好意思。

Why? He was shy.

看得出來, 這個家長很少到學校來, 很少到學校也代表很少跟老師溝通。

It was apparent that this parent seldom visited the school, which also meant that he seldom talked to the teachers.

為什麼家長很少來跟老師溝通?

Why would parents seldom communicate with the teachers?

我們當老師的也要自我反省一下。

We, as teachers, should also introspect ourselves.

當我們對他的孩子愈關心, 可能會調動起他的一種主動跟我們溝通聯繫的良性循環,

The more we show our care for his child, the more likely the parent will take the initiative to communicate with us.

所以要常常利用聯絡簿多多稱讚他的孩子, 自然而然這個橋梁可以搭上。

We should often use the Daily Communication Book to praise their children. In this way, a bridge is naturally built between parents and teachers.

這位父親他也不習慣跟老師講話, 所以就抓這個空檔盡一點心意, 把飲料要放在教室就走。

This father was not used to talking to teachers, and hoped to seize the opportunity to leave the drinks in the classroom anonymously.

結果剛好我回來拿東西就碰見了,

I happened to have bumped into him when I walked back to fetch something.

一碰見他就退了幾步, 好像很不好意思的樣子。我就開始跟他聊天。

As soon as he saw me, he took a few steps back, looking nervous. I began to make conversation with him.

我們跟任何人談話, 要抓住一個原則, 要見到人家就要誇。

Whoever we talk to, we must grasp one principle: When we see others, we should praise

them.

你可以稱讚他的孩子,你可以稱讚他的優點,我們都歡喜別人對我們讚歎。

You can praise their children, you can also praise his strengths. We all like to be praised.

當你稱讚他的孩子,他的內心會喜悅,會覺得受尊重。

When you praise a child, the parents will be joyful and feel respected.

假如一遇到家長,馬上就開始把他孩子的問題一一點出來,那他會覺得很不好受。

On the other hand, if you start off by listing the child's problems one by one, they will definitely feel very uncomfortable.

所以人情不可拂,我們要隨順人情,與人交談

So human relations must not be neglected; we must be considerate in our interactions. We must not contradict other's feelings, just go with their favors.

我就開始把他孩子這段時間好的表現跟他做分享,也讓他了解。

So I started the conversation by sharing the positive behaviors I observed in his child.

聊的過程,這位家長就說,他說:老師,我的孩子比較尊重你,不尊重他上一個老師。

During our conversation, this parent said, "Teacher, my child respects you more. He did not respect his previous teacher."

因為我是去帶他六年級,五年級是另外一個老師帶。

I was his sixth grade teacher, in fifth grade he was taught by a different teacher.

我就接著聽下去,他說:因為上一個老師說,吃中飯的時候大家一起吃,

I kept listening, and he continued, "Because the previous teacher said everybody should eat lunch together,

可是那個老師,學生用到一半還沒開動,老師就在後面吃起來了;

but he would sit in the back of the classroom and start to eat even before some students had started.

蔡老師,你都是跟學生一起開動。

But Teacher Tsai, you always eat together with your students."

其實我都不是跟學生一起開動,

Actually, I did not have lunch with my students.

都是學生坐好了,我都教他們一句俚語,因為地方的俚語都含有很深的人生哲學。

I would teach them a proverb after all the students were seated because local proverbs all contain very deep philosophical life lessons.

比方說,閩南話有一句「樹頭站得穩,不怕樹尾做颱風」,

Such as a Hokkien saying goes, "A tree trunk firmly rooted in the ground will not fear its branches blown by a typhoon."

這句話用在我們德行教育就相當契合。

This saying is quite applicable to describe morality education.(This saying very corresponds with our education in virtues.)

當孩子德行的根沒扎好,他的能力愈高愈危險,

When a child does not develop firm roots for his virtues, the greater their capabilities are, the more dangerous their lives will be;

因為外面很多的誘惑,

because the outside world is full of temptations.

愈有能力,到時候又禁不起誘惑,爬得愈高摔得愈重。



If they cannot resist temptations, the higher they climb, the harder they will fall.

這些地方俚語對人生都有很大的啟示，所以我都會先教他們一句俚語。

This proverb gives us a very significant life message, this is why I would always teach it to them first.

教完以後，他們開動，我就走下去巡視一下，

After I finished teaching this proverb, they started eating and I would go to every table and inspect how they ate their lunch.

「對飲食，勿揀擇」，

*Dizigui* teaches "When eating and drinking, do not be picky."

用《弟子規》來加強他們的生活規範，不可以偏食。

I used *Dizigui* to reinforce their self-discipline in daily life. Being picky with food was certainly not allowed.

看到學生那個菜都夾一小口，我馬上跟他說：要不要老師幫你服務一下？

If I saw a student picking at his food and eating it reluctantly, I would immediately ask him, "Would you like a teacher to help serve you?"

他就很害怕，趕快自己出去多夾一些青菜，這樣飲食才會均衡。

They would be very scared, and quickly move to eat more vegetables. This would help ensure that they have a balanced diet.

所以往往我們坐到講桌上要開動的時候，已經有兩、三個學生吃飽了。

Whenever I finished inspecting the whole class and prepared to eat my own lunch, there would always be few students who had finished eating.

所以，我們不經意的一句話，學生都看在眼裡，記在腦裡。

So, even one sentence that we said inadvertently, students would see it with their eyes, and remember it in their brain.

