

## 細講弟子規 第十二集

# Confucius Teachings on Building a Happy Life (12)

- 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

### When Encountering Gains, One Must Think of Righteousness

諸位朋友，大家好！

Hello my friends, good evening to you all.

我們剛剛提到蔡順他去採桑椹，

We have just spoken about Tsai Shun, who went to pick mulberries.

因為他知道母親喜歡吃甜的，所以就用一個籃子專門裝甜的，他自己吃酸的。

Knowing his mother liked to eat the sweet ones, he purposely used one basket to hold only the ripened mulberries, and he kept the sour ones for himself.

這樣的孝心感動了這些盜賊，就把他放回去；不只放了他，還把山寨裡面的一些食物都送給他。

His filial piety had moved the bandits, who not only let him go free but also gave him some food from their camp.

諸位朋友，假如你是蔡順要不要拿？不要！人家誠心誠意，怎麼辦？

Dear friends, if you were Tsai Shun, should you accept the food? No! (\*The Audience replied.) But what would you do since the bandits were so sincere.

他說：拜託你了，拿去孝敬你的母親。要不要收？

They said, "We implore you, please take this food home to serve your mother." Take or not?

要！你們怎麼這麼快就變了，要不要？

Take! (The Audience replied.) Wow, how do you change your mind so fast? Yes or no?

要！好，蔡順聽了你們的意見，把送的東西拿回去。

Some of you said yes! well, Tsai Shun had accepted your suggestion and brought the food home.

拿到家裡才剛坐下，

When he had just sat down after returning home with the food,

突然官府的人來了：「張三家的米怎麼在你們家？李四家的菜怎麼在你們家？來，把他抓起來！」

suddenly, local officials came and asked, "Why is the rice belonging to Chang San at your house? Why are the vegetables belonging to Li Si are also in your house? Arrest him!"

那怎麼辦？這個時候你就百口莫辯。

What could he do? At that time, he had no way to prove his innocence.

所以，孔夫子說「君子有九思」，

Confucius said, "There are nine aspects on which a virtuous man must deliberate."

九思就是你遇到很多情況如何反省，如何觀照？

They are about ways of introspecting and observing when encountering various situations.

其中有一個叫「見得思義」。

One of which is: When encountering gains, one must think of righteousness.

當你要獲得任何東西的時候，首先要考慮到它的來路是否是清白、是正常的。

When you have opportunities to obtain something, you must first consider whether its origin is lawful and proper.

這些山寨裡面的東西都是怎麼來的？搶來的！所以這個時候絕對不能拿。

Where did the things in the bandits' camp come from? They came from robbery! In this situation we must not accept them.

諸位朋友，你聽了這個蔡順的故事，印象深不深刻？

My friends, do you have a deep impression after listening to Tsai Shun's story?

所以我們講故事當中很重要一點，要把其中的道理講給孩子聽，這樣才能理事圓融去搭配。

It is very important to let our children know the morals behind the stories. Only then will they be able to synergize the story with morals effectively.

假如你只是講事情，講完了，你的孩子只會說：我聽過了！

If we just tell the story, our children would say, "I have heard this story before."

假如你不講故事，只給他講道理，他聽沒有五分鐘說：媽，我想睡覺了。

If we tell them only the morals, in less than 5 minutes, they would say, "Mom, I want to go to bed."

所以理跟事搭配好，聽話的人就覺得格外的有收穫。

So, when a story is well supported with good morals, children would find it especially rewarding.

不管你是老師還是家長，都可以運用這個講故事當中融入一些道理，一些生活的提醒跟啟發。

Whether you are a teacher or a parent, you can make use of storytelling to include some morals as well as life reminders and inspiration.

## Do You Know Your Mother's Favorite Food?

我們告訴孩子這些故事，就說你看以前的孝子，第一個念頭都是想到給父母，

When telling stories to children, we should remind them that filial children in the past would first think of their parents.

諸位小朋友，你知不知道媽媽喜歡吃什麼？

So I asked my children, "Do you know your mother's favorite food?"

一問，他們都想半天，有幾個比較有良心的，比較想得起來，很多都想不起來。

When I asked this question, they had to think for quite a while. Some of them were more conscientious and could think of it, most of them could not.

我看他們那種窘況，我就說那媽媽知不知道你喜歡吃什麼？

Seeing their embarrassment, I continued, "Does your mother know your favorite food?"

他們馬上露出燦爛的微笑，「當然知道」！還可以講好幾樣。

They immediately beamed with smiles and replied, "Yes, of course!" They even named many of them.

接著我就跟他們說，我說：你看，媽媽都知道你喜歡吃什麼，你卻不知道媽媽喜歡吃什麼，這樣公不公平？

I then told them, "You see, your mother knows what you like to eat, but you have no idea about your mother's favorite. Is this fair?"

你看媽媽這麼愛你，你居然都不愛護媽媽，

Your mother loves you so much, and yet you don't even care for her.

所以今天回去有什麼作業？要清楚媽媽喜歡吃什麼，

So, what is your homework today? You must find out your mother's favorite food.

這樣你才能做到「親所好，力為具」。

Only then can you practice this phrase, "I will make efforts to satisfy what my parents like and what they expect from me."

以後出去買東西，不是先買自己喜歡吃的，

From now on, when we go out to buy things, we should not buy what we like first.

要效法聖賢人，「勿自暴，勿自棄，聖與賢，可馴致」，

We must emulate the ancient sages! Confucius told us, "Don't look down and give up on yourselves, the state of saints and sages is certainly achievable."

我們以他為榜樣，先買媽媽喜歡吃的，先買爸爸喜歡吃的。

We must take the sages as role models and buy our parents' favorite food first instead of ours.

## On the Shoulders of a Giant

父母其實都非常關懷我們的健康狀況，一個人要健康必須要身心調和。

Parents actually care for our health very much. A person who wishes to be healthy must harmonize their mind and body.

中國話又說「禍從口出，病從口入」，

A Chinese saying goes, "Misfortune comes out from your mouth while illness goes in through your mouth."

所以吃東西要格外注意，不然現在一大堆文明病產生了。

We must pay special attention to our diet, otherwise many diseases caused by civilization may fall upon us.

諸位朋友，你有沒有把握不會得文明病？

My friends, can you guarantee that you will not catch these diseases?

你們怎麼都沒人舉手？知識就是力量，

Why do none of you raise your hand? Knowledge is power!

正確的知識才可以給你信心，所以你也不要擔心。

Only the right knowledge can give us confidence. So, we do not need to worry!

如何讓自己吃得健康，這個知識已經有很多人投入他幾十年的人生在那裡研究了，

How do we eat healthy? Many people have devoted decades to researching this.

你要不要從頭開始讀？要不要？不需要。

Do you need to read them all from the beginning? Yes or no? No need to!

所以我常說：站在巨人的肩膀上，可以看得更遠。

I often say, "One can look farther by standing on a giant's shoulders."

諸位朋友，誰是巨人？

My friends, who is the giant?

我們要教導孩子智慧，孔夫子、孟夫子就是巨人，

We must teach children to grow their wisdom; Confucius and Mencius are the giants.

你可以直接把他的智慧、經驗學過來。

You can directly inherit their wisdom and experience.

比方說在健康方面，誰是巨人？您可以到書局去看看，哪些書談健康特別暢銷，你就可以去跟他學習。

Now in the aspect of health, who is the giant? You can visit the bookstore to see which books on health are particularly popular, then you can learn from them.

