

## Confucius Teachings On Building A Happy Life (9)

- a foundation for Mahayana Buddhism practice

淨空老法師 鑑定

Validated by Master Ching Kung

蔡禮旭 老師 主講

The Speaker: Teacher Tsai LiXu

2005年2月15日~2005年2月23日

### Greet Parents in the Morning and Make Sure They Rest Comfortably at Night

諸位朋友，大家下午好。

Hello my friends, good afternoon.

我們接著早上的課程，

Let's continue from this morning's class.

下一句：【晨則省。昏則定。】「晨昏定省」

The next line is 'I should always greet my parents in the morning and make sure they rest comfortably at night'.

我們在課程前面有提到，周文王對於他的父親王季就做到了「晨昏定省」，

We mentioned in the previous lesson that King Wen of the Zhou dynasty had implemented this teaching.

由這分孝心也感動了全國的人民起而效法。

His filial piety had moved his people to emulate his example.

我在面對老師的時候，曾經有位老師他就跟我提到，他說《弟子規》裡面有糟粕。

During my lectures, a teacher in the audience once told me that there was 'chaff' in *Dizigui*.

「糟粕」就是米處理完那些米殼，那些完全不吃的那些東西，他說有糟粕。

Chaff is the remaining husks left after grain processing and is inedible.

諸位朋友，假如人家說《弟子規》有糟粕，你會怎麼辦？

My friends, what would you do if someone says to you that there are chaff in *Dizigui*?

要不要馬上跟他辯論？

Should we immediately debate with him?

辯論可能沒什麼效果。

Well, a debate might get you nowhere.

我們先用一個謙恭的態度請教他：請問哪一句是糟粕？我請教他，

I humbly and politely asked, "Could you please tell me which phrase in *Dizigui* is chaff in your opinion?"

他就說『晨則省，昏則定』是糟粕。

He said, "I should always greet my parents in the morning and make sure they rest comfortably at night."

### Greeting Parents Twice a Day Gives them Comfort and Peace of Mind

我接著又問他：您為什麼覺得這是糟粕？

I asked again, "Why do you think it is 'chaff'?"

他說，一天要問兩次，太麻煩了。

He commented, "It is just too much of a hassle to greet parents twice a day."

我接著就跟這位老師說，我說孩子一大早起來，去跟父母恭敬問安，說爸爸媽媽早上好！媽媽一看，兒子額頭髮亮，代表昨天睡得很好，

I then told this teacher, if children greet their parents respectfully in the morning, the parents will feel comforted when they see their children looking refreshed, because it shows that they have slept well the previous night.

所以父母很安心。一大早就有孩子的問候，讓她精神非常愉快，一天工作也很有動力，這是早上問安的好處。

Also, greetings from children early in the morning will bring parents immense joy and motivate them to work hard during the day. These are the benefits of greeting parents in the morning.

晚上或者他下完課回來，跟父母報告，爸爸媽媽，我回來了，您今天過得好嗎？

In the evening or after the children come back from school, they greet their parents the second time and say, "Dad, Mom, I am home, how's your day today?"

當他問候父母，父母一看，孩子的氣色不錯，代表今天在學校的學習學得很好，應該沒有跟同學起衝突，父母也很放心。

When the parents see their children's good appearance, it gives them peace of mind because it indicates that they had a good day at school without any conflicts with schoolmates.

所以，早上問一次，晚上問一次，就會讓父母心裡面比較放心，比較安慰。

Therefore, children greeting their parents twice a day gives them much relief and comfort.

## Parents Think of Us Constantly

我們為人子一天才念父母兩次，請問父母一天念我們多少次？

Being children, we only think of our parents twice a day, but how many times do our parents think of us each day?

有位媽媽曾經跟我說，她說在春秋的季節裡，溫差變化特別大，

A mother once told me, in the spring and fall when there is a wide temperature gap between day and night,

為了怕孩子在半夜因為踢被子所以著涼，她們蓋被子都蓋得特別薄。

she was really worried about her daughter kicking off her duvet when she was sleeping.

因為被子蓋得薄，他們睡到一半，半夜就自己冷醒了，趕快去看看孩子，確實沒蓋好，幫孩子蓋被子。

She and her husband intentionally used a very thin duvet, so that they would be awakened by the coldness at midnight and check on their daughter's duvet.

諸位朋友，父母連在睡覺當中都不忘關懷子女，

You see, parents care for their children even when they are sleeping.

可想而知，父母一天念我們多久？時時刻刻在關懷。

So, how many times do our parents think of us each day? At all times.

說到這邊，在我的記憶裡面，也有很深刻的印象，

Having said this, I also had a similar imprint in my memory.

半夜都會突然感覺有人幫我們蓋被子，

When I was little, I could always feel someone covering me with a duvet at midnight.

眼睛迷迷糊糊打開，有時候是爸爸，有時候是媽媽。

When I opened my blurry eyes, I could see sometimes it was my father, and sometimes it was my mother.

而父子、母子之間的親情，就在這個當中有很自然的一種互動。

It is during this process that the connection between parents and children is naturally built up.

所以我跟這位老師說，我們當子女的，尤其年紀還小，很難說在生活、在工作當中，甚至在經濟收入當中，能給予父母什麼支持，我們還小，做不到；

So I said to this teacher, "As children, especially when we were still little, we could hardly help them in life; with their work or support them financially.

但是最起碼要讓父母少操我們的心，要讓父母放心，

So the least we could do was to give our parents less worries and let them have peace of mind.

晨昏定省就能落實讓父母放心。

Therefore, greeting parents twice a day is a practice of bringing peace of mind to them."

## Greeting Parents Regularly Even When We Are Far From Home

這位老師聽完以後，他就說：蔡老師，你的中國文化學得不錯。

Upon hearing this, this teacher said, "Teacher Tsai, you have learned Chinese culture pretty well."

當然我很不敢當，誠惶誠恐。

With profound respect and humility, of course, I dared not accept his praise.

結果他突然又說：蔡老師，那你自己都沒有做到。

All of a sudden, he said again, "But Teacher Tsai, you do not even implement it."

我們讀聖賢書的人，很怕別人說你自己都做不到，突然很緊張。

People who learn sages' teachings fear the most when hearing 'you do not practice what you preach'.

我問他說：為什麼你覺得我沒有做到？

I was very nervous and asked, "Why do you think that I have not implemented it?"

他說你現在離家這麼遠，你哪有可能早上問一次，晚上問一次？

He replied, "Well, you are so far away from home, how could you possibly greet your parents twice a day?"

現在電話很方便，早上可以打，晚上也可以打。

I said to him that the telephone is very convenient nowadays, we can call twice a day.

他說，你自己也沒有做到！

He said, "You have not implemented it yourself."

我就跟這位老師說，我說：假如我早上打一通電話，晚上又打一通電話，我媽媽一定會罵我，她說你不知道長途電話費很貴嗎？

I explained, "If I were to call my parents twice a day, my mother would scold me 'don't you know long distance calls are expensive?'"

所以我們學習這句「晨昏定省」，最重要的要安父母的心。

So, the essence of 'greeting parents twice a day' is to bring peace of mind to them.

只要我固定，比方說禮拜六晚上，打回家裡去，

Since I call at a certain time, such as Saturday evening,

媽媽一定坐在那裡，甚至於電話聲一響，她馬上可以判斷兒子打來的。

my mother would sit at home to wait for my call and knew it was from me as soon as the phone rang.

而在每個禮拜的電話當中，我們一定詳詳細細把我們在這一個禮拜的工作情況、生活情況跟媽媽報告，

In each weekly call, I would report in detail to my parents about my daily life and work over the week, 讓她了解，讓她不要操心。

so that she has a clear idea of how I am doing and would not be worried for me.

