

細講弟子規 第十五集

Confucius Teachings On Building A Happy Life (15)

- a foundation for Mahayana Buddhism practice

淨空老法師 鑑定

Validated by Master Ching Kung

蔡禮旭 老師 主講

The Speaker: Teacher Tsai LiXu

2005年2月15日～2005年2月23日

Being Shortchanged Is Indeed a Good Fortune in Disguise

諸位朋友，我們接著剛剛提到漢朝的鄭均，

Okay, let's continue with the story of Zheng Jun in the Han dynasty.

諸位朋友，你會怎麼做？怎麼勸這個兄長？

My friends, what would you do if you were in his situation? How would you exhort this older brother?

鄭均自己去當了別人的僕人，從最卑微的工作去做，整整做了一年，

Well, Zheng Jun went to become someone's servant. He started from the humblest job and did it for a whole year.

用勞力賺了些錢，全部拿給他哥哥。

He used his own labor to make some money then he gave it all to his brother.

然後就跟他哥哥說：我們缺的東西，只要靠我們的勞力，然後賺到了錢就買得到；

He said to his brother, "By earning money through hard work, we can buy anything that we lack, but we will ruin our entire life if we tarnish our own reputation."

但是人的名譽只要喪失了，一輩子等於都完蛋了。

but we will ruin our entire life if we tarnish our own reputation."

他哥哥看到他為了勸誡他，還去做人家的傭人，整整做了一年，

Seeing Zheng Jun became someone's servant for a whole year just for exhorting him,

他哥哥也很慚愧，就開始改變他的態度，變得很清廉。

his brother felt very ashamed and started to change his attitude, becoming uncorrupted.

鄭均往後發展得很好，還做到了尚書，相當於宰相的職位。

Later, Zheng Jun had an outstanding achievement. He even became a high-ranking official, equivalent to that of a prime minister.

所以有孝、有悌，為國家必然盡忠。

So, with filial piety and fraternal love, one will surely serve his country with loyalty.

他也時常跟皇帝諫言，皇帝很感於他的協助，還封給他一個「白衣尚書」的名號，

He also often exhorted his monarch. The emperor was very grateful for his assistance; thus he conferred on Zheng Jun the title of 'The Minister of a Commoner.'

而且讓他享賜祿，到他終老都以尚書的俸祿來奉養他。

The emperor even awarded him a life-long stipend of a minister.

所以諸位朋友，您看他當初為了勸誡他的哥哥，還去當了僕人，他是不是損失很多？不是！

So, my friends, he became a servant in order to exhort his brother, did he suffer great loss? No, he did not.

所謂「福田心耕」,

As the saying goes, "The field of good fortune is cultivated with one's mind."

一個人真正都是用道德去立身行道, 他的福分絕對會愈積愈厚。

This means that a person who establishes his virtues by practicing Dao would definitely accumulate more and more good fortunes.

不是不到, 時候還未到, 到的時候, 該是他的福分絕對跑不掉。

When the fortune has not manifested, it is because its time has not yet arrived. When the time comes, it would never slip away if it was destined to be his fortune.

所以中國說「吃虧是福」, 這句話很有意義。

So, the Chinese said, "Being shortchanged is indeed a good fortune in disguise." This sentence is very meaningful.

Waiting 17 Years to Introduce a Friend to the Sages' Teachings

剛剛是提到兄弟之間的勸誡,

What we have just mentioned is about the exhortation among siblings.

五倫關係還有一個關係, 是朋友關係。

There is also the last relationships among the five ethical relationships, which is the relationship among friends.

我曾經跟盧叔叔去拜訪他一個朋友, 我也覺得很奇怪, 像很多很精彩的事都被我遇上了。

I once followed Uncle Lu to visit a friend of his. I felt very strange, it seems to be that I have encountered many wonderful things.

剛好我跟盧叔叔去找他這個朋友, 他這個朋友已經跟他相交往十七年。

I followed Uncle Lu to visit a friend of his, they have known each other for seventeen years.

在那一次他還帶了很多聖賢經典, 有的是要給他孩子讀的, 有的是要送給他朋友, 還有他朋友的太太讀的。

On that visit, Uncle Lu brought many classics on sages' teachings; some were for his friend's son while some were for his friend and his friend's wife.

這個路上盧叔叔就跟我說, 他說: 我認識這個朋友十七年,

During the journey, Uncle Lu told me, "I have known this friend for seventeen years.

看他如日中天, 生意做得很大, 資產很多很多, 但是那個時候已經看出來, 他很有可能往後財富會保不住。

In the past, seeing his life was like the sun in mid sky, with an immense business and lots of assets, yet I could already tell that he might not be able to retain his wealth in the future."

因為當一個人在很有錢的時候, 奢靡之氣一沾染, 再多的錢財也會怎麼樣? 會敗盡。

Because, when a person is very rich, once he is infected with extravagance, what would happen no matter how much money he has? His wealth will completely go down the drain.

而且不止沾染了奢侈之氣, 很有可能傲慢, 不可一世的那種壞習慣都會在這個過程養成。

Besides being extravagant, he would very likely become arrogant. The bad habit of conceited arrogance will be formed during this process.

當一個人傲慢的時候, 他就會輕率, 就很有可能下錯一些判斷, 再多的錢都會耗掉。

When a person becomes arrogant, he will become imprudent and would very likely make some wrong judgments. No matter how much money he has, it will soon be squandered.

後來確實事業也蕩下來, 還負了點債。

Indeed, his career had later plunged and got him into some debts.

當他在負債的時候，所有的朋友怎麼樣？都不見了。

When he fell into debt, what happened to all his friends? They all disappeared !

其實禍福相倚，

Actually, “misfortune and fortune lie on each other.” ~ A concept of Laozi’s Dao De Jing

財產都沒有了，也讓他學到哪一課？真正的朋友不是用錢買得到的。

When his wealth was gone, what lesson had he learned? A true friend cannot be bought with money!

就在他最低潮的時候，盧叔叔每個禮拜坐好幾個小時的車，來幫他解決財務問題。

When this friend was at his lowest ebb, Uncle Lu traveled for several hours each week to help him solve his financial problems.

不只不收他錢，都自己掏腰包來來回回幫他處理很多事，

Not only did he not charge his friend money, he also used his own money to help his friend settle many issues back and forth.

在這個過程當中，就建立了更深的信任、情誼。

During this process, he had built a deeper trust and friendship with his friend.

所以就等到十七年後，因緣成熟了。

Waiting for 17 years, when the causes and conditions were in place, he would then be able to introduce the sages’ teachings to his friend.

一個人真正要把人生走圓滿，絕對不是有多少錢、有多少權勢，而是有多少智慧才行。

To perfect one’s life, it definitely does not matter how much money and power he owns but how much wisdom he has.

我剛好就搭上了這班車子，也體會到盧叔叔可以用十七年來協助一個朋友，

I happened to catch this bus and also realized why Uncle Lu would spend 17 years to help a friend.

所以「勿自暴，勿自棄」，我要以他為榜樣。

As ancient sages taught us, “Neither be harsh nor give up on myself.” With this experience, I have aspired to take Uncle Lu as my role model.