## People Today Have an Overnutrition Problem

我剛好在很多年前拜讀了雷久南博士的《身心靈全體健康》，

Many years ago, I happened to read the book, The Pursuit of Life, by Chiu-Nan Lai, PhD.

其中有提到要少吃肉，多吃菜，這樣才會健康。

It was mentioned in this book that we should eat less meat and more vegetables in order to stay healthy.

為什麼要少吃肉？我們就要去了解。現在人身體不健康是營養不良，還是營養過剩？

Why should we minimize meat consumption? We should pay some effort to find out the reasons. Is the poor health of people today due to nutrition-deficiency or overnutrition?

都過剩！你看，明明是營養過剩，但是人的腦子裡都停留在什麼？

Yes! Overnutrition! Right! People are obviously overnourished, yet, how do they always think of themselves?

有沒有發現人好像都慢半拍？都還是停留在怕這個不夠，怕那個不夠，你看我們所怕的很少遇到發生的。

Do you notice that people seem to be slow by half a beat? They would still be worried of lacking this and that. In reality, this fear seldom happens.

現在孩子要找到營養不良的還不容易，你還必須坐飛機到非洲去找，台灣還真找不到。

It is not easy to find children with nutrition deficiency today, you have to fly all the way to Africa to find such children. We indeed can't find them in Taiwan.

找到的都是寒暑假還開減肥班，是不是？

All you find are children going to weight loss classes in Taiwan during the winter and summer vacations.

在那裡跳，跳半天，然後這個孩子心裡面想：我只要撐過今天，明天就可以去吃麥當勞。

These children would jump hard in the slimming class and think, "As long as I survive today, I can eat at McDonalds tomorrow."

這樣減有沒有用？不從根本下手，在那裡流汗，他肚子愈餓。

Is this way effective to shed pounds? If we do not work on the root cause but force them to keep sweating, they would feel more hungry and eat more later.

所以，現在的問題不在營養不良，而在營養過剩。

So, the problem of people nowadays is not about nutrition-deficiency but overnutrition.

## The Wrong Diet Causes Diseases

其實人所需要的蛋白質不是很多，一般人覺得肉有高蛋白，其實蛋白質吃太多會損害肝臟、損害腎臟。

As a matter of fact, our bodies do not need a lot of protein. However, many people eat a lot of meat because they regard it as high in protein. In fact, eating too much protein will damage your liver and kidneys.

一個人一天所需要的蛋白質，是四十克到六十克就夠了。

The daily requirement of protein per person is between 40g-60g.

其實植物裡面的蛋白質不比動物少，我們說花生、淮山，海帶這些食物，都含有很好的蛋白質。

The protein found in plants is not less than that in animals. Foods like peanuts, Chinese yam rhizome, and seaweed are all good sources of protein.

當我們的蛋白質過剩，你的身體就會呈現酸性，有句話叫「酸性的體質是慢性病的根源、溫床」。

When our protein consumption is excessive, the body would become acidic. Experts state, "A body high in acid is the primary cause and breeding ground for chronic diseases."

為什麼？我們設想一下，假如你的身體很酸，把你所有的內臟都泡在裡面，

Why? Let's imagine: if your body composition is very acidic, and all your internal organs are immersed in it; 你半夜有沒有聽到你的肝臟說：我快窒息了。還是你的胃說：我快受不了了。你有沒有聽到？

could you hear your liver complaining at midnight, "I am suffocating!" Or your stomach might say, "I cannot stand it anymore!" Could you hear them calling for help?

沒有！你當主人的怎麼這麼不負責任！

No? How could you, the master, be so irresponsible!

這些內臟長期泡在酸性的環境裡面，很容易功能衰退，

As these internal organs have been soaked in an acidic environment for quite a while, their functions would easily decline.

所以才會有這麼多慢性病愈來愈早報到。

So, the onset of people's chronic diseases today has become earlier than in the past.

我還曾經聽過十八歲的孩子中風死了，不知道還有沒有更早的？這是我好幾年前聽的。

I once heard of an eighteen-year-old child who died from stroke. I wonder if there are any other cases younger than this. I heard of this case a few years ago.

所以你看慢性病都一直提早，因為人吃得食物錯了。

You see, the chronic diseases have been manifesting earlier, it is all because of people's wrong diet.

不只是內臟容易衰竭，現在還有一種病也很厲害，叫做「骨質疏鬆症」，

Not only our internal organs become easily exhausted, the wrong diet has developed into another very serious disease. It is called "osteoporosis".

聽說這個症狀是往後十大死因後來居上的一個。

It is estimated that this disease will catch up and become one of the top ten causes of death in the future.

為什麼？當你骨質疏鬆很嚴重，有時候打個噴嚏會怎麼樣？骨頭會折斷。

Why? When your osteoporosis becomes very serious, what would happen when you sneeze sometimes?

The bones would fracture.

你們不要被我嚇到，這也不是我講的，是報導說的。

Don't let me scare you! I did not say it, it has been reported.

我們常常說，老人最怕什麼？摔！

We often ask, "What are old people most afraid of?" Falling down!

因為一摔可能骨頭碎了，就站不起來。

Because the bones may fracture once they fall and they would not be able to stand up.

現在不是老人摔了會碎，現在很多年輕人去測，像我去測的時候，測試的人臉色也不大好看：你勉強及格！

Now, not only the elderly are afraid of bone fractures, many young people also take a bone density test.

When I went for the test, the examiner did not show a good face and said, "You barely passed!"

我們可不能三、四十歲去測，測成八十歲的骨頭，那就麻煩了。

People in their thirties and forties must not let their bones test as the bones of an eighty-year-old; that would be troublesome!

為什麼酸性體質會造成骨質疏鬆？

Why does a body high in acid lead to osteoporosis?

因為人體是一個很大的化學工廠，它要維持他的酸鹼平衡。

Because the human body is like a huge chemical factory; it must maintain its acid-base equilibrium.

因為你身體裡面都是酸，身體會受不了，所以它必須把鹼的東西拿出來中和，而人體裡面最大的鹼就是鈣質。

If your body were full of acid, it would not be able to bear it. It must find alkali to neutralize the acids, and the largest source of alkali in the human body is calcium.

哪裡是鈣質的倉庫？你的骨頭，所以一天一點一滴就開始滲出來，久了之後就會骨質疏鬆。

Where is the calcium stored? In your bones. So, the calcium would seep through the bones bit by bit every day, and after a long period, it would cause osteoporosis.

所以食物要均衡，肉類裡面含有 太高的蛋白質，不可以吃太多。

So, we must consume a balanced diet; meat contains very high protein, we must not eat too much of it.

## Meat Contains Toxins

再來，不只是蛋白質會過高，食物裡面還有有形毒素跟無形的毒素。

In addition, not only is the protein level too high in meat, there are also tangible and intangible toxins in it.

什麼是有形毒素？我們看看現在的雞養多久就好了？



What are tangible toxins? Let's see how long are the chickens raised nowadays?

要這麼久嗎？差不多五、六個禮拜；

Does it need long? It actually needs only 5-6 weeks to raise chickens for the market today.

以前要養多久？半年。真是科技發達，有沒有？但是為什麼能夠養那麼快？

How about in the past? Half a year! Isn't the technology really advanced? Right? Why are they breeding the poultry so quickly?

