

## 細講弟子規 第十三集

# Confucius Teachings on Building a Happy Life (13)

- a foundation for Mahayana Buddhism practice

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### Say No to the Four Bad Habits

諸位朋友，大家早上好！

Hello my friends, good morning to you all!

我們昨天講到的是：【親所好。力為具。親所惡。謹為去。】

Yesterday we spoke about 'I will make efforts to satisfy what my parents like and what they expect from me, and I will cautiously avoid what they detest.'

昨天也有提到，人要避免很多壞的習性的養成，

Yesterday we also mentioned that people must guard against developing many bad habits.

昨天也提到賭的問題、好色的問題，

We talked about the problems of gambling and lust.

還有古書當中說的四個習性不能長，叫「驕、奢、淫、逸」。

And the ancient text lists four bad habits which must not be allowed to grow, they are arrogance, extravagance, lust, and idleness.

在這個「逸」當中，最重要的是要從小讓孩子養成勤勞的態度，做家事的習慣。

For the idleness, most importantly parents must help children develop an attitude of diligence and the habit of doing chores from a young age.

昨天也講到做家事有哪些好處？

Yesterday we also discussed the benefits of doing chores.

第一個，習勞知感恩，懂得感恩；

Firstly, by doing chores, children will know gratitude;

第二個，養成勤勞的態度，做事能力也會一點一滴的積累。

secondly, they will develop the attitude of diligence and gradually accumulate the ability of doing things.

所以，做事能力絕對不是長大才學，從小在家裡就可以訓練；

The ability to do things should definitely not only be learned after they have grown up, it can be trained at home from childhood.

再來，鍛鍊他的意志力；最後，他的人際關係會特別好。

Thirdly, it enables them to train their willpower. And lastly, their interpersonal relationships will be very good.

### Good Habits Also Benefit Interpersonal Relationships

我在教書的過程曾經教過自然科，每一次上完課就有很多的器材要收拾。

During my teaching career, I taught Natural Science in school. After each class, there would be a lot of equipment to be packed.

有幾位學生他都很自然的，你都沒有叫他，他都留下來幫忙你整理，幫忙你打掃。

A few students would naturally stay to help clean up without my asking.

諸位朋友，您看到這樣的學生，你的內心怎麼樣？心生歡喜。

My friends, how would you feel when you see such helpful students? Happiness would arise from your heart!

對這樣的學生，我們一定會多加照顧，

And you would definitely give them extra care and support.

所以孩子勤奮很容易得到長輩的提攜跟關懷、愛護。

So, children who are diligent would easily receive elder's guidance, care, and love.

在跟平輩相處，假如他很勤奮，對他的人緣也是有直接的影響。

As for interacting with peers, their diligence will also directly impact their interrelationship with their peers.

比方說他到大學去念書，假如剛好跟幾位同學一起住在一個寢室，

For example, if a child goes to study in a university and is staying in the same dorm with several schoolmates,

他一進去看到別人在打掃客廳，他馬上就動手去跟他一起做，留給同學是什麼印象？

when he first enters the dorm and sees someone cleaning the living room, he then lends a helping hand immediately; what kind of impression would he have on his roommates?

是懂得處處幫忙，處處體諒別人辛勞的這一分態度。

An attitude of being helpful and being considerate towards others!

雖然還沒有相處，這個動作已經贏得同學對他非常好的印象，很容易就融入團體之中。

Even though they have just met, he has already made a very good impression on his roommates. It will be very easy for him to integrate into the group.

但是，假如他在家裡都不幫忙，到了團體裡面，比方說在寢室當中，別人在打掃，他依然看著他的電視，那其他同學對他的觀感就不大好。

When entering a new environment, what will happen if a child was not used to helping out at home? For example, he continues to watch TV while others are cleaning the dorm; the others will not have a good impression of him.

不幫忙還不打緊，因為在家裡不幫忙就不知道做事人的辛苦，有時候拿了東西亂放，忘東忘西的。

To make things worse, he would not understand others' toil and would often misplace stuff or tend to be forgetful.

到時候很多的公物人家要用的時候找不到，

As a result, it will cause others not to be able to find shared items when they need them.

這個時候他在團體當中的信用跟印象就會愈來愈差，人家的怨言慢慢積累，到最後就會爆發出來。

At these times, their credibility and impression on the group would get worse and worse; when others' complaints gradually accumulate, they will eventually give vent to their repressed feelings.

我們在「謹」這個部分有提到，「置冠服，有定位，勿亂頓，致污穢」，

It is stated in the chapter of Being Cautious in *Dizigui*, "I will always put my hat and clothes in the proper place instead of carelessly throwing them all over and getting them dirty."

這些好的生活習慣都會影響孩子往後的團體生活；

All these good living habits would influence children's social life in the future.

不然不只幫不上人的忙，還會給人家添亂子。

Without good habits, not only will they not be helping others, but they will also bring them trouble.

所以，勤勞的習慣、勞動的習慣，對他人際關係也是直接相關。

So, the habits of both diligence and physical labor will directly affect children's interpersonal relationships.

## **An Exceptional Student With Exceptionally Poor Living Habits**

很多大學生被學校退學，原因是什麼？

Why are there many college students being expelled from school? What is the reason?

就是生活自理能力太差，老師跟同學都不願意跟他住在一起跟他相處。

Because of their extremely poor ability to take care of their own daily life, their teachers and classmates were unwilling to interact and live with them.

在深圳有位大學生被學校退學，報紙剛好報他，畫了一張漫畫，戴了一個學士帽，然後他的母親在餵他吃飯

In Shenzhen, there was a college student who was expelled by his school. Later, a newspaper published a comic which depicted a student wearing a bachelor cap while being fed by his mother.

內容裡面寫到「專業的高材生，生活的低能兒」。

The newspaper commented thus: an exceptional student with exceptionally poor living habits.

諸位朋友，不要覺得很誇張，

My friends, do not think this is an exaggeration!

他大學時候確實還是他媽媽餵他吃飯，因為他跟他媽是死對頭，假如沒有他媽媽餵，他不吃，這麼大了還這樣讓父母操心。

Indeed, he was still fed by his mother while he was in the college. Although his mother and he were deadly foes, he would not eat if his mother did not feed him. Such a grown-up still let his parents worry so much for him!

## Good Habits Are Essential, Never Spoil Children

但是我們話說回來，孩子為什麼會是這種態度？

But then again, why did this child have such an attitude?

早知今日，何必當初！

As a saying goes, "Had one known that this would happen, how could he possibly act this way from the beginning?"

當初可能在兩、三歲的時候，餵一次飯要餵多久？

In the beginning when he was around two to three years old, how long did it take the mother to feed him each time?

要全家跑全場；餵一次飯要一兩個小時，餵下來腰都快斷掉了。

The whole family might have to run around the whole house. It might take one to two hours to feed him; it was indeed a back-breaking task.