當你所說跟所做言行一致，才能真正贏得學生、贏得小孩的尊重。

Only when you practice what you preach, will you be able to truly earn the respect of your students, of your children.

## Applying Wisdom to Filial Piety

『父母教，須敬聽；父母責，須順承』，

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

這個「順」我們要理解一下。

We should take some time to have an accurate understanding of the word 'submissively'.

所有父親的責罰，父親的要求，我們是不是統統要順著他做？

Every one of our parents' reprimands, should we blindly follow them?

因為在這幾十年當中，

In recent decades, there have been many people who are misunderstanding traditional Chinese culture.

很多人對中國文化有誤解，他會覺得：我們儒家說孝順孝順，就是什麼都要順，那是愚孝。

Many people wrongly think that the concept of obedience in Confucianism means always

doing whatever our parents tell us to do. That would be blind filial-piety.

這樣講有沒有道理？

Does it make more sense when we explain it like this?

其實講這樣話的人，他可能連一本經典都沒有從頭看到尾，

Actually, anyone who interprets it like that has probably never even finished reading one of the classic texts cover to cover.

中國聖賢絕對不是這樣教。

The Chinese sages certainly never taught us this way.

「順」有兩種情況，

There are two conditions when it comes to 'being submissive'.

當父母所責備我們的事都是正確的，我們要趕快記住，好好的去落實，這時候要順；

If what our parents scold us about is righteous, we must remember what they say and implement their advice quickly. In this situation we should be obedient.

當父母的責罰跟要求是不對的，這個時候不要當面頂撞，要懂得順勢而為。

However, if what they scold and require us about is not morally justifiable, we should not contradict them but take actions by the situation.

目前的狀態你馬上頂回去，只會讓父子之間衝突更大，

In that situation, it would only worsen the conflict if we argue back immediately.

所以我們先退一步再做打算，

Therefore, we should take a step back and calmly plan,

等待好的時機再跟父母溝通，

waiting for a good time to better communicate with our parents.

所以，《弟子規》後面講到，「親有過，諫使更，怡吾色，柔吾聲」。

Later in *Dizigui*, it teaches, "When my parents do wrong; I will urge them to change, with a pleasant facial expression and a softened voice."

中國的孝順，這個「順」絕對不是所有父母的要求我們都去做，

That's why in Chinese filial piety, the concept of 'submission' certainly does not mean blindly following all of our parents' orders.

要先分辨對錯，要用理智去孝順。

We must first discern right from wrong, using wisdom to be filial to our parents.

當父母有過失，我們沒有去勸，那是陷父母於不義，

When our parents make mistakes, and we do not urge them to correct them, we are actually putting them into an unrighteous position.

就不是我們為人子應該有的態度。

This is not the proper attitude that a child should have.

## How Respectful One Is, How Great His Learning of Wisdom Will Be

除了父母教須敬聽，老師教也要須敬聽。

Besides "when my parents instruct me, I must listen respectfully", "when my teachers instruct me, I must listen respectfully" as well.

一個人能不能有很好 的道德、學問，除了要有好老師之外，更重要的一個因素，是自己的學 習態

度,

Whether or not one will be able to cultivate great virtue and wisdom, apart from having a good teacher, a more important factor is his attitude to learning.

一定要有虔誠恭敬的心對老師,絕不可以陽奉陰違。

He must have a pious and revere heart towards his teacher, and he must never obey orders on the surface yet secretly violate them.

所以學問有多大的成就,可以從恭敬心中判斷出來,

So, how great one's learning will be, it can be inferred from how respectful he is:

一分誠敬就得一分利益,

one percent of respect will lead to getting one percent of the benefit,

十分誠敬就會得到十分的利益。

while one hundred percent respect will net the student one hundred percent of the benefits.

因為老師所吩咐、交代的每一件事,很有可能我們還不能夠完全了解。

This is because we very possibly do not fully understand every single thing that our teacher instructs or requests us to do.

打個比喻,學問假如像二十層樓,

Let me make an example. Imagine that learning is like a 20 story tall building.

老師可能在十幾層樓,我們只有在兩、三層樓。

Our teacher is on one of the higher levels, probably somewhere past the tenth floor, but we are only on the second or third floor.

十幾層樓所能看到的景物,我們能不能看到?看不到。

From our position, can we see the view of the tenth or higher floor? Certainly not.

老師指的都是比較長遠的目標,

Our teacher is leading us towards a long-term goal,

你說:老師,我都看不到,我都感受不到,為什麼要這樣做?

if you say, "I can't see or feel any benefits, why should I do as you instruct";

這個時候我們不老老實實的依教奉行,那就得不到利益了。

If we always have a questioning attitude and do not follow the teachings respectfully, we will not be able to get any benefit.

現在人為什麼很難在學問成就?

Why do people nowadays find it so hard to succeed in acquiring wisdom?

都犯了一個比較嚴重的過失,就是我們常用小人之心度君子之腹。

It is because we have made a relatively serious mistake: we often gauge a virtuous man's intention with a petty man's heart.

把《論語》裡面的道理都依照自己的想法去理解,把孔夫子的境界從二十層樓拉到多少?拉到二、三層樓,

If we interpret the principle in *The Analects* with our own perspective, we are dragging

Confucius level from the 20th floor down to the 2nd or 3rd floor,

有時候還覺得孔夫子這句話講不對。

and we think that some of what Confucius said is wrong sometimes.

