

細講弟子規 第十七集

Confucius Teachings On Building A Happy Life (17)

- 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

The Way to Manage a Thousand-Person Family

諸位朋友，大家好！

Hello my friends, greetings to you all!

諸位朋友，我們剛剛提到明太祖送給鄭濂兩顆大水梨，

Dear friends, we have just mentioned that Emperor Ming Tai Zu gave two large pears to Zheng Lian.

假如你是鄭濂你會怎麼處理？

If you were Zheng Lian what would you do?

一起煮了，是不是？給這位朋友掌聲鼓勵。

Cook them together, right? Let's give this friend some applause.

您可能是知道水梨煮起來對喉嚨不錯！

Perhaps you know that pears are good for your throat after being cooked!

鄭濂跟您的做法差不多。

Zheng Lian did almost the same way as you said.

他拿了兩個大水缸，一邊放一個，把這個水梨給它打碎，讓這個汁滲在水缸裏面。

He took two big water vats, smashed the pears, then put one pear in each vat and let the pears blend in the water.

處理完之後說：來，一個人喝一碗。平等，人心都很平，覺得真公平！

Afterwards, he had everyone in the family each drink a bowl. Everyone felt that they were equally treated and were at peace.

雖然跟鄭濂的血脈不是那麼親，他愈覺得這個長者值得尊敬。

Although the emperor was not closely related to Zheng Lian, he felt this elder was worthy of respect.

後來明太祖又問他：你怎麼管理這一千個人？你到底是用什麼方法？

Later, Emperor Tai Zu asked him, "How do you manage one thousand people? What method do you use?"

結果鄭濂就回答四個字，他說“不聽婦言”。

Zheng Lian answered, "Do not listen to women's words."

諸位女同胞，不要看了這句話就說“我不想聽，我要走了”，

My lady friends, don't get upset by this answer and say, "I do not want to listen any more, I am leaving."

不要依文解義，任何一句話都有它時代上的意義。

Do not interpret the meaning of a phrase literally, because the implication of each saying is derived from the background of that era.

因為我們要了解，古代的女人比較沒有機會讀聖賢書籍，

We must understand that women in ancient times had fewer opportunities to study the saints' and sages' teachings.

所以她沒有去領受到聖賢人那種心胸，難免會比較自私一點。

It is inevitable that they were more selfish since they did not understand the broad mind of the saints and sages.

只要一自私，為自己的孩子多留一些，就會造成其他人的怨言。所以，怨之所生就在自私。

As long as they were selfish, wanting to keep more for their own children, it would cause others' complaints. That is why resentment arises from selfishness.

當整個家族裏面，很多的細胞都開始在那裏爭奪的時候，整個一千個人就散了。

When many cells in the whole family start to have contention, the entire thousand-cell family will break up.

但是我們現在的女性都有讀書，言語就比較不會自私自利。

But females today are educated, so they are less selfish in their speech.

也很有可能男生他比較自私，比較只為自己著想，假如是這樣的男人，那他的性格也比較像婦言。

Nowadays, it is very likely that men are more selfish, only thinking of themselves. Such men's personality will be more like the women's.

所以，這句話你要廣義去了解，就是在家庭當中絕對不能斤斤計較，一定會造成紛爭；

So, we must understand this phrase from its broader meaning. It means that we must never be very calculating in the family because it will surely cause disputes that way.

人家能維持千人，不是沒有原因的。

There must be a reason why Zheng Lian's family of one thousand people was able to live harmoniously.

人為什麼想爭，為什麼？他覺得好像爭到了就是他的。

Why do people compete? Why? They think that what was obtained from fighting is theirs.

所以下一句就給了我們很重要，如何讓兄弟、讓家庭能夠和樂相處的方法。

The next phrase teaches us a very important method on how to let our siblings and family interact harmoniously and happily.

下一句叫：【財物輕。怨何生。言語忍。忿自泯。】

"When I do not value wealth much, how can there be resentment? When I hold back, not speaking hurtful words, grudges will naturally die out."

The Bigger the Heart One Has, the More Blessings He Begets

古代有個孩子叫孔融，他才五歲，

In ancient times, there was a child named Kong Rong who was only five years old.

當在分裂的時候，他就把那個比較大的讓給誰？哥哥，讓給哥哥吃。

When the family was distributing pears, to whom would he give the bigger ones? His older brother.

其實這樣的態度是完全正確的，因為他可能幹的家活比哥哥還少。

In fact, this attitude is completely correct because he might have done less housework than his older brother.

現在我們都說平等平等，要跟孩子平等，這句話對不對？

Nowadays people often talk about "equal" and even advocate that parents should be equal with their children! Is this concept correct?

這句話看你怎麼解！應該在人格當中平等，妳很尊重他是一個個體，而不是附屬在你身上。

It depends on how you interpret it! It should be equal from the aspect of identity. You respect your children as an individual and not someone who is attached to you.

但是因為他還小，請問他的人生經驗跟你平不平等？

But they are still little, would their life experience be equal to yours?

不平等，對！他的人生智慧跟你平不平等，你要引導他，你要教導他，

Not equal! (*The audience replies) Correct! Since their wisdom is not equal to yours, you must guide and teach them.

所以要有長幼尊卑，他對你才生得起恭敬心；

So, there must be an order of seniority. Only then would they have respect for you.

假如都跟你平起平坐，那他怎麼對你恭敬？所以這個平等我們要看清楚。

Without these ethics, how would they give rise to respect for you? So, we must clearly understand the meaning of equality.

當孩子有長幼尊卑，他才知道「或飲食，或坐走，長者先，幼者後」。

When children are taught to observe the order of seniority, they will then know "Whether I am drinking, eating, walking, or sitting, let the older ones go first then the younger ones follow behind."

為什麼以前，父親沒有回來不能吃飯？

In the past, why did people have to wait for their father to come home before they were allowed to eat?

那也是對於父親的辛勞的感念，因為整個家庭的重擔壓在誰身上？父親！

That was a gesture of gratitude in recognition of their father's toil because who bore the brunt of the responsibility for the family? The father!

所以這都是在這樣的禮儀當中，給予孩子要時時感念父親的辛勞。

So, it was through such an etiquette that children learned to be grateful for their father's toil at all times.

假如父親上班都還沒有回來，兒子就大搖大擺，筷子也沒拿就在那裏吃了。

If the father had not returned home from work, and the children had started eating swaggeringly without even using the utensils,

長期下來他學到什麼？我行我素，

what would they learn in the long run? They will follow their bigoted course.

「苟不教，性乃遷」，所以現在孩子很難教。

"Without proper education, one's behavior will deviate from his innate nature." So, it is rather difficult to teach children today.

我們要細細去研究，為什麼以前幾百個人都可以這麼循規蹈矩，

We must study carefully, why could hundreds of people observe due decorum so well in the past? What method did they use?

他的方法到底在哪？在《弟子規》！

What method? They used *Dizigui*!

但是要真做，你才會得到利益。

But we must genuinely practice it, only then can we derive the benefits.

孔融讓出了大的水梨給他的哥哥吃，所以『財物輕』；

Kong Rong gave the bigger pears to his older brother, so he "does not value material and wealth much."