所以，當我們在勸別人，在協助別人，覺得自己有點不耐煩，突然會想到一個數字「十七年」

So, whenever I felt a bit impatient at the time of exhorting and helping others, I would suddenly think of a number, ‘17 years’.

然後覺得很慚愧，再提起我們對朋友的道義，繼續幫忙、協助。

Then I would feel very ashamed and would lift up my sense of righteous duty towards friends to continue to help them.

Exhorting Others to Stop Being Messy

另外剛好在澳洲的時候，我也看到盧叔叔很善巧的勸誡身旁的朋友。

Besides, when we were in Australia, I also witnessed how Uncle Lu skillfully exhorted friends around him.

剛好我們到澳洲去有八、九個人，同住了一個寢室里面，

There were eight or nine people staying in the same dorm when we were in Australia.

八、九個男人會發生什麼事情？

What do you think would happen with eight or nine men staying in the same dorm? What would happen?

八、九個男人會發生這桌子上面有很多垃圾（不是我扔的），就是顯得比較雜亂一點。

With eight or nine men staying together, things like a lot of rubbish on the desk would happen. I did not do it! Ha ha ha... The dorm was a bit messy!

我就看到盧叔叔一句話也沒有講，他每天看到我，聊完以後，寢室、浴室或者是洗手台都有些臟東西，

Uncle Lu did not say a word. After talking to me every day, he would silently clean the rubbish in the bedroom and bathroom.

他就自己默默的給它撿起來，也把流理台擦得一滴水也沒有，都擦得幹淨，然後他才去睡覺。

Before going to sleep, he would clean the countertop until not even a drop of water was left.

日覆一日就這樣做，做了差不多四、五天，突然有位朋友就站出來，他說：你們還這樣亂扔，你沒看到人家每天給你們整理的這麼幹淨，你們不會覺得太過分了嗎？

He did this day after day. After doing it for 4-5 consecutive days, suddenly a friend stood up and said, "You all still litter like this?! Can't you see someone is cleaning and tidying the dorm for us every day? Don't you think you have gone too far?"

所有的人都很慚愧，都低下頭來。

Everyone lowered their heads as they felt very ashamed.

從此以後怎麼樣？幹淨多了！

What happened from that day onwards? The dorm became much cleaner!

所以盧叔叔不以言教而以身教，

Uncle Lu did not verbally advise them but taught them through his actions.

就讓所有的人都警覺到自己應該維護這個環境的整潔。

He had successfully let everyone realize that they should maintain the cleanliness of the environment.

所以確實在成人的世界里面，最重要的還是自己要先做好榜樣，自然而然就能夠去感化他人。

Indeed, among adults, it is most important to initiate a good example by oneself. Naturally, others would be transformed.

First Encounters With the Teachings of the Sages

我是在差不多二十五歲那個時候開始接觸聖賢的學說，

I started learning the sages' doctrines when I was about 25 years old.

因為之前都是升學主義，升學主義帶給我們的內心都是什麼？競爭。

Before that, I was more influenced by the academic elitism. What does academic elitism bring to our inner hearts? Competition!

看到別人分數很高，自己都很難過，

When I saw others scoring higher marks, I would feel very bad.

就小鼻子小眼睛，所以你們知道我為什麼眼睛不大了。

I became small nose, small eyes which signifies a narrow-minded and short-sighted. Now you know why my eyes are not big! Ha ha ha...

但是學了聖賢學問，內心很感動。

However, I was deeply touched after learning the sages' teachings.

我記得我在上高中的時候，語文、國文也很差，

I remember when I was in high school, I performed poorly in the subject of Chinese language.

差到什麼程度？一定都比你們差！

To what extent? I bet it must be poorer than all of you.

因為我初中的時候，考高中聯考，總共考了七科，

Because, in the last year of my middle school, I took the high school entrance examination, a total of 7 subjects.

扣了八十八分，七科扣八十八分，國文一科扣四十四分，等於其他四科總分。

My scores were deducted by 88 points in total, and 44 points of it were deducted from the Chinese alone. The deduction from the Chinese was the same as the score deducted from four other subjects.

我記得初中還有一題考試叫「老氣」：一、橫春；二、橫夏；三、橫秋；四、橫冬，就是春夏秋冬。

I remember there was one multiple-choice question: Lacking youthful vigor as if it was 1.spring 2.summer 3.autumn 4.winter The choices were spring, summer, autumn, and winter.

我覺得這個題目在侮辱我，但是我確實不會寫。

I felt this question was an insult to me. But I really did not know the answer.

我還在那里唱了一首歌，唱一個字就點一下，看到最後點到哪一個，後來還是寫錯了。

I even sang a song, one syllable for one character; let the end of the song to decide the answer.

Yet I still ended up with the wrong answer.

「老氣」什麼？橫秋。

What is the answer? Autumn!

你們怎麼答這麼快？對我是一種傷害。

How do you answer it so quickly? It really hurts me! Ha ha ha...

上了高中，惡運還沒有解除，確實提不起勁來。

My bad luck did not end after I entered high school. I really could not raise my spirit and enthusiasm for it.

所以上課，有一次我的國文老師就把我叫起來，他說：蔡禮旭，你上我的國文課，假如再睡覺，繼續打瞌睡，我就記你曠課。

Once, my Chinese language teacher called out my name and said, "Tsai Lixu, if you still keep dozing off in my class, I will mark you as an absentee."

所以我的語文，大學聯考也沒及格。

So, I also failed to pass my Chinese subject in my college entrance-exam.

但是在上高中的過程當中，我的腦中有兩次好像覺得放了光明，念到兩篇文章的時候。

But during my high school days, twice I felt my brain was emitting light when we were reading two articles.

第一篇就是諸葛亮的《出師表》，里面提到「鞠躬盡瘁，死而後已」。

The first article was Zhuge Liang's *The Petition for Northern Expedition*, which mentioned, "I will never cease to devote my loyalty to my country until death falls upon me."

本來還在打瞌睡，突然怎麼樣？突然就覺得這句話怎麼這麼震撼！

Originally I was dozing off. All of a sudden, what happened? Suddenly I felt, how shocking are these words!

不過都亮五秒鐘而已，後來又烏雲密布。

But the light only shined for five seconds, it became overcast again.

第二句話是在範仲淹的《岳陽樓記》，

The second sentence was from Mr. Fan Zhongyan's *The Reminisce of Yue Yang Tower*,

里面提到「先天下之憂而憂，後天下之樂而樂」，

"Be the first to worry about world affairs and be the last to enjoy happiness."

其實確實也不是很懂，但是又覺得有莫名的感動。

As a matter of fact, I did not really understand the meaning, but I felt deeply moved inexplicably.

後來開始接觸聖賢學問，常常在看《德育故事》，

Later I started to learn the sages' teachings and often read *The Moral Stories of the Ancients*, 都看得會感動的克制不住，真的很感動，

I would moved to tears uncontrollably. It is really touching!

體會到聖賢人的存心確實非常仁慈，非常寬廣。

I realize that the saints' and sages' intention were indeed very benevolent, very vast.
感受到了，我們就要起而效法。

Since we have the epiphany, we should follow suit.