所以無規則不成方圓，

As we say, "Without norms and standards, it would be impossible to achieve one's virtues."

教育孩子一定要養成好的生活習慣，絕對不能放縱孩子；

This implies that parents must help children develop good habits and never ever spoil them.

到他養成習慣，長大了，要扭轉都扭轉不回來。

Once he is grown up and has developed his bad habits, you won't be able to turn him around anymore.

所以這個孩子在學校裡面，比方說去找老師，到老師家也不會看時間，

During the semester, for example, when this student needed to talk to his teacher, he would go to the teacher's house without considering the time.

有時候正中午老師在睡覺，也去按老師的電鈴。

Sometimes, he would ring the teacher's doorbell around noon time while the teacher was taking a nap.

進去以後要跟老師借電腦，吃東西他掉滿地，都不整理。

After the teacher let him in, he would ask to borrow the computer. He would eat while working and let the crumbs drop all over, but he never bother to clean it up.

所以老師很怕他，同學也很怕他。

The teacher was very afraid of him, so were his classmates.

我們希望孩子往後人生能夠走得順利，就要養成這些好的習慣才行，不然他這些壞習慣無形當中都是他人生很大的阻力。

If we wish our children's life to be smooth sailing in the future, we must help them develop good habits.

Otherwise, these bad habits would unknowingly become great obstacles in their lives.

我們知道哪些是好，要盡力去養成，哪些是不好，要盡力去改過；

When we know something is good, we must go to great lengths to make it a habit; whatever is not good, we must make every effort to rectify it.

當然從我們做起，進而當孩子的榜樣。

Of course, we must start from ourselves and lead our children by example.

這個『親所好』，我們也可以把它再延伸開來，當作不只是父母，我們的親人所希望的，我們做得到也要盡力去做。

We can also use this phrase 'what my parents like and what they expect from me' for our extended family.

## Learning to Refuse Others to Create More Time for Family

We should also try our best to fulfill the wishes of family members and relatives as long as it is within our capability.

比方說妻子、兒女一定希望我們能夠多陪伴他，有句話是說，所有的成功都取代不了家庭的失敗。

For example, our wife and children must have hoped that we would spend more time with them. A saying goes, "All the success in the world cannot make up for the failure of a family."

很多人說，現在我工作那麼忙，哪有時間陪孩子？

Many people say, "I am so busy at work now, how would I have time to accompany my children?"

他們都說人在江湖，身不由己。

They would quote the phrase, "One would lose his freedom once he engages in his pursuits."

這句話有沒有道理？這個叫找藉口。

Were these words reasonable? This is called 'looking for excuses'.

人只要有心，一定可以把事情做好。

As long as there is a will, there is a way!

當然確確實實人情當中也是有很多情況會發生，

Of course, there are many situations that will happen in our interpersonal relations;

所以一定要學習一個能力，叫拒絕的能力。

so we must learn one skill, it is called 'the ability to refuse'.

不然你的時間統統會耗在應酬，耗在很多對家庭、對人生不大有關的事情上。

Otherwise our time would all be spent on entertaining others or on many matters which are not really related to our families and lives.

## Trump Card One: Parents

拒絕容不容易學？

Is it easy to learn 'to refuse'?

諸位朋友，你覺得拒絕容不容易？不容易。

My friends, do you think it is easy to reject others? No, it is not easy!

拒絕他人，我們可以拿出兩大法寶，

To refuse others, we can take out 'two powerful weapons'.

這兩個法寶拿出來，一般朋友就不會為難你。

Most friends would not put you in a difficult situation once you took them out.

第一個法寶就是父母。

The first weapon is our parents.

比方說朋友要找你去花天酒地，你實在是不要去，一去又要熬到半夜一、兩點，

For example, when your friends ask you to go out for drinks and fun, but you really do not want to go, because you would have to stay up till one or two o'clock past midnight.

談的都是什麼？「言不及義，好行小慧」的這些言語，你實在不想去，

In addition, what kind of conversation would you engage in? Frivolous conversations and showing off knowledge. You really do not wish to go.

你這個時候就可以把父母請出來。

At this time, you can use your parents as an excuse.

就跟他說：我已經答應我媽媽要回去，今天晚上陪她，我已經一、兩個禮拜前就答應她了，所以我得回去。

You can tell them, "I have already promised my mother that I will go back to accompany her tonight. I have given my promise one or two weeks ago, I must go home now."

一般的朋友聽到你要回去探望父母，他會怎麼樣？

Upon hearing your explanation, what would most friends do?

他當然應該不會勉強你。

They surely would not force you to join them.

說不定你這麼一講，他也突然想到：我也很久沒有回去看我父母了。

Perhaps, after you said this, they might stop and think, "I have not visited my parents for quite a while as well."

反而你這個拒絕還喚醒了他的孝心，這是第一個法寶。

Instead, your refusal has awakened his filial mind. This is the first powerful weapon.

## Trump Card Two: Wife and Children

第二個法寶是妻兒。

The second weapon is your wife and children.

當你不想去無謂的應酬，你可以跟他說：今天晚上我要跟我兒子講兩個德育故事，

When you do not want to go for unnecessary entertainment, you can tell them, "Tonight, I want to tell two moral stories to my children.

都已經跟他約好了，因為我現在一起跟他在做《弟子規》，來當我們的家規。

I have set the time because I am now practicing *Dizigui* with them, making it our family rules.

《弟子規》說，「凡出言，信為先」，孩子還小，我不會失信於他，所以我必須回去。

It is stated in *Dizigui* that 'when I speak, credibility is foremost'. My children are still little, I would not want them to lose trust in me, so I must go home."

當你把這兩個王牌拿出來，基本上，朋友不會強你所難。

When you take out these two trump cards, basically your friends would not force you.

假如兩張王牌拿出來還是沒用，還是硬要拉你去，怎麼辦？

If these two reasons were still not effective, and they still insisted on dragging you along, what should you do?

假如是這樣的朋友，我看人生應該有所取捨，這樣的朋友應該敬而遠之。

Life has its gains and losses, if they are this kind of friends, you should make a wise choice: to respect but stay away from them.

## Visit Parents Often, But Don't Give Them Burden

當我們有更多的時間，就能夠去『親所好，力為具』。

Only then can we practice 'I will make efforts to satisfy what my parents like and what they expect from me' when we have more time.

我們之前也有提到晨昏定省，

We have also learned earlier that we should greet our parents two times a day.

常常回家看父母，父母會很歡喜。

Nowadays, it means we should visit our parents often if we don't live with them. They would be very happy if we do so.

有些年輕人也利用禮拜六或禮拜天回家看父母，怎麼看？

Some young people would also make use of their weekends to visit their parents, but, how does it go when they visit their parents?