所以最重要的，是要做到自己的言語、行為跟德行能不让父母操心，這個最重要。

It is most important that our speech, conduct, and virtues do not cause any worries to our parents.

假如我們面對工作、面對家庭沒有辦法處理好，縱使每天打三通電話給你媽媽，你媽媽會放心嗎？

Had we not been able to deal with things properly at work and at home, even if we called our parents three times a day, would they be at ease?

所以我們學習要抓住每一句教誨的本質，好好去落實。

So, we should grasp the essence of every single teaching of the sages and seriously apply them in our daily lives.

所以「晨則省，昏則定」。

This is about 'greeting our parents twice a day'.

## **Tell Parents When Going Out and See Them in Person When Returning Home**

下一句是：【出必告。反必面。】

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

要出門的時候要跟父母講我們要去哪裡，

When we are going out, we must tell parents where we are going.

回來的時候也要跟父母報告，已經回來了。

Upon returning home, we should also let them know that we are back.

其實孩子這些習慣都很重要，不要小看每個細節。

These habits are very important. Do not take these small things in daily life lightly!

當孩子懂得晨昏定省，他每一句對父母的問候，都在提升父子之間的情誼；

When children can greet their parents twice a day, each single greeting will further strengthen the bond with their parents.

每一個『出必告，反必面』都是在讓他了解，我所有的行為都不應該增加父母的擔憂。

When children are taught to inform their parents when they go out or return home, they will come to a realization that each of their actions must never give worries to their parents.

曾經有個學生，他下完課以後，回到家完全都沒有跟家裡的人打招呼，馬上就跑進書房去打電動玩具。

A student of mine once went straight to his room to play computer games without telling his parents that he was back.

過了一個多小時，他的母親以為他沒有回家，

Over an hour later, his mother thought that he had not come home yet.

就打到學校來，說有沒有被老師留在學校？

She then called the school office to find out if her son was required by the teacher to stay at school.

打來的時候，我一接，都已經下課一個多小時，怎麼可能還沒回家？

I happened to answer the call and wondered how could it be possible that he was not home since the school finished over an hour ago.

他媽媽很緊張，就說要不要報警？

His mother was very nervous and asked, "Should I call the police?"

我說先不要，你在家裡面再仔細找一找。

I said, "Not yet, check every corner of your house first."

後來一看，窩在那裡打電動玩具，讓父母多操了很多心。

In the end, she found her son playing computer games in his room. You see, not telling parents that we are back can indeed cause them much worry.

所以，一個好的習慣一定要養成。

So, it is important to form the good habit of informing parents upon returning home.

### **Tell Your Spouse When Going Out and Returning Home**

除了對父母要「出必告，反必面」，

Apart from telling our parents whenever we go out and return home,

對家裡人，比方說對太太，要不要出必告，反必面？

should we also do the same with other members of our family, such as the spouse?

要！對於關心我們的人，我們都應該讓他安心才對！

Of course! To people who care about us, we should let them rest assured.

這應該是做人應該互相體諒。

We must tell our spouse where we are going,

所以，要去哪裡要跟太太講。

because to be considerate is the principle to build a good interrelationships with others.

但是現在夫妻之間有沒有這麼真誠、坦誠？

However, is there such honesty and sincerity between husbands and wives today?

假如夫妻之間不坦誠，還要遮遮掩掩，這樣幾十年相處下來會非常辛苦。

If a husband and a wife could not be frank to each other and always hide many things, they would feel very tired after decades of being together.

持家有個很重要的原則，就是沒有秘密，

There is a very important principle for regulating a family, and that is having no secrets among family members.

相處起來真誠，互相包容，非常的輕鬆自在，

When they are able to interact with sincerity, honesty, and inclusiveness, they are bound to lead a joyful and easy life.

所以去哪裡要跟太太講。

So, husbands should always tell their wives where they are going.

然後當我們確定不回家吃飯，一定要提早告訴太太，

For example, if you cannot go home for lunch, you must tell your wife beforehand.

你不要說已經決定不吃飯，十二點才打回來，太太都已經幫你準備好了。

It would be too late if you called her at twelve noon because she would have already prepared the lunch for you.

我們不能糟蹋別人對我們的付出跟關懷，我們應該珍惜，應該體諒。

We must not let other people's effort and care be in vain. We should cherish them and be considerate.

所以，也應該提早打電話回來，告訴媽媽，或者告訴太太，告訴家裡的人，讓他們不要白忙一場。

We must call our mother or spouse in advance, so that their efforts would not be in vain.

當親人之間都能互相體諒，那就家和萬事興。

If all members in the family can be considerate to one another, the family will then be in harmony and be prosperous in myriad aspects.

### **Tell Your Colleagues When You Must Go Out of the Office**

除了在家裡要出必告，反必面，我們在工作，在公司裡面，其實也應該出必告，反必面。

In addition to practicing such good habits at home, we should also do so at work.

比方說，你臨時有事要出去處理，

For instance, you need to go out and deal with something during working hours,

假如你沒有告訴其他的人，

you should tell your colleagues where you are going and for how long.

到時候臨時有一件事一定要問你，人家又不知道你去哪，那會怎麼樣？

Otherwise, what would happen in case they need to ask something that you are in charge of, yet no one knows where you are?

大家會非常的焦急，

It will cause great worries to everyone.

長官對你也會頗有怨言，到時候對你就覺得不大信任，做事不穩健。

Your leader may also blame you for being imprudent, further decreasing his trust in you.

所以我們懂得，「我現在要去哪兒，二十分鐘以後就回來」，

So, we should always remember to tell our colleagues when we have to go out, for how long, and give them our cell number in case of emergency.

還是說「我現在要去辦事情，假如臨時有事要我處理，趕快打我的行動電話」。

And we must remember to check if our cell phone is on at this time,

這個時候你可要把行動電話打開，不然到時候又關機，人家又找不到你，氣氛就很不好。

because it will also lead to much embarrassment if they cannot get in touch with us.

所以，「出必告，反必面」就是讓我們很敏銳的了解到，讓身旁周遭的人，不要因為不知道我們去哪裡而焦急。

In conclusion, informing others when we go out and return is to raise our sensitivity to avoid making others worry about us.

然後我們也常常體會，我們的一言一行是否有造成別人的負擔，

We should constantly observe if we add burden to others with our speech and actions, 從這裡去用心、去用功。

and make more effort on this point.

## Maintain a Daily Routine and Persist with Aspiration

【居有常。業無變。】

The next line, "I should maintain a daily routine and persist with my aspiration."

這個『居』，我們可以在幾個角度當中去看。『居有常，業無變』，在學業，學生時代是學業；出社會，是事業；結婚了，有家業。

Let's analyze this teaching in the following aspects: our learning as a student, our career when starting work, and our family after married.

無規則不成方圓，

As a proverb goes, "Nothing can be accomplished without norms or standards."

所以你的生活要很有規律，你的學業、你的事業、你的家業才能夠經營得當。

In the context of living, it means that we should lead a routine and disciplined life in order to manage our study, career, and family properly.

我們來看一下，現在的學生、孩子有沒有「居有常」？

Let's take a look at the children today, do they maintain a routine life?

常常遇到禮拜五放假了，開始很放縱，有的看電視看到半夜，還有的去跳舞跳通宵。

They often become dissolute on Fridays and holidays; indulging themselves in TV, games until midnight. Some of them would dance through the night.