他哥哥拿到了他弟弟的大水梨，對他的弟弟會更加愛護。

After receiving Kong Rong's big pears, his brother would love and care for him more.

你看弟弟都時時想到我，他這個當大哥的就愈來愈擡頭挺胸，就跑在前面保護他弟弟

Knowing that his younger brother always thought of him, as the older brother, he would be more courageous to protect his younger brother.

這是在「物」當中懂得舍出去。

This is about knowing how to practice giving with materials and wealth.

再來，在五代的時候，有個人叫張士選，也是個讀書人。

During the period of Five Dynasties (*907-979), there was a scholar named Zhang Shi Xuan.

他的父親比較早去世，他是他的叔叔帶大的。

Because his father died early, he was brought up by his uncle.

當他十七歲的時候，叔叔就跟他說：你已經大了，我們現在把祖宗的財產分成兩份，你一份，我一份。

When he was seventeen years old, his uncle told him, "Since you are already a grown up, we can now divide our ancestor's inheritance into two parts; one for you and one for me."

結果張士選馬上就跟叔叔講：叔叔，你有七個孩子，所以應該把遺產分成八份。

Zhang Shi Xuan immediately said to his uncle, "Uncle, you have seven children, so the estate should be divided into eight parts."

他的叔叔說：不行，你是代表你父親，應該分成兩份。

His uncle said, "No, you represent your father, so it should be divided into two parts."

但是張士選那時候才十七歲，他很堅持，一定分成八份。

Zhang Shi Xuan was only seventeen years old then, he insisted that the estate be divided into eight parts.

這麼一讓，吃虧了嗎？這一讓讓出了什麼？

Did he suffer any loss because of his concession? What did he gain in return?

讓出了他的德行，讓出了家庭的和樂，讓出了他的心量，量大福大。

He had further improved his virtues and brought happiness and harmony to his family, as well as broadened his big heart. As the saying goes, "The bigger the heart one has, the more blessings he begets."

所以當他在進京趕考，突然看到一個算命的人，

When he was on the way to the capital city for the imperial examination,

走過去一看，這個人臉上怎麼這麼多陰鷲紋（就是積了很多陰德）！

he bumped into a fortune teller who noticed many hidden merit marks on his face. This meant he had accumulated many hidden merits.

這個算命先生就跟他說：這一次你必然高中。

The fortune teller told him that he would definitely pass and rank high in the exam.

果不其然，他這一次考試就高中。

As expected, he passed and ranked high in that exam.

相信他這樣的榜樣會傳給他的子孫，一定也會世世代代都有很好的發展。

I believe that his excellent example would be emulated by his posterity and his descendants would definitely develop well for generations to come.

所以你看，這麼一讓，跟自己的自性相應。

You see, his concession corresponded to his innate nature.

當人了解到「命裏有時終須有，命裏無時莫強求」，

When we can understand this truth, that "One will sooner or later obtain whatever is within his destiny; if it is beyond one's destiny, do not try to obtain it by force,"

了解道理以後，理得心安，就不會患得患失，常常想要去跟人家爭奪。

then our mind will be settled and at ease. We would not be worried about gains and losses and would not often think of competing with others.

要了解命運的真相，我們就要去讀一本很好的書，叫做《了凡四訓》，

To understand the truth of destiny, we must read one very good book: *Liao Fan's Four Lessons**. (*A book presenting the principle of "Destiny can be changed through proper education and humility" written by Yuan Liaofan in about 1550, Ming Dynasty.)

道理明白，心才會平，就不會去爭。

By understanding the truth, our mind would then be at peace and would not compete with others.

袁了凡先生小時候遇到一位很會算命的人，叫孔先生，這孔先生是我們中國邵子《皇極數正傳》的傳人，

When Mr. Yuan Liao Fan was young, he encountered a very skillful fortune teller named Mr. Kong. Mr. Kong was the successor of the direct line of the Huangji method*, (*A method taught in Huangji Jingshi Shu 皇極經世書, also known as the *Book of the August Ultimate Through the Ages*, written by mathematician and philosopher Shao Yong of the Northern Song Dynasty, 960-1126) 所以算得特別準。

so he was very accurate at calculating and predicting.

諸位朋友應該有過算命的經驗，有沒有？

Dear friends, you have experienced fortune telling before, haven't you?

聽說現在算命算得很貴，有沒有？

I heard it is now very costly to visit a fortune teller, isn't it?

人，命假如被算出來，你真是白來了！

If your destiny can be calculated and foretold, then you have come to this life in vain.

沒什麼建樹！因為就代表我們這一生沒有好好利用。

It indicates that you have made no dedication and have not fully utilized your life.

為什麼命運會被算得這麼準？

How could one's destiny be calculated accurately?

因為一個人的善惡業，就會呈現在他這一生當中，才會被算出來。

It is because one's good and bad karmas would manifest in his life. So, his destiny can be calculated accurately.

所以一般人會覺得算命的真的很準。

Most people would feel that the fortune tellers could predict their destiny quite accurately.

但是有些人的命卻不會被算得準，哪些人？

But some people's destiny cannot be calculated correctly. Who are they?

兩種人算不準：一個是大善，一個是大惡。

The destiny of the two types of people that cannot be predicted are: people who have performed significantly good deeds and those who have committed serious offenses.

而一般的人他所行的都是小善、小惡多，然後心量又沒有擴大，想的都是兒子、孫子、妻子、房子、錢子，

Most people do few good deeds, commit minor offenses, plus do not broaden their minds. All they think of are their children, grandchildren, spouses, houses, and money.

都想這些，也沒什麼大善，也沒什麼大惡，所以命運就被算得很準。

Since they neither perform any major good deeds nor commit any grave offenses, their destiny can be accurately calculated.

命運有加、減、乘、除，

There are "addition, subtraction, multiplication, and division" in one's fate.

比方說你命中有一千萬的財富，結果你行了一點小善，一千萬加多少？五萬，所以算得很準；For example, if you have ten million in wealth in your destiny and you have performed some minor good deeds, how much will be added to your ten million? Fifty thousand! Your destiny can be accurately calculated.

你做了一點小惡，變成九百九十五萬，也還滿準。

If you committed minor offenses, and your wealth had become nine million nine hundred and fifty thousand, then this is very close to your fate of ten million, and can be calculated quite accurately as well.

但是你假如都是行很多的善事，一千萬乘以五變多少？五千萬，那絕對不準。

But if you performed many good deeds, your ten million would be multiplied by five which is equal to how much? Fifty million! Your destiny will definitely be inaccurately calculated.

假如做了些傷天害理的事，一千萬除於五，變兩百萬，那也是算不準。

If you committed some grave offenses, your ten million would be divided by five which is equal to two million, your destiny would not be accurately calculated either.

所以我們了解到，縱使這個人用不法的手段去搶奪了財物，他搶到了兩百萬，那也是他命中本來就有的。

From this principle, we can understand that even if a person had successfully gained two million by illegal means, that two million would actually be what he had in his destiny.