帶著一、兩個孩子，一進門就坐在沙發上，開始在那裡看報紙。

They would bring their children along. As soon as they entered the house, they would sit on the sofa and start reading the newspaper.

兩個夫妻都坐在沙發上，孩子一進來就東跑西跑，爺爺奶奶忙得不亦樂乎。

While the young couple is sitting on the sofa, the children start playing and running around, and the grandparents are busy in the kitchen cooking.

在廚房裡面，一大早出去買菜，回來又趕快煮菜，

From early morning, the grandparents went shopping then rushed home to cook.

然後煮完以後端出來，我們放下報紙：吃飯了！

Finally all dishes are cooked, the young couple put down the newspapers and say, "Ah, time to eat?"

然後一起吃飯，吃完飯也沒有幫忙收拾碗筷，幫忙洗碗，吃完飯就說：媽，我要走了。拍拍屁股，把孩子帶走了。

After enjoying the meal, they do not offer to help clean up. They would simply say, "Mom, we have to go now." Making themselves scarce, they then take their children home.

爺爺奶奶坐在沙發上喘了幾口氣，累死了，不如還是不要回來，清淨一點。

The grandparents would then sit on the sofa, feeling exhausted, sigh deeply and think, "Our life would probably be more relaxed and peaceful if they do not come home!"

所以我們就要理解到，我們回家探望父母一來是盡孝心，二來也要多體恤父母。

We must understand that the purpose of visiting parents is to fulfill our filial duties, so we must be considerate of them.

我們跟父母先打好電話：菜我們已經買好了。

We should first give a call to our parents, telling them that we have gone shopping.

回去的時候，夫妻倆應該主動去做菜，這樣才能減少父母的負擔，我們這顆孝心才是真正有盡到。

At the parent's home, we should take the initiative to cook so as to reduce the burden on our parents. Only then we will be able to fulfill our filial duties.

## Take Care of Your Health so Parents Don't Worry

我們看下一句：【身有傷。貽親憂。德有傷。貽親羞。】

Let's look at the next phrase, "When my body is injured, my parents will be worried; if my virtues are compromised, my parents will feel ashamed."

身體不好了，身體受傷了，會讓父母非常擔心。

When our health is poor and our body is hurt, parents would be very worried.

所以我們昨天也提到病從口入，對於自己的飲食要非常的謹慎，要吃得健康，讓父母不操心。

We have mentioned yesterday that illness enters through the mouth. We must be very careful with our eating by practicing a healthy diet so that our parents would not have to worry about us.

除了吃方面，比方說在生活細節上也要多多關照身體，

Other than eating, we must also take care of our bodies meticulously in daily life.

春秋之際氣溫變化很大的時候，要記得添加衣服。

When the temperature changes greatly during spring and autumn, we must remember to add or remove clothes.

我在教書的時候，很多學生都已經寒流來襲了，他都穿什麼衣服？

I remember when I was teaching in school, even though a cold wave had started, what clothes were many students still wearing?

穿一件短袖的，在那裡覺得他很不怕冷，

They were wearing short sleeve shirts to show off their muscles.

這個時候我都會跟他說：把衣服穿上。接著我跟他說：假如你感冒了，誰照顧你？

I would tell the student, "Put your jacket on! If you catch a cold, who will have to take care of you?"

他想想：爸爸媽媽。我說：對！假如你生病了，是你自己照顧自己，那我沒話說；

He thought about it and said, "My parents." I said, "Right! If you could take care of yourself when you get sick, I would have nothing to say!"

但是你一生病都是拖累家人，所以你應該有責任讓自己不生病。

But, when you get sick, you will make your family members suffer. So, you should have the responsibility of not letting yourself fall sick.

你看你一生病，媽媽還要請假，還騎著摩托車帶你去看醫生，再把你送回家裡。

When you are sick, your mother has to take leave in order to take you to the doctor then bring you home before going back to work.

而且不只是這樣忙碌，她在公司上班，心裡安不安？不安穩。

Not only that, will she be at ease when she is at work? No, she won't.

所以時時要注意冷暖，不要讓身體著涼。

Therefore, we must always be mindful of the outside temperature so that we won't catch a cold.

比方說我們在運動、在爬山會有大量汗水，所以在做運動的時候也要記得帶毛巾，帶乾衣服。

For instance, when we are exercising or hiking, we would be drenched with sweat; we must also remember to bring our towel and dry clothes when we go for exercise.

當我們在這些細節當中都能夠關照身體，那你的父母對你就會愈來愈放心。

When we are able to take care of ourselves in these details, our parents will feel more and more at ease with us.

## How to Give Parents Peace of Mind and Earn Freedom for Ourselves

很多年輕人（青少年），他說：我父母怎麼管我這麼多！

Many youngsters would say, "Why do my parents watch over me so much?"

我會反問他：父母為什麼管你這麼多？

I would respond back, "Why do your parents have to watch over you so much?"

當然是你很多的行為不能讓父母放心。

It must have been that much of your behavior makes them unable to have peace of mind."

假如你都能夠真正好好照顧自己，父母對你放心了，你就能夠得到真正的自由。

If you can really take good care of yourself and your parents are at ease with you, you can then be truly free.

假如你很多事都不會照顧自己，父母反而不提醒你，那不就父母沒有盡到他的責任了！

If you are unable to take care of yourself in a lot of matters, and your parents do not remind you instead, they have failed to fulfill their parental responsibility!

你要體諒父母的用心，進而要讓自己更懂事，這樣才能真正你自由又讓父母放心。

You must understand your parents' good intention and be more considerate, you can then obtain true freedom and your parents will also have peace of mind.

所以，我們的生活也要規律，不要常常熬夜，熬夜一天要幾天才補得過來？可能要好幾天才補得過來。

We must lead a disciplined life, do not often stay up late! How many days do you need to restore your lost energy after staying up for one day? It may take several days!

我們時常關注飲食，關注生活規律，讓自己的身體能夠有很好的調養。

We should always pay attention to our diet and living habits so that our body would be well taken care of.

有個孩子他感冒了，在日記上寫了一行字，他說：我感冒了，我很難過，不是因為我感冒難受，而是因為感冒是不孝。

There was a student who had caught a cold. He wrote an entry in his diary, saying, "I have caught a cold. I feel miserable not because of this hard-to-endure sickness but because being unwell is being unfilial."

你看孩子他接受《弟子規》的教誨，他面對很多事的觀照能力、自我反省的能力就會與一般的孩子不同。

You see children who have studied *Dizigui* would be different from other children in terms of their abilities in making observations and introspections.

《孝經》在「開宗明義章」也給我們一個重要的教誨，

The first chapter of *The Classic of Filial Piety*, also gives us an important teaching:

一個人的孝道一定是從愛護自己的身體開始落實，

one's practice of filial piety must begin from taking good care of one's own body.