隔天禮拜六、禮拜天拿來做什麼？睡覺。睡了，補得回來還好，補不回來，身體一點一滴在耗損。

What do they do over the weekend? Sleep! They sleep throughout the weekend in order to rejuvenate from the fatigue. It would be fine if they can make up the lost energy; if not, their health would gradually deteriorate.

我們為人父母看到孩子這樣的行為，應該怎麼樣？

As parents, what should we do upon seeing children doing this?

不可以放縱，要及早修正。

We must not allow them to indulge themselves, it should be rectified as soon as possible.

應該是他從小的時候，就不應該在禮拜五晚上讓他肆無忌憚的去看電視。

While children are still young, parents must not allow them to stay up late on Friday nights.

因為你只要開了一個先例，有一就有二，無三不成禮。

Once there is a precedent, there will be a second, third, and more.

## Indulging in Materialism Will Sabotage One's Aspiration

我們要清楚，一個人的壞習慣一養成就很難戒掉，

We must clearly understand, it is very difficult to get rid of a bad habit once it is formed.

所謂「玩物喪志」。

As the ancients said, "Indulging in materialism will sabotage one's aspiration."

更何況現在的孩子都沒有志向,

What is worse is that most children today do not have aspiration.

那他在玩物就真正「欲令智迷」,

When they overindulge themselves, the pleasure will definitely increase their desires and befuddle their minds;

真正都沈溺在這個玩樂當中, 不能自拔。

as a result, they will be inextricably bogged down in sensuous pleasures.

所以現在我們看到很多報紙上, 一些學生因為上網都上到半夜,

We have seen many reports that some students surf the internet till midnight.

衍生出哪些問題?

What problems are derived?

我們在這個時代當中, 為人長輩要特別謹慎,

In today's era, we, as elders, must be extremely cautious;

因為很多高科技的東西, 我們是未蒙其利先受其害。

because many of the high-tech inventions now may do us great harm before we benefit from them.

我們看學生這麼早就接觸網路, 請問學生研究學問的精神提升了嗎?

Students nowadays started using the internet in their early lives, has their ability of seeking knowledge and wisdom improved?

他們的道德、學問提升了嗎?

Have their virtues and wisdom grown?

沒有。因為孩子的定性還不夠, 你又沒有去關心他上網的情況,

No! Since children have not yet developed enough ability to discern right from wrong,

往往可能會交到一些不好的網友。

plus parents do not monitor what they read and watch online, they are very likely to befriend some bad internet users.

他又沒有判斷力, 又沒有理智, 因為沒學過經典,

For the reason of having never learned sages' teachings, they lack good judgement and rationality,

所以網友給他幾句甜言蜜語, 他可能就誤入歧途,

thus easily be hoaxed by the sweet talk of some bad internet users and go astray.

人生很有可能一失足成千古恨。

As the ancients said, "In life, one erroneous step may lead to our misery of thousands of years."

當孩子真正遇到犯的過失很難彌補的時候, 那將是父母一生的遺憾,

When a child commits a serious mistake that can hardly be rectified, his parents will regret for the rest of their lives.

所以不可不謹慎。

Therefore, we must be extremely vigilant with this matter.

### **Be Vigilant and Make Sure Children Do Not Form Bad Habits**

還有一位山東的大學生, 半夜常常打電玩, 都是打那個殺來殺去的,

There was a college student from Shandong who often played violent online games till midnight.

結果打到最後腦神經異常, 常常都會感覺到很多人要殺他。

Consequently, he suffered from mental problems and often felt that many people wanted to kill him.

他就把這個情況告訴他的老師, 他的老師聽完, 覺得不對勁, 趕快通知他的父母。

He told his teacher about it. The teacher realized that there was something wrong with him, and immediately notified his parents.

他父母趕過來要接他,

His parents immediately rushed over and wanted to take him home.

但是還沒接到, 這個學生已經在街頭拿著刀砍傷很多人, 其中有幾位已經致命了。

But this student had gone out to the street and injured many passersby with a knife even before the parents arrived at the campus; some of the victims were killed on the spot.

所以你看, 玩物喪志, 這一錯, 人生就毀了。

This is a grave example of ruining one's aspiration because of leading a dissolute life. Just one offence has ruined his entire life.

所以諸位家長, 要讓孩子的學業上軌道, 要讓生活有規律, 要有固定的讀書習慣。

Dear parents, if we would like our children's learning to be on the right track, we must ensure that they lead a routine life and develop the good habits of studying.

很多家長又想: 很難! 現在孩子這麼愛玩。

Many parents may think that it is very difficult to do so since children today like playing more than studying.

我們好像都會往壞的地方去想，你都往壞的想，當然孩子就被你心想事成。

It seems that we are inclined to harboring negative thinkings. If we think negatively, a negative result would probably ensue.

### **When We Have Good Habits Our Children Will Follow Our Example**

我回想我跟我兩個姐姐從小不看電視，

In my memory, neither my two older sisters nor I watched TV when we were young.

那個時候電視也很方便，但是為什麼我們不看電視？

TV was very common at that time, but why didn't we watch TV?

我的父母從來沒有說，「你不要看電視」；

My parents never said to us, "You must not watch TV."

他們是只要晚餐吃完飯，兩個夫妻就到房間裡看書。

They would always head to their room to read books after dinner.

那時候我年紀還小，打開父母的房間一看，父母在看書，年紀這麼小，敢不敢坐在電視機前面大搖大擺的看電視？

I was still young at that time. When I opened their door and saw them reading, would I dare to sit in the living room and watch TV?

敢不敢？不敢！所以很自然的就自己、兩個姐姐，我們三個人就一起上樓去看書。

Would I dare? Of course I wouldn't dare. Naturally, my sisters and I would go upstairs to read books.

所以我記得在初中、高中時代，我母親上樓來，不是叫我們看書，都是叫我們「去睡覺了，不要再念了」。

I remember in our junior and senior high school years, my mother usually came to our room to remind us to sleep instead of nagging us to study.

所以，習慣成自然。

As a saying goes, "Habits become second nature."

其實教育孩子，沒有想像中這麼困難，最重要的要以身作則。

So, educating children is indeed not as difficult as we imagined. Most importantly, we must lead by example.

父母對學習居有常，孩子也起而效法。

When parents maintain a daily routine of studying, children will naturally follow.

### **Maintain a Regular Routine in Our Career**

面對事業也要「居有常」，

With career, we should also maintain a regular routine.

假如我們工作不穩定，常常換來換去，最擔心的莫過於父母。

If we keep changing our jobs, our parents would be the ones who worry the most.

說到這裡就很慚愧，因為我畢業一、兩年左右就換了將近十個工作，所以在這裡懺悔。

Speaking of this, I feel really guilty because I had changed jobs almost ten times during the first two years after my college graduation. Therefore, I repent to you all here.

但是諸位朋友，你們要體諒我，

But my friends, please forgive me for that.

為什麼我換十個？因為我在摸索，就覺得不知道哪個行業是自己真正想要追求的。

Why did I change ten jobs? It was because I was exploring occupations that I could dedicate my life to.

所以說起來也很可悲，讀書讀了十多年，也不知道人生要往哪裡走。

It sounds quite sad; after studying for over ten years, I still did not know the direction of my life.

我的父親非常好，他抱持著一個態度，他對我說：你好好去摸索，只要在我可以承受的範圍之內，我都支持你。

Fortunately, my father was very supportive. He said, "Go and explore, I will support you so long as it is within my capability."

有這麼好的父親，我就可以大膽去嘗試，

With such a great father, I could go and explore without worries.

當然在這個過程也做了生意，花了他一點小錢。

During that period, I did start a business and had spent a bit of his money.

不過我父親都說：好，就當作你的補習費用。

However, my father said, "Well, we can just regard this as your tuition."