所以,一開始跟老師學習,絕對不能批判,

So when we first start learning, we must not have a critical attitude towards teachers.

應該是先老老實實做,你老實的做你就會感受一分。

We should be very humble and honestly follow the teachings. When you honestly practice, you will experience a better understanding,

當你的境界提升了,你就慢慢理解到,老師所講的話確確實實真實不虛。

and you will gradually realize what the teacher had taught is not false but true, as your level of learning advances.

所以「老師教」也要「須敬聽」。

This is why 'when my teacher instructs me, I must listen respectfully' as well.

再來,長官教也要須敬聽。

Next, when my leaders instruct me, I must also listen respectfully.

一個人在學問上、在事業上能否有好的成就,

Whether we want to have attainment in our learning of wisdom or career,

都要先從他的恭敬、謙卑心中去求得。

he can only achieve them from a respectful and humble heart.

所以,人要能屈才能伸。

So, one must learn to bend low before he can walk tall.

我們的小孩,我們也要教導他懂得恭敬、謙卑,懂得處處學習。

We should teach our children to be respectful, humble, and to always have a keen attitude towards learning.

到一個新的環境去,不要先抱怨一大堆,先多看、多聽、多學。

Arriving in a new environment, we must not complain but first observe, listen, and learn instead.

長官怎麼教,我們先老實去做,

Whatever our supervisors teach, we should honestly follow.

等學問、等對公司的了解愈深,

After we have gained more knowledge and a deeper understanding of the company,

再適當的給予一些長官建議,這樣會比較得當。

we could then offer some advice at appropriate times. This is a more suitable method of dealing with matters.

## **A Small Deed Leads to a Big Influence**

好,我們接著看 下一句經文,我們一起把它念一遍:

Okay, we can move on to the next line. Let's read it together.

【冬則溫。夏則清。】

"I should make sure that my parents are warm in the winter and cool in the summer, 晨則省。昏則定。

I will greet my parents in the morning and make sure they rest comfortably at night.

出必告。反必面。

I must tell my parents when going out, and must see them in person when returning home.

居有常。業無變。】

I will maintain a daily routine and persist with my aspiration."

『夏則清』，這是一個古字。

Some of these characters are in their ancient form,

『出必告, 反必面』,

some with different pronunciation from nowadays.

這個「告」(ㄍㄨˋ)是讀音, 是從古代傳下來的音, 現在一般我們的口語都讀「ㄍㄠ」, 「ㄍㄨˋ」跟「ㄍㄠ」都可以。

For example, gu is the ancient pronunciation, most of us pronounce it as gao today; both are acceptable.

「冬則溫, 夏則清」,

"We should make sure that our parents are warm in the winter and cool in the summer."

這是有個典故, 就是在東漢有個孩子才九歲, 他叫黃香, 因為母親很早就去世了, 他跟父親相依為命。

There is a real story relating to this. In the Eastern Han dynasty, a nine years old child named Huang Xiang who lived with his father alone because his mother passed away when he was very young.

父親的身體又不是很好, 所以冬天的時候他怕父親太冷,

His father's health was not very good. Huang Xiang would worry that his father would be too cold in the winter,

他都先鑽到被窩裡把棉被先弄暖和了, 才叫他的父親上床睡覺;

He always laid in his father's bed to warm up the quilt before inviting his father to go to bed.

夏天天氣太熱, 他就先拿著扇子把床搨涼, 再請父親上床睡覺。

In the summer, when the weather was too hot, Huang Xiang would use a handmade fan to cool down the bed before inviting his father to sleep.

我們從這裡可以看得出來, 黃香念念在觀察父母的需要,

From here, we can clearly see that Huang Xiang was always observing his father's needs in every thought.

相信黃香是不是只有做冬溫夏清?

Do you think that Huang Xiang demonstrated his filial piety with only the actions of warming and cooling his father's bed?

當他有時時去關懷父母的心, 相信父母的整個生活起居, 他都會盡心盡力去付出。

When he was always mindful to care for his father's needs, it is believed that he would pay earnest effort on all aspects of his father's life.

九歲的孩子能夠盡這樣的孝心, 當地的地方官看了很感動。

Seeing that a 9 year old child embodies such a strong example of filial piety, the local officials were very moved.

當黃香到了可以當官的年齡, 當地的官員就舉他做「孝廉」,

When Huang Xiang reached the legal age to work in government, the local officials recommended him to be the model of filial piety and integrity.

後來他當官當到尚書。

Later in his government career, he reached the position of minister.

所以, 確確實實有孝心的人, 他也同樣可以忠於國家, 忠於人民。

So a person who has a heart of filial piety will also be loyal and faithful to his country and its people.

「忠臣出於孝子之門」，

That's why ancients believed, "A loyal official comes from a family with filial children."

確實不錯，因為孝子這分心一定可以推而廣之，去愛一切人的父母、一切人的子女。

This is definitely not wrong because the heart of filial piety can be extended to all other parents and all other children.

那時候的皇上給黃香一個很好的讚歎，

The Emperor during his time gave Huang Xiang very high praise.

說「江夏黃香，天下無雙」，

He said, 'Jiangxia's Huang Xiang has no parallel in the world'. Huang Xiang of Jiangxia (\*an ancient political district, the area of Wuhan, Hubei) has no parallel in the world.

黃香的典範流傳千古。

Huang Xiang's exemplary deeds have been passed on for thousands of years.