中國人常說要「道法自然」，

The Chinese often say, "Dao is conforming to nature."

這個都是不隨順自然養出來的，必須打什麼？生長激素、抗生素，打一大堆東西。

These livestock are not bred according to the laws of nature. What were they injected with? Growth hormones, antibiotics, and other jabs.

而這些藥物最後到誰的肚子裡？我們！對。

And whose stomach would these drugs end up in? Ours! Correct!

我記得當時我還沒吃素，吃雞塊，一打開來，看到油油的一團。那是什麼？那是荷爾蒙。

I remember before I went vegan, I saw there were lumps of fat in the chicken nuggets I ate. What are those fats? Hormones!

所以現在小女孩的月經愈來愈早，有的還沒到十歲月經就來了，月經來得愈早她的壽命愈短。

Girls' menstruation starts earlier nowadays; some had their menses before 10 years old. The earlier their menstruation starts, the shorter their lifespan would be.

所以這些食物都在殘害我們下一代，我們當父母的不能不謹慎，然後自己的身體也不得不小心去愛護。

So, these foods are killing our younger generation. As parents, we must be extra vigilant! Besides monitoring our children's diet, we must also take good care of our own health.

除了這些有形的毒素之外，還有無形的。

Other than these tangible toxins, there are also intangible ones.

我們設想一下，動物被宰殺的時候，它的情緒一定非常恐懼、非常憤怒。

Let us imagine: when animals were slaughtered, they would surely become terrified and furious emotionally.

我們自己可以思考一下，你發一次脾氣要多少天才能平息？三天。為什麼？

We can take ourselves as an example: how many days would it take for us to resume calmness after we lose our temper? Three days. Why?

你有沒有看過發完脾氣之後神清氣爽的人？沒有！

Have you ever seen anyone feeling good and refreshed after losing their temper? Never, right?

因為發了脾氣，你的腎上腺素很多，那個腺體分泌產生大量的毒，你就會全身無力。

Because after being angry, the level of adrenalin in your kidneys would rise, and your glands would secrete a lot of toxins. You would then feel weak all over your body.

動物在被宰殺那時候全身憤怒，就分泌很多的毒素。

When animals were slaughtered, they would be furious and would secrete a lot of toxins.

所以吃肉裡面含有很多不好的東西，才會現在人文明病一大堆。

Consequently, meat contains a lot of bad stuff which causes people today to suffer from many new diseases.

## **Mass Breeding of Livestock Causes Severe Harm to Our Planet**

不只吃肉對身體有危害，大量飼養這些給人類吃的牲畜，對我們整個地球有很大的危害。

Eating meat is not only harmful to one's body, the mass breeding of livestock for human consumption has also caused severe harm to our planet.

什麼危害？很多朋友說：你怎麼講得這麼複雜？我怎麼從來沒想過！

What are the harmful effects? Many friends said, "Why did you complicate the situation? Why haven't I thought of it before?"

其實整個地球絕對是一個生命共同體，

As matter of fact, the entire Earth is definitely a shared life-entity.

牽一髮動全身，你可不要小看你每天吃的東西，它在影響整個地球的存亡！

A saying goes, "When we pull one strand of hair, the entire body would feel it." You must not underestimate the food that you eat everyday; it is affecting the survival of our whole planet.

因為人類大量的肉食，所以必須砍掉很多原始森林，來種這些麥子、這些穀類。

Due to humans' large consumption of meat, a lot of virgin forests were cut down to grow grains to feed livestock.

原始森林砍掉了造成什麼影響？

What would happen when these virgin forests are cut down?

土石流，很多的土壤都鬆掉了。

Landslides...etc, because much of the soil has been loosened.

再來，原始森林是地球的什麼？肺！

Besides, what function do the virgin forests offer to the Earth? They function like lungs!

就好像人體的肺在幫你過濾很多髒空氣。

It is like the lungs in a human body, helping one to filter a lot of dirty air.

當原始森林愈來愈少，整個地球的空氣品質就愈來愈差。

When these virgin forests continue to decline, the air quality of the entire Earth would be getting worse.

所以為什麼我們的天氣現在會這麼不穩定？

Why is our weather getting so unstable now?

連墨西哥都下雪。墨西哥是熱帶地方，都下雪，非常的氣溫異常，在現在的名詞叫做溫室效應。

It snows even in Mexico. Mexico is a tropical area but has started to snow; very abnormal temperature. In modern terms, it is called the 'greenhouse effect'.

我們以前都把溫室效應背起來，為什麼會造成溫室效應？

We studied the greenhouse effect in school before, what causes it to happen?

來自於人類排放很多廢氣，還有因為地球的肺一點一滴被割掉了。

It is a result of voluminous exhaust fumes from human industry as well as the lungs of the Earth having been cut away bit by bit.

其實那些種給畜生吃的這些穀類，拿來給人類吃絕對都不會有人餓死。

Had those crops grown to feed the livestock been used for human consumption, surely no one would starve to death.

除了對空氣有影響，對土壤、對水源也有直接的影響。

Other than affecting the air quality, deforestation for farming has also a direct impact on the soil and water sources.

因為養了這麼多的動物，它們會大量排放什麼？糞便，這些糞便就污染土壤，污染水源。

Because of the mass breeding of livestock, what large amount of stuff would these animals emit?

Excrement! They will then cause soil and water pollution.

其實人類可以過得比較輕鬆，比較乾淨，只要我們懂得選擇對自己、對環境有利的飲食習慣，

In fact, humans could live a more relaxed and hygienic life as long as we know how to choose the right eating habits which are beneficial to ourselves and the environment.

其實我們做環保就在每一天當中的落實。

We can therefore protect the environment by adopting good eating habits in daily life.

這種自利又能夠利他，何樂而不為？

If such acts can benefit oneself and others, why not do it?

所以，你在吃飯的時候也很有使命感，也是為了地球的健康。

We could have a great sense of mission even when eating; it is for the sake of a healthy Earth.

當我們有正確的知識，才能真正把身體養好，

Only when we have the right knowledge can we really keep our body healthy.

就能做到「親所好，力為具」。

Then we are practicing this phrase, “I will make efforts to satisfy what my parents like and what they expect from me.”

## Avoid What Parents Detest

下一句：【親所惡。謹為去。】

The next phrase is, “I will cautiously avoid what they detest.”

父母不希望我們有的壞習慣，我們應該趕快把它去掉；

Parents do not wish to see us develop bad habits; we should eliminate them as soon as possible.

或者你交了一些朋友，父母每天都很擔心，那你應該有所取捨，因為朋友對我們的影響特別大。

Or, if some certain friends you made have caused much worry to your parents; you should make a wise decision to cut off those friends, because friends indeed inflict a particularly big impact on us.

諸位家長，你擔不擔心以後孩子會交到不好的朋友？

Dear friends, are you worried that your children would make bad friends in the future?

擔不擔心？擔心有沒有用？那怎麼辦？

Are you worried? Is it helpful to worry? What can we do?

要提升孩子對人的判斷能力，

We must improve our children’s ability to judge people.

他才知道親近善良的人，他才知道遠離惡友，叫敬而遠之。

Only then would they know how to befriend virtuous ones and stay away from bad friends with the attitude of Confucius’ teaching: respect them yet keep distance.

而且他敬而遠之的時候，他也會知道，我好好把自己演好就感動這些朋友。

And when they keep distance from them with respect, they will also know how to transform these friends by being an exemplary model.