所謂「身體髮膚，受之父母，不敢毀傷，孝之始也」。

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

## if My Virtues Are Compromised, My Parents Will Feel Ashamed

我們接著看下一句，『德有傷，貽親羞』。

Let's look at the next phrase, "If my virtues are compromised, my parents will feel ashamed."

當我們的道德有損傷，會讓父母蒙羞，會讓家人蒙羞，甚至於會讓國家民族都蒙羞。

When our virtues are compromised, we will bring shame to our parents, to our family members, and even to our country and race.

在漢朝末年，有個臣子叫董卓，

During the end of the Han dynasty, there was a minister named Dong Zhou.

後來董卓有了權勢就拿著權勢作亂，後來很多人起而攻伐他。

After he gained his power, he exploited it to make chaos. Many people rose up to attack him.

董卓後來下場很不好，他的家族都被處死，他的母親已經九十多歲了，還到刑場被處死。

Dong Zhou had a very bad ending; his entire family was executed. His mother, over ninety years old, also was killed on the execution ground.

所以當我們當子女的，假如我們的行為還造成父母這麼大的痛苦，那就真是沒有把子女做好。

So, as children, when our behavior causes such great pain and suffering to our parents, we really have not been good children.

現在是沒有這種「滅九族」的刑罰了，

Even though there is no such punishment as 'executing the entire nine clans' now,

但是我們在事業當中假如出了差錯，比方說公司被倒了，都有可能連累父母。

if something went wrong in our career, such as causing the company to go bankrupt, we might incur troubles to our parents.

父母已經辛苦了大半輩子，到時候連他的退休金也都保不住；

Parents have endured much hardships for most of their lives, and at that time they might not even be able to save for their retirement fund.

甚至於還有可能到了年老的時候還要走法院，那時候就很淒涼了。

Even worse, they might have to appear in court in their senior years. It would be a desolate ending then.

所以我們為人子的人生要誠信、要穩紮穩打，不可好高騖遠，造成自己犯下了錯誤，也連累了自己的父母。

So, as children, we must live a life of sincerity, trustworthiness, and steadiness. We must never be overly ambitious, causing trouble for ourselves and for our parents.

所以「德有傷，貽親羞」。

This is about 'if my virtues are compromised, my parents will feel ashamed'.

## Commemorate My Name so As to Bring Glory to My Parents

那德無傷，假如我們的道德能夠不斷的提升，用我們的德行去造福社會、造福國家，

On the contrary, if we can keep improving our virtues, using them to benefit society and our nation,

就能夠做到《孝經》說的「立身行道，揚名於後世，以顯父母」，這個就是「孝之終也」。「以顯父母」，we would fulfill this teaching from *The Classic of Filial Piety*, "Establish my virtues, practice Dao, and have posterity commemorate my name so as to bring glory to my parents; this is the ultimate practice of filial piety!"

是不是要父母去世以後才來顯？

Is it true that we can only bring glory to our parents only after they pass away?

不是！你當下能夠很年輕的時候就能夠好好奉獻社會，你的父母會引以為光榮，那他的後半生內心會非常的安慰。

No! If we are able to contribute to society from a young age, our parents will take pride in us and they will be very comforted for the rest of their lives.

孟子有一段很重要的教誨，孟子說，「事孰為大？事親為大」，

Mencius has a very important teaching which states, "Of all services, which is the greatest? The service to parents is the greatest."



事奉父母，人生第一大事；

Serving one's parents is the most important matter in life.

「守孰為大？守身為大」，

"Of all guarding, which is the greatest? The guarding of one's body and reputation is the greatest."

對自己的操持，「守身為大」，也就是守住自己的身、名節，絕對不能做出違反道德、違反法律的事情，而讓父母難堪。

We must guard our physical body as well as our reputation; never doing things that violate the morals and the law, so as to cause embarrassment to our parents.

當我們的行為不符合道德，父母蒙羞，家人也蒙羞，甚至於連下一代也有可能蒙羞。

When our deeds are immoral, our parents will be ashamed, our family members will also feel ashamed, even our next generation may also be ashamed.

現在因為網路太發達，人跟人之間的交流很頻繁，

The internet is now so advanced, the interaction among people has become very frequent.

假如沒有判斷力，又沒有理智，很有可能會犯下讓自己一生遺憾的事情，

If we have no judgment and are irrational, we are very likely to commit deeds that we would regret for our entire lives.

所以守身很重要。

So it is very important to guard our physical body and our reputation.

## Setting Aspirations When Young Sets One on the Right Track

現在市面上講很多「一夜情」，這不只自己蒙羞，可能連讓子女都會抬不起頭來，

In today's society, the 'one night stand' has become very common; this will not only bring oneself shame but will make one's children hang their heads.

所以我們自己要謹言慎行，不可以自取其辱。

So, we must be prudent with our speech and deeds and never invite humiliation to ourselves.

其實人為什麼會犯下這樣的過失？

Actually, why do people commit such wrongdoings?

在男士當中，可能是太過縱欲了，這都是因為從小沒有志向，人生只以享樂去揮霍自己。

For men, it could be overindulgence in sensual pleasures. This is all because they have not set an aspiration since young. Their life is only centered around enjoyment to squander their time.

所以讓孩子有志向，他就不會被這些社會污染所影響。

So, by letting children set their aspiration, they would then not be affected by these social corruptions.

女的為什麼也會去犯下這樣的過失？很多是因為愛慕虛榮，

Why do women also commit such wrongdoings? For many of them, it is due to their sense of vanity.

愛慕虛榮就很喜歡聽好話，

Once you are wild about vanity, you will be fond of sweet talk.

很多存心不良的男士，他用這些花言巧語，就很有可能讓這些女士踏出錯誤的一步。

As many men with ill intentions use enticing speech, these women would then very likely take the wrong steps.

所以我們自己也要反省，不能犯這樣的過失。

We must introspect ourselves so as to avoid such wrongdoings.

再來，要讓孩子從小不愛慕虛榮，讓孩子要有人生的志向，

We must also teach children not to have a sense of vanity from young but lead them to set aspirations instead.

人生充實，人生道德有提升，就不會犯下這些「一失足成千古恨」的錯誤。

When they improve their morality everyday and lead a fulfilling life, they will not commit such wrongdoings that cause a thousand-year regret.

這是「德有傷，貽親羞」。

This is about 'if my virtues are compromised, my parents will feel ashamed'.

## When Parents Do Not Love Me, My Filial Piety Is Then Sacred

【親愛我。孝何難。親憎我。孝方賢。】

"When my parents love me, it is not difficult to be filial; when parents do not love me, my filial piety is then sacred."

父母跟我們相處得很好，我們也盡力奉養父母。

When we get along well with our parents, we do our best to attend to their needs.