相信皇上做出這個動作，對人民有沒有影響？

Would this action of the Emperor's high praise have an impact on the people?

他所帶動的是全國人民效法黃香，

In effect, the Emperor generated a tide for his citizens by following the good example of Huang Xiang.

所以領導人的一言一行都會帶動整個國家風氣。

Every word spoken and every action performed by the leader of a country will spur the social atmosphere of their entire nation.

像我們當家長的、當老師的，你所強調的、你所愛好的是什麼，也會同時影響你的小孩跟你的學生。

Likewise, as parents and teachers, the things that you like and place emphasis on will simultaneously influence your children and students as well.

所以，當父母的重視德行，小孩就重視德行；

If parents place great emphasis on virtue, children will too.

當老師的重視德行，小孩也會起而效法。

When teachers emphasize virtues will also lead students to emulate.

## Essence and Form

我們從黃香這個例子，不只是學到冬溫夏清，

From Huang Xiang's example, we should learn not only how to care for our parents,

更重要的是要體會到黃香的存心；

but more importantly, we should feel Huang Xiang's intentions.

存心是他的本質，冬溫夏清是他的行為、他的形式。

His intentions were the essence, the actions of caring were the behaviors, the form.

本質絕對不會因為時代而改變，形式會變，

The essence will always remain the same, unchanged over eras. But the form will change.

因為整個人與人的生活方式，都會因時代而不同。

This is because the entire lifestyles of people differ from era to era.

舉個例子, 以前遇到君王要行什麼禮?

For example, what etiquette was required of commoners seeing the emperor in the past?

三跪九叩禮。

The most formal etiquette of kneeling thrice and kowtowing nine times.

它的本質是什麼? 恭敬心。

What is the essence of this etiquette? A sense of reverence.

因為國家領導者要日理萬機, 時時為人民著想,

Because the leader of a country deal with myriad affairs everyday and always think of the best interests of his people,

我們是恭敬領導者對於人民的貢獻, 所以我們跟他行禮。

we respect the leader's contribution to people, therefore perform this etiquette.

以前的禮是三跪九叩, 現在假如遇到總理、遇到總統, 在飛機場看到, 馬上跪下去三跪九叩, 這樣行不行?

However, if we met our president or prime minister nowadays, is it appropriate to perform the ancient etiquette?

這國家領導人說: 這是誰教出來的? 怎麼教成這樣? 就不符合現在的時代。

The leaders of our country would wonder, "Who taught them to do this?" This form of etiquette is no longer suitable today.

但是本質會不會變? 不會。

But will the essence itself change? It will not.

所以很多人說, 時代不同了, 什麼都要改! 是形式改, 而不是本質改變。

Many people say that times are different now, and everything needs to change; we must know it is the form which is changing, but not the essence.

中國文化, 我們假如把它比喻成一棵五千年的大樹,

If we envision Chinese traditional culture as a 5,000 year old tree;

所有的本質跟原則就像樹幹一樣, 這個樹幹是屹立四、五千年不墜,

the essence and principles are like the tree trunk which has stood firm and tall unwaveringly for four or five thousand years,

但是它每年都發新芽、都發新葉。

but it will sprout new branches, new leaves every year.

而新芽跟新葉都是隨著那一年的陽光、那一年的空氣跟水源才會發芽出來,

These new branches and leaves will differ based on the conditions of the sunlight, air, and water source of each year.

所以它這些枝葉一定適合於當時的氣候。

These branches and leaves will surely be suited to the climate of their time.

我們學習任何一個經文, 我們也要抓住它的本質去學習,

Similarly, whenever we learn the classic texts, we should grasp their essence.

我們就會學得很能掌握綱領。

This way, we will be very capable of grasping the core teachings.

所以, 從冬溫夏清我們就體會到, 他是能時時看到父母的需要。

From this line 'I should make sure that my parents are warm in the winter and cool in the summer', we can feel that Huang Xiang was in constant awareness of his father's needs.

## Which Aspects of Our Parents' Life Need Our Constant Care?

父母在哪些方面需要我們常常去關懷？

Which aspects of our parents' life need our constant care?

身體。我們把它歸納一下，「養父母之身，養父母之心，養父母之志」，

Let's take a look and categorize it; Care for our parents physical health, mental health, and aspiration.

這個「志」也可以當心願。

This 'aspiration' can also be described as wishes.

「養父母之身」，所以生活起居、食衣住行都應該去關懷。

Firstly, caring for our parents' physical health; it means that we should look after their basic needs in daily life, such as their clothing, food, and living conditions.

假如我們跟父母住在一起，或者住得很近，在食物方面，我們就可以回去的時候帶些水果、帶些蔬菜回去。

If you live together with your parents or are close to where they live, you can bring them some fresh vegetables, fruits, or some groceries.

我小時候就常常看到我母親差不多兩、三個禮拜就回我外公外婆家，

I remember when I was little, I would see my mother visit her parents about once every two or three weeks.

我是標準的跟屁蟲，所以每次都跟我母親一起回去。

I was a typical clingy follower, and always accompanied my mother on her visits.

一來可以學習到母親的孝心，二來因為每次回去，外公外婆很高興，常常就拿很多東西出來給我吃。

Not only did I learn my mother's filial piety firsthand but enjoyed my grandparents' love.

They were always very happy to see me and feed me with a lot of good food.