### **An Opportunity in Disguise**

後來因緣際會，我去代課兩個月，教的是一年級的孩子，站起來比我的腰還要低。

Later, predestined conditions came together, I had an opportunity to teach first grade for two months as a substitute teacher. Those children were no higher than my waist.

但是因為也從來沒有人叫我去當老師，我也不知道我適不適合，所以我就很害怕，

With no experience, plus no idea if I was suited for teaching, I was very apprehensive.

我說：你去找別人，不要找我，我從沒想過要當老師。

I said, "Please find someone else, don't ask me; because I've never thought of becoming a teacher."

人生很微妙，常常都會有你意想不到的劇情到你面前來，

Life can be very interesting; there are often unexpected occurrences awaiting us.

這個時候你要穩下心來看看，說不定好緣分就來了。

At this point, we should calm ourselves down because good opportunities are perhaps approaching us.

我把他推掉以後，過一個禮拜，他們又來說，真的找不到代課老師。

A week after I rejected, they came to me again and said that they just could not find anyone else but me.

這個時候我們心裡想，不能拒人於千里之外，所以就咬著牙根去代。

At that moment, I was thinking, "I should not reject people to an unreasonable extent." I gritted my teeth and accepted the job.

結果代了幾天很累，當老師真的累，尤其心理的負擔，每天都希望孩子有成長又安全。

After a few days of teaching, I felt very tired, especially mentally; because the duty of a teacher is to hope and help children improve and stay safe each day.

但是累了幾天，突然很高興，我說我終於找到一個工作是真正對社會有幫助的行業，

But after a few days' fatigue, I suddenly became very happy and felt that I had found a job that is truly beneficial to society.

所以安下心來把那兩個月教完。

Hence, I completely settled down and finished the two-month teaching.

回到家裡，我馬上就去準備考師範院校，後來也很順利就一路這樣走過來。

When I went back home, I immediately started preparing for the exam of a teaching certificate.

Everything went very well after I headed along this way.

### **The Importance of Faith and Aspiration**

當然其中還伴隨著信心，因為我們絕對不是為了收入而來，而是為了教育的使命而來，

Of course, there is faith involved. I did not do it for the income but for the sense of mission in education;

我相信孔夫子、孟夫子冥冥當中會保佑我；

accordingly, I believed Confucius and Mencius would somehow bless me.

而且我又沒交女朋友，很多同學都交女朋友，他們心不專。

Plus, I did not have any girlfriends during those years, I was more focused than many of my classmates who had girlfriends.

人有志向就會把方法都找出來，

Once you have aspirations, you will find the solutions to your problems.

所以那時候在上課的時候，絕對比念初中、高中更用功。

I studied much harder at that time than my junior and senior high school years.

那個時候的目標就是這節課聽完了絕對要統統都會，不能打包回家，

My learning goal at that time was to fully understand every single lesson, instead of taking them home to digest.

所以那時候念書的狀態特別好。真的，志向對一個人特別重要。

So my attitude and spirit of learning was exceptionally good at that time. Honestly, aspiration is utterly important to an individual.

所以也很順利考上了，就一路都在從事教育。

I successfully obtained my certificate and engaged in teaching profession ever since.

由於我自己找到了人生方向，也能夠「居有常，業無變」，

As I have found the direction of my life, I am able to 'lead a routine life and persist with my aspiration'.

所以現在我的父母對我很放心。

My parents are now able to set their minds at rest.

### Feeling Our Parents' Worrying From a Distance

我在海口做了四個多月，剛好去年過年我回家，

In the year after I had taught over four months in Haikou, I returned home for Chinese New Year.

一進門我就跟我母親講，我說：母親，你的修行很不錯。

As soon as I entered the house, I said to my mother, "Mother, your cultivation is pretty good."

我媽媽聽了楞住了：你在說什麼？

My mother was a bit stunned and asked, "What are you talking about?"

我說我這四個多月工作，心裡面都沒有擔憂，都很積極努力，代表這四個多月妳在家裡都沒有操心，都沒有擔心我，讓我無後顧之憂。

I explained, "Well, I didn't feel worried at all and worked very hard in the past four months. It means that you didn't worry about me and it gave me peace of mind at work."

其實，父母對我們的擔心，我們能不能收到？

In fact, when our parents worry about us, can we feel it from a distance?

收得到。假如我們收不到，是代表我們對父母的這分關懷心不夠。

Yes, we can. If we cannot, it shows that we have not cared enough for our parents.

古代孔子的學生曾參，他有一次上山砍柴，剛好家裡來了從遠方的朋友。

In ancient times, a student of Confucius, Zeng Shen, was out in the forest cutting and collecting firewood. A friend of his happened to visit him from afar.

他母親一想，人家打那麼老遠過來，假如還讓人家等，甚至沒見到，這樣就很失禮。

His mother thought that it would be very impolite to keep the friend waiting, or even missed to see him.

但是曾參又不知何時回來，

but she had no idea when Zeng Shen would be back.

所以他母親拿著針往自己的手扎一下，曾參在山上馬上覺得心很絞痛，一定是家裡有事，馬上快步回家。

His mother then pricked her own finger with a needle. Zeng Shen immediately felt a sharp pain in his heart and knew there must be something happening at home. He rushed back home.

一看到媽媽，跪下來：母親，有什麼事嗎？妳好嗎？

As soon as he saw his mother, he knelt down and asked, "Mother, is everything all right, are you ok?"

他母親才跟他說，因為有朋友來找，情急之下，才戳了自己，用針戳了一下手。

His mother told him about his friends' visit, she pricked herself with needle under the moment of not knowing what to do.

所以諸位朋友，母子確確實實連心。

Dear friends, a mother's mind and that of her child are truly connected.

我剛好海口那段時間，有一天半夜十二點，剛躺床上，突然覺得心臟不舒服。

During my days in Haikou, there was one time at midnight when my heart suddenly felt very uncomfortable;

因為我沒心臟病，所以說怪怪的，

with no history of heart problems, I was worried that something must have happened to my mother.

可是已經半夜了，打電話回家不方便，所以就隔天才打回去。

But it was already midnight, and it was inappropriate for me to call home at that hour.

結果隔天打回家，我媽媽說昨天半夜，她本來是要去吃就是可以讓自己睡得比較好的藥，結果吃成血管擴充劑，所以半夜很不舒服。

So, I called her the following day. She told me that the previous night, she had wanted to take a sleeping pill, but mistakenly took a vasodilator instead. That was why she felt very uncomfortable at midnight.

所以，我們當兒子的確確實實可以感受到。

You see, we as children can truly sense our parents' feelings.

### Improperly Educated Children Will Disgrace Their Parents and Ancestors

我們的學業、我們的事業要讓父母安心，

We must let parents rest assured with our learning, career, and family.

還有我們的家業，夫妻相處和樂，父母放心，下一代能夠教育好，也讓父母放心。

When we get along with our spouse, our parents will then have peace of mind. When we educate our children well, our parents will have peace of mind as well.

孟子有說，「不孝有三，無後為大」，

Mencius said, "There are three unfilial acts, no posterity is the greatest."

諸位朋友，什麼叫「無後為大」？生了個兒子就是有後了嗎？解得太淺了。

My friends, what does it mean 'no posterity is the greatest'? Does it mean 'giving birth to a son' as having posterity? This interpretation is too superficial.

假如生了個敗家子，爺爺奶奶覺得不如不生，還被氣得可能都半死。

If a family has produced a prodigal, his grandparents will probably be so disappointed and think that it is better without posterity.