Consideration

所以我去念師範院校的時候，剛好離家里比較遠，我很早就坐火車，

When I was studying in the Teacher Training College, I had to take a very early train as the college was situated far-away from my house.

坐到的時候，全班的同學第一天上課都還沒到，就只有我一個人。

When I arrived the school on the first day, no one was there, only me.

那剛好是放完暑假，一走進去，所有的椅子跟桌子都怎麼樣？

It was the end of the summer vacation. When I walked into the classroom, what did I see on all the chairs and desks?

一層灰塵。

All Chairs and desks were covered with a layer of dust!

諸位朋友，你會怎麼做？

My friends, what would you do?

我們就想到，突然自己當了導演，腦子裏面就想到這些女同學一走進來，剛好看到這個灰塵，

I suddenly became a movie director, thinking of a scene of how the female classmates would react when they saw the dust.

這些女同學會有什麼反應？她會說：怎麼這麼臟！

How would they react when they walked in? They would say, "Gross, why is it so dirty?!"

我們都可以推想到，她們一定會有這樣的難受。

We can all anticipate that they would surely have this discomfort feeling.

所以就跑到校園里，到廁所里面找了一塊抹布，就從頭把它擦到尾。

So, I ran into the school compound and to the restroom to get a rag. And I started to wipe all the desks and chairs.

擦得很快，為什麼？很怕別人看到，這樣就有點太做作，趕快把它擦完。

I wiped them very quickly. Why? I was afraid that others saw me doing it and would think that my action was too pretentious. So I finish it as soon as possible.

擦完以後，自己也覺得今天沒有白過，可以有服務到別人。

After finished the wiping, I felt that my day was not wasted because I have rendered my service to benefit others.

所以後來，同學進來也都坐得很安穩。

Later when my classmates came in, they were able to sit very comfortably and peacefully.

當你有這一念心為他人的時候，請問你跟他有沒有交流？

When you have a thought of considering others, may I ask, do you have telepathy with them?

我們人有種執著，好像就是要面對面，然後講話，才叫做溝通；

People tend to attach to the idea that communication only takes place when we face each other talking in person.

其實不然，當你一念心起了，你已經在跟身旁的人溝通。

Actually, that is not the case! With the arising of one thought, we have already communicated with people around us.

所以我們班那一年每一個都跟我處得很好。

So, everyone in class got along very well with me that year.

我上課，晚上也有我們師範院校的同學來聽，我也很歡喜。

When I started giving lectures on traditional Chinese culture, some of them also came to listen at night and I was very happy to see them.

因為我們有這顆心服務別人，自然就感得別人跟我們很和善的相處。

Due to the heart to serve others, naturally we can elicit people around us to get along well with us.

因為我都比較早到，教室後面的垃圾，我都主動每天都把它拿去丟。

As I arrived earlier, I would take the initiative to empty the garbage bin in class every day.

結果丟沒有多久，有一次我要拿去丟的時候，同學就跑過來了：你別丟了，我們來就好。

Not long after doing this, one day when I was about to throw away the garbage, my classmates came over and said, "You don't need to do it, let us do it."

所以確確實實，朋友之間，我們一定是要先自己用心去付出，

So, indeed, among friends, we must first make an effort to dedicate our service.

我們這顆心就能喚醒每個人向善之心，互相體諒之心。

Our sincere heart can awaken others' mind of kindness and mutual consideration

剛剛講到五倫關係當中如何去勸誡，也舉了這麼多例子，

We have just talked about the ways to give exhortation in the five ethical relations. We have cited so many examples!

舉這些例子的目的是長養我們大家的存心，然後行事，跟人相處的智慧，還有我們的耐性。

The purpose is to nurture everyone's good intention and conducts as well as the wisdom and patience of interacting with others.

相信在往後的日子，每位朋友的生活當中就會有一出一出的好戲要上演。

I believe that in the days to come, everyone's life would have many good shows to be staged, one after another.

我們接下來看下一句經文：

Let us move on to the next phrases,

【親有疾。藥先嘗。

"When my parents are ill, I will taste the medicine first before serving it to them.

晝夜侍。不離床。

I will take care of them day and night without leaving their bedside.

喪三年。常悲咽。

During the three years of mourning, I will often cry with sorrow.

居處變。酒肉絕。

My residence will be different from before, becoming free from meat and wine.

喪盡禮，祭盡誠。

I will observe proper rituals for their funerals and conduct memorial services with utmost sincerity.

事死者。如事生。】

I will serve my late parents as if they were still alive."

『親有疾，藥先嘗』，

"When my parents are ill, I will taste the medicine first before serving it to them."

父母生病的時候，都是兒女先嘗嘗看這個藥的熱度會不會太燙，不會太燙才端給父母吃。

When parents are sick, the children must first taste the medicine to ensure that it is not boiling hot before serving it to parents.

這也代表孝子面對父母生病的時候，他都是隨側在旁的照料。

This means when parents fall ill, a filial child would stay by their side to take care of them.

這個故事是來自於漢朝漢文帝，

This story originated from Emperor Wen of the Han dynasty.

我們都知道「文景之治」,

We all know about “The thriving reign of Wen-Jing”

而文、景這兩位皇帝能把國家治理得這麼好，根源也在以孝治天下。

The reason that both Emperor Wen and Jing were able to govern the country so well, the root lies on their governing the empire with filial piety.

其實要把團體、把家庭帶好，甚至把國家帶好，並沒有想像中那麼覆雜。

In fact, to lead a group, a family, or even a country well is not as complicated as we imagined.

文帝侍奉他的媽媽整整三年，母親病了三年，

Emperor Wen attended to his ailing mother for the entire three years.

他都是這樣親手服侍湯藥，後來母親病情也好轉過來。

His mother was sick for three years, he fed his mother the liquid medicine in person every day.

Later, his mother had finally recovered her health.

那現代您有沒有聽過，父母生病時時隨側在旁的子女？一定有。

In modern times, have you ever heard of children who stay by the parents' side all the time when the parents are sick? Certainly! There must be!

因為就像老子在《道德經》里面說的，

As Lauzi* stated in *Dao De Jing** that (*Lauzi is the founder of philosophical Taoism in the Spring and Autumn period of China. He is the reputed author of the *Dao De Jing*.)

國家昏亂，你才看得出來誰是忠臣。

only when a country is in chaos will you be able to identify who the loyal ministers are.

當人愈來愈不孝的時候，你也可以從中看到真正的孝子，

Likewise, when people become increasingly unfilial, you will also be able to recognize a truly filial child.

他會不因時代的洪流，他會屹立不搖；

Because, a truly filial child will not follow the mighty torrent of times but stand unwaveringly to principles.

也相信當他能做出這樣的行為，他的父母的身體也會很快可以好轉。

When a filial child can act as such, it is believed that his parents' health would also improve very fast.

我們之前也提到，「孟宗哭竹」，

Earlier, we have mentioned about ‘Mengzong’s cry moved the bamboo shoots’.

由這一分真心感得那個筍子都長出來，

Because of his utmost sincerity, he was able to move the bamboo shoots to grow.

他的母親吃了以後也特別歡喜，病就治愈了。

His mother was exceedingly happy after eating it, her illness was then cured.

