

細講弟子規 第十一集

Confucius Teachings On Building A Happy Life (11)

- 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

諸位朋友，大家晚上好！

Hello my friends, good evening to you all.

我們早上講到《弟子規》：

We have learned this phrase in the morning,

【親所好。力為具。親所惡。謹為去。】這一句經文。

"I will make efforts to satisfy what my parents like and what they expect from me, and I will cautiously avoid what they detest."

『親所好』，我們在早上也提到了，父母所愛好的東西，子女會起而效法。

We mentioned this morning that parents' liking will be emulated by children.

當父母所愛好的是非常有價值的人生，孩子他也會立志往這個方向走；

When parents desire a life of great value, children will also set their aspirations in this direction.

假如父母所追求的是虛華的人生，那孩子可能就會耳濡目染受影響。

Conversely, if parents pursue a life of illusive glory, children would be influenced subconsciously as well.

Pursuing True Wealth and Nobility

我們常說人生要追求富貴，什麼是真正的富貴？

We often say that life is about pursuing wealth and nobility (**social status*), but what exactly is wealth and nobility?

我們為人父母、為人長者要清楚認知什麼才是真正的富貴。

As parents and elders in the family, we must be very clear in our understanding of the true wealth and nobility.

什麼是富？這個答案假如問中學生，他會怎麼答？很有錢叫富。

What is wealth? If we posed this question to middle school students, what would their answer be? They would say, "Wealth is having lots of money."

他的答案為什麼這麼標準？誰給他的影響？

Why would they give such a typical answer? Who gave them the influence?

你再問他，什麼叫貴？他會答什麼？當官當得很大叫貴。

You ask them again, "What is nobility?" What would they say? "Holding a very high official rank is nobility."

我們要引導孩子，富絕對不是錢很多叫富。

We must give children the proper guidance; having plenty of money definitely does not mean being wealthy.

比方說他今天假如不知足，縱使錢給他再多他也不會覺得快樂跟滿足；

For example, if one was not content with what he had today, he would not be happy and satisfied no matter how much money you gave him.

一個人真正知足，他內心常常覺得很充裕，知足者才能夠常樂。

A truly content person will always find inner richness. As the saying goes, "He who is content will always be happy"

所以真正的富在知足。

That is why 'being content is the genuine wealth'.

不知道諸位朋友身旁有沒有很有錢的人，他們有沒有覺得他很夠了？

I wonder if there are people around you who are very rich? Do they feel that they have enough money?

有很多就更想要再增加，因為人的欲望只要一打開，就很難收回來，

The more money they have, the more they want to increase their wealth because once a person's desire is unfolded, it would be very difficult for him to pull back.

所謂「欲是深淵」，這個深淵踏下去不見底。

As the saying goes, "Desires are like an abyss." Once you step into it, you will not see its bottom.

所以我們不要追求虛華的人生，應該是追求真實，知足才是真正的富。

So, we must not pursue a life of illusive glory but should seek the truth. Being content is genuine wealth.

而當我們這樣引導孩子，他這一生懂得知足，才不會成為物質的奴隸，才不會崇尚虛華。

When we guide children in this way, they would then appreciate contentment throughout their lives and would not become the slaves of materialism, neither would they advocate illusive glory.

什麼是貴？一般孩子說官做得很大叫貴。

What is nobility? Most children would relate it to officials who hold a very high position.

其實當當官的他拿到這個權位的時候，最重要的是哪件事？

In fact, what should one be most concerned about when given such power and status?

當他有機會當人民的領導人，當員工的領導人，他絕對不是拿著這個權位去壓迫別人，甚至於為自己謀福利。

When one has the opportunity to become a leader to his civilians or employees, he absolutely should not misuse his authority to oppress others or even to seek personal interests.

假如是這樣的長官跟領導人，等他下台以後會有什麼結果？所有的人都很唾棄他。

If he acted in such a manner, what would his consequences be when he steps down from office one day? Everyone would scorn him.

所以貴，我們要求其真正的意義，「人敬則貴」，

So, we must seek the real meaning of nobility. The ancients said, "A well-respected person is noble."

當每個人看到你都心生歡喜，都打從心裡尊敬你、佩服你，那才是實在的貴。

When everyone is delighted to see you and shows their inner respect and admiration for you, that is real nobility.

當我們有機會可以當公司、當政府的領導者，我們應該要提起的不是權勢，應該提起的是本分。

When we have the opportunity to become a leader in a company or in a government office, we must not think of our power but should remember our duties instead.

為人領導者應該更重要的，比方說是一個企業的老闆，我們應當時時念著如何帶領員工走向更好的生活。

More importantly, as the boss of an enterprise for example, we should constantly think of ways to lead our employees towards a better life.

不只是在經濟面要帶領員工，在精神面我們也要跟員工一起成長，

Not only should we lead our employees from the economic aspect, we should also grow with them from spiritual respect.

當你有這個定位的時候，相信你的員工會很尊敬你。

When you have this standpoint, I believe your employees will respect you very much.
當政府的領導人很重要的，因為我們每一個決定影響的層面都非常的大，
A government official is extremely important because every decision he makes has a far-reaching influence.
所以處高位者更應當戰戰兢兢，謹言慎行，因為我們的一言一行所帶動的影響面很大。
Therefore, those in high positions should be even more rigorously vigilant with their speech and actions because their every word and action would have a significant impact.
當我們能處處為下屬、為人民著想，
When we can be considerate of our subordinates and people at all times,
相信當你離開這個位置的時候，他們一定會感你的恩德，對你一樣的愛戴，
I am sure when you leave your position one day, they would still gratefully remember your virtuous kindness and would love and respect you in the same manner.
絕對不會一朝天子一朝臣。
They would never act like your subordinates only when you are in that position.

Truly Wealthy and Noble Examples of the Past and Present

人是不是一定要有權位的時候才能有貴氣？才能會讓人家尊敬？那不見得！
Is it true that only when one has power and status will he gain the temperament of nobility and be respected by others? Not necessarily!
孟子說：「愛人者，人恆愛之；敬人者，人恆敬之。」
Mencius said, "Those who love others will always be loved by others; those who respect others will always be respected by others."
在新加坡有一位許哲女士，今年已經一百零六歲，
There is a senior lady in Singapore named Teresa Hsu Chih who is already 106 years old this year.
她每天只吃一兩餐，她食物方面的欲望很低。
She only eats one or two meals every day; her desire for food is very low.
諸位朋友，這個欲望很低是不是強迫自己忍出來的？不是！
My friends, is her low desire for food a result of forcing herself to endure it? No!
其實人都說一定每天最少要吃三餐，有的還吃四餐、還吃五餐。
People often say that eating at least three meals is a must. Some people even have up to four or five meals a day.
吃飯實在很浪費時間，你有沒有這個感覺？
Have you ever felt that eating meals is actually very time consuming?
人為什麼要吃飯？
But, why do we have to eat?
因為消耗很多能量，所以要吃很多飯。
We have to eat a lot because we waste a lot of energy.
當人的煩惱愈多就需要更多的食物，煩惱愈少，需要的食物就少。
The more afflictions we have, the more food we need to consume; when we have fewer afflictions, the amount of food we need will be less too.
其實許哲女士吃那麼少，那是自然而然的。因為她煩惱很少，
From this point of view, we can infer why Teresa Hsu Chih eats so little, it is actually a natural response because she has very few afflictions.
她不為自己謀私利，她時時只想著如何幫助別人，所以煩惱輕，智慧長，
She never seeks personal interests but would always think of ways to help others; as a result, her afflictions decrease and her wisdom increases daily.
自然而然就不需要那麼多的食物。

Naturally, she does not need much food to sustain her energy.