他搶到兩百萬，還在那裏洋洋得意，「你看我多厲害」，其實他已經虧損掉八百萬了。

He might still be bragging about his great ability to make this two million, not knowing that he had actually lost eight million.

所以「君子樂得作君子」，因為心安理得；而「小人冤枉作小人」，

So, "The virtuous gentlemen are happy to be virtuous" because their minds are at peace due to understanding the *truth*.

他拿到這兩百萬，不知道還有沒有命花？

"Petty men are being petty men in vain" because it is uncertain if they will still have the blessing to spend the two million.

因為他做了壞事觸犯法令的話，很有可能過沒有多久就要銀鐐入獄了。

Since he committed an offense that had violated the law, he would very likely be arrested and imprisoned soon.

這樣的人多不多？多！

Are there many such people? Many!

因為現在功利主義，很多人在某些情境都鋌而走險。

Due to the prevailing utilitarianism*, (*A theory that promotes actions to maximize happiness for most affected individuals, its consequences may vary.) many people would risk their necks under certain circumstances.

其實我們看到這樣的人都替他很惋惜，

When seeing such people, we feel a lot of pity for them.

畢竟他也是有大福之人，只是沒有好的教育，把他的人生搞砸了。

After all, they are people with great fortune. It is because they did not encounter moral education, so their lives were ruined.

我們對這樣的人應該抱持壹種憐憫之心，因為「先人不善，不識道德，無有語者，殊無怪也」

We should harbor empathy for such people. As *The Infinite Life Sutra* states, "The past generations committed evil deeds because they did not know ethics. No one had ever told them, so they should not be blamed."

他的父母沒教他，他的爺爺奶奶也沒教。

Neither his parents nor grandparents had taught them.

你看現在一般，比方說我考上老師了，親戚朋友問的第一句話是什麼？

Nowadays, just like when I passed the teaching exam, what is the first sentence my relatives and friends asked?

「一個月多少錢」！

"How much will you make per month?"

所以沒有教！人是可以去創造命運的，只要擴寬心量；

So, they were not taught that we can create our own destiny as long as we broaden our mind.

都沒教，只教他唯利是圖，當誘惑來的時候，他當然就受不了。

Since they were only taught to seek profits, they definitely would not be able to resist temptation. Having understood the principle about destiny, our mind will be at peace due to having acquired the *truth*.

了解命運，理得心安，你就可以「財物輕，怨何生」，

Only then can we implement the teaching: when I do not value wealth much, how can there be resentment?

家庭會充滿祥和之氣。

Our family will then be harmonious and peaceful.

The Lesson from Eating Melon

當我們遇到學生在爭的時候，怎麼辦？

When we come across students competing, what should we do?

有一班的孩子，剛好那天吃水果，吃西瓜。

There was a student whose class happened to eat watermelon one day.

西瓜已經切好放在桌上，很多的同學狼吞虎咽，要幹嘛？

When the watermelon was cut and served on the table, many of the students hurried to finish their meals. What were they intending to do?

飯一吃完，馬上箭步如飛要去搶那個最大的西瓜。

After finishing their meals, they walked as fast as a flying arrow to grab the biggest slice of watermelon.

諸位朋友，假如是你的學生怎麼辦？你會看到一陣兵荒馬亂。

My friends, if they were your students, what would you do? You could see a chaotic situation at that moment.

這個老師也很沈穩，看到兵荒馬亂他還不動聲色，

This teacher stayed very calm and maintained her composure when seeing this chaos.

等同學吃完飯，睡了午覺。下午第一節課，這個老師就講了，

After the students had finished their meals and had taken their afternoon nap, she asked the students during the first lesson in the afternoon,

他說：諸位同學，我們假如去搶那個第一塊的西瓜，搶那個最大的，會產生什麼效果？產生什麼影響？諸位同學說說看。

"Dear students, if we grabbed the first and biggest slice of watermelon, what would be the resulting effect? What influence can it cause? Please tell me your opinion."

他有沒有指出來哪個人搶最大的？沒有，這是在給他們留余地。

Did the teacher point out which student grabbed the biggest slice? No, she did not. She was saving the face for them.

結果很多同學就說：那個人真自私，都要跟人家搶最大的。

Many students commented, "Grabbing the biggest slice, such kind of people are selfish."
老師接著說：這樣的人你要不要跟他交朋友？當然不要！

The teacher continued, "Would you befriend such kind of people?" They said, "Of course not!"

就是透過這個情境讓孩子了解到，他的一舉一動都在影響他在別人心中的形象。

Through this incident, the teacher let her students understand that their every move and deed affects their image in the hearts of others.

不然欲令智迷，他那個欲望驅使，只想著去搶最大的，都沒有去想到已經造成哪些後果。

Otherwise, "Desire makes one lose his mind." When driven by desire, they would only think of grabbing the biggest slice and would not realize the consequences they had already caused.

接著老師又說：假如這個同學搶到最大的，他很高興，趕快把它吃掉，保證腸胃受影響。對不對？

The teacher continued, "If this student was very happy grabbing the biggest slice and ate it immediately, his digestive system would definitely be negatively affected, right?"

因為他吃很快，消化不良。

Because eating too fast will result in poor digestion.

再來，他搶到最大的，高興多久？一下子。

Furthermore, how long would he be happy with the biggest slice he got? Only for a short while!

看看別人看他的眼光是什麼，馬上快樂變什麼？變不舒服了。

When he saw how other people looked at him, his happiness would immediately turn into discomfort.

再來，當他搶到最大的，下次他想要拿到什麼？也是最大的。

Besides, when he managed to grab the biggest slice now, what would he want to get the next time? The biggest one still!

當他下次沒有拿到，他就快樂變什麼？痛苦。「氣死我了，沒搶到！」

If he failed to grab it next time, his happiness would turn into misery. He would think, 'So mad... I did not get it!'

當一個人時時處處都要去搶最好的，當他沒有辦法獲得的時候，他會怎麼樣？

When a person always fights for the best, what would he do when he fails to get it?

他可能就會動歪腦筋，去偷、去搶。

He might come up with improper ways to get it, even to the extent of stealing and robbing."

老師說完了也沒下什麼結論，只是讓他們討論討論。

After finishing saying it, the teacher did not draw any conclusion but let them discuss among themselves.

結果隔天吃西瓜的情況就不一樣了，走過去都拿了那個最小的。

As a result, the situation was different the next day; they intentionally picked the smallest slice.

所以確確實實，家長跟老師只要你肯教，孩子很容易受教。

Indeed, students are very receptive to teachings as long as teachers and parents are willing to teach them.

所以「財物輕，怨何生」，

This is about "When I do not value wealth much, how can there be resentment?"

往往一個常常肯相讓的孩子，都會贏得長輩對他特別的照顧。

Usually, a child who is willing to yield would earn the elder's special care.

Losing Temper Creates Obstacles

下一句,『言語忍, 忿自泯』。

The next phrase is, "When I hold back, not speaking hurtful words, grudges will naturally die out."

人跟人相處當中, 沖突最多的情況就是在言語。

When people get together, the most conflicting situation is in speech.

但是言語起了沖突, 因為你起了沖突, 脾氣就上來了, 「一念瞋心起, 百萬障門就開了。」

When there are conflicts in speech, you will easily lose your temper. It is said, "A thought of resentment opens up the door to a myriad of obstacles."