## The Demon-Revealing Mirror & The Sage-Manifesting Mirror

如何讓他對朋友懂得去抉擇？

But how do we help our children choose friends?

其實我們已經在學了，一個人有沒有德行從哪裡看？

In fact, we have already learned this earlier. From where can we tell whether a person has virtues or not? 孝道。

From their acts of filial piety.

所以一個人值不值得交往，你只要判斷《弟子規》他做到多少？

We can decide whether a person is worthwhile to befriend by only judging how much they have practiced the teachings in *Dizigui*.

所以我跟很多朋友說，《弟子規》叫照妖鏡，

I told many friends that *Dizigui* is a ‘demon-revealing mirror’;

你要選朋友還是選配偶，照一下馬上就知道可不可以，所以《弟子規》是照妖鏡。

whether you want to choose a friend or a spouse, you will immediately know the answer by using *Dizigui* to evaluate them. That is why *Dizigui* is a ‘demon-revealing mirror’.

《弟子規》也是顯聖鏡，你會看出來這個朋友做到很多，這樣的朋友你要終身相交。



It is also the 'sage manifesting mirror'. When you see someone who has practiced much of the teachings, you must make such a person a lifelong friend.

## The Story of Three Inmates

『親所惡』，我們就從「習慣」來談。

Next, let's discuss 'what my parents detest' from the aspects of bad habits.

有三個犯人同時進了一間監獄，剛好典獄長也很仁慈，看他們已經犯錯了，也對他們用四攝法，

Let's say, there were three convicts who were sent to prison at the same time. The prison warden happened to be very kind; seeing that they have been convicted, he used the Four Embracing Methods to treat them.

給他們多請客，多送禮。

By using 'Giving', one of the methods, the warden asked them,

就跟他們說：你們三個一進去要關三年，你們有什麼願望？我做得到的就幫忙你們。

"All of you will be imprisoned for three years, would you like to tell me your wishes? As long as it is within my capability, I will help you to fulfill them."

第一個是個美國人，他連想都沒想，他說給我一包煙。

The first prisoner was an American. Without thinking, he said, "Give me a pack of cigarettes."

典獄長說：好！沒問題。拿給他就關進去了。

The warden agreed and gave him the cigarettes before locking him up.

第二個是個義大利人，諸位朋友，義大利人給你什麼印象？

The second prisoner was Italian. My friends, what impression do the Italians give you?

你們都沒有認識義大利人？很藝術、很浪漫，是不是？講那麼好聽，用中國話講叫好色。

What impression? You never knew any Italians? They are very artistic and very romantic? You make them sound too nice! Some would say, they are actually 'lustful'.

他一想就說：我要一個女人。典獄長說：好！我還做得到。就把他關進去。

He immediately said, "I want a woman." The warden said, "Okay, it's still within my ability." He was locked up afterwards.

第三個是個猶太人，猶太人很會做生意，

The third prisoner was Jewish. Jewish people are very good at doing business.

他就說：我人生已經跌倒了，應該好好記取教訓，所以你可不可以給我一支通往外面的電話。

He said, "I have already failed terribly in life and should learn my lesson well. Could you give me a telephone to connect with the outside world?"

他說：好！沒有問題。就送給他一支電話。

The warden agreed and gave him a telephone.

## The Bad Habit Leading One by Nose

三年以後，這三個犯人的門打開了，

Three years later, the three inmates were released.

第一個美國人的門一打開，他衝出來，「火柴呢？火柴呢？我的火柴呢？」

The American dashed out and said, "Match...Match...Where is my match?"

他在三年裡在想什麼？每天在那裡發抖，怎麼忘記要火柴！

What had he been thinking of during these three years? He was trembling all day, thinking, "how could I have forgotten to request the match!"

他三年的時光耗在哪？耗在他這個壞習慣。

He wasted those three years on what? On his bad habit.

諸位朋友，一個人假如養成壞習慣，他這一生不能主宰自己，都被壞習慣牽著走！

My friends, if a person has developed bad habits, he would not be able to master his own life. The bad habits would lead him by the nose!

這樣的人多不多？多！

Are there many people like this? Yes, many!

如何讓一個人一生不會被這些壞習性牽著走？

How do we help our children avoid such a pitiful situation?

從小教好，從小有志向，不會玩物喪志。

Provide them with virtuous education while they are still little. Only if one had set a firm aspiration at a young age, would he not 'overindulge in pleasure and erode his will'.

這個美國人有抽煙的壞習慣，不抽煙就很難受。

This American had the bad habit of smoking, he would feel very uncomfortable without it.

我們不要笑美國人，其實我們也有可能有些壞習慣，每天不做很痛苦。

Please do not laugh at him, because we may also have some bad habits which we may feel miserable if we don't do everyday.

哪些事？比方說看連續劇，每一次看完就說：怎麼演得這麼無聊？真亂來！

What are they? For instance, watching the drama series; every time after watching, you would say, "How could it be so ridiculous! No sense at all!"

隔天還是乖乖的坐在那裡。看的都是別的人生，每天耗了那麼多時間，對自己的人生有沒有幫助？

Yet the next day, you would still watch faithfully. What you watch is all about other people's lives, but you spend so much time on it every day. Will it help your own life at all?

沒有。一天一天過，人生該做的事不做，想做的時候可能就都沒機會了。

Not at all! We just let time slip away by the day, not fulfilling our own duties in life. We may not have the opportunity to do it when we want to.

所以孔老夫子站在河川的上面，講了一句話，「子在川上曰：逝者如斯夫，不捨晝夜」。

Confucius once said while he was standing by a river, "The passing of time is just like the flow of water, never ceasing day and night."

你看孔夫子看到流水馬上想到，時間就像流水一樣，一去不回。

You see, when Confucius saw the water flowing in the river, he could relate time to the flowing water right away; it never comes back once it is gone.

所以，我們也不能讓我們的生命白白的耗在這些對自己無益的事情上面。

We must not let our lives be idled away on these unbeneficial matters.

## **The Bad Habit of Lust Wreck the Happiness of a Family**

第二個，這個「惡」，我們剛剛講的，抽煙不好，第二個他的壞習慣是什麼？「色」，好色。

We have just mentioned the first bad habit of smoking, what was the second prisoner's bad habit? Lust!

我曾經跟中學生講，我就說好色是很不好的習慣，你們可不可以體會？

I once told the middle school students, "Lust is a very bad habit, can you comprehend it?"

他們說可以，因為「色字頭上一把刀」。

They said yes, because on the top of the Chinese character of lust 色 is a knife.

中國造字厲不厲害？厲害！

Aren't the Chinese wise in creating characters? Yes, they are!

色字頭上一把刀，這一把刀會怎麼樣？

There is a knife on the top of the Chinese character for 'lust'! What would this knife do to you?

會毀了你的人生，會毀了一個家庭的幸福，更有可能毀了一個國家的興衰。

It will ruin your whole life, wreck the happiness of a family; more possibly, it could doom a country.

有沒有？你看唐朝時代，唐玄宗還沒遇到楊貴妃的時候，他是「開元之治」，還很盡心盡力治理國家。

Are there such cases? In the Tang dynasty, before Emperor Xuan Zong met his favorite concubine, Yang Guifei, he developed the Kai Yuan era, a period of political stability and economic prosperity.