「無後為大」更深入的意思是沒有教育好他，讓他丟了父母、丟了祖宗的臉，那真是「無後為大」。

So, the deeper implication of 'no posterity' is that children who are not educated properly will disgrace their parents as well as their ancestors; This is the true meaning of 'no posterity'!

所以，要讓父母能夠對我們的家庭放心，我們確實要好好長智慧，跟太太相處能融洽；

Therefore, in order to give our parents peace of mind, we must develop our wisdom and form a harmonious relationship with our spouses.

只要夫妻融洽，孩子應該都可以教得好。

When the husband and wife are in harmony, their children should be able to be educated properly.

### **Only Look at Your Spouse's Strengths, Not Their Shortcomings**

夫妻相處怎麼融洽？

But how do we develop a harmonious relationship between husband and wife?

現在不爭的事實，離婚率很高。

The indisputable fact nowadays is a rather high divorce rate.

我記得我第一次在海口，跟一群朋友坐下來，

I remember having a meal with some of my friends in Haikou.

然後在吃飯的過程，我了解到同桌有四位女性，三個已經離婚了，還有一個，孩子才一歲多，準備離婚。

During the conversation, I realized that three out of four female friends at the same table were divorced. The fourth, whose child was just over one-year-old, was preparing for a divorce.

諸位朋友，看到這樣的情景怎麼辦？

My friends, what should we do in such a situation?

我們實在不忍心看到又有一個孩子，因為他父母離異而造成他人生的遺憾。

I just could not bear to see yet another child having lifetime regrets due to his parents' divorce.

所以就找機會，想要談談這個夫妻相處，

So, I tried to find a right opportunity to talk to her about the way of establishing a harmonious husband-wife relationship,

希望能夠力挽狂瀾，把她要離婚的念頭扭轉過來。

in the hope of turning the turbulence and change her mind of divorce.

結果邊吃，我就話鋒一轉，我說：夫妻相處只要守住一句箴言，保證夫妻白頭偕老。

While we were eating, I suddenly switched the topic of the conversation. I said, "So long as abiding by one maxim, it is guaranteed that a couple can live to old age in conjugal bliss.

我們講話的時候要有信心，

We must have confidence when saying it.

結果我這個同事眼睛馬上瞪得很大，耳朵都豎起來，靜靜要聽我講。

As a result, this friend instantly showed a great interest with all ears and was waiting for me to continue.

我說：從結婚到老，只看對方的優點，不看對方的缺點。

I said, "From the day a couple gets married till their old age, they should only look at their spouse's strengths, not their shortcomings." "Only see their strengths, not their shortcomings."

我講完以後，這位女士眉頭深鎖，有沒有看過眉頭深鎖？有的還可以把蒼蠅夾死。

After I finished my words, this lady frowned deeply. Have you ever seen a person frown so deeply that it can squeeze a fly to death?

她說了一句話：蔡老師，好難！

Then she said, "Teacher Tsai, it is just too hard!"

諸位朋友，難不難？

Dear friends, is it difficult?

欣賞別人，欣賞太太、先生這麼難？

Is it really that difficult to appreciate the strength of our spouses?

有一次我在珠海演講，我剛講完「只看對方優點」，講完以後，那位太太就說：蔡老師，沒有優點！  
I once gave lectures in Zhuhai. As soon as I said 'only look at your spouse's strengths', a lady in the audience called out, "Teacher Tsai, my husband has no strengths at all."

我接著跟那個女士說：我真是佩服你，你先生完全沒有優點，你還敢嫁給他？

I responded, "Wow, I truly admire you. You knew your husband had no strengths at all, but you still had the courage to marry him."

所以你看，人都很健忘，都情緒用事。

You see, people can be very forgetful and easily become irrational.

### One Thought: What Can I Do for You?

我就引導他們，我說你們回到當初夫妻在相戀的時候，在談戀愛的時候，你有沒有聽過哪個人他說他在熱戀，然後說「我好痛苦」！有沒有？

I ask them to return to the past when they were falling in love with their spouses. Have you ever heard them saying 'I feel extremely miserable'?

不可能！為什麼在熱戀的時候，能夠「情人眼裡出西施」？這句話的味道你不就抓到了！

Impossible! On the contrary, they conduct themselves as in the saying 'Beauty is in the eye of the beholder'? Why? Can you grasp the implication of this saying?

因為都看對方優點。

It is because they always see the strengths of their beloved ones.

而且時時都想著我能替他做些什麼，

In addition, they would always think of 'what can I do for him/her'.

打開報紙，眼睛一直看，哪部電影特別好，哪個地方又有書展，又有什麼活動，可以帶著女朋友一起去玩。

When a boy is in love, he would particularly keep an eye on good movies, book fairs, or other activities in order to take her on outings.

那段時間上班，一看怎麼才四點半？怎麼時間過那麼慢？五點要跟我女朋友共進晚餐。

When at work, he may keep looking at his watch and feel that the time passes by so slowly; because he is anxious to meet his girlfriend at five o'clock.

所以，那個時候只有一個念頭：我能為對方做什麼。

At the time of falling in love, they would only have one thought: what can I do for her/him?

這樣的態度就符合我們昨天說的哪個字？

This kind of attitude conforms to which word we mentioned yesterday?

愛！用心感受對方的需要，當對方是這樣對待你，你當然內心會非常喜悅。

Love: using the heart to feel the needs of others. When he/she treats you this way, you will certainly feel very joyful.

好，這是在熱戀的時候，我能為對方做什麼。

This thought of 'what can I do for her/him' was during the time of being passionately in love,

當結婚了，結婚證書一蓋下去，念頭變了，

yet their minds have changed after the marriage certificate was stamped;

本來是「我能為對方做什麼」，那個章蓋下去以後，就變成「他應該替我做什麼」，就處處要求。

originally it was 'what can I do for her/him', it became 'what should he/she do for me' after the certificate was stamped. Thus, they make endless demands on their spouses.

所以結完婚之後，就壓力比較大。相處久了，就會有些摩擦產生了，

So, there will be more pressure after the marriage. And there will be some conflicts after being together for a while.

慢慢就不懂得感謝對方付出，不懂得互相包容、寬恕。

Gradually, they would no longer be grateful for their spouse's efforts and no longer willing to tolerate and forgive each other.

所以諸位朋友，一念之差，從哪裡到哪裡？

My friends, just one thought brings a huge difference, where does it bring you to?

從天堂到地獄去了。所以，天堂跟地獄不複雜，只在一念之間。

From heaven to hell! So, heaven and hell are not complicated at all, it simply depends on 'one thought' in our mind.

### The Difference Between Heaven and Hell is a Single Thought

有個人剛好有個機緣遇到小天使，小天使跟他說，我帶你去看天堂跟地獄，你要先看天堂還是地獄？

There was a man who once met an angel, and the angel said to him, "I'll give you a tour of heaven and hell. Which one would you like to visit first?"

這位朋友說，我先看地獄。

The man said, "I'd like to see hell first."

結果到了地獄，看到有一排長長的桌子，差不多一公尺寬，

When arriving at hell, they saw a long table about one meter wide.

有兩排的人對坐，然後兩個長行都坐滿了人，中間擺了很多菜。

Two rows of people were sitting at the table opposite each other. In the middle of the table, there were many dishes.

結果一喊開動，因為他們的筷子都是一公尺長，一喊開動，每個人想到誰？想到自己肚子餓，菜夾起來猛往自己的嘴巴塞。

As long as they were allowed to start the meal, they thought of only themselves due to their hunger, but they were unable to get food into their mouths and were struggling for it, because their chopsticks were one-meter-long.