障門在哪兒? 我們先來考慮看看, 用不好的言語發脾氣會造成什麼影響?

Where is the door of obstacles? Let us consider first: what are the effects of losing one's temper with bad language?

百萬障礙就出來了, 「障門開」。障礙了自己的什麼? 心量;

Millions of obstacles will appear. The door of obstacles opens up! What would be obstructed? The broad mind of oneself!

也障礙了人與人之間好的關係。

It will also obstruct the good interpersonal relations of oneself.

你可能發脾氣發了五分鐘, 你要花多少時間才能把這個脾氣所產生不好的效果去除?

You may have lost your temper for only five minutes, but how long do you need to remove the negative effects from losing your temper?

花多少? 所以「忿思難」,

How long? So, we must "Think of the difficulties that anger may bring us."

這在「君子九思」當中, 提醒我們忿怒不可發, 謹慎!

In his teaching of "The Nine Contemplations of Virtuous Gentlemen," Confucius reminded us never to unleash our anger, we must be prudent.

因為忿怒一發, 很難回歸到原來的樣子,

Because once we get angry, it would be very difficult or even impossible to restore our original state.

甚至於可以說不可能回來了, 所以「忿思難」。

That is why we must "Think of the difficulties that anger may bring us."

俗話又提到「利刃割體痕易合」,

A saying also denotes, "When the body is cut with a sharp knife, it is easy for the scar to heal."

利刃割身體, 可能一、兩個禮拜就可以好了;

When there is a knife wound, it may take just one or two weeks to heal.

但是「惡語傷人」會留在他心裏多久?

But when we "use bad words to hurt others' feelings," how long would it imprint on others' hearts?

「恨難消」。人生這麼短暫, 為什麼不好好相處?

"The grudge will be very difficult to extinguish." Life is so short, why not interact harmoniously?

我們看到這樣的結果, 慢慢要找到方法對治我們的忿怒。

When we see such results, we must find ways to overcome our anger.

而這個對治的功夫要練到什麼程度? 練到「忍」這個字的程度。

And to what extent should we exercise our effort to control anger? To the extent that the Chinese character "forbearance" implicates.

我們看一下，會意字，什麼叫忍的功夫？

Let's analyze this compound ideograph character. What is the skill of "forbearance"?

上面一把「刀」，下面一個「心」；意思就是人家拿著一支刀捅在你的心頭上，你還要如如不動；

The top radical of the character is a "blade" and the bottom radical is a "heart". It signifies when people take a knife and stab in your heart, you have to remain unaffected.

不管你怎麼罵，我就是不回嘴，

No matter how other people scold you, you just don't talk back.

一個巴掌拍不響。你能忍到這種功夫，必然能夠讓身旁的人很佩服，

One hand clapping will not produce sounds, so nothing will happen. If you could practice forbearance to such an extent, you would definitely win great admiration from people around you.

所以「忍」是一門大學問。

Indeed, "forbearance" is a grand subject to learn.

你時時處處都在考驗忍的功夫，

Our forbearance skills are being tested at all times, in all places.

比方說現在聽課也在考驗忍耐，對不對？忍住不要打瞌睡。

For example, listening to the lecture now is also a test of your forbearance, isn't it? You have to hold back, not letting yourself doze off.

曾經有個女士她就跟我說，她說：蔡老師，中國文化不錯，不過那個忍到底要忍到什麼時候？

Once a lady said to me, "Teacher Tsai, traditional Chinese culture is good, but as for the forbearance, how long does one have to endure?"

她對這個「忍」字很無奈。

She seemed to feel helpless with "forbearance."

我說：假如你是這樣的心態，我保證你一定忍到火山爆發。

I said, "If you have such a mentality, I guarantee that your forbearance will surely end up in an explosion."

比方說學了這些課程，知道夫妻要互相體諒，所以回去突然變得很勤勞，就開始掃地，打理家裏面。

For example, after learning these lessons, you know that a husband and wife should be mutually considerate. So, you suddenly become very hardworking when you go home.

結果先生都沒有看到，因為她在掃的時候，都一邊看他有沒有看到，

You start to clean and tidy the house. But your husband does not notice because you are always looking at your husband when you are doing the chores.

掃了一個禮拜，先生都沒什麼反應，突然怒火中燒。

After doing it for a week, your husband still does not give any response. Suddenly you feel a surge of anger.

然後把掃把摔在地上：我做了那麼多事，你都看不到嗎？

Then you throw the broom on the ground and say angrily, "Can't you see I have done so much?"

假如這一口氣忍不住，爆發出來，會怎麼樣？前功盡棄！

If you failed to forebear your grievance and exploded with anger, what would happen? All your previous efforts would go down the drain.

你先生馬上冷眼看你：還說學什麼弟子規！

Your husband would immediately give you a cold-eyed stare and wonder what you have learned from *Dizigui*.

所以，忍的功夫是要能夠忍得明明白白，忍得為大局著想。

So, the skill of forbearance is to endure situations through a clear understanding of the *truth* and put the overall situation into consideration.

因為每個人，比方說夫妻來講，來自不同的家庭，所以生活習慣差異很大，
Because everyone, such as husbands and wives, come from different families, their living habits vary greatly.

所謂「冰凍三尺，非一日之寒」。

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

我們明白了，知道改變絕對不是一蹴可幾，

Understanding this, we know that it is impossible to have an instant change.

這個時候你要安心，別人對不對是別人的事，我自己有沒有盡好我的本分。

At this time, we must set our minds at rest. Whether others are right or not is none of my concern, I must do my part well.

本來就是應該做的，所以做得心安理得，自然你的身教就會傳遞出去，你就讓它水到渠成。

It is my duty, so I do it with peace of mind due to understanding the *truth*. Naturally, your exemplary deed would be passed on and you just need to let nature take its own course.

當我們明白，就能夠去包容。

When comprehending this principle, we would be able to accommodate others.

所以，現在你回去要叫孩子變勤勞，你可不能說他沒有馬上變勤勞你就氣得半死，

So, when you go back now and request your children to be diligent, you can't get angry if they cannot meet your expectation right away.

這不是孩子錯了，是誰錯？我們自己的態度不對。

If you do, your children are not at fault, but who is? Our own attitude is not right!

習慣的養成必然有一個循序漸進的過程，我們還是要道法自然來做，

There must be a step-by-step process to form a habit. We must do things according to the law of nature.

忍得為大局著想。因為在家庭當中，夫妻假如常吵，在公司裏面，同事之間假如常吵，

We must endure things with the overall situation in mind because if husband and wife often quarrel at home, and colleagues in a company often have disputes,

那這個家庭跟團體氣氛就很不好，家跟團體必衰敗。

the atmosphere in the family and company will be very bad and definitely decay eventually.

我們能忍得住，就是為大局著想；

Being able to endure is to be able to consider the overall situation.

而當你處處能忍讓，也會喚醒對方的慚愧之心。

When we can practice forbearance in all situations, we will eventually awaken the other party's sense of shame.