遇到楊貴妃之後變成什麼？

He devoted his best effort to govern his empire. But what happened after he met Yang Guifei?

「安史之亂」。

Tang's golden age ended in the An-Shi Rebellion\*. (\*775-763, a catastrophic setback for Tang dynasty, a rebellion led by An Lushan and Shi Siming.)

所以諸位朋友，唐朝的衰敗，誰要負最大的責任？

My friends, who should bear the responsibility for the decay of Tang dynasty?

誰？男人都說楊貴妃，女人都說唐玄宗。

Who? Men would say that it was Yang Guifei's fault, but women would say it was Emperor Xuan Zhong's fault.

不過真理還是只有一個，色不迷人人自迷，

However, there is only one truth for it; lust does not delude people, people delude themselves for lust.

所以根本還在唐玄宗，是不是？

The problem still lies on Emperor Xuan Zong, right?

假如唐太宗在的時候，楊貴妃來，可能也沒什麼作用，因為他念念以江山社稷為重。

If Yang Guifei had appeared during Emperor Tai Zong's era, probably nothing would have happened because Tai Zong focused his attention on governing his empire and taking care of his people at all times.

所以人生遇到很多的問題，不能把責任推出去，

So, when encountering various problems in life, we must not deny the responsibility.

要怎麼樣？反省自己，這才是真正的原因所在。

What should we do? Introspect ourselves! This is the key point of the causes!

這個義大利人好色，他的門一打開，他人還沒走出來，已經聽到很多什麼聲音？小孩子的聲音。

Since the Italian prisoner was lustful, what sound do you think he had heard before he walked out of the prison door? Children's voices.

很多這些中學生聽了都哈哈大笑，

Many of these middle school students burst out laughing after hearing this.

我就問他們，我說：義大利人比較慘？還是美國人比較慘？都很慘！

I then asked, "Who is more miserable?" The American or the Italian? The Italian or the American? Both of them?

他們說：義大利人更慘！這個講話是個女學生，

A female student said "The Italian is worse, because when he came out of the prison,

她就說：因為他一出來不只要打理自己的生活，還要照顧好多小孩。

not only he had to earn a living for himself but also had to take care of many children."

請問他能照顧嗎？能不能？

May I ask if he was capable of caring for the children? Could he?

我相信你都可以鐵口直斷，因為他只是縱欲，他提不起他的責任心。

I am sure you can conjecture accurately; because he only indulged in sexual pleasure and had no sense of responsibility.

## **One Must Have a Sense of Responsibility Before Getting Married**

透過這個故事，我會跟學生講，找對象要找什麼樣的對象？有責任感的。

From this anecdote, I would tell the students, "What kind of a person should you look for as your life partner? Someone with a sense of responsibility."

我會找一個學生，平常掃地工作不認真，常常不交作業，

I then picked a student who never seriously swept the floor and often did not hand in his homework.

我都把他叫起來：「你給我起來，你不要給我結婚！」他嚇得不知道我在說什麼。

I would tell him, "You, stand up! You must not get married!" He was so frightened and did not know what I was talking about.

我說：你連自己都照顧不好，都不能為自己負責，你沒有資格結婚；結了婚還害了下一代，還不能照顧自己，不要給我結婚！

I said, "You cannot even take care of yourself and are not responsible for yourself, you are not qualified to get married. If you did, you would ruin the next generation since you cannot even take care of yourself. You must not get married."

這個學生會記多久？

How long would this student remember my words?

雖然我是在罵他，其實是罵給誰聽？全班都聽。

Even though I was scolding him, actually, who was I referring to? To everyone in the class.

女孩子會留下什麼印象？找對象要找有責任心的，才能依靠。

What impression would be left on the girls? They must find someone with a sense of responsibility to lean on.

其他的男生也會反省一下，我有沒有責任感？

Other boys would also introspect themselves, "Do I have a sense of responsibility?"

所以很多的預防針要提早打，不能等到他們心花怒放的時候再來打，就來不及了。

So, many 'immunization jabs' have to be given early, it would be too late after they have tasted the joys of romance.

所以這是第二個壞習慣，我們要根治。

This is the second bad habit which must be eradicated.

## **A Better Choice, a Brighter Destiny**

第三個，這個猶太人出來了，恭恭敬敬走到典獄長前面，給他深深一鞠躬：

The third prisoner, the Jewish person walked to the warden in a respectful manner, gave him a deep bow and said,

謝謝你！給我這支電話，這三年來，我從透過電話得到很多外面的訊息，

"Thank you for giving me this telephone! In these three years, I have received news of the outside world through phone calls.

也做了一些投資，所以我現在已經有一筆資產，以後的人生我會好好去走。

I have also made some investments and have some asset now. I will live my life meaningfully in the future."

所以，三個人做了三個不同的抉擇，也產生不同的命運。

These three inmates had made three different choices and had created three different destinies.

我們絕不希望我們的孩子因為一些壞的習慣，而讓他一生墮落下去，

We hope that our children would not degenerate in this life because of some bad habits,

所以你從小就要根治他這些不好的習慣。

we must help them eradicate their bad habits starting from their young age.

## The Bad Habit of Gambling and Four Others We Must Cope With

還有，有一個習性會害了自己，還會造成家破人亡，賭！

There is another bad habit which will harm oneself, cause disaster, and dismantle one's family; it is gambling!

假如一個男生好賭，絕對不要跟他交往，太危險了。

If there was a boy who indulged in gambling, you must never befriend him! It is too dangerous!

因為賭他無法克制，很可能把家裡的財產，甚至於祖產都耗進去。

Since he would not be able to restrain his gambling, he may very likely consume his whole family's property or even his inheritance.

中國聖賢有整理出來，人有四個習性要去對治，

Chinese ancient sages had sorted out four bad habits in humans that must be coped with,

叫做「驕、奢、淫、逸」，驕傲、奢侈、淫、逸。

which are: arrogance, extravagance, lust, and idleness. Let us introspect and see if we have these four habits. We must start from introspect on our own!

我們對照一下，第一個自己有沒有？所謂修身才能齊家，假如我們自己有，要趕快修正。

As the ancients stated, "Only by self-cultivating can we then harmonize a family." We must rectify ourselves immediately if we have these bad habits.

再來對照一下，現在孩子有沒有這個習慣？假如有，要趕快把他導正，

Next, we should carefully observe if our children have this habit? If they do, we must hurry and guide them to rectify it.

我們前面講，要長善還有救失。

We have mentioned in the previous lessons that education is to promote children's goodness and correct their shortcomings.

「驕」，驕傲，傲不可長，

The ancients exhorted us, "One must not let arrogance grow."

一驕傲不只自己的學問上不去，無形當中也斷了自己貴人的因緣。

Once arrogance arises, not only would it hinder the development of his wisdom, he would also unknowingly cut off the affinities with his potential benefactors.

一個有道德、學問的人喜歡交什麼樣的人？

What kind of people would a wise and virtuous person like to befriend?

謙虛！你只要傲慢，這些人就會自己走了。

A modest person! As soon as you become arrogant, those virtuous friends would naturally leave you.

我很幸運，

I am very fortunate!

剛好在我初中的時候，我的老師，是理化老師，有一天寫了一行字，我從那天開始就不敢忘記，

When I was in middle school, one day, my science teacher wrote a line on the board. I never dared to forget these words since then.