當然父母也有可能脾氣有不好的時候，這時候我們也要能夠包容、能夠寬恕，因為每個人情緒都會有起伏。However, parents may sometimes have a bad temper, we must tolerate and forgive them at this time, because everyone's emotions will have ups and downs.

人與人相處，我們要記住一個原則，「不管別人對不對，自己一定要做對」。

When interacting with people, we must remember one principle: whether others are right or wrong, we must request ourselves to do right.

假如今天父母對我們在情緒上比較不好，

If today our parents treat us with bad emotions, and we also treat them back with the same attitude;

我們也用不好的情緒對待父母，其實父母錯了，我們也錯了！假如我們錯了，還有沒有資格去批評別人錯？就沒有了。

then our parents are wrong, we are also wrong indeed. If we are wrong, do we still have the right to criticize others' wrongs? No, we no longer have the right!

所以不管是父母也好，或者你身旁所有的親友也好，

Whether it is our parents, close relatives, or friends,

縱使他們用不對的態度對你，我們依然要用對的態度去面對他們，

even if they treated us with the wrong attitude, we should still use the right attitude to interact with them.

不然我們也是跟他一般見識，根本沒有資格去說別人錯。

Otherwise, we have lowered ourselves to their level and have no right to criticize their wrongdoings at all. 這是個理智的態度，不管別人對不對，我自己首先一定要做對。

This is a rational attitude: whether others are right or wrong, I must first do right.

因為有這樣的人生態度，我們中國有很多的聖哲，都能夠在『親憎我』的狀況之下，他依然保持他那一分至誠的孝心。

Owing to such a life attitude, many Chinese sages were able to maintain their utterly sincere filiality under their parents' unreasonable and hateful treatment.

也由於這類至誠的孝心，能夠去扭轉家庭的氣氛，進而家庭和樂。

Moreover, they were able to transform their family's atmosphere because of their sincere filiality, thereby bringing harmony and happiness to the family.

## Utmost Sincerity Can Move a Heart of Stone

在周朝的時候，有個孝子叫閔子騫，他的母親比較早去世，父親娶了個後母。

During the Zhou dynasty, there was a filial child named Min Ziqian. His mother died quite early and his father remarried.

後母比較對待他不好，在冬天的時候做衣服，因為後母又生了兩個弟弟，用棉花幫兩個弟弟做棉襖，但是卻用蘆花幫他做衣服。

His stepmother treated him badly because she gave birth to two sons later. In the winter she would make warm coats made with cotton for her own two sons but used reed flowers to make clothes for Min Ziqian. 做起來衣服確實很大，蓬蓬的，但是蘆花不保暖。

The coat made from reed flowers looked very big and fluffy, but could not keep him warm.

剛好他的父親叫他幫他駕車，因為冷風颼颼吹過來，所以閔子騫一邊駕車一邊發抖。

One day, his father asked him to drive the horse carriage. With the winter wind gust blowing, Min Ziqian trembled as he maneuvered the carriage.

他父親一看衣服都穿那麼厚了還在發抖，你這個行為很有可能會讓你的後母的名節受到損害，

Seeing Min Ziqian trembling despite wearing a thick coat, his father thought his behavior might harm his step-mother's reputation.

人家看了還以為後母在虐待小孩。

People might think that his step-mother was mistreating him.

所以就很生氣，拿著鞭子就抽閔子騫，

His father was very angry and took a riding crop to whip Min Ziqian.

結果鞭子一打，衣服破了，蘆花飛出來。

As a result, his coat was torn open and reed flowers flew out.

他父親看了很生氣，這繼母怎麼可以虐待我的兒子？

His father was very angry and thought, "How could the step-mother abuse my son?"

氣沖沖的一回家就要把他後母休了。

Furiously, his father wanted to divorce her when they got home.

在這個情急之下，閔子騫馬上就跪下去，他就跟他父親哀求，

Under that urgent situation, Min Ziqian immediately knelt down and pleaded with his father,

他說父親，不要趕後母走，因為「母在一子寒，母去三子單」；

"Dad...Please do not let mother go! Because, with a mother around, only one child will suffer from chill; yet a mother's absence will leave three children with no one to depend on."

母親在的時候，只有我一個人寒冷，母親假如離去，我跟兩個弟弟都要挨餓受凍。

He let his father understand if the mother stayed, he would be the only one suffering from the winter chill, yet he and two younger brothers would all endure cold and hunger if the mother left.

閔子騫講出這席話，他的父親聽了很感動，氣也就消下來。

Upon hearing Min Ziqian's sincere plea, his father was deeply moved and his anger diminished.

他的後母更覺得很慚愧，一個這麼小的孩子都能念念為她的孩子，也為她著想，而她這麼大的人卻跟一個孩子斤斤計較。

His stepmother felt very much ashamed. Such a young child could be so considerate of her and her two sons, but an adult like her was so mean to a little child.

所以閔子騫的這一分心、這個德行感化了他的後母，從此家庭過得很和樂。

Min Ziqian's filial piety and virtuous deeds had transformed his stepmother, and his family lived happily and harmoniously ever after.

諸位朋友，假如閔子騫沒有用這種寬恕、包容，沒有用至誠的孝心去對待他的後母，這個家庭往後會怎麼樣？

My friends, had Min Ziqian not used his forgiveness, inclusiveness, and utmost sincere filiality to treat his stepmother, what would have happened to the family later?

會搞得家破人亡。

The family would have disintegrated.

所以，人面對事情，絕不能夠意氣用事，

So, when encountering matters, we must never be emotional and act rashly;

假如都是以怨報怨，結果絕對不圓滿。

if we were to repay a grudge with a grudge, the result would surely be undesirable.

我們要相信「精誠所至，金石為開」，

We must believe that 'utmost sincerity can move a heart of stone'.

用一顆真誠，用一顆孝心，才能上演人生一齣一齣的好戲。

Only by using an utterly sincere and filial heart can we stage one good show after another in life.

另外也有位孝子叫王祥，歷史上他有個很著名的故事，叫「王祥剖冰」。

There was another filial child named Wang Xiang. There is a very famous story of his called, Wang Xiang Split the Ice.

就是在很寒冷的天氣當中，他的後母叫他去抓魚給她吃，

When the weather was biting cold, his stepmother asked him to catch fish for her; catching fish for her to eat.

在冰天雪地當中有沒有魚可以抓？沒有！

Was there any fish to catch in a land full of ice and snow? Was there any? No! There was not!

假如王祥不去抓魚會怎麼樣？

What would have happened if Wang Xiang had refused to go?

可能會挨打，甚至後母不讓他進門。

He might have been beaten or his stepmother might not even let him enter the house.

面對後母這樣的對待，他依然沒有怨言，還是到了冰天雪地獨自流淚哭泣。

When being treated in such a manner, he did not complain at all but went on heading to the icy ground where he wept alone.