所以，這個忍要忍得明白，忍得為大局著想。

So, we must endure situations through understanding the *truth* and consider the overall situation.

A Tale of Two Sister's Grudges and The Wisdom in Chinese Characters

我們在北京上課的時候，有位女士她也五十幾歲，

When we were giving lectures in Beijing, there was a lady in her 50s.

上完了「出則弟」，當天就給她妹妹打電話，

After attending the lecture on Practicing Fraternity Outside Home, she called her younger sister on the very same day.

她們因為一個口角，姐妹已經兩年沒講過半句話。

Due to an old quarrel, both sisters had not been talking to each other for two years.
她一聽完，覺得自己錯了，就趕快撥給她妹妹，
After listening to the teaching, she realized that she was at fault and called her sister right away.

電話一接起來，她說「妹妹，對不起！」

When the phone was answered, she immediately said, "Sister, I am sorry!"

其實，她才講了三個字「對不起」，她妹妹馬上稀裏嘩啦就哭起來了。

She only said three words, "I am sorry." Her sister had already burst into tears.

其實兩個人都怎麼樣？在悶那一口氣。

In fact, what had happened to both of them? They had held back their grudge in their hearts.

我說幸好才兩年，假如繼續下去，保證兩個人是癌癥的高危險群，血脈都不通暢了，

Luckily, it was only for two years. If it continued, I can guarantee that both of them would be at high risk for cancer, because their circulation of blood and qi was all blocked.

何苦來哉！

Why bother to create suffering for themselves?!

所以你看，一個道歉整個嫌隙就化開了。

You see, it costs only one apology for all their estrangement has all resolved.

這一道化開，不只姐妹心上的石頭掉下來，還有誰的石頭也掉下來？

The reconciliation not only dropped both sister's burden from their hearts, but who else's?

媽媽、爸爸。

Yes, their father and their mother.

人生確確實實可以走得圓滿幸福，只要我們放下這些不好的習氣、不好的執著，壹定會愈走愈圓滿。

So, it is true that we can make our lives happier and happier as long as we can let go of certain bad habits and attachment.

我們現在知道憤怒要懂得收斂，懂得制止。諸位朋友，你都怎麼樣在憤怒的時候把它處理掉？

Now we know anger needs to be restrained and stopped, but my friends, how do you deal with anger when it arises?

你用什麼方法？來，我們討論一下，大家可以見賢思齊，互相切磋一下。

What method do you use? Come! Let's discuss it, so everyone can manage to do the same when seeing a sage example.

什麼方法？這位朋友，「慈悲、憐憫」。

What method? This friend says, "Compassion and empathy."

很好，就是擴寬心量，自然就沒有障礙。

Very good! That is to broaden our mind and naturally the obstacles will be resolved.

還有沒有其他方法？這個方法很高段，我可能還要練三年、五年。

Any other methods? This method is very lofty, I may need to practice for another three to five years.

所以「怒」的處理，確實也很重要，因為當人的怒氣沒有消除，它會障礙你整個身心狀態。It is indeed very important to tackle anger because when a person's anger is not eradicated, it will hinder his entire physical and mental state.

我在上海跟很多朋友討論，他們就說，打電話跟人家哭訴一下，把這些怒氣發一發。

When I discussed this matter with a lot of friends in Shanghai, they said that they would call someone to complain and vent their rage. I asked, "How did you feel after venting?"

我說你講完之後覺得怎麼樣？他說舒服多了。我說你舒服多了，對方不舒服了。

They said they felt much better. I said, "You have felt much better but not so for your friend."

對方聽完說：人生苦短，怎麼這麼多衝突！

Your friend would say, "Life is too short already, why are there so many conflicts?!"

所以，我們不能把垃圾給人家到處丟。

So, we shall not throw our "rubbish" to others.

很多人都當垃圾桶，有沒有？當垃圾桶會有什麼情況發生？到時候垃圾滿出來了。

Many people become a trash bin for others, don't they? What will happen when one becomes a trash bin for others? The garbage will eventually overflow.

你看很多專門在給人家做心理治療的，到最後他也怎麼樣？

You see, what happens to those who are specialized in giving others psychotherapy?

所以，我們要提到更高的境界，要當焚化爐，

So, we must elevate our state to a higher level, to become an incinerator;

垃圾一來馬上就怎麼樣？轟，把它燒了。

once rubbish is thrown into the bin, we can immediately burn it to ashes.

這個就要透過我們的德行，就像剛才這位朋友講的，用慈悲、仁愛的心胸。

This can be achieved through our virtues like this friend just mentioned: use a mind of compassion and benevolence.

答案其實就在中國字，

The answer is actually in the Chinese characters.

所以我們以後面對中國字要倍感尊敬。因為老祖宗造出了全世界唯一一種可以把人生哲學講出來的，

We must pay particular respect to Chinese characters from now on because our ancestors created the only symbols in the world that imply the philosophy of life.

就只有中國字，除此一家，別無分號。

Only Chinese characters can achieve this! Except for Chinese characters, there are no others like them.

我們來看「怒」，會意字，上面一個「奴」，下面一個「心」；

Let's take a look the character "怒" (nu), an ideograph compound character. The top radical is a "slave," while the bottom radical is a "heart."

代表當一個人憤怒的時候，就是他的心當奴隸了，被這些壞習慣牽著鼻子走，要他去東他不敢去西。

It signifies when a person becomes angry, his heart has become the slave and he is led by the nose with his bad habits; he would not dare to go west when his bad habits drive him to the east.

我們去觀察，很多人發完脾氣，「我剛剛怎麼這樣」？

Let's observe: many people who have lost their temper would feel very regretful afterwards; "how could I be like that?"

很後悔，對不對？但是也無法再拉回來。

They would really regret it, right? But they would never be able to rewind time.

A Nail a Day Keeps One's Temper Away

有一個父親，他的孩子脾氣特別不好，

There was a father whose son's temper was extremely bad.

他為了教導他的孩子，他就跟他說：你現在假如發一次脾氣，就到我們家後院那個木柱上面釘一個鐵釘。

In order to teach his son, he said to him, "Now, every time you lose your temper, go to our backyard and drive a nail into that wooden post."

那孩子一發脾氣就去了，拿一支鐵釘把它釘上去，

Whenever the child lost his temper, he would go and drive a nail into the post.

一開始一天釘五、六支；結果釘了幾天，那個孩子嚇了一跳，密密麻麻，

In the beginning, there were five or six nails a day. After doing that for several days, the child was shocked to see how dense the nails were on the post.

他突然感受到說，我的脾氣居然壞成這樣！

He suddenly realized how bad his temper actually was.

其實很多脾氣很不好的人，他有時候還說：我脾氣已經不錯了，假如像前幾年一樣，你不知道已經變成什麼樣子！

As a matter of fact, many people who have bad tempers would sometimes say, "My temper is considered good now, if I was like a few years ago, you would have no idea how bad I would make you feel now."

都還不知道自己脾氣不好。

They are still not aware that they have a bad temper!

這個孩子一發現，就開始收斂，經過一段時間之後，不發脾氣了。

When this child realized that his temper was so terrible, he started to contain his rage. After a period of time, he did not lose his temper.

