

## 細講弟子規 第十八集

# Confucius Teachings On Building A Happy Life (18)

- 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*

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### Children Emulating the Saints and Sages

諸位朋友，大家早上好！

Good morning everyone! Greetings to you all!

我們昨天進入第二個單元「出則弟」，

Yesterday, we started the second chapter on "Practicing Fraternity Outside the Home."

提到了「兄道友，弟道恭，兄弟睦，孝在中」。

We have mentioned, "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."

俗話講，家和萬事就興，兄弟一條心，黃土都變成金。

As the proverb says, "When a family that lives in harmony, myriad things are bound to be prosperous." When siblings are united in heart, even the ochre earth will turn into gold.

確確實實家裏有和樂的氣氛，家風一定會鼎盛，事業也會興旺。

It is true that when the family atmosphere is harmonious, the family tradition and family member's careers will surely reach their pinnacles.

很多孩子聽了這些古聖先賢的故事，他們也是見賢思齊，

After listening to the stories of the ancient saints and sages, many children immediately wanted to follow the saint's examples after they got home.

聽完「孔融讓梨」，他們回去也都起而效法。

Having learned that Kong Rong gave the bigger pear to his older brother, the children started to practice and emulate Kong Rong.

有一位姐姐她就很慷慨，就把梨子給弟弟吃，

An older sister became so generous that she gave the only pear left to her younger brother. 剛好只有一個梨子，結果這個弟弟就一直大口大口的咬。

The younger brother happily took one big bite after another.

當咬到已經超過一半的梨子的時候，這個姐姐快要忍不住了，後來就把他的梨子搶過來。

When he had eaten more than half of the pear, the sister couldn't resist her temptation and snatched the pear back from her brother.

母親看到這個現象，她就打了一通電話給老師，這是很好的親師合作。

When their mother saw this, she then gave a call to their teacher. This is a very good opportunity for cooperation between teachers and parents.

因為每一句經文，小孩不可能一步到位，還需長期的引導。

Because it is impossible for children to practice every teaching in the classics at one go, they still need long term guidance from their teachers and parents.

## Love Between Brothers Saves Them from Bandits

老師隔天就跟他們講了一個故事，

The next day, the teacher told the class a story.

說漢朝有兩個兄弟，一個叫趙孝，一個叫趙禮，趙孝是兄長。

During the Han dynasty, there were two siblings: the older brother was named Zhao Xiao and the younger one was named Zhao Li.

很不幸這個趙禮被盜賊抓去了，

Unfortunately, Zhao Li was kidnapped by bandits.

他的兄長得知之後，馬上尋找了這個山寨，

When the older brother learned about it, he immediately went to search for the bandits' camp.

直接就沖到盜賊的大本營去，剛好看到這些盜賊很饑餓，已經打算把他弟弟宰來吃。

As he rushed straight to the bandits' camp, he saw that the bandits were very hungry and were already prepared to kill and eat his brother.

他哥哥看了非常著急，就跑到這些盜賊的前面，跟他們說：

When Zhao Xiao saw this, he was very anxious that he dashed in front of the bandits and said,

我弟弟有病，身體又瘦，你們不要吃他，吃我，我比較胖，身體又比較好。

"My brother is sick and skinny, please don't eat him. You can eat me because I am fatter and healthier."

結果他弟弟看了兄長這麼講也很著急，就趕快把哥哥推開，說：我被你們抓到是我的命，所以我被你們吃是應該的，絕對不可以連累我哥哥。

When Zhao Li heard this, he also became very nervous and quickly pushed his brother away and said to the bandits, "Since it is my fate to be caught by you, you should eat me. You must not hurt my brother."

兩個兄弟就在那裏爭著要死，要為對方死。

The two brothers were fighting to die for each other.

就在這個時候，這些盜賊看了很感動，就把他弟弟都放了。

At this time, the bandits were deeply moved by them and released Zhao Li.

所以諸位小朋友，趙孝跟趙禮連什麼都願意為兄弟付出？生命都願意。

The teacher then said, "So, children, what were Zhao Xiao and Zhao Li even willing to sacrifice for each other?" Even their own lives.