從許哲女士身上我們也可以體會到，當初顏淵跟孔夫子學習，他是法喜充滿。

From Ms. Hsu's case, we can understand why Yan Yuan was filled with immense joy when he learned from Confucius.

縱使他「一簞食，一瓢飲」，

He led a humble and simple life, 'only eating a bowl of rice and drinking a gourd of water',

一般的人都受不了他這種生活情況，但是「人不堪其憂，回不改其樂」。

which was unbearable for most people, 'yet he never intended to change the joy of this kind of life'.

當一個人的精神層面愈提升，你對於物質的需求自然慢慢就放下，就減少。

When a person's spirituality keeps escalating, he would let go of his material needs naturally and gradually.

許哲女士因為吃少，她穿的衣服，她說她沒有買過衣服，都是從垃圾堆裡面撿的。

In addition to eating very little, she also never bought clothes but picked them from trash bins.

因為她是新加坡人，我在想，縱使她是垃圾桶撿的衣服可能也沒有破洞，可能退了款式，很多人就把它扔掉，

Since she is a Singaporean, I think the clothes that she recovered from trash bins were still in good condition; perhaps the clothes were no longer in fashion, therefore many people trashed them.

她覺得很可惜，把它拿起來穿。

She felt pity for those clothes, so she picked them up to wear.

她穿這些衣服，除了惜物以外（珍惜物品），還有一個很深的含義。

Apart from cherishing things, there is another profound meaning behind her action of wearing those discarded clothes.

因為她一個人照顧幾十位老人家，她都是登門把一些生活用品，吃的、穿的送給他們。

She alone takes care of many elderly people, bringing them daily necessities, groceries, and clothing.

她為什麼要穿這些很便宜、很簡單的衣服？

Why does she wear these cheap and simple clothes?

因為她去探望的都是生活比較貧乏的。假如她身上穿著旗袍很高雅，然後提著一包白米走過去，

Because those elderly that she visits are those from an underprivileged background. If she wore a very elegant cheongsam while carrying a sack of white rice to the elderly,

接受的人一定會覺得很有壓力：我會不會弄髒你的衣服？

they would surely feel very pressured and be afraid of dirtying her beautiful dress.

當她穿得跟他們一樣的時候，就倍感親切。

When her attire is similar to theirs, it would strengthen their bond of cordiality.

所以她走到這些朋友的家裡面，我看到他們看到許哲女士那種歡喜、跳躍的表情，就好像見到自己的親人一樣。

Whenever Ms. Hsu enters those senior citizens' houses, I noticed that they jumped with joy as if seeing their own close-knit family.

所以新加坡尊她為國寶，不只新加坡人尊敬她，世界很多國家也邀請她去演講，對她也是非常非常的尊敬。

That is why she was conferred as 'the National Treasure' by the Singaporeans. Not only do Singaporeans respect her, people around the world also hold her in high esteem and invite her to give speeches.

所以我說許哲女士才是真正的富貴之人，

So, I say that Ms. Hsu is truly a wealthy and noble person.

這樣的富貴會非常有意義，人生也會過得讓自己覺得充實。

This kind of wealth and nobility would be of great meaning and it would lead our life to be a fulfilling one.

當我們好的富貴是這樣的富貴，那你的孩子也會往正確的方向去經營他的人生。

If what we like is this kind of wealth and nobility, our children would then lead their future lives in this

proper direction.

Attaining Inner Peace By Understanding the Principles of Truth

我常常會問家長，你希望你的孩子以後能過什麼樣的生活？

I often ask parents, "What kind of life do you wish your children to have in the future?"

諸位朋友，您說說看，你以後希望孩子過什麼樣的生活？

Dear friends, what kind of life would you wish your children to have in the future?

你們都沒想過，那你們帶隊的人每天往那裡帶？

If you had never deliberated on this matter, then as a leader, to which direction are you guiding your children towards?

有沒有朋友說說看？

Would anyone like to share?

「平安快樂」。好，給這位朋友掌聲鼓勵。

"Stay safe and be happy!" Good! Let's give this friend a big hand.

我們每天想平安快樂，觀世音菩薩，平安快樂，

We wish for safety and happiness, and we pray to Avalokitesvara Bodhisattva every day.

求要如理如法去求，天上不會掉餡餅下來。

However, we should seek it through proper ways in accord with principles because pancakes (*refers to good things, good luck) will not fall upon you from the sky.

我們要快樂，希望孩子快樂，諸位朋友，你快樂嗎？

We wish our children to be happy, but my friends, are you happy?

因為很多朋友回饋就說「我只希望他快樂就好了，也不希望他以後賺多少錢」。

I have encountered many parents who said, "I only wish for my children to be happy and I also do not expect them to earn a lot of money in the future."

我說你的要求聽起來很簡單，事實上做起來很困難，

I said, "Your wish sounds very simple, but in reality, it is rather difficult to fulfill.

因為你自己假如都不快樂，你如何引導孩子去過快樂的生活？

Because, if you are not happy, how could you guide your children to live a happy life?"

什麼才是真正的快樂，你們想清楚了沒有？

What is true happiness? Have you thought this through, and are you clear about this?

「知足常樂」。太好了，掌聲鼓勵！馬上就領會在心裡面。

"He who is content will always be happy." Great indeed! Let's give this friend a big applause! She has grasped the true meaning of happiness.

真的，一個人知足，他與人相交往都懂得感謝別人，

Indeed! A content person would always show his gratitude when interacting with others.

他愈是這樣的態度，朋友跟親戚就特別喜歡他。

The more he applies such an attitude, the more his friends and relatives would be fond of him.

再來，還有什麼是真正的快樂？

What else brings true happiness?

「無牽無掛」，要無憂無慮。

"Without worries." (*Audience replies) Yes, being free from anxiety and worry is a happiness.

確確實實對於人生的道理要很融通，你才能夠達到無憂無慮，

Nevertheless, we must have a thorough comprehension of the truth of life before we can be free from worry and anxiety.

所謂「理得心安」才能無憂無慮。

As a saying goes, "Only when one obtains the principles of the Truth, can he then attain inner peace" and be free from worry and anxiety.