他的父親跟他說：你只要今天不發脾氣，就去把鐵釘拔一顆下來。

His father then said to him, "As long as you don't lose your temper today, you can go and pull out one of the nails."

他兒子拔得很有成就感，拔拔拔，突然有一天拔完了，

His son went to pull out the nails with a great sense of accomplishment. Suddenly one day, he had finished extracting all the nails.

他很高興，就跑去跟他父親報告：我都拔完了。

Being delighted, he ran to report to his father, "I have pulled out all the nails."

他父親不急不徐把他帶到這個木柱前面，他說：雖然你的鐵釘都拔光了，但是留下了多少的坑洞！

His father calmly took him to the pole and said, "Even though you have extracted all the nails, how many holes are left on the post?!"

能不能回到原來的樣子？回不到！

Can it return to its original look? No! It cannot!

所以「利刃割體痕易合，惡語傷人恨難消」，

"When the body is cut with a sharp knife, it is easy for the scar to heal; when we hurt others with bad words, it is very difficult to extinguish the grudge in their hearts."

到時候你再怎麼對不起，也不見得能回到原來的一種關係了。

No matter how you apologize later, the relation would not necessarily return to its original state.

所以，我們了解到就要更謹慎，

Understanding this we must be more vigilant.

下次要發脾氣的時候，要馬上「言語忍，忿自泯」，這一句經文好像一道光一樣，射到你的腦袋裏來，

Next time, when you are about to lose your temper, you must remember the teaching: when I hold back, not speaking hurtful words, grudges will naturally die out. This phrase is like a beam of light shooting into your head.

能不能做到？要早晚服用一遍《弟子規》，保證有這樣的效果。

Can you do it? I guarantee that you will receive this result if you read *Dizigui* once in the morning and once at night.

因為在北京有個朋友，她確實做到了早晚念一遍，她說她最難改的就是「人有短，切莫揭」，

There is a friend in Beijing who has been conscientiously reciting *Dizigui* twice a day. She said that the hardest part for her to practice is the teaching of "If a person has a shortcoming, I should never expose it."

東家長、李家短習慣了，現在學完了，一下子也改不過來。

Since she has gotten used to talking about others's rights and wrongs, it is difficult for her to rectify her bad habits even though she has learned.

但是他突然想要講的時候，這句經文就跑過來，他馬上閉嘴，很有效果。

However, when she is about to talk about other's rights and wrongs, this phrase in *Dizigui* would flash across her mind and she would quickly shut her mouth. It is very effective!

我們也可以記這個經文，或者你就記更簡單的「忿思難」。

We can memorize this phrase in *Dizigui* or "Think of the difficulties one will encounter after venting anger."

人生要有志氣，絕對要當自己人生的主人，不要讓這些壞習慣主宰我們的命運，

We must have aspiration in life! We must be the master of our own lives; do not let bad habits dominate our fate.

你提起這樣的誌氣來對治它，要從「怒」轉「恕」。

Bringing forth such an aspiration to overcome our bad habits, we can transform our anger 怒 into forgiveness 恕.

恕. 這兩個字像不像？像！去了一點邊邊角角，把你的稜稜角角削一削就變「恕」了。

Do these two characters look alike? Yes, they look alike! By removing the sharp edges a bit, "anger" will turn into "forgiveness".

上面一個「如」，下面一個「心」，會意字，代表設身處地從他的心、從他的角度去看事，你的怒氣就可能消一半了。

The top radical is "accord," 如, and the bottom radical is "heart," 心, it is a compound ideograph character. The implication is to put yourself in other's shoes and think according to other's hearts and perspectives. When doing so, your anger may already be half gone.

我在教書過程，有些孩子行為確實比較偏頗，

When I was teaching in school, some of the children's behaviors were indeed deviated.

我們看有時候會覺得，怎麼這麼大了還做出這樣的行為？

Sometimes we would wonder why they still behaved in such a manner despite their age.

但是我們不能在結果打轉，會從原因探索。

But we should not keep wondering and circling around the results. We should find out the cause.

往往這些孩子，我們一去了解他的家庭狀況，怎麼這麼可憐！沒人照顧，才會養成這些壞習慣。

Often when we took time to investigate their family situation, we would develop empathy for them. Since no one took care of them, they then developed those bad habits!

你當下從「怒」變「恕」，從怒火變慈悲！

Your "anger" immediately turned into "forgiveness," the fire of rage had transformed into compassion.

Using Patience to Accommodate a Deviated Student

曾經我在一個學校服務，有一個孩子偷錢，偷了不少，偷了十萬塊。

I once taught in a school where a student had stolen \$100,000 NT, quite a big amount.

但是其實他只是想抽一張一千塊的，

Actually he had intended to take only a one-thousand dollar bill.

那天剛好我們這個同仁收了一些錢，可能是這孩子的耳朵聽到這個消息了。

That day our colleague had collected some money, perhaps this student had overheard this news.

所以我們長輩在言談當中也要謹慎，所謂財不外露，財一外露可能又造成這些孩子有犯錯的動機。

So, we as elders must also be cautious with our conversation! As people often say, "Do not expose your wealth." Once money is exposed, it might cause others to have a criminal motive.

所以他是要抽一張，結果因為情急之下拿了，

So, he initially wanted to take only a one-thousand dollar bill but ended up taking all the money in a hurry.

這個同事也很警覺，就是發覺他在學校裏面，就趕快跑回來把他叫住，說：你給我回來！

My colleague was also very alert; realizing this student was still in school, she quickly ran back to stop him and said, "You, come back here."

因為希望給這個孩子有些教訓，所以就安排警察來給他做筆錄，希望他能夠記取這個大的教訓。

In hoping that this child would learn this big lesson, my colleague arranged for the police to make a record.

這個孩子經過這件事以後，就坐在樓梯口，

After this incident, this student was sitting on the staircase.

剛好那節課我沒課，我就經過那個地方。看到他的背影，雖然沒看到他的臉，可是已經感覺到他很落寞。

I happened to have no class for that period and passed by that place. In spite of seeing only his back, not his face, I could already feel his loneliness. I then walked towards him and sat down with him.

我就走到他的旁邊，陪他一起坐下來，這時候無聲勝有聲，我們先讓他靜靜心。

At this moment, silence is more expressive than all words. I firstly let him calm down his mind.

結果過了差不多一分鐘左右，這個孩子開口了，他說：老師，我很想死！

About one minute later, this student opened his mouth and said, "Teacher, I really want to die."

人生如戲，我們當老師的也要很會演戲，

Life is like a play; as teachers we must also be very good at acting.

你不要聽他說很想死，你就說「不能死！」不可以這樣，要穩得住。

Upon hearing his intention to die, we must not say, "No, you cannot die." Don't do that! We must keep calm!

我就問他：你為什麼很想死？讓孩子把原因找出來。

I then asked him, "Why do you really want to die?" We should let children find out the reason.

他說：老師，因為都沒有人喜歡我，每個人都討厭我。

He replied, "Teacher, because nobody likes me, everyone hates me!"

他情緒很不好，所以我們適時的安慰他一下。

He was in a very bad mood, so it was time for us to comfort him.