一罐飲料喝完，他馬上又去拿另外一罐，有時候一連都喝了兩三罐。

As soon as I finished a soft drink, they would bring me another one right away. Sometimes, I would gulp down two or three bottles in one sitting.

在這個喝的過程，也能夠感受到外公外婆對我們的疼愛。

While I drank, I could deeply feel the love that my grandparents had for me.

其實讓孩子多跟爺爺奶奶、外公外婆接觸，

In fact, by letting children frequently spend time with their grandparents on both sides, he could feel the joy of family, which is also very important.

it enables them to experience the happiness of these natural family bonds. This is very important.

常常回去，就能夠在食物當中去觀察到，可能米快沒有了，油快沒有了，

These frequent visits allowed us to observe if their rice is almost gone, oil is almost used up,

我們都主動幫父母去買，父母一定會覺得非常窩心。

we can then take the initiative to bring them some. They are sure to feel gratified and warm inside.



另外,人老了就怕身體不好,

Another aspect is that as people get old, their physical health begins to decline.

所以我們也要常常跟父母溝通一些健康的觀念,有健康的知識才會做出健康的抉擇跟判斷。

So we should often communicate with our parents the knowledge of how to maintain their good health, to enable them to make healthy decisions and judgments.

我們見面,人家說人老了見面都說,吃壞一點才不會高血壓,才不會得癌症;

Many of the older generation often remind each other to eat a simple diet to prevent them from developing high blood pressure or getting cancer,

因為年老吃得愈清淡,身體的負擔愈少。

because the lighter the diet, the less burden will be placed on the body.

但是你也要透過跟父母溝通,再慢慢告訴他,吃清淡好,

But you must communicate with them gently, and explain to them gradually why a lighter diet is healthier.

不然因為我們的上一代窮怕了,所以他覺得不多吃些魚肉,好像營養不夠。

Otherwise, due to the fear from the poverty of their past deeply ingrained, many of the older generation believe that a diet not heavy in fish and meat is insufficient in nutrients.

甚至於現在都提倡吃糙米、胚芽米,比較營養,那都是全營養素,白米飯只有醣類。

Nowadays, people advocate whole grains and believe it is more nutritious compared to white rice which is basically carbohydrates.

但是假如我們拿糙米,甚至於拿番薯(這些都比較營養)給父母吃,

However, if you offer more nutritious foods like wild rice or sweet potatoes to your parents,

他們會覺得:我現在生活比較好了,還要我吃這些東西,我要吃白米飯。

they might say, "Life is better now, why do you still want me to eat these? I want white rice!"

他們的觀念一時間轉不過來,你都要循循善誘跟他們溝通。

Their beliefs cannot be changed instantly, we must communicate very patiently with a systematic guidance.

## Haste Makes Waste

我們在建立父母,還有建立家人的正確觀念,讓他身體好,

When introducing the right concepts to our parents and family for their physical health, 這個觀念的建立也絕不是一蹴可即。

it will definitely not be easy or achieved instantly.

欲速則不達,

Confucius said, "Haste makes waste."

我們不可以操之過急,不可以強加於人:你就是給我吃就對了,不要說那麼多!

We must not act in haste or try to force our ideas upon them, "Just eat it! Don't talk so much!"

這樣父母也好,家人也好,心裡好不好受?不好受。

Using this method, no matter towards parents or family members, would it give them a good feeling? No, they would not.

當心裡不好受,吃的東西再營養不好消化。

When a person has negative feelings in their heart, no matter how nutritious the food they eat,

they will not be able to digest it properly.

所以有位朋友(一位女士),她剛好聽了我們的課程,了解到飲食應該少肉類,多素食,對身體會有很大的幫助。

After learning from our course, a lady understood that a diet should be high in vegetables but low in meat and animal products. This will significantly benefit the body's physical health.

她聽完之後很高興,回去就跟她先生說:

She was very happy at the end of the class. When coming back home, she told her husband, 從今天開始,我不再煮肉給你吃,我為你的身體好,你要領情。

"Starting today, I will not cook any meat for you again. I am doing this for your good health. You should be grateful."

當天回去,有沒有魄力?

Well, she applied what she learned on the very same day. Was she daring and resolute?

很有魄力!但是太操之過急,會有反效果。

Yes, very daring and resolute. But she was unduly hasty. It would have the opposite effect than what she had intended.

所以一、兩個禮拜以後,她到我們中心去找我,臉色不好看。

A week or two later, she came back to our center to look for me. She does not look good in countenance.

她跟我說:我先生真是不受教,我為了他好,希望他健康一點,所以就不煮肉給他吃,他居然不接受。發了些牢騷。

She told me, my husband is so unteachable! I stopped cooking meat for him in the hope to improve his health But he refused to accept it! She went on grumbling about her husband.

我就跟她倒了一杯水,然後她在喝水的時候,我就告訴她,

I then poured her a cup of water. As she was drinking the water, I told her,

我說:你先生假如有外遇,你要負責任。

if your husband had an affair, you must be responsible for it.

她嚇一跳,我說:你先生假如得了高血壓,你也要負責任;

She was startled. I continued: If your husband becomes afflicted with high blood pressure, you are responsible.

你的孩子愈來愈少機會可以跟他父親相處,父子關係受到影響,你也要負責任。

If your children get to see their father less often, and their relationship is affected by it, you are responsible as well.

我愈講她愈納悶,怎麼會這樣?