在這條方面，我們會跟小孩說，現在母親生病了，你那個藥要不要先嘗？

In this respect, we will ask the children, “If your mother is sick now, should you taste her medicine first?”

當然假如母親吃中藥可以舔一下，會不會太燙；

Of course, if it is a Chinese medicine, they can lick it to see whether the medicine is too hot.

假如是吃西藥，可不可以「藥先嘗」？

What if it is western medicine? Should you taste it first?

所以我們教《弟子規》，每一句你把經義抓到了，但是要配合生活情境才行，

When we teach *Dizigui*, after grasping the meaning of every phrase, we must be able to adapt our practice by life situations.

不然到時候吃下去，他媽媽說：你怎麼這麼做？

Otherwise, when the child were to swallow the medicine, his mother would ask, "Why did you do so?"

我們老師教的，「親有疾，藥先嘗」。

He would say, "My teacher had taught me to taste the medicine before serving it to my ailing parents."

所以，我們就進一步引導孩子，你是端那杯白開水的時候，要考慮到不要太冷也不要太熱。

We would further guide the children when they serve drinking water to their parents, it must neither too hot nor too cold.

我們還會引導孩子去思考，就是當父母生病的時候，或者有緊急狀況的時候，我們為人子女應該怎麼樣去應對？

We would also guide them to think over how they should tackle the situations of their parents' sickness or even an emergency.

比方說媽媽剛好有高血壓，突然生病，倒下去了，這個孩子怎麼辦？

For example, a mother who has high blood pressure suddenly fall sick and faint, What should the child do?

所以諸位朋友，危機處理，不是企業講危機處理，家庭也要有危機處理。

My dear friends, not only do the enterprises talk about crisis management, a family must also acquire this knowledge.

你從小就教導孩子，面對一些緊急情況怎麼去應對，他就很懂得如何在緊急當中要從容不迫的處理事情。

If you teach children the ways to tackle some emergency situations while they are young, they will then know how to handle matters calmly in an emergency.

那應該在哪些方面要注意？藥物放在哪里？緊急的時候，怎麼拿到這些藥？

In what aspects should we pay attention to? Where are the medicine placed? How do we get those medicines in an emergency?

假如一堆藥在那里，情急之下找得到嗎？手忙腳亂。

If the medicines are placed disorderly, can we find them in an emergency? We will be in panic.

再來，急救的電話打多少？119、110,求救。

Next, what is the number for the emergency call? We can dial 911, 119, or 110* to ask for help. (*depends on different countries)

再來，其他最親的親戚的電話，這些都要讓他隨時知道，讓他在遇到的時候懂得處理。

Furthermore, the telephone numbers of the closest relatives. Parents should let children know all these information so that the children would know how to handle matters when encountering an emergency case.

甚至於是當父母臥病在床，應該怎麼樣照顧，

Even when parents are ill and confined to bed, children should be taught how to take care of them.

你都要讓孩子曉得，甚至於讓他有做的機會。

Parents should teach their children even give the opportunity for them to practice.

相信他在做的過程他能夠做事愈來愈細心，愈能體諒到病患的痛苦在哪里，或者他的需要在哪里。

During the process, I am sure they would be more careful with doing work and better understand others' pain and needs.

所以，這是「親有疾，藥先嘗」。

This is about 'tasting the medicine first when parents are sick'.

我們可以再把它推而廣之，教導孩子這些方法，這些態度。

We should further extend the meaning of this teaching by guiding children with above methods and attitude.

一個人生了病，除了要對治這個病之外，還應該可以做哪些事，才能夠讓父母的病，甚至於親人的病好得愈快？

When a person get sick, other than needing to cure his illness, what else can we possibly do so that our parents' or our loved one's illness can recover sooner?

這也是值得去思考。

This is worthy for us to ponder.

俗話說，「醫生可以醫病，不能醫命」，

A proverb goes, "A doctor can heal a person's illness but not his fate."

你看很多很有錢的人，他也不能長壽。所以人要能長壽，也要如理如法去求，

You see, many wealthy people cannot enjoy a long life either. So, to seek longevity, one must do it in the proper way based on principles.

天地之間，只要你如理如法去求都可以求得到。

As long as we seek them with proper ways based on principles, everything can be obtained in this world.

我們的前面的課程已經提到了，財布施是得財富的真因，所謂萬法因緣才會生。

As aforementioned, wealth-dana is the real cause of wealth gain. (*Dana, Sanskrit: giving) The Buddha taught us, "Myriad phenomena are given rise from causes and conditions."

一個人的聰明智慧怎麼提升？

Then, how does one elevate his intelligence and wisdom?

法布施得聰明智慧，

According to Buddha's teachings, "One's wisdom is obtained by Dharma-dana*." (*To offer sages' teachings, knowledges... to others by imparting in person or by giving books, DVDs...etc.)

這一點我滿有體會的。

I personally had some epiphanies related to this teaching.

我記得我要去考師範院校，就到補習班去補習，

I remember when I attended a tutoring class before I took the entrance exam for Teacher Training College,

那時候我也給自己一些期許，就是上課一上完就要馬上懂，也很專注，然後就坐在前三排。

I gave myself some expectations at that time; I resolved to fully understand every lesson taught in class immediately. Therefore, I was very focused and sat in the first three rows.

因為坐在前面基本上都是女同學多，然後我身高又高一點，所以後面的人都知道前面有個頭凸出來的同學。

Those sitting in front were mostly female classmates, and I was slightly taller, so those sitting behind us could see a classmate's head protruding in front.

因為很多女同學她們的數學、物理、化學比較差，就常常會拿過來問我，

Many of the female classmates were poorer in mathematics, physics, and chemistry, they often came to ask me.

我就常常花些時間，把她們不會的問題告訴她們。

I often spent some time to help them solve their questions.

其中有一個我很熟的朋友就走過來，給我拍桌子，拍下去，他說：你教這個同學都教了一個多小時，你自己還要不要念書？

One time, a close friend of mine came over, slapped my table, and said, "You have taught this classmate for over an hour, do you still want to do your own studying?"

他是看了看不下去了，你怎麼把自己的時間耗那麼多給別人？

He just could not bear to see: how could I spend so much time for others?

我就對他笑一笑，我說：其實我告訴她，我自己得到最多，

I smiled at him and said, "Actually, when I teach her, I gain the most myself."

因為她是要把這一題學會，我是必須要把她教會，那不一樣！

That is because she was learning while I must teach her until she understood; this made a big difference!

我們的思考要愈清晰、愈深入。

I must think more clearly and deeply!

我教別人數學，但是我自己很少去做很多題目，因為也沒時間，

I taught them mathematics, but I seldom did extra exercises because I did not have time.

很多同學還做到其他的補習班的題目去了。

Many of my classmates did a lot of exercises, even the questions of other tutoring classes.

結果後來考試，我第一年考試，數學考了九十分，滿分是一百分，考九十分。

However, in the first year of examination, I scored ninety percent in my mathematics. The full score was 100, I scored 90.

第二年考代課老師，都沒有讀，因為也沒時間，也考了八十八分；

In the second year, I took the examination for substitute teacher. I did not study at all, because I did not have time. Yet I scored 88.