什麼道理？比方說中國有句話叫「兒孫自有兒孫福」，

What is the reason? The Chinese have a saying, "Your descendants would have their own destined blessings."

不該你擔心的，你就不要多操心。

Whatever is not within your power, you should not worry for them.

不是叫你不要管孩子，

I am not telling you not to care for your children.

是在他還沒有成人以前，在他小時候你要先把他的根基扎好了。

What I mean is that you must establish their foundation of virtues while they are still young, meaning before they reach adulthood.

之後因為他已經有德行，自然有他往後的人生因緣，

They would naturally have their own destined affinities later in life due to upholding virtues.

你就不要去操縱他，不然你累他也累！

There is no need for you to worry, otherwise both of you would be tired.

我常常做一個比喻，你就好像教你兒子開車，當他要上方向盤以前，你要把他教好。

I always give this analogy: just like when you teach your son driving, you must first make sure that he has mastered his driving skills before he actually drives a car.

等他已經上了方向盤在開車了，你就不要站在旁邊一直拉他的方向盤，這樣會怎麼樣？

Once he has already started driving, you must not sit next to him and keep grabbing hold of the steering wheel. What would happen if you do so?

車子會晃來晃去，到最後可能「砰」！

The car would swerve uncontrollably and may end up crashing.

所以你要先，比方說要讓你的孩子懂得如何看人，如何選他人生的對象，你要把他教好。

So, you must first teach your children the skills of making judgements and decisions in life such as judging people and choosing a life partner.

等到他已經長大了，你沒教好，到時候他選了一個要結婚論嫁了，你又在那裡阻止，真的就你痛苦，

Wait till he has grown up and chose a life partner under the lack of ability to judge people, it would cause both of you to suffer if you try to intervene in their plan at that time.

他也會痛苦。所以，無憂無慮確確實實要看破世間很多事。

Therefore, we really need to grasp the principles of worldly matters in order to be free from worry and anxiety.

當然這是個很好的境界，我們可以往這裡去追求。

This is definitely a great state of mind, we should try our best to pursue it.

Growing Our Wisdom Allows Us to Grow Our Happiness

好，還有什麼是真正的快樂？

What else is true happiness?

「身體健康」。

Good physical health! (*Audience replied)

身體健康也不能求得來，你對於自己的飲食，還有對於自己的情緒都要有很好的管理才会有健康。

But, good health is something that cannot be sought forcefully; you must be able to take good care of your diet and emotions in order to keep yourself healthy.

中國說「五福臨門」，

The Chinese regard the most fortunate thing in life as "five blessings in a row",

其中一福就是身體康健。

one of which is 'having good health'.

人假如上了年紀身體不好，縱使子孫賢孝可能也不大快樂。

If one's health is compromised at old age, one may not enjoy true happiness even if one's descendants are filial and virtuous.

還有沒有？

Anything else?

「幫助別人」，掌聲鼓勵，

"Helping others!" Let's give this friend a round of applause!

助人為樂！這個很重要。

Helping others brings people happiness! This is very important!

當人處處為自己著想，人生只會活在患得患失中，

When we always think of our own well-being, our life would only revolve around personal gains and losses.

助人為樂！這助人為樂，能不能用講的教孩子？

Helping others will bring us happiness! But can we simply use words to teach our children this principle?

要讓他身體力行去感受。

We must let them experience it by practicing in person.

假如有機會到醫院，你去做義工把他帶在旁邊，

If you have opportunities to be a volunteer at a hospital, you can bring them along.

當你幫助這些病人，病人給予你真誠的感謝，甚至於病人的親人都在感謝你的時候，

When you help the patients and receive the heartfelt gratitude from the patients or even their families,

你的孩子一定會在旁學習，也能夠歡喜去感受到別人的善意。

your children would be there learning and would feel the grateful mind of others as well.

有一個老師，他學了中國文化以後，都拿《弟子規》來教誨他的學生。

There is a teacher who uses *Dizigui* to instruct his students after his learning of traditional Chinese culture.

剛好去年的三八婦女節，

On the International Women's Day, March 8th last year,

他的學生就走到台前來跟他商量，說：老師，我們已經決定，明天三八婦女節要買兩朵花。

his students came up to the front and consulted with him, "Teacher, each of us want to buy two stalks of flowers for tomorrow's Women's Day."

他老師覺得很納悶，他是男老師，他說：你買兩朵花幹什麼？

This teacher felt very puzzled because he is a male. He then asked, "Why do you need to buy two stalks of flowers?"

他就跟老師說：我們全班決定一朵送給全校的女老師，一朵送給自己的媽媽。

They said, "We have agreed to present one of the flowers to every female teacher in school, and the other to our own mother."

老師一聽馬上隨喜功德，「太好了，老師支持你們」。

The teacher instantly took delight in their meritorious deeds and said, "Very good! I support you all!"

你看老師還沒想到，孩子學了以後就很能夠去想到老師曾經教過他們的這些道理，要尊敬老師，要孝順父母。

You see, before the teacher could think about it, the students were already able to practice what they had learned: to respect teachers and be filial to parents.

當天這些孩子拿著花在校園裡面，就把花送給各個年級的女老師。

On that day, these students were seen holding flowers going around the school and presenting the flowers to the female teachers.

有一位男同學回來之後，滿臉笑容，他老師就過來說：你怎麼這麼高興？

One of the boys was grinning from ear to ear when he returned to the classroom, the teacher approached him and asked, "Why are you so happy?"

他就跟他的老師說：當我把花拿給女老師的時候，她的笑容非常燦爛，還跟我說謝謝。

The student replied, "When I presented the flower to a female teacher, she beamed with a smile and thanked me."

老師接著就問他：你在這個時候體會到什麼？

The teacher asked, "What insight have you gained at that moment?"

學生就說：施比受更有福。

The student said, "It is more blessed to give than to receive."

所以，讓孩子去付出，他就會感受到付出的快樂。

By letting children practice giving, it will enable them to experience true happiness.

我們助人為樂，也要從小帶著孩子去體會付出的這些經驗。

When we want children to gain happiness by helping others, we must bring them along to feel the joy of giving while they are young.

這是助人為樂。

This is the elaboration on 'helping others brings people happiness'.

還有沒有？我們已經舉了多少快樂？

Any more? How many happinesses have we mentioned?

知足常樂，助人為樂，還有身體健康，

'He who is content will always be happy', 'Helping others brings people happiness', as well as 'Having good health'.

這個都要努力的，這不是平白來的。

All these are obtained through one's effort and not by coincidence.

還有沒有？無憂無慮。

Anything else? Free from worry and anxiety. (*Audience reply)

你們怎麼這麼想要無憂無慮？無憂無慮要有智慧，所以我們也要不斷提升學問。

Why do you all desire to be free from worry and anxiety? To be free from worry and anxiety requires wisdom, so we must keep improving our wisdom.

再來，吃得下，睡得著，然後大得出來，這個是真的！

More? Being able to eat, sleep, and defecate well. This is very true!