The more I said, the more confused she became. How could this be?

我接著就問她:你今天不煮肉給你先生吃,請問他還有沒有吃?

I then asked, "Today, you did not cook any meat for your husband, may I ask, did he eat any meat or not?"

她說:有!他都到外面去吃了。

She answered, "Yes! He went to a restaurant to get some."

我說:對!到外面去吃,可能又跑到酒店去吃,到時候那邊有很多女生,

I replied, "Right! If he went out to eat, perhaps a bar, and met another woman,

剛好遇到不好的緣分,是不是有可能會出狀況?

wouldn't it be possible to give rise to some complications?

所以,有外遇你要負責任。

So if he had an affair, you would be responsible.

到外面吃東西,外面煮的都又油又鹹,可能吃個三年血壓上升,就得高血壓,你也要負責任。

Furthermore, food served in restaurants is usually oily and salty. Maybe after three years, his blood pressure would increase to a dangerous level. You would be responsible for it as well.

先生每天都在外面吃,跟孩子都不能夠有很好的溝通,很好的關懷,所以父子關係也是你搞砸了,你也要負責任。

If your husband eats out every night and fails to have a proper communication with his children and show his caring, causing their relationship strained, you would also be responsible for it."

她就很委屈的樣子,

By this point, she felt grievance.

我跟她說:你當初做這件事的目的是什麼?

I said, "When you first took this action, what was your original intention?"

是為了讓先生、讓家人更健康。那請問你,現在達到這個目的了嗎?

It was to improve your husband's and your family's health. Please tell me, have you achieved what you intended to?

人很多時候目標都正確,但是路走到一半都忘記了,都在中途意氣用事。

Oftentimes, we have correct intentions, yet act on impulse halfway while forgetting our intentions.

我就跟她說:你要讓一個人接受一個觀念,不是一下子的功夫,你要做得不露痕跡。

I told her, it takes time for a person to accept a new concept, we need to influence them without the sign of doing it.

比方說這個禮拜煮三樣肉,下個禮拜把它變成兩樣,再下個月變一樣,

For example, in the first week you can cook three meat dishes and then reduce it to two in the following week. Next month, you reduce it to one dish only.

慢慢減少,讓先生沒有察覺。

If you gradually reduce the number of meat dishes, your husband will not notice the change.

但是你把肉拿完了,端上來的菜要很好吃,

But of course, after you take away all the meat, you must make sure the dishes are still delicious.

所以你要趕快去跟別人學習,如何把素食做得比肉還好吃。

So, you need to learn from others how to make vegetarian dishes that taste even better than meat dishes.

你先生一邊吃說:這道菜是什麼?怎麼這麼好吃?你說這個叫素食什麼什麼菜,他會對素食就更接受。

At that point, you can introduce the concept of vegetarian diet and tell him that it is. If you do it this way, he will be much more willing to have vegetarian food.

另外,這些正確的觀念,

In addition, you should communicate with him the correct concepts little by little.

你要常常一點一點去跟他溝通。比方說,我們女人就可以發揮我們的溫柔,就跟先生說:你的健康是我一輩子的幸福,

You can fully use the feminine affability and tell him that his health is your lifelong happiness and it is too important.

所以你的健康太重要,怎麼吃得健康?雷久南博士 這本書寫得很好,或者哪個專家寫得很好,裡面有什麼觀念,你就一句、兩句慢慢給他灌輸進去,他就很能接受。

How do we eat healthy? You can introduce him to the concepts in the well-written book by Dr. Lei Jiunan or other experts, little by little, instill him one or two sentences at a time.

我接著又跟她建議,

It will be much easier for him to accept it in this way.

我說:有時候你就帶你先生一起來上課,上完課中午就留著跟大家(我們中心這些老師)一起吃飯。

I suggested to her again, you can bring your husband to the class sometimes, and have lunch with our teachers together.

他就會覺得,你也吃素,他也吃素,他就不會覺得吃素是很希奇的事情。

When he sees so many people are vegetarian, he will no longer feel vegetarian diet strange. 邊吃的時候,旁邊的老師就會跟他說:素食不錯吧!他先生就會說:不錯,不錯!

While he is eating, teachers at our center would ask him, "Isn't vegetarian food great?" He would say, "Not bad, not bad."

慢慢就有團體的氣氛。後來她先生兩、三個月以後,也很自然就吃素了。

Gradually, her husband fitted into this group and became a vegetarian naturally a few months later.

所以,我們在關懷父母、關懷家人,也都不能操之過急。

So, we must not act in haste when looking after our parents or family members.

當然你要關懷別人的健康,首先你自己的知識要足夠,所謂知識就是力量。

Of course, you must have enough knowledge and wisdom before you can look after others; as it is said, "Knowledge is power."

很多人他在某些方面的知識特別豐富,都是在生活當中需要的時候才會提升。

Many people have very good knowledge in some particular areas, it is usually accumulated from their life experiences.

比方說媽媽的身體有點狀況了,我們才懂得趕快去研究這些學問,

For example, if one's mother encounters a health situation, he then hurried to study health knowledge.

我們不要等到家人身體出狀況了才學,這個時候你就會覺得比較辛苦了。

However, we should not wait until the problems occur to learn it, it will be much harder that way.

我們現在先好好學,好好把這些觀念帶到家庭當中,這是「養父母之身」。

We should acquire the knowledge now and gradually bring the right health concepts to our family members. This is about 'taking care physically for our parents'.