所以我就講：哪一位老師，輔育老師會討厭你嗎？

I said, "Does your counseling teacher hate you?"

因為我們學校有兩位老師對他滿好的，

Because there were two teachers in school who treated him quite well.

其中一位是輔育老師，另外一位是誰？你們不認識？

One of them was the counseling teacher, who was the other teacher? Don't you know him?

Ha, ha, ha...

我們不能先講自己，這樣太不謙虛了，要先講這位老師。

Of course, I should not mention myself first, it is not humble that way. So I first mention his counseling teacher.

他一聽，情緒就比較好一點。我說：那蔡老師很討厭你嗎？他就搖搖頭。

After listening, his mood was slightly better. I said, "Does Teacher Tsai hate you?" He shook his head.

情緒比較穩定了，我們就可以好好跟他談。

When his emotion was more stable, we could then talk nicely to him.

我說：既然人家不喜歡你，那是什麼原因造成的？

I said, "Since you know that people do not like you, what is the cause?"

他自己也講：因為我都打人，我都罵人。

He said, "Because I often hit people, I often yell at people."

那你就不要打人、不要罵人，人家不就喜歡你了！

I said, "Then stop hitting people, stop yelling at people, won't you earn their liking?"

結果這個孩子講了一句讓我很深刻的話，他說「老師，我很想改，可是我改不了」。

At that time, this child said something which left a deep impression on me. He said,

"Teacher, I really, really wanted to change myself, but I tried and failed."

這是一個六年級的孩子，他的人生他已經覺得控制不了。

This is a sixth grade student. He had already felt that he could not control his life.

所以不能長孩子的壞習慣，當我們的孩子的人生已經交給壞習慣主宰，那人生真是不堪設想。

So, we must not let our children develop their bad habits. When our children's lives have been dominated by bad habits, it's hard to imagine how ghastly their lives would be.

我就跟這位同學相約，

I then made an agreement with this student.

就拿了一本簿子，左邊寫個「善」，右邊寫個「惡」，我們學習「百過格」。

I gave him a notebook and asked him to write "goodness" on the left side and "badness" on the right side. We adapted the "100 maxim for introspection."

我就跟他說：你今天做哪些好的，寫在這邊，做哪些不好的，自己寫出來，只要要求自己明天要比今天好。

I said to him, "You can write down whatever good and bad deeds you have done every day in the respective columns; the goal is to request yourself to make daily improvements."

說實在的，孩子這個行為十來年了，你要再把他導正，你只要能花三年，那你就是一代名師了。

Honestly, this student had been living with his bad habits for over ten years, if you can spend three years to rectify him, you can be considered a great teacher of the time already.

所以確實我們要有耐性去包容，你就可以從怒轉成寬恕的心胸；

Without a doubt, we must have patience to accommodate others, we can then broaden our mind to transform anger into forgiveness.

當你時時可以寬恕，相信你整个人生也會翻轉過來。

When you can always forgive others, I believe your entire life will take a turn for the better.

Practice Serving Others to Orchestrate A Symphony of Life

「兄道友，弟道恭，兄弟睦，孝在中」，

Okay, let's move on. "The older children should be friendly and the younger ones should be respectful; when siblings get along harmoniously, filial piety already exists in their actions."

現在我們再念這一句，味道一不一樣？因為我們已經領受了很多先哲的榜樣了。

Since we have learned many exemplary stories of past sages, do you feel there are any differences reading them now?

「財物輕，怨何生，言語忍，忿自泯」。

"When I do not value wealth much, how can there be resentment? When I hold back, not speaking hurtful words, grudges will naturally die out.

我們接著看下一句，我們一起把它念一遍：`

Let's continue to see the next phrase. Let's read it together.

【或飲食。或坐走。長者先。幼者後。長呼人。即代叫。人不在。己即到。】

"Whether drinking, eating, sitting, or walking, I should let the older ones go first then the younger ones follow behind. When an elder is calling for someone, I will get that person for him. If that person is not around, I will put myself at the service of this elder."

『或飲食，或坐走，長者先，幼者後』，

Okay! "Whether drinking, eating, sitting, or walking, I should let the older ones go first then the younger ones follow behind."

當孩子他都知道要先尊重長輩，他這一分恭敬心就會落實在生活的點點滴滴中。

When children know that they must respect the elders first, their respectful mind will be implemented in every aspect of their lives.

而我們這一句只指出了幾個動作，第一個吃東西。

This phrase only points out a few actions: the first one is eating.

當孩子一看到菜，是先給長輩吃，他的德行就在這夾菜當中就在提升了。

When children see the dishes and serve the elders first, their virtue will be elevated during the process of serving food.

我們有個學生他才七歲，他來上讀經典，讀了一個禮拜。

We have a student who was only seven years old. He came to our class for only one week.

本來都是爺爺奶奶給他夾菜，上了一個禮拜回去，他就主動跟自己的家人夾菜，

All the while his grandparents had been serving him food. After attending the class for a week, he took the initiative to serve food to his family members.

家裏人馬上一看心生歡喜，就對中國文化有比較認同。

The family members were very joyful and agreed with traditional culture more.

現在人都很現實。所以，我們也要把孩子教好，孩子也會帶動家長。

People nowadays are very realistic, hahaha... So, we must teach our children well because they will drive their parents to learn and to practice.

但是真正要讓家庭教育能夠有很好的進展，還是必須從家長開始提升，

But for family education to really have good progress, it must begin with parents' elevation.

我們在前面的課程就有講到「教兒教女先教己」，

In the beginning of the lesson, we mentioned that "To teach our children, we must teach ourselves first."

這個重要，因為上行下效。

This is all important because "The people below would emulate the people above."

假如今天你的孩子在做《弟子規》，然後父母沒學沒做，

Let's say today your children practice *Dizigui*, but the parents do not learn and practice.

比方說《弟子規》說，「置冠服，有定位，勿亂頓，致汙穢」。

For example *Dizigui* teaches us, "I will always put my hat and clothes in proper spots instead of carelessly throwing them all over the place and getting them dirty."

結果爸爸回家，襪子一丟，躺下來看報紙。

Yet when the father comes home and simply throws the socks around and sits on the sofa to read the newspaper,

孩子他覺得：怎麼這樣？叫我做，爸爸都不做！

the children would think, "How could this be? Only I have to do it, my dad doesn't?"

他甘不甘心？不甘心！

Would they be reconciled? Of course not!

假如你是媽媽，怎麼辦？

If you were the mother, what would you do?

我的壞習慣又來了，當老師的人很喜歡考試。

My bad habit is showing up again! As a teacher, we like to give tests.

這種情境有可能發生，怎麼辦？

In fact, such situations may happen! What should you do?

馬上走過來：你不知道兒子在學《弟子規》嗎？趕快給我撿起來。

Should you walk to your husband right away and say, "Don't you know that our son is learning *Dizigui* now? Quickly pick it up!"

那你先生一定說：不要學那些了。

Your husband would surely say, "Do not learn those things!"