我們看到很多很煩惱的人，或者病重的人，這幾點都做不到。

Many people who are overwhelmed with afflictions or those who are seriously ill are unable to fulfill these points.

我們說吃好睡有福報，現在人要好吃好睡不容易，煩惱的事太多了。

We often say that being able to eat and sleep well is a blessing. It is not easy for people nowadays to have such blessings because too many things have plagued their minds.

所以要吃好睡，首先要煩惱少，首先要智慧長。

So, in order to eat and sleep well, we must first reduce our afflictions and grow our wisdom.

Mencius' Three Sources of Happiness in Life

孟子曾經提到人生有三樂，

Mencius once talked about the 'three sources of happiness in life':

第一樂叫「父母俱存，兄弟無故」；

firstly, both parents are alive and all siblings are well;

第二樂，「仰不愧於天，俯不忤於人」；

secondly, having no guilt when facing heaven and the people;

第三樂，「得天下英才而教之」。

thirdly, acquiring all talented people in the kingdom to educate them.

第一個，我們常說「家有一老，如有一寶」，這是真實的。

Regarding the first one, we often say, "Having an elderly at home is like having a treasure in the family."

This is genuinely true.

我們從小都跟爺爺奶奶一起住，

Since I was a child, we have lived with my grandparents.

假如不跟爺爺奶奶住，當父母的要教孝道，還真不容易教。

Otherwise, it would definitely not be easy for my parents to teach us filial piety.

因為爺爺奶奶一起，父母就能時時關懷自己的父母給他的孩子看，

By living together, parents could easily demonstrate how to care for their own parents at all times to their children.

所以父母能夠讓我們奉養，那是人生最大的福田。

Being able to support and attend to our parents is the greatest field of blessing in life.

而當我們在回饋父母的恩德，你也會覺得人生非常踏實，非常快樂。

As we repay parents' deep kindness, we will also feel that life is fulfilling and full of joy.

所以諸位老師，你們假如現在跟父母住，一定要好好珍惜。

Dear friends, if you are now living with your parents, you must cherish it.

有一次我們一位老師說他常常幫爸爸洗頭，

Once, a teacher told me that she often helps her father wash his hair.

我聽了很羨慕，因為我現在常常不在家裡，想幫爸爸洗個頭都沒機會，所以你們有機會要好好珍惜。

Upon hearing this, I was so envious of her. I also wish to help my father wash his hair, but I do not have the opportunity to do so because I am often not at home now. You should grab and cherish the opportunities when you have them.

「兄弟無故」，兄弟生活、事業都發展很好，也沒有出現意外、死亡的情況，因為兄弟是陪我們人生走最久的親人。

'Siblings are well' refers to their lives and careers being very well developed, without any untoward happening, this makes us happy because siblings are the closest ones who will keep us company for the longest duration in life.

「父母俱存，兄弟無故」，家和萬事就興，所以這是人生第一樂事。

When parents are alive, siblings are well, myriad things will prosper under this harmonious atmosphere, that is why it is the first happiness in life.

人生第二樂，「仰不愧於天，俯不忤於人」。

The second happiness in life is 'having no guilt when facing heaven and the people'.

每天盡心盡力盡自己的本分跟義務，所以活得很踏實，這樣才能夠做到能吃能睡。

When we have made the best effort to carry out our duties and obligations every day, we would then live a fulfilling life thus eat and sleep well.

假如常常做虧心事，又很怕別人看到，遮遮掩掩，這樣的人生絕對不會痛快。

If we often do shameful deeds and are afraid of letting others know, always trying to cover up in a disguised manner, such a life would absolutely not be a pleasant one.

「從前種種譬如昨日死」，

A proverb goes, "Whatever happened in the past should be treated as dead just like yesterday has gone."

以前犯的錯是因為以前沒學《弟子規》，所以不算。

Since we have not learned *Dizigui* in the past, all the past wrongdoings can be excused.

從今天開始要做俯仰無愧，從今天開始自己的行為要盡心盡力，隨順孔老夫子的教誨。

From today onward, we must refrain from any shameful deed, and we must try our best to behave ourselves according to Confucius' teachings.

相信你有這樣的態度，一定會贏得更多人對你的讚歎，對你的尊敬。這是第二樂。

By upholding such an attitude, I believe you will surely be able to earn more people's praise and respect. This is the second happiness in life.

第三樂，「得天下英才而教之」。

The third happiness is 'acquiring all talented people in the kingdom to educate them'.

這一樂是不是只有當老師才有？不是。

Is such happiness only enjoyed by the teachers? No!

假如今天你非常懂得去協助、關懷別人，你懂得助人為樂，

Let's say, today you are so willing to help and care for others because you find true happiness in doing so.

剛好公司裡面有新進的同仁。

It happened that you have a new colleague joining the company.

一個人到一個新的環境，內心比較焦躁不安，

When one arrives at a new environment, one tends to feel more restless and anxious.

這時候你適時伸出援手，讓他熟悉環境，熟悉他的工作，在能力上扶持他。

At this moment, you lend your hand, so that he could get familiar with the new environment and his work.

進一步可能他家裡有些問題，你年齡又稍長他，還可以把一些好的經營家庭的觀念分享給他，

Further, he might be encountering some problems in his family, if you are older, you could also share with him some good concepts on family management.

相信你的付出他一定會很感動。

I am sure he would be very touched by your sincere efforts.

他很有可能會在別人面前說：「我這一生就是遇到了這個好的同事，好的主管，人生才走的這麼樣的順暢。」

He may tell others, "My life is going so smoothly, it is all because of the help of this good colleague or supervisor of mine."

所以，你在這位朋友的心目當中，就像一位老師一樣。

In the eyes of this friend, you are no different from a teacher.

當你身旁有愈多的人對你是這樣的評價，相信你也會覺得這一生沒有白來。

When more people around you appraise you in this way, I believe you would feel that your life is not in vain.

Through History Books in Glory, Let Our Crimson Hearts Shine

人要真正做到「仰不愧於天，俯不忤於人」，最重要的要「敦倫盡分」。

In order to 'have nothing to be ashamed of when facing heaven and man', the foremost is 'to fulfill our ethical duties in every position'.

人生有哪些本分？在這短暫的生命，我們應該扎扎實實去經營一些一生一定要盡的本分。

What kind of duties do we have in life? In this short-lived life, we should fulfill our obligated duties in a down-to-earth manner.

文天祥有一句很有名的名言，

Wen Tian Xiang (*1236-1283AD, a Chinese poet and politician of the Southern Song dynasty, a popular symbol of patriotism and righteousness in China for his refusal to yield to the Yuan dynasty despite being captured and tortured.) had a very famous quote,

叫「人生自古誰無死，留取丹心照汗青」，

"Since time began, to die, who can decline? Through history books in glory, let our crimson hearts shine!"

你看這一句氣魄有沒有跟它相應？「仰不愧於天，俯不忤於人」。

Doesn't the imposing verve of these two sentences correspond with the phrase of 'having no guilt when facing heaven and the people'?