他寫了「人不可以有傲氣，但是不能沒有骨氣」。

He wrote, "One must not have arrogance, but must not live without moral integrity."

當他這句話寫出來，彷彿有一道光芒照入了我的心田，因為在升學主義之下，很少能夠聽到做人的教誨，真是如此。

When my teacher wrote this line, it was as if a beam of light had illuminated my heart because it was very rare to hear such a life lesson under the academic elitism. It was really so.

這個給我很深的印象，我們也期許自己不可以傲慢。

It gave me a very deep impression and also reminds me to never become arrogant.



## Serving Elders Like You Would Serve Your Parents

我在澳洲學習的時候，剛好遇到很多的長輩，

When I went to Australia to learn from Master Chin Kung, I met many elders who also went to learn from the master.

在學到「事諸父，如事父，事諸兄，如事兄」的時候，

When we learned 'Serve the elders of your parents' generation like serving your parents, serve the elders of your brothers 'generation like serving your older brothers',

我忽然覺得學了就要做，而且也深刻感受到為人父母確實不易。

I suddenly felt that I must practice the teaching right away. I also felt deeply that it is really not easy to be parents.

而且每一位為人父母者，不只對孩子有貢獻，他每天也在對這個社會有所貢獻。

Besides contributing to raising their own children, these parents have also been contributing to society every day.

所以我回到寢室就開始找這些長輩，我說請問您幾年生的？

When I returned to our dorm, I started asking the elders, "may I know which year you were born?"

他一講比我爸爸大，我說：譚伯伯你好。

When I learned if one was older than my father, I would greet him with a bow, "Hello Tan Bobo\*!" (\*Bobo addresses to uncles who are older than one's father.)

諸位朋友，這個躬鞠下去，發生什麼化學變化？

My friends, when I gave my deep bow, do you know what chemical reaction happened?

躬鞠起來，這位長者笑得合不攏嘴，

When I stood up, I saw this elder was grinning from ear to ear.

他說飛了幾萬里還收了個侄子，他很高興。

He was elated because he said that he had gotten a new nephew after flying for thousands of miles.

另外我又繼續問，問到一位陳先生，我說：陳叔叔你好。因為他比我爸爸小。

As I continued asking, I came across Mr. Chen and greeted him, "Hello Chen Shushu\*!" (\*The title that Chinese address to elder who are younger than one's father)

突然有位長者跑過來，他說「我也要」，這位叔叔就是往後影響我生命很深的盧叔叔。

Suddenly, an elder came over and said, "I want one too!" This elder was Lu Shushu (uncle Lu) who had far-reaching influences on the later part of my life.

## Manners Beget Benefits

我事後想想，這個長輩真是非常愛護我們這些晚輩，

As I thought over it later, this elder has been truly kind and caring to younger generations.

他生怕我們沒去叫他叔叔，還自己跑過來說「我也要」，在製造機會給我們這些晚輩。

Being afraid that I would not go and greet him, he initiated himself to come over and said, "I want one too!"

He was actually creating an opportunity for young people to show respect.

所以我也畢恭畢敬給他鞠個躬：盧叔叔你好。

Respectfully, I gave him a deep bow and said, "Hello Lu Shushu!"

這個躬鞠下去以後，我的人生就出現了翻天覆地的變化。

After this deep bow, an enormous change had transpired in my life.

所以諸位朋友，禮貌要不要教？要！

My friends, do we need to teach children manners? Yes, we must!

隔天下午盧叔叔就把我找過來，坐在客廳的椅子上，他跟我說，他二十九歲就當總經理。



The next afternoon, Uncle Lu\* (\*Lu Shushu) called me to the living room. We sat there, and he told me that he became a general manager at the age of 29.

這個總經理還不是自己給的，聽說現在一個廣告牌掉下來會砸到好幾個總經理，不是那種總經理。

This title was not self-given at all. I heard when a billboard falls nowadays, several general managers would be hit. He was not that kind of general manager!

是股東坐兩排，一一詢問他企業出現什麼問題，人事出現什麼狀況的時候，你應該怎麼樣解決，都是要真實的功夫跟經驗。

It is the kind that shareholders sit in two rows and ask questions to assess the capabilities of this candidate in solving a variety of problems. It requires the candidate to have true wisdom and experience.

他就對答如流，開始從二十九歲就當了專業總經理，專門幫人家解決企業的危機。

Uncle Lu was able to answer all the questions fluently and convincingly. He has been a professional general manager since he was 29, dedicating himself to helping others solve corporate matters and crises. 這麼有能力的人我們很難遇到！

It is rather difficult for us to encounter such a capable person.

結果很幸運的，就因為我們的一個禮貌，讓長者覺得很欣慰，現在年輕人還這麼有禮貌。

Fortunately, my manners had given much joy and comfort to this elder, as he was surprised that such polite young people still exist.

所以，他一坐下來，就把他幾十年人生的經驗跟智慧跟我娓娓道來。

As soon as we sat down, he tirelessly shared with me his decades of life experiences and wisdom.

## A Truly Capable Person Is Humble

我愈聽一則以喜，一則以憂。憂什麼？

The more I listened, the more I was overwhelmed with happiness and sadness! Why was I sad?

憂自己的眼光太差，不識真面目，

I was sad about my poor judgement, 'failing to see the true shape of Mt. Lu' as the famous poem describes. (\*Song dynasty, Su Dongpo 蘇東坡)

因為這個盧叔叔剛好坐我旁邊，我都看不出來。

uncle Lu was just sitting next to me these days, yet I could not tell his real identity.

不過也從中體會到一個道理，真正有能力的人愈怎麼樣？謙卑！就好像你隔壁家很親切的叔叔，絕對不會跟你炫耀東炫耀西的。

I also came to realize one truth; a truly capable person tends to be more humble. Just like the amiable elder next door, he will never boast about himself to you.

兩個多小時聊下來，我的內心很激動。

After over two hours chit-chatting, my inner sentiments were invigorated to a high degree.

當場我只想做一個動作，做哪個動作？那個時候真的深刻體會到，為什麼中國人這麼重視師道！

I just wanted to do one thing on the spot. What did I want to do? At that moment, I deeply understood why Chinese people attach great importance to the 'Dao\* of Respecting Teachers'. (\*Tao, The Way)

為什麼？因為一個老師確確實實是無私的，只希望用他的智慧成就你的人生，完全不求你的回報。

Why? Because teachers, with their wisdom, are truly selfless to help students succeed in life. They completely do not request us to repay.

那時候體會很深，當場就跪下去。

Having such a deep comprehension, I knelt down on the spot.

盧叔叔年輕就學柔道，所以動作特別快，馬上就把我拉起來，他說：使不得！我就沒有跪成功。

Uncle Lu has learned Judo since young, his reaction was very swift; he instantly stopped me and said, "You must not do it!" So, I did not succeed in kneeling down.

## Complacency Incurs Disadvantages, Humility Brings Advantages

從那天開始，每次我們上完課，盧叔叔就說：來，我們去散步。

From that day onward, every time after class, Uncle Lu would ask me to go for a stroll with him.

邊走他就問我，今天你聽《弟子規》聽得怎麼樣？聽《德育故事》聽得怎麼樣？

While walking, he would ask me, "What did you gain after listening to *Dizigui* and the ancient moral stories?"

我會把我的心得告訴他，他就會說：你看得不夠深，看得不夠廣。他就一一分析給我聽。

I would tell him my thoughts and understandings. He would say, "Your comprehension is not deep and broad enough." He then analyzed to me one by one.