由於這分誠心，天地都感動了，地面就裂開來，跳出了兩條魚，他拿了兩條魚回去奉養後母。

Because of his utmost sincerity, heaven and the Earth were moved. The earth split open and two fishes jumped out from the crack. He then took the fish home to serve his stepmother.

當然，無理的要求絕對不是只有這一件事。

Of course, his stepmother's unreasonable request was definitely not just this one.

在很多事上還是百般刁難，王祥並沒有因為這樣而退縮。

His stepmother also made things difficult for Wang Xiang on many occasions. But Wang Xiang did not regress his practice of being filial because of that.

有一次外面要下雨了，他的後母跟他說：現在外面颶風下雨，假如果樹上的果子掉下來，那我就處罰你。

Once, it looked like it was about to rain, his stepmother told him, "It is windy and going to rain outside now, if the fruits drop from the trees, I will punish you."

王祥就跑出去抱著這些果樹在哭泣，祈求它們不要掉下來。

Wang Xiang ran out, hugged the fruit trees in tears, and prayed that the fruit would not drop.

這一分真心也是感動，我們說植物、礦物都會因為人心而有所感應，確實果子也掉沒有幾顆。

His sincerity had also moved the trees! Scientists have proved that plants and minerals would respond to people's minds. As a result, only a few fruits dropped.

## Brothers Awaken Their Mother's Innate Nature

所以很多情況都是由於王祥這一分孝心才能夠化險為夷。

Many dangerous predicaments had turned safe because of Wang Xiang's filial mind.

所以諸位朋友，要感動一個人、感化一個人容不容易？

My friends, is it easy to move and transform a person?

不容易！要很有耐心才行。

Not easy! We must have great patience.

王祥感動他後母不是小時候，

Wang Xiang's filial endurance for his stepmother did not end at his childhood.

到他大了，也娶老婆了，他的後母不只虐待他，連他的太太也一起虐待。

Even after he grew up and got married, his stepmother not only mistreated him but also his wife.

不過他的這一分德行已經感動了他的弟弟王覽，

However, Wang Xiang's virtues had moved his brother, Wang Lan.

王覽是他後母生的弟弟。因為他的德行，所以弟弟對他非常的尊敬，

Wang Lan was his half-brother, who had great respect for him because of his virtuous deeds.

每次後母在虐待王祥還有王祥的太太，王覽都會帶著他的太太一起去幫忙他的兄長王祥。

Every time his stepmother abused him and his wife, Wang Lan would bring his wife along to help Wang Xiang.

後來王祥的德行愈來愈好，名聲也遠播出來，

Later, Wang Xiang's virtues got better and better, his reputation thus spread far.

他的後母心生嫉妒，很不高興，居然拿了毒的飲料（毒酒）要給王祥吃。

His stepmother became jealous and unhappy. Unexpectedly, she took a poisonous wine and gave it to Wang Xiang to drink.

結果因為他弟弟事先已經知道了，在那個情急之下，他的弟弟把那杯酒奪過來，當場要幫他哥哥喝下去。

Wang Lan knew about his mother's plan beforehand. At the urgent moment, he snatched the glass of wine from Wang Xiang and wanted to drink it for his brother.

諸位朋友，他的弟弟已經是用什麼來勸他的母親？用死來勸母親。

My friends, what had Wang Lan used to dissuade his mother? He was using death to dissuade his mother. 所以當場他母親就把那個酒打翻，自己也覺得很慚愧，她的兒子居然能以死來保他的兄長，她又怎麼能做人這麼沒有分寸？

His mother quickly grabbed the wine and tipped it over on the spot. She felt very ashamed because her son was willing to sacrifice his own life to protect his brother, yet, she did not know when to stop?

這個動作也喚醒他母親的良知。所以兩個兄弟的赤誠，也把家庭轉化過來。

Wang Lan's act had awakened his mother's innate nature, and both brothers' utmost sincerity had transformed the family atmosphere.

朝中剛好有位大臣叫呂虔，呂虔他手上有把寶劍，

There happened to be a minister, Lu Qian who had a precious sword.

他就送給王祥，他說有這把寶劍的人可以庇蔭後代子孫，都會很有成就。

He presented the sword to Wang Xiang, saying that those who owned it would be able to shelter their descendants, thereby ensuring their success.

王祥拿到這把寶劍，第一個念頭是什麼？

When Wang Xiang received this sword, what was his first thought?

不是佔為己有，馬上送給他的弟弟，也祝福他的弟弟以後的子孫能夠昌盛。

Instead of keeping it, he immediately gave it to his half-brother, wishing his brother to have prosperous descendants in the future.

確實有這樣的兄弟，這麼好的德行，他的後代一定會得到很好的教化，

Indeed, the two brothers were so virtuous, their posterity would surely receive excellent moral education.

因為《易經》說了，「積善之家，必有餘慶」。

*The Book of Changes (\*I Ching)* states, "A family that accumulates goodness will surely be blessed with abundant fortune."

所以，王祥、王覽的後代綿延了九代都是公卿，都在朝中當了大官，服務社會國家。

Both brothers' posterity had been dukes and high-ranking officials for nine consecutive generations, and they had contributed their service to society and country.

所以，我們確確實實要用一顆真誠心，去轉化家庭裡面的不圓滿。

So, we must use our utmost sincerity to transform our family's imperfections.

這個叫『親憎我，孝方賢』。

This is in regard to 'when parents do not love me, my filial piety is then sacred'.

## When My Parents Do Wrong, I Will Urge Them to Change

我們接下來看下一段經文，我們一起把它念一遍：

We will continue with the next phrase. Let's read it together,

【親有過。諫使更。怡吾色。柔吾聲。諫不入。悅復諫。號泣隨。撻無怨。】

"When my parents do wrong, I will urge them to change. I will make my expression pleasant and soften my voice. If they do not accept my advice, I will wait until they are in a happier mood to dissuade them again; I will help them understand by crying, and I will not hold a grudge against them if they end up whipping me.

這裡提到的就是父母有過失，這個『親』我們也可以再把它意義延伸開來，

This is in regard to the situations when parents have faults, we have the responsibility to persuade them;

就是你所有的親人、朋友有過失，我們都有責任去規勸，

we can also extend its meaning to include dissuading all relatives and friends at the time when they have faults.

叫『親有過，諫使更，

This is 'when my parents do wrong, I will urge them to change.

怡吾色，柔吾聲；

I will make my expression pleasant and soften my voice.

諫不入，悅復諫，

If they do not accept my advice, I will wait until they are in a happier mood to try to dissuade them again;

號泣隨，撻無怨』。

I will help them to understand by crying, and I will not hold a grudge if they end up whipping me.'  
其實這句經文非常精闢，它不只告訴我們勸誡親人是我們的本分，連方法、態度，甚至於勸誡的時機都幫我們點出來。

This phrase is actually very incisive; not only does it tell us that it is our duty to give advice to our close ones, it even points out to us the method, attitude, and timing of exhorting.