結果因為筷子太長了，都在中途兩邊打起架來，然後沒有夾起來，很生氣又罵對方，愈罵愈凶，菜都掉滿地。

Subsequently, people of both sides started to fight. They yelled and fought with each other, causing all the dishes to eventually fall all over the floor.

他們活在哪裡？地獄！都是互相指責，互相謾罵。

Where do they live? Hell! A place where people blame and yell at each other.

這個人看了內心很難受，說：我不看了，我要看天堂。

Having seen it, the man felt very uncomfortable and said, "I can't bear to see this anymore, I would like to see heaven please."

結果小天使帶他去天堂，一看桌子還是那一排長桌子，筷子還是這麼長，菜還是那些菜，

So, the angel took him to visit heaven. Surprisingly, there was also a long table and each person was also holding a pair of one-meter-long chopsticks,

他就很納悶，靜靜看下去。

and the dishes served were the same as well.

結果喊開動，所有的人拿起筷子，不慌不忙，一夾起菜來先放在對方的嘴巴裡，幫對方夾菜。

The man felt very puzzled but quietly observed. When the order of 'you may start' was given, each of them politely fed food to the other person's mouth instead of their own.

有一個人人緣特別好，突然之間有三個人夾過來給他，他說：慢一點，我快要噎著了。

One of them was very popular; three people sent food to his mouth at the same time. He said, "Wait a minute, I am about to choke."

所以你看，當每個人處處為對方著想，那一口菜吃下去，不只肚子飽，還有什麼飽？情緒也很歡喜。

You see, when everyone was thoughtful of others, they not only had enough food to fill their stomach but they were also very happy.

這個故事就流露出來，天堂跟地獄只在一念之間。

This story clearly reveals that heaven and hell only lies on one thought of our own.

## Thinking of Others Leads You to Heaven

剛好我曾經到海口的鄉下去演講，那場演講很有意思，還要帶翻譯。因為當地是海南人，他們講海南話，我就聽不懂，

Once, I gave talks in a rural town of Haikou. It was a very interesting experience because I needed an interpreter due to the local people only speaking Hainanese. I could not understand their dialect.

所以他們的鎮長跟副鎮長都一起來參加，這樣的父母官也非常難得。

The mayor and vice mayor both participated; officers like this, leading by example to learn sages' teachings, are quite remarkable.

這個鎮長聽完我講的，然後就翻譯給他們聽，所以我講的笑話都要繞過去，然後他們才會笑。

After listening to what I said, the mayor then translated to the audience. Even my jokes were making a circle before the audience burst into laughter.

剛好也講到這個天堂跟地獄的故事，當天晚上，因為七點多還有一場是對他們鄉裡面的一個小學演講。

That day I happened to share with them this story of heaven and hell. In the evening at about seven o'clock, I had another lecture at a primary school.

晚上鎮長、副鎮長陪我們吃飯，結果鎮長跟副鎮長就一直夾菜到我們的碗裡面，

Before the lecture, the mayor and vice mayor took us out for dinner; both of them kept filling our bowls with food.

我們旁邊一位李老師馬上就說：我們來到天堂了！

My colleague, Ms. Li, immediately said, "Well, we are now in heaven!"

所以你看，當我們都能夠學到這些做人處事，大家馬上把它用在人與人相處，用在生活，那整個人與人的互動就會非常的愉快。

You see, when we have learned how to interact with others, deal with matters, further apply them to our daily lives, the experiences of our interrelationships with others will be certainly full of joy.

相信諸位朋友，您現在吃飯也會覺得很愉快，因為會聽到有一位我們的同學會說「大家請慢用」；

My friends, I believe that you are having enjoyable meals during these days, because we always hear people politely say, "Please take your time and enjoy your meal."

當別人以禮貌對我們，我們就會很舒服。

When others treat us with courtesy, we will certainly feel comfortable.

諸位朋友，您不要小看這個動作，一個孩子從小就能夠顧慮到他的行為對於別人的影響，

My friends, do not underestimate this action! Think about it, what would happen when a child can be considerate of how his behavior affects others?

比方說，今天假如同事一起吃飯，你吃飽了，馬上一聲不響就走了，給別人什麼印象？

For instance, when having meals with your colleagues, if you left the table without saying anything after finishing your meal, what kind of impression would you leave to others?

旁邊的人說：我剛剛有得罪他嗎？

The person who sat next to you might think, "Did I offend her?"

另外一個同事說：他是不是昨天跟男朋友吵架了？

Another colleague might also comment, "Did she have a row with her boyfriend yesterday?"

所以，禮貌是人與人之間很優美的距離。

So, courtesy is the beautiful distance among people.

我們起來能關懷到別人，「你們慢用，我先離開了」，

When we finish our meals, if we can think of others and say, 'please take your time and enjoy, I'll excuse myself first',

與人就相處得很融洽。

we will certainly form a harmonious relationship with others.

所以從生活的小細節，就能夠讓他時時懂得以禮待人。

From the details of our daily life, we can help our children understand how to interact with others courteously at all times.

### **The Importance of a Simple Greeting Between Spouses**

好，我講完這個故事，最主要就是要告訴大家，其實夫妻相處最重要的還在心態，

The main point of telling this story is to emphasize the importance of our mentality when interacting with our spouses.

當我們常常懂得欣賞對方的優點，對方他也會覺得我應該愈來愈好才是。

When we can recognize and appreciate the strengths of our spouses, they will also feel that they should better themselves day by day.

所以夫妻相處，雖然我沒結婚，不過聽說我最叫座的就談夫妻相處。

I have not married, interestingly, I heard that the most popular topic of my lectures is the husband-wife relationship.

一個人不一定要親身經歷了才有經驗，我們可以多跟別人學習。

Well, we do not necessarily gain experience by undergoing it in person. We can learn a great deal from others.

因為我曾經在楊老師家住了半年，常常看到他們夫妻相處的一些訣竅。

I once stayed at a teacher, Ms. Yang's house, for half a year and have observed some secrets of her harmonious relationship with her husband.

我記得，不管是老師還是師丈，一進門，他們一定會說：我回來了。

I remember whenever Ms Yang or her husband came home, they would habitually say, "I am home." 屋裡面的人不管在忙什麼，一定怎麼樣？放下手邊的工作，走出來：啊！你回來了。

The one in the house, no matter what he/she was doing, would instantly stop, come to the door, and greet the other with, "Ah, you are home."

不要小看這個輕聲的問候，當這個問候不見了，人與人的距離愈來愈遠。

Please do not overlook this seemingly trivial greeting! When such a greeting is absent, the distance between people will gradually become greater.

很多人，家裡的人一進來，頭都怎麼樣？低低的，繼續在那裡看報紙，沒有任何表情。

Many people are so obsessed with what they are doing, showing no expression at all when someone in the family enters the house.

愛的反面不是恨，是冷漠！冷漠比恨還有殺傷性。

The opposite of love is not hatred but indifference. Indifference is more lethal than hatred.

你恨有時候發發脾氣罵一罵，感情還可以交流交流，是不是？

When we have hatred emotion, there is still a communication of our feelings after throwing a tantrum or scolding, right?

但是假如對對方的付出都視若無睹，那種冷漠會讓人寒心。

But, if one party is indifferent to the efforts of the other party, such an attitude would make others feel despair.

### **Kind Words Said to An Apple a Day Keeps Its Wrinkles Away**

我記得有一次我在上課當中，剛好是對小孩上課，有些家長陪同一起在聽。

I remember there was one time that I gave lessons to a group of children, some parents also accompanied their children in the class.

有一位孩子坐在中間，他的爸爸跟媽媽坐在兩旁，剛好我跟孩子提到，我們一個善的念頭，可以讓水結晶的很漂亮。

A child sat in between his parents. In that class, I told children that one wholesome thought of ours can make water form beautiful crystals.