第三年再考，還是考八十八分。

In the third year, I took the exam again and still scored 88.

這個代表當初你的法布施，當初你很歡喜的把這些方法告訴別人，你自己的這種邏輯思惟的能力就愈來愈上升。

This indicates that the Dharma-dana, joyfully sharing my knowledge with others, had elevated my own ability of logical thinking.

所以確確實實，法布施得聰明智慧。

So, it is indeed that Dharma-dana will result in one's intelligence and wisdom.

由於這樣的體會，我常常會問朋友一個問題，我說記憶力是不是跟年齡成反比？有沒有？

Due to such an epiphany, I would often ask my friends a question, "Is the faculty of memory inversely proportional to age?" Yes or no?

沒有。一般都會說活得愈老，記憶力怎麼樣？衰退下來。

No?! Most people would say as we get older, our faculty of memory would decline.

活得愈老記憶力愈衰退是結果，原因在哪里？不用了。

The faculty of memory fading with age is a result, what is the cause? Yes, they are no longer being used!

還有沒有？煩惱太多！每天都烏雲密布，想到最後都想不起來了！

Any other reasons? Too many afflictions! Everyday their mind was clouded with afflictions, eventually they could not think of anything.

所以人的記憶力為什麼衰退？你不用它，又一大堆煩惱，當然就愈來愈衰退。

So, why do people suffer from memory decline? Since you don't use your faculty of memory, plus a lot of afflictions, of course your memory will decline day by day.

李炳南老師九十七歲講課的時候要不要翻書？

Did Master Li Bing Nan* need to flip through books when he gave lectures at the age of 97?

(*One of most influential teachers in Master Chin Kung's life)

不要！對！

No! (*Audience replied) He did not need to. Exactly!

所以，我從二十五歲那個時候開始接受聖賢這些經典，也很認真在學習，我的記憶力一直都保持在這樣的水平。

So, since I started learning the sages' classics seriously at the age of 25, my memory has always maintained at that level.

確確實實，法布施可以得聰明智慧。

It is indeed true that Dharma-dana will result in our wisdom and intelligence being elevated.

而且是每個人都可以做得到，

And this something that everyone can practice and obtain.

我們要知道，孟夫子給我們說，「舜何人也？予何人也？有為者亦若是」。

We must believe in Mencius' teaching, "What kind of man was Shun? What kind of man am I? He who exerts himself will also become such as Shun was."

好，這個是財施，第二個是法施。

Above elaboration was firstly wealth-dana, secondly Dharma-dana.

最後一個，無畏布施得健康長壽。

Lastly, fearlessness-dana will result in good health and longevity.

「無畏」就是讓別人免於恐懼，這個叫無畏。

'Fearlessness' is to free others from fear and terror.

我們舉個最實在的例子，最真實的例子，新加坡一百零六歲的許哲女士。

Let us cite a most practical living example: the 106-year-old Teresa Hsu Chih of Singapore.

她不斷的幫助別人去免於這些病痛，甚至是生活的苦痛，她都是主動去幫忙。

She has been helping others to alleviate the pain of their illnesses even their life sufferings. She always reaches out to help those who need it.

她是五十幾歲才去學當護士，那一分精神真是讓我們很感佩。

She learned to become a nurse when she was in her fifties. Her spirit has really moved us and earned our great admiration.

她時時都在幫助別人，都在解決別人的痛苦，所以她就什麼？健康長壽。

She is always helping people, resolving their problems, and alleviating their sufferings. So, what does she get? Good health and longevity.

一百零六歲走路很快，講起話來也很有精神，都看不出來已經一百多歲了。

At the advanced age of 106, she still walks very fast and talks very energetically, which belies her age of over 100 years old.

所以，真理是要透過我們自己去印證，這樣你的信心才會很足。

Okay! The truth must be testified by our own practice so that we can beget full confidence.

剛好在我去澳洲之前，我的爺爺（那時候八十四歲）中風了。

Before I left for Australia, my 84 years old grandfather happened to have a stroke.

他中風的時候，半夜，我們趕到醫院去，結果醫生就說：八十幾歲，我們不敢給你動刀，

When we rushed him to the hospital at midnight, the doctor said, "We dare not perform an operation on an eighty-year-old elderly.

但是因為是整片的血管都塞住了（一般中風是怎麼樣？是一條！這是整片血管塞住了），所以你們等著辦後事。

Since all his blood vessels on one side are blocked, not like the regular stroke with only one vessel blocked, you can all prepare for the inevitable.

我父親還有我這些叔叔、姑姑都很孝順，面對這個突如其來，因為我爺爺也沒什麼心臟病，長得高高瘦瘦的，看起來也身體很好，

My father, uncles, and aunts are all very filial, so my grandfather's stroke came as a shock to

them because my grandfather never had any history of heart disease, he is tall and thin and looked healthy.

但是其實已經有癱狀出來，只是沒有注意到。

However he had been showing symptoms, it is only that we did not notice it.

因為那段時間，我爺爺他就覺得頭暈，因為也沒想到，他也沒有高血壓，頭暈，就想應該是感冒，所以這個癱狀就沒有發現。

Prior to the stroke, my grandfather had been feeling dizzy. Since he did not have high blood pressure, we thought his dizziness was possibly due to a cold. Therefore, his symptoms were not detected.

我看爸爸還有這些長者也都慌了，這個時候我就跟我爸爸說，我說無畏布施得健康長壽。Seeing my father and the elders were panic, I told my father at that time that fearlessness-dana can result in good health and longevity.

所以我說：爸，你現在要拿五萬塊錢給我，一定要是我爺爺的錢，

I said, "Father, you have to give me \$50,000 NT now, and it must be my grandpa's money!

因為拿他的錢去做無畏布施，對他的幫助最直接。

Because using his money to do fearlessness-dana would render the most direct help to him."

當然我父親也滿信任我的，就拿給我。

Of course, my father trusted me quite well, so he gave me the money.

然後我到加護病房，去的時候我就跟我爺爺溝通，

Then I went to the intensive care unit (ICU) and communicated with my grandfather.

我說：現在貧苦的人、面臨饑餓的人相當多，我們還有余力可以幫助他們。

I said to him, "There are many destitute and people who are facing hunger now, since we still have financial ability, we should help alleviate their sufferings."

結果我爺爺就點頭，話都講不出來了。

My grandfather nodded his head because he could no longer speak.

我就趕快拿錢去做國際賑災，去幫助這些困苦的人。

I quickly donated the money to the organizations of international disaster relief to help the needy.

結果加護病房住了五天，我爺爺就移到普通病房。所以確實你要去印證。

As a result, my grandfather was moved to the general ward after in the ICU for 5 days. Indeed, we have to verify the 'truth'.

後來出了普通病房，醫生又說：八十幾歲的人中風，不可能會走了，你們要做好準備。

Later, when my grandfather was in the general ward, the doctor said again, "An over eighty-year-old person who had a stroke would be impossible to walk again. You all better be prepared for this."

結果那時候我已經辭掉工作要到澳洲去念書，

At that time, I already quit my job to pursue traditional Chinese culture studies in Australia.

我就跟我爺爺相約，我說「下一次我回來，你要走給我看」，

I made an agreement with my grandpa, "When I come back next time, you must let me see you walking again."