那我們能不能因為一顆蘋果、一顆梨子都跟兄弟爭吵？

Can we quarrel with our siblings just for an apple or a pear?

我們應該效法古代這些聖賢人的精神去做。

We should act according to the spirit of the ancient saints and sages.

而且趙孝、趙禮，因為為了兄弟不惜犧牲生命的精神，傳到了皇帝那邊，後來皇帝就讓他們兄弟都當了官來治理人民，

When the emperor learned about the spirit of Zhao Xiao and Zhao Li willing to sacrifice their lives for each other, the emperor appointed them as officials to govern the people.

所以他們有後福。

So, they were blessed with good fortune in the end.

為什麼皇帝要用他們來當官？

Why did the emperor want to appoint them as officials?

你看，友愛兄弟的，一定會孝順父母，有這麼好的德行，出來當官必定會愛護人民。

You see, siblings who love each other would surely be filial to their parents. Such virtuous people would definitely love and care for the people when they become officials.

因為「教以孝」，他會「敬天下之為人父者也」，會敬天下一切父母，

Because, "When one was taught to be filial to his parents, he will respect all parents of other people;

「教以悌」，他會「敬天下之為人兄者也」，也會敬一切人的兄弟姐妹。

when one was taught to be fraternal, he will also respect all siblings of other people."

所以，我們也是透過這個機會教育點，給予孩子一些引導；

So, we used this "teaching moment" to guide and educate children.

當然當孩子有很好的表現，我們也要給予一些肯定。

Of course, when children have excellent performance, we must also acknowledge their efforts.

### **A Student Who Gave Away His New Slippers**

另外有個孩子，剛好他的同學拖鞋壞掉了，

There was another child whose classmate's slippers had worn out.

因為他自己已經有一雙拖鞋有一點點壞掉，他換了另外一個新的拖鞋。

As his own slippers were already slightly spoiled, he had replaced them with new ones.

可是那個有一點壞掉的拖鞋，他又捨不得丟，就把它放在他的床下；

But he was reluctant to throw away his old slippers and placed them under his bed.

可能他學了「勿厭故，勿喜新」，

Perhaps he had learned this phrase in *Dizigui*, "I will not ignore old friends (or stuff) and only take delight in new ones."

所以舊的拖鞋有感情，他沒把它仍掉，放在床下。

So, he still had feelings for his old slippers and didn't throw them away, but put them under his bed.

結果因為他的同學那個鞋子已經壞了，不能穿，他的老師就跟他說：你去把你那一雙舊拖鞋拿來給同學穿。

Seeing the child's slippers were worn out and could not be worn anymore, the teacher said to him, "Go get your old slippers and give them to your classmate."

這是不是幫助同學？是，不然同學沒鞋子穿，冬天很涼。

Is this an act of helping the classmate? Yes! Otherwise, his classmate would have no slippers to wear during the winter's chill.

後來我們這群老師突然發現，那一雙舊拖鞋是在這位同學的腳上，而那一雙新的拖鞋居然是在他的同學的腳上。

Later, the teachers found this student still wearing the old slippers and the new slippers were surprisingly on his classmate's feet.

我們這些大人也被上了一課。

All of us adults had been given a lesson!

你看他真正做到「財物輕，怨何生」。

You see, he had truly practiced this teaching in *Dizigui*, "When I do not value wealth much, how can there be resentment?"

他的同學一定可以感受到，他非常的照顧他。

His classmate must have sensed that he took great care of others.

所以我們當下就鼓勵了這個孩子，你確實是孔老夫子的好學生。

So, we encouraged this child right away, saying that he is indeed a good student of Confucius.

接著我們也進一步給他期許，說在這些同學你是大哥哥，所以你往後一定要當好榜樣。

Then, we also gave him further expectations, urging him to set a good example for his classmates in the future since he was the eldest in the class.

我們肯定孩子，還要不忘讓他立誌，不忘讓他提升他的定位。

When we acknowledge our children, we must not forget to remind them to step up the position of their aspiration.

所以稱贊孩子也是一門學問。

So, praising children is also a big subject to learn.