你跟它說「我很感謝你，我很愛你」，那個水結晶很漂亮。

When we say 'thank you', 'I love you' to water, its crystals will become very beautiful.

但是你假如說「我很討厭你，我很恨你」，那個水結晶得很醜陋。

But if we say 'I dislike you, I hate you', the water crystals will become very ugly.

後來我們就拿蘋果來做實驗，一顆蘋果放在前門，一顆蘋果放在後門，前門都是稱讚這個蘋果，後門就是罵那顆蘋果。

Later on, we did an experiment with apples. We placed one apple next to the front door of the classroom and another next to the back door. We praised the one at the front door but scolded the one at the back door.

真理要靠什麼？靠自己印證。

What does the truth rely on? Verification! It relies on in person verification.

結果一個禮拜下來，確確實實前面那個蘋果比較光滑，後面那個蘋果已經有幾條皺紋。

A week later, the apple placed next to the front door looked smoother whereas the one next to the back door already had a few wrinkles.

結果我一個朋友就說：來，這一顆被罵的蘋果給你吃。

A friend of mine said, "Come, you can have the apple that has listened to the scolding."

你要不要吃？那顆吃下去，是不是就把這些罵的言語統統吞進去！

Would you eat it? Does it mean that you swallow all that bad language after you had eaten the apple?

### **Praised Rice Is Tasty Rice**

還有個實驗是拿白米飯做實驗，

We did another experiment with three bowls of cooked rice.

就放三碗白米飯，一碗是稱讚它：就是因為有你，讓我們身體得到營養。

We showed gratitude to the first bowl of rice by saying 'it is because of you that our bodies are nourished.'

第二碗就是罵它：你怎麼這麼難吃！

To the second bowl of rice, we scolded it by saying 'why do you taste so bad'.

第三碗是不理它，都不跟它講話。

To the third bowl of rice, we completely ignored it without saying anything.

結果一個禮拜下來，第一碗飯有點發酵了，香香的；第二碗飯發臭了，黑黑的；

One week later, the first bowl of rice was slightly fermented and smelled good. The second bowl of rice had turned black and gave off a bad smell.

第三碗發臭，而且比第二碗還臭。為什麼？冷漠，你都不理它。

What about the third bowl of rice? It smelled much worse than the second bowl. Why is it so?

Indifference! We had been indifferent to it.

所以諸位朋友，冷戰比較厲害，還是熱戰比較厲害？

My friends, do you think cold war is more destructive or hot war?

熱戰還比較不會得癌症，冷戰很容易得癌症，很辛苦，很痛苦。

Well, hot war is less likely to cause cancer in a person, but cold war is very likely to cause deadly disease because both involved will feel tired and miserable.

### **Gratefully Acknowledge What Others Have Done for Us**

結果我講到這邊，那個孩子的父母坐在他兩旁，這個先生就看看他太太，手還伸過去，拍拍他太太的肩膀，然後看著她。

When I talked to this point, the child's father immediately looked at his wife and stretched his arm to pat her shoulder.

我雖然不知道他講什麼，我從他的眼睛了解到，他說：你看，老師在講你。

I had no idea what he was saying, yet I could tell from his expression that he implied something like 'Look, teacher Tsai is talking about you.

我在講台上替他捏一把冷汗，我就看他太太回過頭來狠狠的瞪了他一眼。

On the podium, I was in a cold sweat for him. Then I saw his wife had turned to him and gave him a ferocious glare.

我在那裡想，我說這個男人實在很不敏感，少一條筋，他都沒有去體會到為什麼太太跟他冷戰？

I was thinking, "Oh my, this man is truly insensitive, lacking nerve." He has not even deliberated why his wife is giving him the silent treatment.

其實女人哪有這麼難相處！

In fact, it is not that difficult to get along with women.

我在想，一定是太太幫他付出一大堆，他連一聲肯定稱讚都沒有，所以這個太太常常生悶氣，悶久了就愈來愈嚴重了。

I was thinking, it must be that his wife had done so much for him, but he had not given her a single acknowledgement or praise; so his wife was often sulking. With prolonged sulking, the cold war between them became increasingly serious.

所以，我們男士要記住一句話，叫「好話一句，做牛做馬都願意」。

Therefore, men must keep this phrase in mind, "Saying nice words can make someone willing to slave for you."

要多肯定太太，

So, husbands should acknowledge their wives' efforts more often.

今天吃菜，吃的時候一定要怎麼樣？這個菜怎麼煮得這麼好吃！這個飯怎麼煮得這麼香！

For example, when having meals at home, a husband should praise his wife's cooking, "The dishes are so delicious, the rice smells so good. How did you cook them?"

你太太說不定又說：我再去給你煮一樣。

Hearing the praise, your wife might even say, "I'll cook one more dish for you."

假如你吃吃吃，吃得都快吃飽了，說：怎麼這麼難吃！你太太可能會給你罷工三天。

In another scenario, the husband, when almost finishing the meal, commented, "How come the dishes taste so awful?" Your wife may strike for three days.

所以，要處處肯定對方。

So, we should always gratefully acknowledge what others have done for us.

### **Nothing Wrong With Adding a Little Humor**

有一次師丈走進門，楊老師過來說：你回來了。

Once, Ms. Yang's husband got back home, she greeted him at the entrance and said, "Ah! You are back."

然後又看到師丈提了一些東西，馬上上前去幫他拿這些東西，然後就對著她先生說：來就來，這麼客氣，還帶那麼多東西。

She saw her husband was holding quite a few bags of things. She immediately helped him take the bags and said, "It's already great to have you visit, but there is no need to bring so many gifts for me."

所以我說夫妻相處、家人相處，還要多一點什麼？幽默感。

You see, the way of getting along with your spouse and family, some sense of humor is very important.

然後要記住，不管先生買什麼東西回來，不可以嫌東嫌西的。

A wife also must remember, whatever your husband brings home, you must not pick on it.

說不定他挑了半天，挑了幾個漂亮的杯子，你馬上，沒有幫他提還不打緊，馬上又說：你怎麼又買一大堆沒有用的東西。

He might have spent a long time to choose those items. It is bad enough for not helping him to bring the items into the house, let alone criticizing him to buy something useless.

他會覺得他的熱忱被一桶冷水澆下去了。

He would feel his enthusiasm doused by a bucket of cold water.

### **Praising One's Spouse Will Bring Out Their Best**

然後常常，因為師丈他的手藝特別好，又會煮飯，又會泡茶，

Ms. Yang's husband is very good at cooking and brewing tea. Based on my observation, I think his acquired skills are probably attributed by Ms. Yang's praises.

我觀察之下，可能都是被楊老師稱讚出來的。那個泡茶一喝下去說：怎麼有人可以把茶泡得這麼香！Whenever Ms Yang drank the tea brewed by her husband, she would say, "How could someone brew tea as aromatic as this?"

有時候切水果，切柳丁，一吃下去說：這個柳丁切得真甜！

When eating fruits served by her husband, she would say, "This orange is so nicely cut, it tastes so sweet."

常常欣賞對方，對方就會愈來愈覺得他很有價值，愈來愈懂得幫你的忙。

You see, the more we acknowledge and appreciate other people's efforts, the more worthy they will feel, thus the more they are willing to help us.

當今天你的先生心血來潮，幫你洗碗，你應該怎麼做？

If today your husband seized by a whim to help you wash the dishes, what should you do?

你走進去：怎麼洗都洗不乾淨！這個時候要按捺你的不悅，

If you found out that he had not washed them clean, you must restrain your negative emotion.