## Exhorting Others Takes Real Skill

我們來看看，規勸一個人應該注意到：第一個是存心，第二個要注意時機，第三要注意態度跟方法，第四還要注意很有耐性。

Let's take a look! When exhorting others, we should firstly pay attention to our intention, secondly timing, thirdly attitude and method, and the fourth, we also have to be very patient.

勸一個人也不容易，很有修養。

It is indeed not easy to exhort someone, it requires good cultivation.

您有沒有勸親友的時候，當場勸，他從此以後就改過，有沒有這樣的朋友？

Have you ever encountered someone who immediately rectified his faults after your exhortation?

假如有，你一定要介紹他給我認識，因為他可能是顏淵轉世。

Is there really this kind of person? If there is, you must introduce him to me because he could be a reincarnation of Yan Yuan\*. (\*The most praised student by Confucius for his great virtue.)

因為顏淵做到什麼？「不二過」。

What had Yan Yuan accomplished? Never made the same mistake twice!

現在還有這樣子的人，一定要叫他出來弘揚中國文化。

If there is still such a person now, you must urge him to come out and promote Chinese culture.

一般成年人因為很多行為都不是一天、兩天形成，

Generally speaking, many adults' behavior was not formed in one or two days.

所謂「冰凍三尺，非一日之寒」，

As the adage goes, "Three feet of ice was not formed by one day's chill."

已經凍了那麼久，你那個火要慢慢烤才會把它融化掉。

Since it was frozen for so long, you must patiently use your fire to heat it up before it can melt away.

## First Observe Our Intention Before We Exhort Others

所以，一開始我們勸誡親友，要先觀照到自己的存心，

So, we must first observe our intention before we exhort our relatives or friends,

一定是要一顆念念為對方好的心，

ensuring that our every thought is for their best interests.

而不是一種控制：你就是要聽我的，不聽我的就不行。

It must not be a form of controlling: you must listen to me, it is not okay if you don't.

假如我們是這種控制的態度，一種強勢的態度，可能會出現反效果。

If we use a controlling or domineering attitude, we might see the opposite result.

所以我們有些經驗，勸別人勸到吵起來都有，甚至於讓對方惱羞成怒，這樣子我們就失去當初勸誡他真正的目的。

We had experienced some incidents whereby people got into a quarrel when exhorting others or even made another party fly into a rage out of humiliation. In such cases, we have lost our initial purpose of exhorting others.

所以，時時要記住這顆存心，就是要希望他更好。

So, we must always remember our original intention of hoping the other party would change for the better.

當這一分心很堅定的時候，方法、態度你自然而然會去修正自己。

When our intention is firm, we would naturally adjust and rectify our attitude and method.

像我們在教書的時候，很多小孩子很喜歡過來告狀。

When I was teaching in school, many of the students liked to come to me and tell on their classmates. 他過來告狀，我們就會問說：你現在在講這個同學哪裡沒做好，你是用什麼樣的心來告訴老師？是幸災樂禍？還是真的想要讓這個同學改過？

I would ask them, "When you tattle on your classmates, what is your intention? Are you gloating over others' misfortune? Or do you really want your classmate to change for the better?"

也讓孩子看看自己的存心。

By asking these questions, it would enable the student to reflect on his intention.

然後我們接著跟他說：假如你真正希望這個同學改過，那你自己去跟他講，不用老師來講。

I would then tell the student, "If you really want your classmate to turn over a new leaf, you can advise him directly instead of letting a teacher do it."

當然前提之下，你要在班上建立一些很好的做人、做事態度。

Of course, the premise is to establish students' good attitudes in dealing with interpersonal relationships and tackling matters.

比方說，全班都學過《弟子規》，《弟子規》裡面有一句話叫

For example, everyone in class has learned *Dizigui*. There is a phrase in this book which states,

「聞譽恐，聞過欣，直諒士，漸相親」，

"If I am uneasy about compliments yet appreciative of criticism, upright and virtuous people will gradually come close to me."

一個人面對別人的稱讚，會覺得誠惶誠恐；面對別人的規勸，會覺得感謝你指出我的缺點。

Such a person will feel fearful and uneasy when hearing others' compliments and are grateful when others point out his shortcomings.

當全班都有這樣的態度，這位同學過去規勸另外一個同學，他們就能夠互相成就、感謝，

When the whole class has such an attitude, they will appreciate and help each other to build up their moral character.

就看到另外一個同學會跟他鞠躬：謝謝你，指出我的缺點。

We would see one student bowing to another and saying, "Thank you for pointing out my shortcomings."

當孩子懂得去規勸別人，當孩子也懂得接受別人的規勸，

When children know how to exhort others and also appreciate others' exhortation,

這樣的態度都會對他的人生有很大的助力。

such an attitude would be of tremendous help to their lives.

所以，勸別人第一個要先注意到存心問題。

So, when exhorting others, we must first pay attention to our intention.

## **Praise Others' Goodness in Public, Exhort Others' Faults in Private**

第二個，時機。什麼樣的時機規勸人比較好？

Second is the right timing. When is the proper timing to better exhort others?

俗話說，「揚善於公堂，規過於私室」，

As an adage goes, "We should praise others' goodness in public yet exhort others' faults in private."

在稱讚別人的優點，稱讚別人做的好事，你可以在人群當中講，

When praising others' virtues and good deeds, we can do it in public;

因為可以讓其他的人「見人善，即思齊」；

because it can enable other people to practice 'when I see the good points of others, I should strive to follow their example'.

你給他的肯定，他也會更積極去努力。

When you acknowledge one's good deeds, he will also be encouraged to work even harder.

但是規過，規勸別人的過失應該要私底下，沒有其他人的時候。

But when dissuading others from doing faults, we must do it in private, in the absence of other people.

為什麼？為什麼要沒有其他人？

Why? Why must we do it when there are no other people around?

因為我們成人最重的是什麼？面子！面子很貴，對不對？面子一斤要多少錢？

What is the most important to an adult? Our face\*! (\*referring to reputation) Isn't 'face' expensive? Is it? How much is a half kilogram for 'face'?

所以一個人道德、學問要成就，首先要把一個東西賣出去，要把面子賣出去。

Nevertheless, in order for a person to succeed in acquiring virtues and wisdom, there is one thing which they must sell out. They must sell out their 'face'.

待會兒有人要賣的話，我來買。

Later, if any of you wants to sell yours, I will buy it from you.

但是人情要能夠體諒到，要能顧慮別人的面子，

But in interpersonal relations, we must take care of others' 'face'.

所以要「規過於私室」。

That is why we must dissuade others from doing misdeeds in private.

當你做出這樣的動作，對方也會覺得你很替他著想。

When you act in such a manner, the other party will also feel that you are very considerate of him.