諸位朋友，你們都背過這句話，這句話對你的人生有什麼影響？

My friends, you should have memorized this poem before. What impact has it had on your life?

每一句聖賢的教誨應該都可以促進你人生的圓滿，不然就只是背而已。

Every sages' teaching should have been able to promote the perfection of our life; otherwise, it will merely remain a memorized theory.

Shining a Light on Oneself and Those Around Us

我在高中就讀過這句話，但是沒什麼感覺，

I had learned this poem when I was in high school, but I did not have much feeling for it back then because the teacher told us: 來，這句話要背起來，期中考一定會考。

because the teacher told us, "This poem must be memorized, it will be tested in the midterm."

人生難免一死，在這短暫的人生，應該怎麼樣讓它發光、發熱？

Death is inevitable, in this evanescent life, how should we make our lives glow with vitality?

應該用真誠的心照歷史，照史冊。

We should use our sincere heart to shine a light on history.

照哪一本歷史？你們的慧根怎麼這麼強？一定要先照自己的歷史。

Which history should we shine on? How come your faculty of wisdom is so strong? Yes, we must first shine on our own life history.

我們人生走了幾十年，現在回頭看看，你是滿意還是不滿意？你是欣慰還是惶恐？

We have gone through decades in life, when you look back now, are you satisfied with it or not? Are you gratified or frightened?

都這麼大了，還有很多事沒做。

We are so grown up now, but there are so many things yet to be done.

所以，人首先要對得起自己。

We must first be responsible to ourselves and shine on our own life history.

除了要照自己的歷史，當然你人生的歷史要靠你走出來，你還可以用你的真誠照誰的歷史？照誰的？

Surely, we have to depend on ourselves to walk the path of our own life. Whose life history can we also shine on with our sincere heart? Whose?

你們都沒有發亮，照誰的？周邊的人。

You seem to have not illuminated yourself yet! Shine on whose? The people around us.

我們要「知所先後」，你不要一下子就照到美國去了，旁邊的要先照好。先照家人，

We must follow the teaching of *The Great Learning* (*One of the Four Books in Confucianism) 'to know the proper order of handling things...'. You must not shine your light to U.S. First! We should first take good care of the people around us, shine on our family first.

我們說「百善孝為先」，

We say, "Filial piety is foremost among all virtues."

所以要先用自己的真心去力行孝道，讓你的孝心、孝行寫在父母的人生歷史上，

We must make a determined effort to practice filial piety with our sincere heart, and let our filial deeds be imprinted on our parents' life-history.

讓你的父母面對別人的時候就說「我這輩子養這個兒子真有價值」。

Your parents would proudly tell others, "It is truly worthy to have raised this son in my life."

當母親講出這樣的話，相信她是無比的歡喜。好，照父母的歷史。

When your mother speaks these words, I am sure she is immensely joyful. So, we must illuminate our parents' life history.

再來還要照子女的歷史。

Besides, we must also illuminate our children's life-history.

當我們用我們至誠的父愛、母愛好好的陪孩子一起成長，讓他扎下德行的根基，讓他建立正確的人生觀。

When we use the utmost sincerity of parental love to grow with our children, to help them establish the foundation of virtues and the right perspectives of life,

等到他一出社會跟其他的人一比較起來，他會覺得非常幸運，「我這一生就是有這樣的父母，才讓我有這些正確的觀念」。

one day, when they enter society and compare themselves with the surrounding people, they would feel very fortunate and say, "I have these right perspectives on life, it is all due to the guidance from my good parents."

當子女每每想到有我們這樣的父母，才能成就他的一生，

When children can constantly attribute their success to our kindness of upbringing, 那我們當父母也是用真心在孩子的人生歷史上寫下了你的智慧，你的摯愛。

we have also used our sincerity to write our wisdom and cordial love on their life history.

除了父母，除了子女，還有沒有？兄弟。為什麼老婆都排後面？

other than parents and children, is there anyone else? Siblings (Audience replied). Why are the wives always left behind?

兄弟，兄弟的緣分也是非常難得，

Siblings! Yes, the affinity between siblings is also very hard to come by.

我們兄弟能和睦，其實父母最欣慰、最歡喜。

When siblings live in harmony, parents would be most comforted and joyful.

我的兩個姐姐跟我的感情也非常好，

I have very good relationships with my two older sisters.

我姐姐那時候我決定辭掉公職要去推展聖賢教育，

When I decided to quit my teaching job to promote the sages' teachings,

我的姐姐就告訴我：你安心的去做，每個月我給你固定一萬塊錢支持，你不要有後顧之憂。

my second sister said to me, "Do not worry about your living expenses, I will support you with a fixed amount of NT\$10,000 every month; you just persevere with your endeavor with peace of mind."

我姐姐的真心馬上照遍我的心靈。

My sister's sincerity had immediately illuminated my soul.

當然你們不要關心我有沒有拿那一萬塊，

Of course, you don't have to be concerned about whether or not I accepted the money.

很多朋友聽完就說：蔡老師，你有沒有拿？

After listening to what I said, many friends asked, "Teacher Tsai, did you accept it?"

心意最重要！二姐這一分心會伴隨著我一生都覺得心裡很溫暖，所以我姐姐照了我的汗青。

Well, it is her intention that matters most! My sister's sincerity has kept me warm throughout my life, so she has illuminated my life history.

當然人家這麼支持我，我一定要盡心盡力做。

Since my sister is so supportive, I must go to great lengths in my work.

所以我姐姐，我做了一年多以後，她很高興，她第一天上課還坐在第一排，她說她是家族代表來聽我上課。

After I had been imparting the sages' teachings for a year, she was elated, even sitting in the first row on her first day in my class. She said that she was representing our family to come and listen to my lecture.

然後她就跟我媽媽說，她說：我有這個弟弟真的很高興。

Then she told my mother, "I am so proud and happy to have such a good brother."

所以我也回饋了，用我的真心照姐姐的歷史。

So, I have also reciprocated her kindness by illuminating her life history with my sincerity.

接下來應該排到先生跟太太，

Next in line should be husbands and wives.

先生跟太太是同室，同住一個房間裡面，應該是要最親。

Husband and wife share the same room, so they should be the closest.

怎麼樣照先生的歷史、照太太的歷史？今天下午我們不是講了，怎麼照？

How do we illuminate our spouses' life history? Haven't we talked about it this afternoon? How? 時時能夠看到對方的優點，給他肯定，給他鼓勵，他會激發他的潛能。

Always acknowledge their strengths and give them encouragement, so that they can further develop their potential.

我們也要盡心盡力輔佐對方，比方說讓他工作沒有後顧之憂。

We should also wholeheartedly support them, such as giving them peace of mind at work.

當你的先生跟他的朋友在聊天，你先生說：我就是娶了這個老婆，才讓我的人生有這麼好的發展。

When your husband chitchats with his friends, he would tell them, "My success in life is all because I have married a good wife."