比方說洗了五、六個，說不定就有一個洗得特別乾淨，

For instance, among the six dishes he had washed, perhaps one of them was rather clean.

你就要把那一個拿出去：你看洗得這麼乾淨，我第一次洗碗也沒洗得像你這麼乾淨。

You can take out that particular dish and say to him, "Wow, this dish has been washed very clean.

The first time when I washed dishes, I did not wash them as clean as you did."

你看他下次幫不幫你洗？他下次一定會幫你洗，因為他得到肯定了。

Will he wash dishes for you next time? Surely he will, because he has received your acknowledgement.

所以多一些包容，多一些肯定，夫妻關係會相處的很好。

With a bit more inclusiveness and acknowledgement, a husband and his wife will get along very well.

### **The Four All-Embracing Methods:**

#### **Method One - Giving**

人與人相處，只要你遵守一個好的方法，叫「四攝法」，一定能與人相處的很融洽，這個是人際關係法。

To interact with others, as long as we abide to one very effective way, called the Four All-Embracing Approaches, we will surely get along with others very well. This is the law of interpersonal relationship.

第一個叫「布施」，換做現在的話，叫做多請客、多送禮。

The first approach is 'giving'\*. (\*Sanskrit: dana) In modern terminology, it means often offering others treats or giving gifts.

夫妻之間，假如常常可以餽贈一些小禮物，太太的心中就會覺得，這個先生走到哪兒都會想到我。

If husband and wife often give gifts to each other, they will feel 'my other half always thinks of me no matter where he/she goes'.

所以我們出差的時候，絕對什麼都可以忘，不能忘記幫太太買個小禮物。

When a husband goes on a business trip, he can forget anything but should never forget a little gift for his wife.

你不可以一買就買一個珍珠，這樣會受不了，禮輕情義重。

But of course, buying one pearl is certainly not advisable; it will be too much of a burden financially.

As a proverb goes, "The gift itself may be small, but the good intention is profound.

剛好太太生日了，或者結婚紀念日，就要帶太太去吃個館子。「你煮飯真辛苦，來，我們去吃館子」

If it is your wife's birthday or the wedding anniversary, you should take her out to eat and tell her, "You've been working hard to cook for the whole family. Let's eat out today."

你這分心意會讓她覺得付出很值得。

Your thoughtfulness will make her feel that all her efforts are worthwhile.

## Method Two - Loving Words

第二個是「愛語」，

The second approach is 'loving words'.

就像我們剛剛講的話，多給予對方肯定，多給予對方一些安慰的言語。

As we just mentioned, it refers to 'often giving the words of acknowledgement and comfort to others'.

當然這個「愛語」不見得都是好聽的話，愛是真心關懷對方。

Of course, 'loving words' are not necessarily the words that are pleasant to the ears because love is genuinely caring for others.

我們當太太的要能相夫教子，

As a wife, she must be able to assist her husband as well as educate her children.

所以面對先生有些過失，我們也要給予規勸。

When noticing some faults of her husband, a wife should give him some advice.

當然規勸也要注意態度、注意方法，應該用什麼態度？

Of course she must pay attention to her attitude and the approach she applies. What kind of attitude should she use?

《弟子規》有沒有教？有。所以《弟子規》能不能解決夫妻問題？可以！

Does *Dizigui* teach us how to deal with this situation? Can *Dizigui* help us solve the spousal problems? Yes, it can, for example:

你看「善相勸，德皆建」、

"When we encourage each other to practice goodness, the virtues of both will be established."

「見人善，即思齊」，你都看對方的優點，他就很喜悅。

"When I see the good points of others, I should strive to follow their example." In addition, when we see only the strengths of others they would be very happy.

再來，「恩欲報，怨欲忘」，

Furthermore, "I must repay the kindness of others and let go of the injustice that others inflicted on me."

你時時都想著太太的辛勞，先生的辛勞，那關係一定很好。

When we bear in mind our spouses' efforts, the relationship will naturally be harmonious.

牙齒跟舌頭都會咬到，更何況是夫妻，怎麼可能沒有摩擦？

Our teeth might even bite our own tongue sometimes, how could spousal frictions possibly not exist?

但是你不往心裡去，「怨欲忘」。

Yet we should not bear the faults of our spouses in mind, simply 'let go of the injustice that they inflicted on me'.

所以諸位朋友，不要小看《弟子規》，可以解決你人生各種問題。

My friends, we must not belittle *Dizigui*. It can indeed help us solve all sorts of problems in life.

所以，「愛語」也包含規勸對方。

So, 'loving words' includes giving advice to others.

## Method Three - Beneficial Actions

再來「利行」。

The third approach is 'beneficial actions'.

因為人往往會忘東忘西，我們常常幫對方記住一些重要的事。

People tend to be forgetful, we should always help them remember important matters.

他可能突然會覺得，幸好你幫我記住了，不然可能我到時候不知道要多花多少冤枉的時間跟金錢。

They will realize how lucky they are to have your reminder, otherwise they may have to spend much more time or even money to make it up.

就是時時處處想著如何方便對方，利益對方。

This is about thinking of how to give others convenience and benefits at all times and all places'.

比方說今天先生剛好上班比較晚回來，我們要表達心意，就要把走廊的燈打亮，讓他不會覺得回家烏漆抹黑的。

For example, your husband worked late today, you should be considerate and leave a light on for him, so he will not walk in the dark.

然後在桌上寫一張字條，寫著：我幫你煮了一碗麵，辛苦了，吃完再睡覺。

Then leave a note on the table, "I have cooked a bowl of noodles. Thanks for working hard! Sleep well after eating."

這樣也是「利行」，讓他覺得他工作再辛勞都有一個人陪伴著他。

This is also a 'beneficial action', it enables him to feel that someone is always accompanying him no matter how hard he has to work.

#### Method Four - Comradeship

最後一個，「同事」。

The last approach is 'comradeship'.

夫妻共同有什麼事業？家業。把家庭經營好，把下一代教育好，

What is the shared career of husband and wife? It is their family; to regulate family well and to educate their children properly.

所以夫妻常常能夠就孩子的教育多做溝通；

So, both husband and wife should often communicate on their children's education.

這個問題其實是很多家長覺得比較需要突破的問題。

Regarding this issue, many parents in fact think that they still need to overcome it.

我們在把這些正確觀念跟另外一半講，態度也不能太強勢，

When we want to share some proper concepts to our spouses, we must not be domineering in attitude.

你可不能跟你先生回去之後說：從今天開始，教育孩子你都要聽我的。

When you go home today, please do not say to your spouse, "From today onwards, you must listen to me on how to educate our children."

可不可以這樣？不可以！你不能說：我已經聽過蔡老師講課，以後都聽我的。

Should you do this? No! You should not. You must not say, "I have attended Teacher Tsai's classes, so you must listen to me from now on.

你假如這樣，我以後不敢來了。因為我走在路上，可能會有人過來說：你是不是蔡老師？

If you do so, I will not dare to come here again because I might come across someone in the street asking me, "Are you Teacher Tsai?"

我一定會說「我不是」，因為他已經有殺氣過來。

I would definitely say, "No, I am not!" because I could feel the combative clouds over him.

所以「同事」要建立共同的正確觀念。

So, in order to realize 'comradeship', a common understanding and concepts should be established.

我們可以透過一些像楊老師的帶子、《弟子規》帶子，或者我在講的帶子，慢慢一起建立共識。

Through watching the videos on *Dizigui* together, we can gradually establish the unanimity with our spouses.

這一節課，先上到這邊。謝謝。

This is all for today. Thank you for listening.