有位母親她就跟她兒子說，她說：爸爸一天工作很辛苦，你趕快幫爸爸一個忙，把襪子拿去，你看爸爸這麼累。

There was a mother who said to her son, "Your father has been very tired working all day, please help your dad pick up the socks. You see, your father is so tired."

用這樣的角度兒子很能接受，確實爸爸剛下班，兒子就拿去了。

Using this perspective, her son can accept easily! His dad was indeed just off from work! So, the son helped put away the socks.

先生看到這一幕會怎麼樣？對，那不是都圓滿！

Seeing this, how would her husband feel? Right, isn't the ending perfect?

所以確確實實人情練達皆文章。

So, we can create a symphony of life in everything if we can be sophisticated in interpersonal relations.

「或飲食，或坐走」，

Okay! "Whether drinking, eating, sitting, or walking..."

坐也好，走也好，晚輩都應該是後坐後行。

This means whether sitting or walking, the younger ones should always let the older ones go first.

所以我們在海口、在深圳，這些孩子學完之後，確實在坐電梯的時候，都會按著門請老師先走。

In Haikou and Shenzhen, the students would practice this phrase after learning it; they would hold the door and let the teachers get into the elevator first.

但是我們會跟他說：坐電梯還是你們先走。

But we would tell them that they should go first when it comes to riding the elevator.

為什麼？怕小孩小，有時候那個門控制不好，會造成危險。

Why? If the child is still young, it can cause danger when the door is not well controlled at times.

所以，雖然這是個原則，但是也要會變通才行。

So, even though this is a principle, we must know how to accommodate to the circumstances.

有個孩子，跟著我們一群老師去深圳講課，

There was a student who followed teachers to Shenzhen for a lecture.

這個孩子很不簡單，已經讀經典讀了好幾年。

This child is quite remarkable! He has studied the classics for several years.

他的面相圓圓的，耳朵很大，我一看到就覺得他是很有福氣的人。

Judging from his round face and big ears, I can tell that he is someone with immense blessings.

什麼是最大的福氣？能夠聞到聖賢的教誨，那是人生第一大福。

What is the greatest blessing? Being able to encounter the sages' teachings, this is the greatest blessing in life!

剛好我們這些老師去講課，有人送我們一盒餅，裏面有十塊餅，確實很好吃，每個人都發一塊，都吃下去了。

When we were there to give lectures, it happened that someone gave us a box of ten pies.

The pies were very delicious, everyone had eaten their share.

這個孩子在房間裏面就跑出來，說：這個餅很好吃，還有沒有？

This student ran out from his room and said, "This pie is really delicious! Is there any more left?"

結果因為吃掉九塊還剩一塊。這個孩子走過來拿起這一塊餅，然後就走到我面前，他說這一塊應該給蔡老師吃。

There was one more left as there were nine people. This child went to take the pie then walked towards me and said, "The final piece should be given to you, Teacher Tsai."

他不只先讓長者吃，他還會判斷應該再先給誰吃。

Not only did he let the elders eat first, he also knew who should eat the last piece.

所以你看，學禮的孩子會呆嗎？絕對不呆！

So you see, would students who learn courtesy become dull? Absolutely not!

學禮的孩子他知道處處尊重別人，替人著想，腦筋靈活。

Children who learn etiquette will always respect others and will be considerate and adaptable.

現在人對「活潑」誤解，什麼叫活潑？

People today have misinterpreted the meaning of "liveliness." What is "liveliness"?

三秒鐘都停不下來，在那裏跑，叫活潑！

Someone who cannot stop moving around for even three seconds is regarded as "lively."

我們有時候在機場排隊，很多孩子都站不住，在那裏撞來撞去的，

Sometimes when we line up at the airport, we can see that many children are unable to stand still, bumping into each other.

後面的旅客還說：這個孩子真活潑！

Yet the passengers behind would say, "Ah, this child is so lively!"

哪是活潑？那個叫隨便，沒家教。

How could that be regarded as "liveliness"? That is called "arbitrary," and lacks family discipline.

真正的活潑是思想活躍，是處處能替人著想，真活潑！

True liveliness is being flexible in thinking and always being considerate of others. This is a real liveliness!

所以，學禮的人絕對不會學呆的。

People who learn etiquette would definitely not be rigid in their learning.

Table Manners Can Affect Your Business

「或飲食，或坐走，長者先，幼者後」，

So, "Whether drinking, eating, sitting, or walking, I should let the older ones go first then the younger ones follow behind,"

這個習慣影響孩子的恭敬心，這個習慣也很有可能影響孩子往後事業的發展，你相信嗎？
this habit will influence children's respectful mind and will very likely affect their career development in the future. Do you believe it?

曾經我們跟一個幼兒園的園長，他就跟我說，他請了一些二十出頭的老師教幼兒園。

Once, a principal of a kindergarten told me that he hired some teachers in their twenties to teach in his kindergarten.

他說有一次他有個客戶從廣東來，他就接待這個廣東的客戶，也帶了幾位園裡面的老師一起去吃。

He said that one time he had a customer visiting from Guangdong. He then brought some of his teachers to have dinner with this customer together.

這些園裏面的老師好幾位是湖南人，湖南人喜歡吃辣，廣東人比較不吃辣。

Several of the teachers come from Hunan Province where people love spicy food. People from Guangdong Province do not really favor spicy food.

去請廣東的客戶，點什麼菜？廣東菜。

What food should we order when we give the Guangdong client a treat? Of course Guangdong dishes!

點好，開始吃了，這些老師在那裏說，這個怎麼那麼難吃，那個怎麼那麼難吃！

After taking the orders, they started to eat. While eating, the teachers were complaining that the dishes were very unpalatable.

帶他們來是幹嘛的？帶來多照顧客人的。

Why did the boss bring the teachers there? To help take care of the client for the boss.

結果他們是來幹嘛？攪局的。

In the end, what did they do? They spoiled the atmosphere.

好不容易上了一道辣的，這個園長就把它轉到客戶面前，客戶夾了一口，這些老師馬上轉到他們面前吃起來；

Finally, a spicy food was served, the principal spun the turntable to the client. After the client had taken one bite, the teachers spun the turntable to their position and started to eat.

園長又把它轉回來，他們又把它轉回去。

The principal then turned it back to the client but the teachers spun it back again.

這樣的員工你敢不敢好好用？成事不足，敗事都有余！

Do you dare to use and trust such employees? They are unable to achieve anything but are good at messing around.

所以，當一個孩子處處很有進退之禮，你教給他辦事，你會很放心。

So, when children know the etiquette of when to move forward or backward, you can rest assured if you delegate work to him.

所以主管帶下屬去赴宴，都是帶那些夾菜夾得很好，倒水倒得很好，都帶這些人去，是不是？

So, when the supervisor takes his subordinates out for a banquet, he will bring those who know table manners to serve others food and water, right?

對！所以倒水也要倒的自然，這就是要從小就是這樣在對待長輩。

Correct! So, to serve food and drinks must be natural, it requires practice to treat elders this way from a young age.

有這個態度也會為你的下一代的未來鋪很好的路。

Okay! If you have such an attitude, you can then help your next generations pave a good path in their future.

今天就先講到這邊, 謝謝。

That's all for today. Thank you for listening.