這個時候你就是在你先生的人生歷史上寫下了恩義，寫下了情義；

At this time, you would have imprinted gratitude and comradeship on your husband's life history.

絕對不要說「我就是娶了這個老婆，才開始倒霉」，那就不好。

In contrast, it would not be good if your husband were to say, "I became so unlucky all because of having married this wife."

所以我們要定位清楚，要能夠用真心照亮每個人的心田，每個人的人生。

So, we have to be clear of our position and role; we must be able to illuminate the hearts and lives of everyone with our sincerity.

A Teacher's Kind Action Brings Out a Child's Potential

還要照誰的歷史？

Who else's life history should we illuminate?

一日為師，終身為父。

As the adage goes, "Even being my teacher for only one day, one will be esteemed as my father for life."

所以，我們要讓老師真正覺得教我們這樣的學生很有價值。

We must let our teachers truly feel that it is worthwhile to teach students like us.

最重要的要怎麼樣？依教奉行。

What is most important? To practice conscientiously based on the teachings.

我小學有一位老師，他非常照顧我。

In my primary school days, there was a teacher who cared for me very much.

其實你身旁緣分很深的人，只要你好好用心，都會對他的生命造成很大的影響。

Actually, some people around us have a very deep affinity with us, so long as we do our best, we will have a very far-reaching influence on their lives.

我這位老師，我上五年級的時候剛好是他帶我，

This teacher happened to be my form teacher (*homeroom teacher) when I entered fifth grade 又他就問我媽媽，他說這個孩子怎麼帶？

She asked my mother, "How should I guide your son?"

我媽媽就說：他就是不愛念書。

My mother said, "He really shows no interest in his studies."

你們看得出來我不愛念書嗎？

My friends, can you tell that I used to have no interest in studying?

然後又說：不過很愛面子。

My mother continued, "But he is very sensitive about his reputation."

我們老師說那我心裡有底了。

The teacher then said, "I know what to do with him then."

編班第一天，十二個老師站著，然後所有的學生四年級完了要升五年級，統統站在操場中間。

On the first day of the new school term, all twelve teachers stood in front of students, and all the forth-grade students, who were moving to the fifth grade, were standing in the middle of the playground.

然後就開始「某某一班」，他就跑一班去，「某某二班」，跑二班去，我就跑到七班，五年七班。
The teacher started to announce the class placement of all the students one by one and I was placed in the seventh class.

我們老師帶著我們進教室，然後他就說：蔡禮旭，帶兩個同學去領掃把。

Our form teacher led us into the classroom then said, "Tsai Lixu, bring two classmates to the office and get the brooms."

小學生被老師叫到去服務都很有精神，快步向前跑，然後拿回來。

Primary students are in high spirits when being asked by the teachers to help out; so we quickly went to get the brooms.

「蔡禮旭，你跟五個同學一起去領書本」，我又跟其他同學去領書本。

The teacher said again, "Tsai Lixu, go and get the textbooks with five classmates." So, we went to bring the books back.

把這些該忙的事都忙完了，大家都坐好，

When all the necessary matters had been done, and everyone took their seats.

我們老師就說：來，現在我們選班長，我提名蔡禮旭，其他的你們提名。

The teacher said, "Let's choose the class monitor now. I nominate Tsai Lixu, you can propose other names."

真是很民主，對不對？你們知不知道結果如何？

This is real democracy, isn't it? Do you know what was the outcome?

其他的人也沒認識幾個，就只聽到那個名字，所以我就當上了小學第一次的班長。

As everyone did not know each other well. They only heard my name, so I became the monitor for the first time in primary school.

在小學生的心裡，班長跟品學兼優劃上等號，

In the eyes of primary students, a monitor is someone who excels in both moral character and studies.

所以我們老師不費吹灰之力就把我的成績一把推上去了。

My teacher had effortlessly raised my academic results.

我從那個時候開始名次就沒有低過前三名。

I never ranked below the top three from then on.

Once My Teacher, Forever My Teacher

所以這個老師對我非常的好，對我有知遇之恩。

This teacher was especially kind to me, I feel deeply grateful for her preferential treatment and understanding of me.

後來我考上師範院校，也開始教書了。

Later, I was shortlisted to enter the teachers' training college and began my teaching profession.

我就打電話給我的老師，然後約他一起在「菜根香」吃飯，我們高雄菜根香。

I called and invited her for lunch at a vegetarian restaurant in Kaohsiung, Taiwan.

一坐下來跟老師也聊得很愉快，因為我在繼承老師的志業，也在教書，

After sitting down, we had a great time chatting because I am inheriting her teaching career.

她就把很多他教書的經驗跟我娓娓道來。

She tirelessly shared with me many of her teaching experiences.

在這個交談過程，旁邊的服務員還跑過來，看我們聊得很愉快，就問我說：這位是誰？我說是我的老師。他聽了也很感動。

Seeing us chatting so happily, a waiter came over during our conversation and asked, "May I know who she is?" I told him that she was my former teacher. Hearing this, he was also very touched.

後來因為我在這幾年也接觸了很多聖賢的經典，我也拿了幾本送給我的老師，

Because I have been in touch with the sages' classics those few years, I then presented my teacher with a few books.

結果我老師拿了這些經書以後就對我說，他說今天以後我是不是要喊你學長？

After taking the books, she said, "Should I address you as 'Senior' from now on?"

我馬上跟老師說：一日為師，終身為父，老師就是老師。

I responded right away, "Even being my teacher for only one day, one will be esteemed as my father for life." Once my teacher, forever my teacher.

後來我教了兩年書，之後辭掉工作，又到了大陸推展中國文化，

After being in this profession for two years, I quit my job and went to China to propagate traditional Chinese culture.

我就跟我的老師打了一通電話，跟他報告這一年來做了哪些事。

I called my teacher again and reported to her about my work in the past one year.

我的老師在電話那一頭很高興，他說有你這樣的學生真快樂。

My teacher sounded very happy on the phone and expressed her delight and pride to have a student like me.

我在那個時候體會到，兩種人絕對不會嫉妒你的成就，父母跟老師。

At that moment, I came to realize that there are two types of people who would never be jealous of our success: our parents and our teachers.

所以我們也要用我們的人生好好的奉獻社會，讓我們的師長與有榮焉。

So, we must devote our lives to contribute to society so that our parents and teachers would feel honored because of us.

Master Chin Kung: A Sincere Teacher Worth Emulating

再來，我們都是炎黃子孫，要讓我們這一生能夠繼往開來，

Next, we are all descendants of Emperors Yan and Huang, we must undertake the responsibility to inherit and pass down the sages' teachings.

能夠不愧幾千年中國老祖宗的教誨，

We must not forsake the thousand-years teachings left by our forefathers.

我們把它承傳下來，承先啟後，

We've got to inherit the teachings and pass them on to the next generations.