所以，雖然只相處了兩個多月，確確實實給我人生的啟示，不是這兩個月可以算出來的，真的是一生的助力。

Even though we had only known each other for just two months, the inspiration and guidance are indeed not something that can be calculated by the time of two months; it is indeed lifelong help.

除了這兩個月以外，後來離開澳洲以後，只要有機會我都會主動打電話給盧叔叔，

Except that two months, later after leaving Australia, whenever I had the opportunity, I would take the initiative to call Uncle Lu on the phone.

他都會非常無私給我很好的建議，給我很好的啟發。

He would selflessly give me very good suggestions and inspirations.

所以諸位家長，傲不可長，所謂「滿招損，謙受益」，

Dear parents, we must not let our arrogance grow. *The Book of Changes* states, "Complacency incurs disadvantages, humility brings advantages."

一定要長養孩子的謙卑態度。

Therefore, we must help children to foster the attitude of humility.

## The Bad Habit of Extravagance and Using Make-Up Sparingly

第二個，「奢」，奢侈。

The second bad habit is 'extravagance'.

一個孩子假如奢侈，那很難轉變，因為「由奢入儉難」。

If a child was extravagant, it would be very tough to change him because 'it is hard to go from extravagance to frugality.'

有個書法老師，剛好他的一個學生家長打電話來，說今天要晚一點才能夠來接他的孩子。

There was a calligraphy teacher who received a phone call from a parent. The parent said that he would be a bit late to pick up his son.

然後就跟老師說，可不可以他跟孩子吃個晚飯，之後他才來接。

The parent asked, "Can you have dinner with my son before I pick him up later?"

這老師答應了，跟著這個小孩（小學的小孩）去吃館子。

the teacher agreed and brought this child, a primary student, to eat in a restaurant.

一進去，這個小孩拿起菜單，然後就說：來！

As soon as they entered the restaurant, the student took the menu and asked the waiter to come over.

服務員來了，他說：給我兩瓶可樂。

After the waiter came, he said, "Give me two bottles of coke!"

服務員就去拿可樂，他就大搖大擺開始要點菜，

The waiter went to get the coke, he started to read the menu and swaggeringly made the order.

後來可樂拿過來，小朋友說「這個、這個、這個」，就自己點起菜來。

After the coke was delivered, he gave his order, "This, this, and this."

這個老師都看傻眼了，等他點完，把它拿過來一看，點得都是很貴的菜。

The teacher was stunned. When he had finished ordering, the teacher looked at the menu and found out that the dishes ordered were all very expensive ones.

諸位朋友，這個孩子跟誰學的？

My friends, from whom had this child learned this?

他父親是當官的。你看父親這種奢華的行為直接傳給誰？兒子。

His father is an official. To whom has the father's extravagant behavior been passed on directly? His son.

所以諸位家長，我們不要常常帶孩子去大吃大喝，他吃這麼豪華吃習慣了，就吃不慣清淡的菜。

Dear parents, we must not bring children out for sumptuous meals often. When they get used to eating fancy food, they would be unwilling to eat plain food in the future.

而且到大館子去，都會看到一些大人比較不好的一些行為，

In addition, taking children to expensive restaurants would expose them to some adults' misbehavior.

所以孩子不需要去的場合，盡量不要帶孩子常去。

So, try not to bring children to these places when it is not necessary.

謹慎，不要長孩子的奢華之氣。

We must be cautious! Do not nurture children's extravagant habits.

我的母親不常化妝，要去一些正式場合才會化些淡妝，

My mother seldom applies make-up, she would wear light make-up only on some formal occasions.

所以我兩個姐姐也不大化妝。不過很有意思，不化妝反而皮膚很好。所以上行下效。

As a result, my two sisters also rarely put on make-up. Interestingly, they have very good complexion despite not using make-up. You see, "The people below would emulate the people above."

《朱子治家格言》裡面有提到，「奴僕勿用俊美，妻妾切忌艷妝」，

*Zhu Bolu's Maxims on Family Management* states, "Don't employ handsome and pretty servants, the wife and concubines must avoid glamorous make-up."

所以當太太的不要每天擦得花枝招展。出去會怎麼樣？

So, as a wife, one should not wear seductive make-up every day. What would happen when she goes out? 會有一大堆蒼蠅，困擾自己也困擾別人，這不好。

She might attract a lot of 'flies'. It will bring trouble to oneself and others, it is certainly not good.

有個孩子剛好要跟他父母一起出去，他媽媽擦得很漂亮，他兒子就跟她說「妻妾切忌艷妝」，

There was a child who was going out with his parents. Seeing his mother wearing heavy make-up, he said to his mother, "The wife and concubines must avoid glamorous make-up."

因為剛好背完《朱子治家格言》。夫妻兩個相視而笑，

Because he had just memorized *Zhu Bolu's Maxims*. Upon hearing his words, the husband and wife looked at each other and smiled.

媽媽覺得孩子懂道理，她自己還去把妝稍微弄淡一點。

The mother felt that her son comprehended the teaching well, she then went to lighten up her make-up.

所以不長這些虛華之氣。

We must not develop extravagant habits.

## The Bad Habit of Overindulgence and Idleness

再來，「淫」。淫，一般世間人的看法就是女色，其實不只是女色會淫，這個「淫」是他陷在某一些欲望當中不能自拔。

Next is lust. Many people interpret it as lust for women. In fact, it is not limited to that; it also refers to a situation when one is unable to extricate himself from certain desires.

比方說現在的孩子一打電玩、一上網路就多久？

Take the example of children playing video games; once they are connected to the internet, how long would they stay on surfing?

幾個小時，玩物就喪志。

Hours and hours! As the saying goes, “Overindulgence in pleasures would forfeit one’s aspiration.”

所以，玩樂的東西盡量也要給他有所節制。

So, we must try our best to restrain children from indulging in entertainment.

其實當一個人真正感受到求學問的快樂，當他真正感受到他身上的使命，

Actually, when one has truly tasted the joy of seeking wisdom and really senses his mission,

他就不會去把很多時間耗在這些跟自己人生不相關的事情上。

he would not waste time on matters which are unrelated to his purpose in life.

與其我們在那裡一直叫他不要幹這個，不要幹那個，不如擴寬他的心量，讓他對人生有所志向；

Instead of persuading him not to do this and that, it is better to help him broaden his mind to aspire himself to set an aspiration for his life.

然後你帶著他一起學習，長養他好學的態度。這個很重要。

Together, you learn with him to nurture his enthusiastic learning attitude. This is very important!

最後一個「逸」，放逸，就是遊手好閒。

The last habit is idleness, or goofing around aimlessly.

我們看看很多的家訓，都非常注重養成孩子勤勞的態度。

We can see that a lot of family admonition from the past attached great importance on fostering children’s diligent attitude.

《朱子治家格言》第一句話提到，「黎明即起，灑掃庭除，要內外整潔；既昏便息，關鎖門戶，必親自檢點」。

The opening phrase of *Zhu Bolu’s Maxims* states, “Wake up at dawn, sweep the courtyard, and keep inside and outside of my house tidy and clean; prepare to sleep after dusk, lock all doors and windows, and check everything in person before going to bed.”

所以以前很多家裡的活，誰幹？孩子幹，他勞動才不會好逸惡勞。

So, in the past, who did most of the housework? The children. Only through physical labor would he not become idle and lazy.