跟我爺爺有這樣的約定。後來我過去以後，因為淨宗學院在培養很多弘揚聖賢學問的這些老師，When I went to Australia, where the Pure Land Learning College ran a program to nurture many teachers to promote the sages' teachings,

所以我也帶了些錢去那里布施，也是以我爺爺的名義把它捐出去。

so I brought some money, donating to them in the name of my grandpa.

剛好捐完當天，我打一通電話給我媽媽，我媽媽說：你爺爺今天會走路了。

On the day after I donated the money, I called my mother who said, “Your grandpa could walk today!”

所以很多真理，我們絕對要用至誠的心去求證，絕對聖人不可能講妄語的。

So, many *truths*, we must use our utmost sincerity to verify them. The saints and sages would definitely not tell lies.

「親有疾，藥先嘗」，

So, “When my parents are ill, I will taste the medicine first before serving it to them.”

除了治他的病之外，還要治他的命，

Other than treating his illness, we must help him overcome his obstacles in fate.

當一個人的無畏布施愈多，身體才能愈健康。

When a person does more fearlessness-dana, he would have a healthier body.

『晝夜侍，不離床』，

I will take care of them day and night without leaving their bedsides.

這是一種孝子至誠的心所表現出來的行為，

This is a behavior shown by the utmost sincerity of a filial child.

當然你身體假如不大好，也不要硬撐，該休息的時候休息一下。但是只要父母需要你，你馬上就可以知道就好，

Of course, if your health is not good, you must not strain yourself. You should take a rest when it is necessary as long as you keep awareness to respond to your parents needs.

你也可以睡在旁邊，然後拿一根繩子綁好，只要你母親或父親需要，拉一下，你就起來。

You can also sleep at their side and tie a rope to yourself so that your parents can wake you up whenever they need you.

我們要懂得變通，你不要說漢文帝都不睡，我也來學，不需要這樣。

We must know how to adapt to our own situation, no need to rigidly follow the example of Emperor Wen staying awake the whole night. No need like this.

『喪三年，常悲咽』，這個是指父母已經去世了。

“In three years after their death, I will often commemorate them with sorrow.” This refers to the time after one’s parents had passed away.

在《孝經》里面有一段很重要的教誨，

There is a very important teaching in the *Classic of Filial Piety* which describes filial children’s attitude,

提到了「居則致其敬，養則致其樂」，

“Filial children show the most respect in daily life service to their parents and bring them the most joys when attending their needs;...”

我們用恭敬心，用一種讓父母歡喜的心去奉養他；

This implies that we should attend our parents with the attitude of respect and the intention to bring them joys.

「病則致其憂，喪則致其哀，祭則致其嚴」，

As the classics state, “One should harbor the most worries in caring parents in their sickness, express the deepest grief in mourning for their passing, and perform the most solemn rites to commemorate them.”

就是在辦喪事的時候，我們要感懷父母的恩德，在祭祀的時候要很莊嚴肅穆，不忘父母的教誨，When conducting the funeral, we should remember parents’ deep kindness with gratitude. We should commemorate parents with very solemn rites and never forget parents’ teachings.

這是一個孝子應該盡的本分。

These are the duties to be fulfilled by a filial child.

所以喪禮的時候，我們也要辦得莊嚴肅穆，不要吵吵鬧鬧。

Therefore, the rites of the funeral should be with solemnity instead of noisy and bustling.

有時候辦喪事還請一大堆人來幫忙哭，這個有沒有意義？

Some would hire a lot of people to act as the filial children of the deceased to cry in the funeral...

Does this carry any meaning?

哪有什麼意義！應該是父母的恩德常常記在心上。

How can that carry any meaning? The rites should offer us as the reminder to remember the deep kindness of our parents.

而且歐陽修有一句很好的教誨，

Ouyang Xiu* had a very good teaching. (*1007-1072, a renowned litterateur, historian, and politician in the Song Dynasty)

他說「祭而豐，不如養之薄也」，

he said, "Rather than making sumptuous offerings during the commemorate rites, it is better to serve parents with meager material support while they were alive."

祭祀再祭得多好，不如在父母生前好好奉養，更有意義。

To take care of parents when they are still alive consist of greater meaning.

生前不奉養，死的時候花一大把錢，那真是太顛倒了！

If we failed to support our parents when they were alive but spend a lot of money to conduct their funerals, this is really called topsy-turvy!

所以我們現在父母健在，要非常珍惜，好好奉養；

While our parents are still alive and healthy now, we must cherish them all the more by supporting them devoutly.

父母走了，我們也會覺得很踏實、很安慰，畢竟我們已經盡力了。

When our parents leave us one day, we would feel guiltless and comforted. After all, we have fulfilled our filial duties.

古代有一句名言，「樹欲靜而風不止，子欲養而親不待」，

In the ancient times, there was a famous saying which reads, "A tree wants to remain still but the wind would not stop blowing, a child wants to attend his parents but they are no longer around."

這樣的遺憾絕對不要再發生在我們的身上。

Such regrets must never happen to us!

如果您的父母已經離去了，您可不可以再盡孝心？

If your parents had passed away, can you still fulfill your filial duties?

當然可以，只要你盡心盡力「立身行道，揚名於後世」，就能「以顯父母」。

Of course you can! As long as you try your best to "Establish your virtues, practice Dao, and let posterity commemorate your name" you can then 'bring glory to your parents.'

而且我們又盡心盡力把自己的孩子教好，讓我們家族的血脈能夠愈來愈好，這也可以告慰父母在天之靈。

In addition, if we also spare no efforts to educate our children properly so that our family lineage will get better and better, this can also bring comfort to the spirits of our departed parents.

所以喪禮辦得莊嚴肅穆，可以依照父母的心願來做。

As to conducting the funeral and commemorate rites with solemnity, we should do it according to our parents' wishes.

而在喪禮當中，我們也是所有的家族，緬懷我們的父母這一生對這個家族所做的貢獻，

During the rituals, everyone in the family can recall parents' contributions to the entire family clan throughout their lives.

也有父母對我們這個家族的期許，透過喪禮來傳達。

We can also convey our parents' expectations of our family through the rites.

「喪三年」，這個「三年」是古代的禮儀，要服喪三年的時間。

"In three years after their death..." This three years was an etiquette in the ancient times.

Children needed to mourn for three years.

「常悲咽」，很多的人就依照這個文字來解，他說：要哭三年，那不累死了！

"I will often cry with sorrow." Many people derived the meaning literally and said that crying for three years would be too tiring.

所以依文解義，聖賢人都喊冤枉！

So, to interpret the meaning literally, the saints and sages would feel being falsely treated.

這個「常悲咽」是一個孝子自然而然就會有這樣的情緒。

'I will often cry with sorrow' is the natural emotion from a filial child.

因為孝子幾十年來念念都把父母的恩德放在心上，

Since a filial child has been imprinting his parents' deep kindness in mind for decades,

當父母一離去，他很難接受，

it would be unbearable to him when his parents passed away.

只要又想到父母，他的眼淚忍不住就掉下來，所以「常悲咽」。

Whenever he thinks of his parents again, he couldn't help but stream down his tears. That is why he 'often cries with sorrow'.