可不能幾千年的文化就斷在我們手裡，這個罪過可不好算。

The several-thousand-year-old culture should not end in the hands of our generation, or else the sin would be hard to calculate.

當初我們抱持著這樣的態度，希望能夠在現在道德淪喪比較嚴重的情況，趕快推展文化，推展聖賢教誨。

Holding on to such attitude from the beginning, at the current situation of moral decay having worsened, we hoped to be able to promote traditional Chinese culture and the sages' teachings quickly.

那個時候我的父親就說了，他說教育文化這件事情很難做，沒有幾個人做得起來。

At that time, my father told me that teaching traditional culture is a rather difficult task; not many people succeed in accomplishing it.

我就跟我父親講，我說：假如有一萬人去做，只有兩個人成功，請問我們要不要做？

I told my father, "If there were 10,000 people doing it, and only two of them succeeded, should we do it?"

他還有兩個成功，代表會成功！對不對？

Since two people have succeeded in doing it, it shows that there is a chance of success, right?

我們不用去問九千多個人他怎麼失敗。

We need not ask why over 9,000 people failed;

「寧為成功找方法，不願失敗找藉口」，

we would rather find ways to achieve success than giving excuses for failure.

一個人要退縮，可以找到一百個、一千個理由，都還綽綽有餘。

A person who wanted to flinch would find a hundred or even a thousand reasons to do so, and there is no end to it.

但是我們要去的是這兩個人怎麼成功！

But what we should find out is how these two people succeeded!

假如這兩個人成功了，是因為他是萬貫家財，

If these two people succeeded because they were from very wealthy families,

是因為他父母當大官很有權位，那我不去做，因為我都沒有，也確實沒有。

or because their parents were high ranking officials with great power, then I would not pursue this job because I really did not meet these criteria.

假如他們沒有錢也沒有權，做到了，我們要看看他是如何做到的，好好跟他學習。

If they had neither money nor power but had succeeded, we should find out how they made it and seriously learn from them.

我就舉了我自己的老師釋淨空教授，

I then quoted my teacher, Professor Shi Chin Kung ([*All monks and nuns in China receive a last name of 'Shi', referring to entering the family of Shakyamuni Buddha. Master Chin Kung was awarded many honorary PhDs by universities around the world. So, he is often addressed as Professor Shi Chin Kung](#)), as an example.

我說老師他沒有錢，而所有的親人也沒有跟他聚在一起，統統沒有幫助的力量。

I said that my teacher had no money and all his relatives were not staying together with him; there was a complete lack of support.

但是他卻能夠把聖賢的教誨弘揚開來，甚至於是弘揚到全世界去，憑的是什麼？

But he has successfully carried forward the sages' teachings and was even able to propagate the teachings around the world. What did he rely on?

諸位朋友，很多的事其實很單純，都是從一顆「真誠心」出來。

My friends, many things are actually very simple and straightforward; it all comes from an utterly sincere heart.

因為他有真誠恭敬的心，所以當他寫信給很多著名大學教授，

Because my teacher has a sincere and respectful heart, when he wrote letters to many famous university professors,

每個人從他的信當中看得出來他的好學，

every one of them could sense his enthusiasm in learning.

都回信給他說收他當學生。

And they would reply to his letters, telling him that they would accept him as a student.

所以他生命當中有三位好老師，都是由於他的好學，老師特別的關懷他。

He had three good teachers in his life; owing to his keen learning attitude, the teachers treated him with exceptionally good care.

由於真誠，所以得到學問，

Because of sincerity, he has successfully acquired both wisdom and knowledge.

由於有使命感，覺得他這一生能有聖賢教誨，也希望利益更多的人。

Because of his sense of mission, he wishes that more people could benefit from the virtuous teachings since he has benefited from them.

由於這一分心就感得很多人對他的支持跟愛戴，

Due to his sincere intention, many people were inspired to give him support and care.

其實他老人家就是真正把聖賢的經典演出來。

As a matter of fact, my teacher has truly demonstrated to us the sages' teachings by his living example.

Without Sincerity, Nothing Would Work

在《老子》裡面有講到

Lao Zi* said in *Dao De Jing*, (*An ancient Chinese philosopher, the reputed author of the *Dao De Jing*, the founder of philosophical Daoism.)

「天道無親，常與善人」，

“The law of Heaven is impartial, it is always on the side of virtuous people.”

上天絕對沒有說這個跟我比較好，我特別疼愛他，沒有。

Heaven surely would not say, “This person is closer to me, so I should love him more.”

天道的回報都跟隨在善人的身旁，所謂善有善報。

Heaven’s reward will follow virtuous people. As the saying goes, “Virtuous deeds will reap good results.”

《中庸》又講，「誠者，物之終始」，

The Doctrine of the Mean (*One of the Four Books in Confucianism.) also states, “Sincerity should be exercised from the start to the end on everything.”

一件事情的真正成敗在哪裡？就在一個字，「誠」。

What really determines the success or failure of a matter? It all lies in one word, ‘sincerity’.

「誠者，物之終始，不誠，無物」，

“Sincerity should be exercised from the start to the end on everything; without sincerity, nothing would work.”

這兩句話很有味道，用真誠做出來的事，不會因為時空而減少了它的影響性。

These two phrases are very insightful! Works done out of sincerity would not be reduced in their influential nature because of time of time and space differences.

范仲淹很真誠，所以他的人生態度一直影響了幾百年的讀書人。

Fan Zhong Yan (*A prominent scholar and politician in the Song dynasty, known for his famous saying: Be the first to worry about world affairs and the last to enjoy happiness.) was very sincere, his attitude towards life has been influencing scholars for hundreds of years.

相同的，我的老師他用真誠心去付出，去傳遞聖賢教誨，

Likewise, my teacher has been devoting his life to pass on the sages’ teachings with utmost sincerity, 相信他的這一分心也會留在他所有的學生心中。

I am sure his sincerity would remain in the heart of all his students.

所以至誠如神，至誠可以感通，這都是你在當下的人生你可以印證的。

A person with utmost sincerity is similar to deities; such sincerity can invoke blessings and you can prove this in your present life.

而當我們不是真誠的時候，

“Without sincerity, nothing would work.”

「不誠，無物」，意思就是說，你不是用真誠去做的事，往後一定會敗壞下來。

It means that works done out of insincerity are bound to fail in the future.

比方說你對孩子不真誠，這個家鐵定衰敗。

For example, if you treated your children with insincerity, your family would definitely fail one day.

你對你的員工不真誠，縱使你現在還賺了點錢，遲早會垮下來。

If you were not sincere to your employees, even though you still made some money now, your business would collapse sooner or later.

所以你仔細去觀察，要真誠對待家人、對待員工，他的家業跟事業才能長長久久，

If you observe carefully, only by treating family members and employees with sincerity would one's family and career long prevail.

不然保證「富不過三代」。

Otherwise, as a saying goes, "One's wealth would surely not last beyond three generations."