當孩子懂得分擔家務，他才能夠體會到做事的人的辛勞在哪裡！

When children know how to shoulder responsibilities at home, they would then be able to feel the toil of those working hard.

所以我們有提到，習勞才會知感恩。

We have mentioned that only by doing labor can one arise the grateful mind.

有沒有發現現在孩子的感恩心很難起得來？原因在哪兒？因為他是茶來伸手，飯來張口。

Have you noticed that children today hardly ever feel grateful? What is the reason? Because they only need to ‘open mouth to eat and stretch out hand to drink’.

有個小朋友聽完之後，他就對我們說：老師，茶來不伸手，飯來不張口，不然怎麼吃？真是不知民間疾苦。

Upon hearing this, a child said, “Teacher, how do you eat and drink without opening your mouth and out your hand? What a child! He does not know the hardships of people!

## The Lesson of the Cucumber Dish

有個小孩，他的老師因為用《弟子規》來教導他們，就告訴他們，生日是母親的受難日。

There once was a little girl whose teacher used *Dizigui* to guide the class that one’s birthday is ‘Mother’s Suffering Day’.

所以以前都想蛋糕，現在不一樣，

In the past, she would only think of cake on her birthday, but it was different now.

就引導他們在這個日子應該要多盡一些心力，讓父母不要那麼辛苦。

The teacher guided them that they should put in more efforts on this day so that their parents would not have to work so hard.

有個四年級的小女孩，她回去了。回去之後，她就跟她媽媽說，她要炒一盤菜給媽媽吃，她要炒黃瓜。

This fourth-grade student went home and told her mother that she wanted to cook a cucumber dish for her. 一進去，因為身高不夠，搬了個椅子踏上去。

Since she was not tall enough, she took a chair and stood on it.

再來油倒下去，噴起來，她馬上跑去找了個大手套，怕手被油噴到，戴了個大手套。

She poured the oil to the pot. When it splattered she immediately went to look for a big glove to protect her hand.

接著又把黃瓜倒下去，結果油噴得怎麼樣？更高！

When she poured in the cucumber, what happened? The oil splattered even higher!

她情急之下，就跑去把她爸爸的安全帽拿來戴上去，全副武裝，終於汗流浹背把這個菜炒出來。

Urgently, she went to get her father's helmet and was fully armed. After sweating heavily, she finally had her cucumber dish done.

相信她那一盤菜端出來，心裡面有沒有成長？

Do you believe that she became more mature when she served this dish on the dining table?

以後她吃她母親炒的菜會不會嫌東嫌西的？不會了！

Would she dare to complain again when she eats her mother's dishes in the future? No, she won't!

她有付出就知道，媽媽還要工作還要煮那麼多菜，真不容易。

After contributing her effort, she would know that it is really not easy for her mother to work and cook so many dishes every day.

所以習勞知感恩。

That is why by doing labor, one can then arise the grateful mind.

你看我們第一份工作做完，薪水才那麼一點點，突然會覺得錢難賺。

After starting the first job with little salary, many people would suddenly realize that making money is indeed not easy at all,

也會感受到說，以前花錢太凶，真是對不起誰？父母。

they would also realize that they had been splurging too much money previously, and they are truly sorry to their parents.

人非聖賢，孰能無過，所以現在要很節儉。

However, 'People are neither saints nor sages. Who can be fault-free'? We must learn to be frugal now.

## **Doing House Chores Creates the Grateful Mind and Boosts One's Willpower**

Secondly, children who help out with household chores will be very industrious besides being grateful.

勤快對身體有幫助，而他在做事的過程當中，他的腦筋隨時在動，所以常常幫忙做家事的學生腦筋特別靈活。

Diligence can not only help improve one's health but also exercise their brain simultaneously as they do the chores. So, students who often help out with the housework are very responsive and adaptable.

有一些成績很好但是在家啥事都不幹的，你派事情給他做，有時候會被他氣死，因為他沒有經驗！

Some students performed very well in the exams but never do housework, they may drive you crazy when you delegate jobs to them due to a lack of experience.

我還遇到一個學生，他只要啥事一定要他媽媽打電話給我，跟我講。

I even encountered a student who would ask his mother to call me whenever he needed to tell me something.



我就跟他說，你就直接跟老師講就好了，幹嘛還麻煩你媽媽？

I told him that he could have just told me directly; no need to bother his mother.

他都這樣頭低低的，下次還是叫他媽媽打電話給我。

He just lowered his head silently but still continued to ask his mother to call me.

因為孩子不常去承擔事情，面對事都很怯懦，其實這是害了孩子。

Due to seldom undertaking tasks, he would be timid when facing challenges; this is actually detrimental to him.

第三，勞動會增加一個人的意志力。

Thirdly, physical labor will boost one's willpower.

盧叔叔曾經說，他小時候剛好隔壁家的水缸沒水了，

Uncle Lu said when he was little, one time, the neighbor used up the water in their vat.

他的母親說：來，去把水缸填滿。誰家的水缸？鄰居家的水缸。

His mother said, "Come, fill up the vat with water!" Whose family's vat? The neighbor's vat.

那個時候已經四點多，四、五點了，

It was already four or five o'clock in the afternoon at that time.

而提水要到小溪旁，所以一來一回，而且還不是扛一次就能裝滿，還要扛兩趟，可能這兩趟跑下來都八、九點了。

He needed to carry the water to the vat from a stream in the distance. It needed two trips for him to fill up the vat with water. It would probably be eight or nine o'clock at night by the time he finished two trips.

要不要扛？他們那一代對父母很尊敬，

Should he shoulder it? People of his generation were very respectful to their parents.

「父母命，行勿懶」，所以就去扛，回來都八、九點了，才吃著涼掉的飯菜。

"When my parents ask me to do something, I must do it promptly." So he went. When he returned home, it was already eight or nine at night, he then sat down to eat the cold meal.

你捨得嗎？捨不捨得？你捨不得就養不出像盧叔叔這樣的人才。

Can you forbear to do this to your children? Can you forbear it? You would not be able to raise a talent like Uncle Lu if you cannot forbear it.

他母親懂得多幫助別人，順便磨鍊他的意志力。

His mother knew how to lend a hand to others and forge her son's willpower at the same time.

他說每次他面臨很大的壓力，工作壓力，腦子裡面都會浮現一個影像，

He said whenever he faced great pressure at work, his childhood memory of carrying the water would emerge in his mind:

就是他在扛水的時候，他在想：我快要撐不住了，假如撐不住，留在這裡也沒辦法，還是堅持一步一步跨出去。

the memory was, "I cannot endure it any longer... but it would be useless to stop now! I must insist on moving forward step by step."

所以，當他面對挑戰的時候，他第一個念頭是什麼？跨過去！

Whenever he faced challenges in life, what would be his first thought? Keep on walking and overcome it!

所以，勞動會讓一個人的意志力不斷提升。

So, physical labor can strengthen one's willpower!

諸位朋友，現在孩子是不是缺乏這些？

My friends, aren't children today lacking in such training?

對！所以要趕快讓孩子多做家事，多去付出，才能長他這些好的德行，好的態度。

Yes! So, we must have children do more chores and to contribute more of their efforts. Only then can they develop such good virtues and attitudes.

今天我們先講到這邊，謝謝大家。

We will stop here for now, thank you all for listening.