假如你是在公眾講出來，可能當場就有可能發生衝突、辯論，

If you were to speak of his faults in public, conflict and debate might occur on the spot.

所以規過於私室，這就是抓對時機。

So, exhorting others' faults in private, this is catching the timing correctly.

## Wait For the Right Timing Before Exhorting Others

《論語》裡面也有一句話提到，「可與言，而不與之言」，

It is stated in *The Analects*, "In failing to exhort someone who is open to advice..."

時機已經到了，你可以勸誡他，但是你卻沒有勸他，這樣「失人」；

When the timing is right for you to exhort someone, yet you do not do so, you have failed to fulfill your duty.

「可與言，而不與之言」這是失人，

The complete quote is, "In failing to exhort someone who is open to advice, we have failed in our duty."

我們就失職了，失了子女之職，或者失了朋友之職。

We have failed in our duty, failed in our duty of being a child or being a friend...etc.

「不可與言，而與之言」，

"Speaking to someone who is not open to what you have to say..."

時機還沒到，你太急躁，就跟他講了，這樣是「失言」；

When the timing was still not right, but you were too hasty and gave him an inappropriate exhortation, this is 'a slip of the tongue'.

你可能就講錯話了，你的善心可能就行了惡事，就失言。

You would probably give a wrong remark and turn your good intention into a bad deed.

所以勸誡，在我們整個五倫關係上都要有這樣的本分，

So, among the five ethical relationships\*, we must fulfill this duty on each of them. (\*The relationships of superior-subordinate, parent-children, husband-wife, among siblings, and among friends.)

父子要勸誡，君臣也要勸誡。

Parents and children should give advice to each other, Superiors and subordinates should also give advice to each other.

因為你接受公司的這分職責，就應該有責任把公司輔佐好，當然也要把領導人輔佐好，

As long as you accepted the job from a company, you then have the responsibility to assist the company and your leaders.

所以君臣關係也要勸誡。

So, superiors and subordinates should also give advice to each other.

再來夫妻，那當然要，要相夫教子。

What about a husband and wife? Of course they have to! To assist the other spouse and educate children is the duty of both spouses.

再來，兄弟也要互相勸誡，還有朋友，這都是我們為人的本分。



Furthermore, siblings should give advice to each other as well. Lastly, friends should do the same. These are all the natural duties of being a human.

所以要提高自己勸誡別人的智慧，才能透過我們的言語對我們的親友的人生有所助力。

We must elevate our wisdom of exhorting others, we can then help our relatives and friends lead a better life through our words of wisdom.

《弟子規》這句話提到了『諫不入，悅復諫』，

The text of *Dizigui* states, "If they do not accept my advice, I will wait until they are in a happier mood to exhort them again."

這個「悅」字是很有學問的。

This word 'happier' is very insightful;

就是當父母第一次沒有接受，要在什麼時候再勸？

when others refuse my advice, when should I exhort them again?

什麼時候？高興的時候。

When? Yes, when they are in a happier mood.

所以這個時候要察言觀色，「悅復諫」。態度跟方法？

We must closely observe their speech and their facial expression. What kind of attitude and method should we use?

「怡吾色，柔吾聲」，這就是態度，

"I will make my expression pleasant and soften my voice." This is the attitude.

我們平心靜氣；因為你動了氣，就會讓他也動氣，

We must keep ourselves calm because our emotion will affect them directly.

你不動氣，他就不容易動氣。

When we do not get emotional, he will also not get emotional.

所以我們要「怡吾色，柔吾聲」，然後又要抓對時機勸誡。

So, we must firstly 'make my expression pleasant and soften my voice', and then catch the right timing to give them advice.

再來「悅復諫」，這個「復」是什麼意思？

Next, 'I will wait until they are in a happier mood to exhort them again'; what does this 'again' mean?

對，一二再，再而三，復就是要很有耐性才行。

Correct! Again and again. It implies that we must be very patient.

這個耐性是從哪裡發出來的？

Where does this patience come from?

從孝心，從友愛的心，從盡忠職守的心，一定會持續去做得到。

Yes, patience arises from the heart of filial piety, fraternal love, and loyalty. We will eventually accomplish our goal through this mentality.

## Establish Trust Before Exhorting Others, When Unsuccessful, It is Our Fault Only

所以我們假如今天勸別人沒有效果，我們要理解到問題不在對方，而在自己。

If today, we failed to persuade others successfully, we must understand that the problem lies in us, not in them.

當我們處處反省自己，那我們勸誡別人的智慧就會愈來愈高，

When we can always introspect ourselves, our wisdom of exhorting others will keep growing,

自然而然別人就會感受到我們的真心誠意，一定會把他轉化過來。

others will naturally feel our true sincerity. We can definitely transform them.

所以，我們抱持一個態度，假如別人不聽我們的勸告，是因為我們「德未修」，所以「感未至」，感應還沒到。

So, we must hold on to one attitude: if others did not accept my exhortation, it is because my cultivation and virtues are still lacking, so their transformation has not yet occurred.

勸別人還有一個前置作業，我們也要考慮到。

There is also one preliminary work when it comes to exhorting others that we need to consider.

孔子在《論語》裡面有提到「君子信而後諫」，

Confucius said in *The Analects*, "A virtuous man would first establish the trust of others before he would exhort them."

君子勸別人有一個前提，一定要先對方很信任他，他才勸誡；

A virtuous man has a precondition before he exhorts others; only when he has earned the trust of others would he give his exhortation.

假如對方還不夠信任他，「未信，則以為謗己也」，

"Without trust, the other party would think that we have intended to slander him."

假如對方還沒有信任我們，我們就規勸他，他還會以為我們是不是有意中傷他。

If the other party does not have trust in me, yet I rush to give advice, they might think that I was trying to defame him intentionally.

所以今天要規勸別人，首先要贏得對方對我們很深的信任。

So today, if we want to give advice to others, we must first gain their implicit trust.

所以父親、領導者，或者你的另外一半，你的朋友、兄弟對你有信任，你勸誡才會有效果。

Only when our parents, leaders, spouses, friends, or siblings have full trust in us, can our exhortation then be effective.

如何贏得別人的信任？

How can we earn others' trust?

我們都很渴望親人、朋友對我們很信任，信任是求來的嗎？

We all wish our family and friends would trust us implicitly, but can we gain such a trust by seeking from praying?

信任絕對不是求來的！

No! It can absolutely not be gained by praying!

我們很多時候都很羨慕，你的人緣為什麼這麼好？大家為什麼都這麼信任你？

Very often, we are very envious of those who are popular and are trusted by many people.

我們只在結果當中打轉，沒有從原因去思考。

Well, we only circle around the effect but never ponder the cause.

好，那我們下一節課再來了解，為什麼一個人能贏得別人的信任！謝謝大家。

So, next class, we will learn about how a person can earn the trust of others. Thank you all!