現在這句話要改一下，你們有沒有觀察到，還有三代嗎？

Now this saying has to be changed. Have you observed this? Can one's wealth still last for three generations?

對！因為人做人的分寸愈來愈不足，折掉太多的福分，

People have lesser and lesser sense to act as a good person nowadays thus they spoil too much of their good fortune.

所以富不過一代了。

Today, the wealth for most people cannot last even one generation.

Passing on Sages' Wisdom Will Give Peace to Future Generations

所以我們了解到，真誠就能夠把事做好，

We now understand that sincerity can get things done well and we all harbor a heart of sincerity,

我們都有一顆真誠的心，面對這個大時代，我們一定要「為往聖繼絕學，為萬世開太平」。

during this critical era we must inherit and pass on sages' wisdom, and open up a gateway to peace for future generations.

諸位朋友，有沒有聽到？好像好遙遠，或者是兩肩覺得怎麼這麼重！

Dear friends, did you hear what I just said? You may think it is so far off or your shoulders feel so heavy!

其實我們抱持著一個態度，「豈能盡如人意，但求無愧我心」。

In fact, we shall have this understanding and attitude: how could it be possible to have everything go as I wish, I can only require myself to leave no guilt in my heart.

所以，現在我們為人父、為人母就把聖賢的教誨用在教育孩子上，用在家庭裡面，那你已經在傳承中國文化。

As parents now, if we use the sages' teachings to educate our children and harmonize our families, we are already inheriting and passing on traditional Chinese culture.

也用在你跟同事相處，

We should also apply the teachings when interacting with our colleagues.

當同事覺得跟你相處很歡喜，你就告訴他，我這些人生態度就是看《論語》學的，就是看《弟子規》學的，

When our colleagues feel very happy to be with us, we can then tell them, "I gained my life attitude by learning *The Analects* and *Dizigui*."

我們隨分隨力去做，也是功德圓滿。

As long as we do whatever is within our condition and power, the merits will have been completed.

諸位朋友，我們現在再來把文天祥這句話念一遍，看看諸位有沒有覺得味道不一樣？

My friends, now let us recite the quote of Wen Tian Xiang once more and see whether we have a different insight.

「人生自古誰無死，留取丹心照汗青」，

Ready, set, go! "Since time began, to die, who can decline? Through history books in glory, let our crimson hearts shine!"

你們朗誦的非常有豪情。

You have just recited with majestic momentum! Great!

當我們所確立的人生都是往這些價值去發展，那你做出來的就是讓你孩子非常佩服的爸爸跟媽媽。

When we make sure that our life is developed towards such values, then whatever we do will make our children greatly admire us.

你的孩子有你這樣的榜樣，相信他的人生也會走向正確的方向。

Having you as their role model, I am sure your children's life would also go in the right direction.

方向正確了，接下來這些小事我們再一一來討論。

When the direction is correct, we can then discuss these small matters one by one.

比方說孩子現在在念小學，我們怎麼去開解「親所好，力為具」？怎麼去開解？

For example, your children are now in primary school, how do you explain this phrase to them, "I will

make efforts to fulfill what my parents like and what they expect from me"? How do we explain it?

像我們當老師的就會引導孩子，父母比方說希望你身體好，希望你學習好，

As teachers, we would guide children, "For example, parents hope we have good health, they also hope we will excel in studies"

這些要求我們當子女的要盡心盡力去達成。

As children, we must go to great lengths to fulfill these expectations."

所以，「親所好，力為具」。

We should practice the teaching of 'making efforts to fulfill what my parents like and what they expect from me'.

Mulberries for Mother

古代的孝子他們也常常都會去滿足父母的需要。

Filial children in ancient times would always try to satisfy their parents' needs.

古代在漢朝有一位孝子叫蔡順，

During the Han dynasty, there was a filial son named Tsai Shun.

剛好跟我同姓，我讀到跟我同姓的，我也會引以為豪，因為他是我的祖宗。

It happens that we share the same surname. Whenever I read stories about people who have the same surname as me, I take pride in them because they are my ancestors.

這位蔡順剛好處在兵荒馬亂的時代，剛好他母親喜歡吃桑椹，所以他就去採集桑椹，拿了兩個籃子去。

Tsai Shun lived in a turbulent era. His mother liked to eat mulberries. So, he went to pick mulberries with two baskets.

採回來的途中不幸遇到盜賊，

Unfortunately, he encountered some bandits on the way home after collecting the berries.

盜賊很奇怪：你採桑椹，拿一個籃子就好，還分兩邊？

The bandits felt strange and thought why would he pick berries with two baskets and divide them into two groups?

他們也很好奇，就問他：你採桑椹幹嘛拿兩個籃子？

They were very curious and asked, "Why on earth are you taking two baskets to pick mulberries?"

諸位朋友，幹嘛拿兩個籃子？你們都認識蔡順。

My friends, why did he carry two baskets? Good! You all know Tsai Shun well!

這個蔡順因為他的母親喜歡吃甜的，所以他採得比較黑、比較紫、比較熟的放一個籃子，比較紅色、比較不熟的放另外一個籃子。

Tsai Shun's mother loved to eat the sweet mulberries, so, he put the darker, more purplish, and ripened berries into one basket, and put the more reddish, not so ripened berries into the other basket.

所以你看蔡順確實做到「親所好，力為具」。

You see, Tsai Shun was really able to practice 'making efforts to fulfill what my parents like and what they expect from me'.

結果盜賊聽完很感動。

The bandits were very moved after listening to Tsai Shun's explanation.

我會問學生：諸位小朋友，盜賊會不會感動？

I would ask my students, "Would the bandits be moved?"

會！盜賊都殺人放火，還感動？

"They will? But bandits kill people and set fires, how could they be moved?"

他殺人放火是養成壞習慣，但是不管怎麼壞的人，他的內心還是有一顆善良的心，

Killing people and setting fires are bad habits that they have developed, but no matter how wicked they are, they still have a good nature in their inner heart.

因為「人之初，性本善」，

This is because People originally have an inherent good nature',
只是他現在都被壞習慣、被欲望主宰了。

they are just being dominated by bad habits and desires now.

當我們的行為很有德行的時候，就能夠喚醒他的良知。

So, when our behavior is virtuous, it can awaken their inherent good nature.

所以諸位小朋友，遇到壞人要不要打他？要不要罵他？

My children, if you encountered a wicked person, should you hit or scold him?

不要！要學習蔡順，用德行感化他，

No! We must learn from Tsai Shun, using our virtuous conduct to transform him.

說不定蔡順剛講完說是要拿給母親吃，突然可能就有幾個盜賊在那裡抱頭痛哭，想到他媽媽。

Perhaps, after Tsai Shun finished saying that he wanted to take the mulberries home for his mother, some of the bandits might suddenly think of their own mothers and weep disconsolately."

我們下一節課再繼續來談蔡順的故事，謝謝大家。

We will continue with Tsai Shun's story in the following lesson. Thank you all for listening.