因為有這種感懷之情，才會『居處變，酒肉絕』，

Because of this yearning sentimentality, his residence will thus be free from meat and wine during this period of mourning.

所以「禮」其實是發自一個人的內心，自然做出來的。

So, rituals actually arise from a person's inner heart and are performed naturally.

父母都離去了，他還會去花天酒地嗎？不可能的。

When one's parents have passed away, will he still indulge himself in sensual pleasures?

Impossible!

父母去世了，所以「居處變」，自然而然對那些揮霍、那些酒肉就不想吃，

That is why after his parents' demise, 'his residence will be different from before', he will be naturally not interested in extravagant life of consuming meat and wine,

所以「酒肉絕」。

therefore his residence will be 'free from meat and wine'.

『喪盡禮，祭盡誠』，

"I will observe proper rituals for their funerals and conduct memorial services with utmost sincerity."

這個「祭」就是每年固定的時間祭祀父母，

We should fixed a day every year to commemorate our departed parents. This is an excellent virtue of the Chinese people!

這是我們中國人很好的美德，所以有宗祠。

And that was how the ancestral hall came about.

《朱子治家格言》也提到，「祖宗雖遠，祭祀不可不誠」，

It is mentioned in *Zhu Bolu's Maxims for Family Management*, "Our ancestors may be far from us, sincerity must not be absent when conducting the memorial service."

《論語》也提到，「慎終追遠，民德歸厚」。

It is also stated in *The Analects*, "When people are careful in conducting funerals and worship

their long gone ancestors with sincerity, people's virtues will resume its deep-seated good nature.”

人只要常常想到就是因為有父母、就是因為有祖宗，今天才有我們，時時有這樣感恩的心，人心就會很厚道。

As long as people can often attribute their life to their parents and ancestors and always harbor a mind of gratitude, people will then have deep-seated virtues.

祭要盡誠，每次的祭祀不一定要搞得很覆雜，

Every time we perform memorial services, sincerity is all important. It needs not been done in a very complicated way,

但是我們一定要持之以恆，做給我們的孩子來學習。

but we must persevere with it so that our children can learn through the ceremony.

有位父親，他也是侍奉父母很孝順，後來父母走了，他固定時間都去掃墓，

There is a father who used to serve his parents with filial obedience. After his parents passed away, he would regularly go to cemetery to pay respect to his parents.

他的兩個孩子都看在眼里。

His two sons have been watching and remembering his filial deeds all along.

幼兒園有一天發了他們一人一顆糖果，都是很好吃的糖果，小孩子沒有當場把它吃下去，反而拿回家里拿給他爸爸。

One day, his sons' kindergarten gave each of them a candy: very delicious candies. His sons did not eat the candies right away but brought them home for their father.

他父親看了也很感動，然後兒子就說：爸爸，爺爺奶奶在的時候，你每次有東西都會先給爺爺奶奶吃；

The father was deeply moved. One of the sons said, “Daddy, when grandpa and grandma were around, you would always let them eat first.

縱使爺爺奶奶已經去世了，你也都常常還帶東西去祭祀，

Even after they have passed away, you would still make food offerings to them regularly.

今天我們學校發了兩顆糖果，也給爸爸先吃。

Today, our kindergarten gave us two candies and we also want our daddy to eat first.”

所以這是上行下效。

This is ‘People below emulate the conducts of the people above’.

『事死者，如事生』，侍奉父母的態度跟生前絕對沒有兩樣。

Next, “I will serve my late parents as if they were still alive.” The attitude of serving our departed parents should not differ from when they were alive.

父母對我們的期許跟教誨，絕對不會因為父母離去而有所改變，

Parents' expectations and teachings to us will never be changed just because they have departed.

甚至要更加努力才對，要對得起父母的養育之恩。

Instead, we should work even harder to realize their wishes so that we would not forsake their deep kindness of raising us.

有一位小朋友，剛好他的外婆去世了，

There is a little child whose maternal grandmother happened to have passed away.

他們就坐在靈車上面，他的舅舅端著他外婆的骨灰。

His uncle was carrying his grandma's ashes while they were all sitting in the hearse.

在這個路上比較顛簸，他的舅舅馬上跟開車的人說：你開慢一點，因為我母親不習慣坐快車。

As the hearse drove along a bumpier road, his uncle immediately requested the driver to slow down a bit as his mother was not used to travel in a high-speed car.

這個孩子看了也很感動，回到學校就跟他們老師說：老師，我舅舅這個行為是不是「事死者，如事生」？

This child was deeply moved by his uncle's filial act. When he returned to school, he asked his teacher if his uncle was treating his departed mother as if she was still alive.

所以諸位朋友，不要小看，孩子是很有悟性的。

So, my friends, do not belittle children, they are actually very insightful.

我們「入則孝」經文就講到這邊。

Okay, we have finished expounding the chapter on 'Being Filial to Parents at Home'.

教孩子「孝」有很多的方法，我們都可以好好在生活當中去應用。

There are many filial practices which we can teach children to apply in daily life.

我們來思考一下，教孩子孝，有哪些重要的方法，

Let us think about it: what are the important methods to teach children filial piety?

我們把綱領抓到。最重要是什麼？

Let us grasp the guiding principles! What is the most important?

「以身作則」！標準答案，來，給自己掌聲鼓勵！以身作則，這個太重要。

To lead by example! (*Audience replied) Standard answer! Please give yourself a big applause!

Leading by example is too important!

教孝，第二個要「親師合作」。

Secondly, teachers and parents must have mutual cooperation when teaching filial piety.

老師也教，家長在家里又配合，孩子行為很快就能循規蹈矩。

When teachers teach children to be filial to their parents and the parents cooperate at home, children will quickly observe due decorum.

所以我們在深圳的幼兒園，他們家長每個禮拜都上一節家庭教育課，

So, in our kindergarten in Shenzhen, the parents would attend the class on "family education" once a week.

都上《弟子規》，一句一句學習。

They would learn *Dizigui* phrase by phrase. So, both the parents and teachers coordinated very well.

所以這些家長跟老師就配合得很好，孩子行為的轉變就特別快，因為老師跟家長在孩子小時候是最有影響力的。

The children's behavior changed very quickly because parents and teachers have the greatest influence on the children when they are young.

你看小孩子小時候，開口閉口都是什麼？

You see, when children are little, what words would they utter most?

「我爸爸說」、「我媽媽說」。

"My dad said" or "my mom said".

上了幼兒園說什麼？「我們老師說」。

After they start kindergarten, what would they say? "My teacher said."

所以這麼好的機會要好好利用，親師合作。

So, we must make good use of such good opportunities; both parents and teachers must cooperate.

再來，要「夫妻配合」。

Next, both husband and wife must cooperate!

老師教得少，沒關係，因為老師不一定懂教孝的重要，

It is alright if the school teachers do not teach children much of filial piety because they may not necessarily understand the importance of filial piety.

當然，當老師不懂的時候，你應該怎麼樣？

Of course, when the teacher do not understand, what should you do?

要拿著《弟子規》去跟老師講。

You should bring *Dizigui* to talk to the teachers.