我們常聽到一句話叫「小時了了，大未必佳」，

We often hear this phrase, "Being bright at an early age does not necessarily mean being talented when grown up."

很奇怪，為什麼小時了了，能力這麼好，但是長大了卻不見得有很好的發展？

It is very strange, why does a person have such great abilities when young but may not necessarily have a good development when he grows up?

這是個結果，原因出在哪？

This is a result, what is the reason?

我們不能在結果停留，那人活得不明不白。

We can't just stop to ponder at the result, for it will leave us unclear about the truth.

諸位朋友，您覺得呢？

My friends, what do you think of this situation?

「沒有榜樣可以看」。

There is no role model for them to emulate. (\*Audience reply)

這是個很重要的原因，我們可以把這個問題好好思考一下。

This is a very important reason; we should seriously deliberate this issue.

## Setting a Firm Aspiration Is the Cornerstone of Learning

有一個父親就講：我兒子兩歲的時候，覺得他可以當國家領導人；

A father said, "When my son was two years old, I thought he could become a national leader.

我兒子上初中的時候，我覺得他只要能考上大學就不錯了；

When he was in junior high school, I thought it would not be too bad if he could just make it to college.

我兒子上高中的時候，覺得他以後出來有工作就好了。

When he entered senior high school, I thought it would be good enough for him to secure a job in the future."

怎麼差這麼多！

Why was there such a huge difference?!

但是父親對孩子的期許愈來愈低，孩子會不會有出息？

But, when a father's expectation of his son became lower and lower, would his son have a rosy future?

不會！當長者沒有好的榜樣給他，他就沒什麼志向，

No! He would not. So, when elders didn't set a good example for him, he would not have an aspiration.

慢慢就終日悠悠放任，喊無聊。

He would slowly become idle and feel bored with his life.

所以，為什麼我們在開始學習強調「學貴立志」，

That is why at the beginning of our lessons, we emphasize that "setting a firm aspiration is the cornerstone of learning."

而且學能力的目的在哪兒？

Besides, what is the purpose of learning to acquire abilities?

這個要慎於始！孩子學能力的真正目的在哪？為什麼要學本事？

In this regard, we must make a cautious start! What is the true purpose for children to cultivate abilities? Why must they learn to acquire skills?

我們一開始說，讀書誌在聖賢，而現在的人讀書誌在賺錢，

We have mentioned in the beginning that the purpose of studying is to become saints and sages, but today people's study is purely for the reason of making money.

目標錯了，有可能會有好結果嗎？

Since they have set the wrong objective, is it possible to reap good results?

所以，一開始一定要有正確的引導觀念才行。

So, there must be a correct guiding concept from the beginning.

為什麼「小時了了」，有本事，到最後是「大未必佳」，因為很多的本事是拿來炫耀的。

Why were they outstanding when they were young but not talented in the end? Because many of their skills were used to show off.

為什麼「對尊長，勿見能」，

That is why *Dizigui* teaches us, "I should never show off in front of elders."

你孩子從小學了一些英文，學了一些能力，長輩帶著他到處表演，在他小小的心靈會覺得他怎麼樣？

Some children who have learned English or some skills, and their elders take them everywhere to show off, how would this make them feel?

你看大人都給我拍手，大人還說我都要跟你學習，你好厲害！

"You see, all elders are clapping for me. Some even said to me: we should learn from you, you are awesome!"

好話聽多了，建議的言語就聽不進去了。

After listening to many words of praise, they would not be able to listen to others' suggestions.

所以稱贊人也要用理智，也要用智慧才行。

Therefore, even when praising others, we must use our sense of rationality and wisdom.

這個體會我也從我自己身上，也從他人身上看到，然後再翻開經典印證了。

I gained this understanding through my personal experience as well as others' cases, and it is also attested by the classics.

## **Guarding Against Arrogance, Indulgence, Complacency, and Excessiveness**

「曲禮」說到，我們打開《禮記·曲禮第一》，

On the first page in the scroll of *Qu Li of The Book of Rites*, it states,

第一頁就寫著，「傲不可長，欲不可縱，誌不可滿，樂不可極」。

"One should never let his arrogance grow, should never indulge in desires, should never be complacent with his aspiration, and should never allow pleasure to be excessive."