## **Be Good at Understanding Parents' Feelings and Needs.**

再來,「養父母之心」,讓父母心裡面能夠常常很歡喜、很自在。這裡有個前提,就是我們所作為一定要讓他安心、放心。

Next, fostering our parents wishes to let them feel joy and ease at all times. The prerequisite is we must let them feel rest assured with whatever we do.

假如我們的德行不好，縱使你每天都供養父母很好吃的飯菜，父母吃了之後會不會快樂？

If we do not have good virtues, would our parents be happy even if we offer them very delicious food everyday?

也不會；他可能邊吃還邊幫我們提心吊膽。

No, they won't. Probably they would be on tenterhook while eating.

中國的父母比較含蓄，他心裡面的感受，有時候不會在言語當中流露，

Chinese parents are more reserved (implicit?), they usually do not reveal what they think through their words.

所以我們要善於去體會父母的心境，父母的需要。

Therefore, we must be good at understanding our parents' feelings and needs.

《論語》裡面有說，君子要有「九思」，要有九個常常懂得觀照的一些態度。

The Analects states, "A virtuous man should have nine contemplation."

哪九個？第一個是「視思明」，

Which nine? The first one is contemplating on what he sees.

第二個是「聽思聰」，要能從父母的言談當中，聽出他們心裡的需求。

The second is contemplating on what he hears. We must be able to feel what our parents' needs from what they said.

比方說我們很久沒跟父母打電話，母親打過來，

For example, we haven't called our parents for a while, and our mother calls us.

還等父母打給我們，我們已經太失禮了。

It is already too improper to let our parents call us.

父母過來跟你問問你現在的工作狀況，雖然是在問你的工作狀況，事實上我們應該能聽出來，他已經在想念我們，甚至於是想念孫子。

When our parents call to ask about our working situations. we should have identified that they miss us or her grandchildren.

我們聽得出來，我們就不等父母開口，主動要回家去探望。

We should go visit them before they ask.

其實人只要上了六十歲以上，老得就會愈來愈明顯，

In fact, once we reach sixty, aging will become more and more obvious.

當我們一、兩個月沒看到父母，一回去一看到會有什麼感覺？

What would we feel when we did not see our parents for a few months?

怎麼老這麼多！所以我們要珍惜跟父母相處的機會，善體親心，常常去關懷、去問候。

"Wow, how come they are so much older?" We must cherish the opportunity to be with our parents. We should feel and often care for their needs.

這是「養父母之心」。

This is about fostering parents' wishes.

## A Touching Story of Nurturing Parents' Aspiration

再來要「養父母之志」，父母的心願。

Next, living up parents' aspirations, which means fulfill parents' expectations to us.

《孝經》裡面有一句話，

*The Classic of Filial Piety* states,

「身體髮膚,受之父母,不敢毀傷,孝之始也」,

“My entire body, even each hair and bit of skin, has been received from my parents. I do not dare to damage it! This is the beginning practice of filial piety.”

所以我們把身體照顧好,這是孝道首要的工作。

So, taking good care of my own body is the priority work of filial piety.

「立身行道,揚名於後世,以顯父母,孝之終也」,

“Establish my virtues, practice Dao, and have posterity commemorate my name, so as to bring glory to my parents. This is the ultimate practice of filial piety!”

假如我們用自己的德行,對家庭、對社會有所貢獻,最高興、最滿足的是誰?

If we contribute to family and society with our own virtues, who will be the most happy and content?

是父母,還有老師。

Our parents and our teachers.

這是養父母之志。

This is about living up to parents' aspirations.

因為每個人其實都有一份善心,希望能對社會有所貢獻。

Indeed, each of us has good nature and hopes to do something for society.

很多父母因為全心全意栽培孩子,在很多社會方面他想盡力有時候心有餘而力不足;

However, many parents wholeheartedly educate their children and feel their strength is weaker than their will even though they want to contribute to society.

而當他的孩子能夠對社會有更大的貢獻,他會覺得很欣慰。

That's why they feel very comforted when their children can make a greater contribution to society.

所以我們在海口有位老師,她學《弟子規》學了三個多月,而且她是早晚一定念一遍。

There is a teacher in our Haiko center, who learned *Dizigui* for three months and consistently read it every morning and evening.

三個多月以後,她主動走過來跟我說,她說:蔡老師,這麼好的東西,不能只有我跟我的孩子 得利益,應該讓更多的孩子能夠聞到聖賢的教誨。

Three months later, she came to me and said, "Mr. Tsai, such great wisdom should not only benefit just me and my children. we should let more people heard this sages' teachings.

所以,她決定要回她的故鄉去推廣《弟子規》。

She said she decided to go back to her hometown to promote *Dizigui*.

她有這樣的志向,俗話說「人有善願,天必從之」,

As the saying goes, "He who harbors good aspirations is blessed by heavenly beings."

人要勇於去承擔、去付出。當她那一步跨出去的時候,她不用怕自己站得不穩,因為她那一步 一跨出去,旁邊一定會有人幫她扶住,

So, we must courageously undertake and pay effort. When she took the first step, there was no need for her to worry that she could not stand firm because she would attract help from others.

因為怕她把事情搞砸了,因為那是好事。

Such a good thing, we would like to offer as much help as possible to prevent her setback.