因為社會是一個互動，我們都不要小看自己的力量，

Since people of the society are interactive, we must not underestimate our own power.

我們在海口很多學校的推動，是家長去帶動的。

In Haikow, many of the sages' teachings in schools are driven by the parents.

當老師還沒教，我們要趕快教，那夫妻就可以配合。

When teachers have not taught the students, parents must educate them immediately. In such a situation, the husband and wife can cooperate.

因為你當媽媽，假如你跟你兒子說：兒子，媽媽生你很辛苦，你要孝順我。

Because, as a mother, if you were to say to your son, "Son, your Mom suffered great pains when giving birth to you, you must be filial to me."

你講不講得出口？好像覺得怪怪的，總不能自己往自己臉上貼金。

Would you be able to speak out? You would feel odd since one should not go blowing his own trumpet, right?

這個時候可以父親來教孩子要孝順母親，

At this time, the father can educate his son to be filial to his mother.

爸爸就說：兒子，你可以不要孝順我，但是你一定要孝順你媽媽。為什麼？因為你媽媽當時懷孕的時候多辛苦，每天在那里嘔吐。

He can say, "Son, you can be unfilial to me, but you must be filial to you mother. Why? Because she suffered a lot during pregnancy; she vomited every day."

你就把母親所有的辛勞，都把它娓娓道來，你講得愈真誠，你兒子可能聽到一半，眼淚都掉下來，You can tell your son all the hardships his mother had undergone in an effusive way. When you say it in a sincere manner, your son may burst into tears halfway through listening.

他知恩就能夠報恩！

As long as he knows his mother's deep favor, he will then repay her profound kindness.

你可不能說：蔡老師，那一段我都不知道，我都去忙了。

You must not say, "Teacher Tsai, I don't know that part, I was busy with something else when you spoke of that."

這樣當先生不合格，也是要多陪陪太太。

If it is so, you are not qualified as a good husband! You should spend more time with your wife!

所以先生這麼講，就可以讓孩子對母親的恩德懂得去觀照，懂得去珍惜。

If the husband could do this to his children, his children would then know how to observe and cherish their mother's deep kindness.

太太要幫誰講話？

On the other hand, on behalf of whom should a wife speak?

幫先生講，要告訴孩子，父親工作很辛苦，讓他去體會父親每天的辛勞，他自然而然對父親生起恭敬的孝心。

She should speak on behalf of her husband. She must tell her children how hard his father has been working to earn a living for the family. When you enable them to understand the daily hard work of their father, they would then naturally develop filial respect for their father.

你有沒有幫你先生講過好話？要講！這樣他才會體會到為人父母的辛勞。

Have you ever helped your husband by praising him in front of your children? You must! Only then would your children understand the toils of their parents.

有些女士不只沒有講先生的功勞，有時候還會在孩子面前數落自己的先生，「你這個爸爸...」

Some women not only did not give their husbands the credit, they would sometimes criticize their own husband in front of the children, "This father of yours...such such..."

這樣的言語犯了兵家大忌。

Such kind of speech is violating the 'combatants taboo'.

這樣的言語會產生什麼不好的影響？

What negative influence would such kind of speech lead to?

孩子對父親的恭敬一點一滴消退。

The children's respect to their father would gradually diminish.

今天不管你先生有做哪些不好，我們要做到「隱惡揚善」。

Today, no matter how bad your husband is, you must 'conceal his faults and promote his goodness'.

你都淨挑不好的，孩子對他父親根本就不尊重。

If you selectively pick your husband's shortcomings, your child would have no respect for his father.

當孩子對父親不尊重，父親能不能感受到？

When the children are not respectful to their father, can the father feel it?

他說：太太瞧不起我，連孩子都瞧不起我，好，那我就壞給你們看！

Your husband would say, "My wife looks down on me, so do my children. Good, let me show you more of my bad behavior."

可能無形當中都把他往家庭外推了。

You may have pushed him out of the family subconsciously.

人一定都是好壞參半，

People all have positive and negative points.

在這個時候你常常都是說你父親有哪些很好，孩子就對父親說：爸爸你那里很好，你這里也很好。

At this time, if you could often tell your children about their father's strengths, the children would say to his father, "Dad, you are great here and there..."

父親一看到兒子這麼瞧得起我，那我應該更珍惜，更奮發圖強，

Upon seeing his children look up on him, the father would cherish himself more and strive to be even better.

要對得起兒子的這一分支持，自然而然他就會往好的去發展。

In order not to disappoint his children's support, he will naturally be encouraged and develop his goodness.

所以教孝還可以夫妻共同來配合。

So, husband and wife must coordinate with each other to teach children filial piety.

還有，在家庭里面教育的原則要一致，也就是要有共識。

Moreover, the principles of education in the family must be consistent, which means a consensus must be reached.

假如先生跟太太教育孩子的原則不一樣，那孩子聽誰的？

If husband and wife stick to different principles in educating children, whose words should the children listen to?

假如爺爺奶奶又加進來，那就變幾頭馬車？那個時候孩子會聽誰的？

If the grandparents were added into the group, wouldn't the family become a carriage with horses in different directions? At this time, whose words would the children listen to?

孩子一定挑那個躲在他後面就沒事的那個的，這時候就不好教了，所以確確實實要多溝通才行。

They would certainly choose the one who has always been protecting them. It would be difficult to educate the children then. So indeed, the husband and wife must communicate more often.

有一位女士，她也是自己默默先教《弟子規》，也沒有說「公公你要怎麼做」、「先生你要怎麼做」，她沒有這樣，她先自己把孩子一點一滴去教。

There was a mother who quietly taught her son *Dizigui*. She did not request her parents-in-law or her husband to do anything, she did not request them but taught her children in person little by little.

剛好有一次她的兒子到他爺爺的房間，然後就跟他爺爺說：爺爺，我這個可不可以打開來看一看？

One time, her son went to his grandfather's room and asked, "Grandpa, can I open this and take a look?"

他爺爺突然覺得這個孩子這麼小，居然這麼有禮貌，

His grandfather suddenly felt that the boy was so little but had such a good manner.

他說：誰教你的？

So he asked his grandchild, "Who taught you this?"

他說：媽媽教我的，媽媽說「事雖小，勿擅為」。

The boy replied, "My mom taught me that 'even though a matter might be small with little consequences, I must not do it'.

他公公一聽了很高興，馬上就去跟他兒子說，他說：媳婦很用心教孩子，你要跟她好好配合。

The grandfather was very delighted upon hearing this, he went to tell his son immediately, "My daughter-in-law has been educating her children very attentively, you must cooperate with her nicely."

所以公公還幫她說話。他們家每一天早上起床是放《弟子規》的讀誦帶，一起起床。

So, her father-in-law even spoke for her! Every morning, her family would play the audio book of *Dizigui* as their alarm clock.

自助而後人助，

The ancients said, "God helps those who help themselves."

用我們的真誠付出，自然而然就能夠讓身旁周遭的人慢慢取得共識。

When we sincerely dedicate our efforts, naturally and slowly we would achieve a consensus with the people around us.

好，我們這一節課就先上到這邊，謝謝大家。

Alright, we will stop here today. Thank you for listening!