所以她主動提出來,我們中心很多老師馬上把他的教學經驗跟她分享。

As soon as she revealed her aspiration, many teachers in our center immediately shared their

experiences with her.

我馬上就把一套《德育課本》七百多個聖哲的故事就送給他，她也很歡喜，就開始教了。

And I also gave her a set of *A Collection of Moral Stories*, entailing over 700 stories of ancient Chinese sages. She was very joyful and started to plan the teachings in her hometown.

剛好上到「出則弟」裡面有一句經文叫

Before she set off, we happened to give the teachings on 'Be Fraternal When Going Out', in which a line goes,

「事諸父，如事父，事諸兄，如事兄」。

"Serve the elders of your parents' generation like serving your parents, serve the elders of your older brothers' generation like serving your older brothers."

這位老師她本身是在航空站上班，也沒有受過什麼師範學院的訓練，

This teacher used to work at an airport, and had never received any formal teaching training.

但是因為有這分善心，這分教育的愛心，所以她自己會花很多時間去揣摩這句話怎麼教。很多的心境是必須透過實際的行為付出才感受得到，

Due to her good intention and enthusiasm for education, she spent much time to figure out how to teach because many understandings and feelings can only be obtained through actual actions.

她就買了一籠的荔枝，

She bought a basket of Lichi and returned to her hometown.

然後就回到她的故鄉，跟孩子上這一句「事諸父，如事父，事諸兄，如事兄」。

Then she started to teach the children, "Serve the elders of your parents' generation like serving your parents, serve the elders of your older brothers' generation like serving your older brothers."

她跟學生說，我們學完「入則孝」，已經了解到為人父母非常辛苦、辛勞，

She said to her students, We have to understand parents' toilsome after learning 'Be Filial at Home'.

所以我們要尊敬自己的父母。

So, we must respect our own parents.

相同的，別人的父母同樣也很辛苦，也很辛勞，所以我們面對所有的父母跟長輩；

Similarly, other people's parents also work very hard to contribute to society, we must respect them.

不只是別人的父母，所有的老人也都用他的青春奉獻了這個社會，

In fact, not only others' parents, all elders who had sacrificed their youth to the society must be respected as well.

我們都應該尊敬他們。所以「事諸父，如事父，事諸兄，如事兄」。

That's why sages teach us, "Serve the elders of your parents' generation like serving your parents, serve the elders of your older brothers' generation like serving your older brothers."

講完這堂課，她就跟學生講：

After giving the class, she told her student,

我們現在拿著這些荔枝去給我們村落裡面的長輩吃，

"Let's bring these lychee to elders in our village."

你們拿給他們的時候要很有禮貌，要跟他們行禮問好。

When we give them the lychees, we should greet them properly.

孩子聽完也很高興，馬上這些孩子就一窩蜂在這個村落裡面就跑來跑去，整個村落很熱鬧。

The children were very happy with doing it. They joyfully went from one household to another, and the whole village came alive.

整個村落瀰漫著什麼樣的氣氛？

What kind of atmosphere did they create?

敬老尊賢，敬老愛幼的氣氛。

An atmosphere of respecting the old and loving the young.

相信每一位長輩、長者接到這個荔枝的時候，內心一定是非常喜悅。

I believe that every elder in the village must have been truly delighted when they received the lychees.

而當孩子看到這些長者喜悅的表情，一定會烙印在他的心中，

The joy found in the elders would have left the children a deep positive impression.

往後他在對人恭敬他會生歡喜心。

Consequently, the children will be happy to show respect to others in the future.

那天過後，他的父親隔天給她打了電話，就對他女兒說，

A few days after the event, her father called her and said,

他說：女兒，整個村落裡面，很多長輩都打電話到家裡來，這些長者說我們家鄉嫁出去的女兒，從來沒有一個人這麼樣愛護自己的家鄉。

'Daughter, many elders in the village called us and praised that there had never been a married daughter like you who loves the home village so much.'

已經嫁出去了，還這麼關心自己家鄉，

You see, she was married and no longer lived in the village, but she still cared for her home village.

所以這些長輩都很感動。

That was why the elders were so touched.

諸位朋友，她的父親內心是什麼樣的感受？

Dear friends, how did her father feel at that moment?

覺得引以為光榮，這是養父母之志。

He must be very proud of her daughter. This is one example of nurturing our parents' aspiration.

他的父親接著跟她說：女兒，你能找到人生的價值，父親很替你高興。

Her father continued, 'Daughter, I am so happy for you that you have found your life's values.'

諸位朋友，女兒的這個行為，帶給父親的喜悅是一天還是兩天？

Now for how long does what the daughter did leave her father feeling happiness?

是多久？是一輩子的安慰，

A couple of days? No, the rest of his life.

跟我們拿一包好吃的東西給父母吃，那是截然不同。

The joy she brought to her father is entirely different to the joy of her father receiving lovely food from his daughter.

所以，我們在學習「晨則省，昏則定」，我們要善於去體會，把這樣對父母的關懷，延伸到生活的點點滴滴，

Therefore, since we have learned the teachings "I will greet my parents in the morning and make sure they rest comfortably at night",



延伸到養父母之身、養父母之心、養父母之志。

we should become more sensitive to our parents' needs and extend our care for them in every little bit of their daily lives, caring for their physical and mental health and nurturing their aspirations.

這一節 課我們就先上到這裡, 謝謝大家。

This is all for today. Thank you very much for listening.