我們來看看這四句，現在的人有沒有犯？

Let's take a look if people today violate these four principles.

人只要傲慢心一起，就沒有辦法受教，他就很難再成長。

So long as people give rise to a mind of arrogance, there is no way for them to accept others' teachings, thus it will be very difficult for them to make further progress.

假如孩子是從小就傲慢，這一生很難有大作為，

If children are arrogant when they are young, it will be very difficult for them to have great accomplishments in life.

所以為什麼「小時了了」，因為小時假如因為這些能力而自傲，就麻煩了；

Therefore, "Being bright at an early age does not necessarily mean being talented when grown up."

因為學問要成就重在受教、重在謙卑的態度，

If children became arrogant due to some special talents, that would be very troubling.

Because, to accomplish knowledge and wisdom lies in being able to accept teachings and in having a humble attitude.

這樣他才會知道「人外有人，天外有天」。

Only then would they know that "there is always someone better than us."

第二個「欲不可縱」，玩物喪誌，你看，現在是不是都血淋淋擺在那裏！

Secondly, we should not indulge ourselves in desires. The indulgence in material pleasure will ruin one's aspiration. Aren't there many truthful examples in front of us?

「誌不可滿」，現在的孩子沒有誌向，常常就是遊手好閑，覺得好無聊。

Thirdly, "one should not be complacent with his aspiration." Yet children today are worse than that, they do not have any aspiration, leading them to always goof around and feel bored with life.

所以「志當存高遠」，一個人應該有高遠的誌向，他的人生會充實，他會時時覺得我要提升自己，才能夠服務社會、服務他人。

So, we should set a lofty and far aspiration, our lives would then be fulfilling because we would then always think of improving ourselves to serve society and others.

「樂不可極」，樂極生悲。

Lastly, we should not allow pleasures to be excessive, as extreme joy would turn into sorrow. 當一個孩子從小不懂得掌握分寸，常常就是一玩就不知道人，很有可能在身體上或者會出現一些危險的可能性就增高了。

When a child doesn't know how to be self-disciplined from a young age and always plays without restraint, he will increase the possibility of harming his own health or exposing himself to great danger.

諸位朋友，老祖宗在幾千年前就把這些教誨寫在經文，

My friends, our ancestors recorded their teachings in the scriptural texts thousands of years ago.

老祖宗很對得起我們，我們可不能對不起老祖宗！

Our ancestors had fulfilled their responsibilities to us, we must not disgrace them.

## Living Amidst Praise

當時候，因為我從小，我是長孫，所以得到的掌聲特別多。

Being the eldest grandson, I received a lot of praise since I was young.

去做一件事的目的是什麼？掌聲！你怎麼知道？

So, whenever I did something, what was my motive? Getting applause! (\*An audience replies)

How do you know?!

是別人有沒有看到我在做，所以就變成活在掌聲之中。

I would see whether others were aware of what I was doing, so it turned out that I had been living amidst applause.

突然我在大學有一次上臺講課，大學四年級，我的一位長輩他聽我講完課下來，他就很高興的跟我說：你真是活在掌聲中的人！

Once when I was in my senior year of college, an elder happily said to me, after listening to my lecture, "You are really someone who lives amidst others' applause!"

他是在肯定我，可是我聽了那句話突然回光返照，假如沒有掌聲，我還做不做？不做！

He was giving me an acknowledgement, but his words suddenly put me in deep reflection: would I still do it if there was no applause? No! I would not!

但是很奇怪的是，很多人生非常重要的事都沒有掌聲的。

But surprisingly, there is no applause for many extremely important matters in life.

而當一個人假如常常只活在掌聲當中，他的得失心就必然很重，

When a person often gets a lot of praise, he would definitely be very concerned about gains and losses.

這樣的人生也絕對不會自在快樂。

With this kind of life one will never be happy and at ease.

所以我就開始修正。因為以前好話聽太多，

I began to rectify myself because I had been listening to too much praise in the past, 真的，好話聽太多，一句批評的話來，內心就覺得很不是滋味。

And as a result, I would really feel very uneasy when I heard a word of criticism.

所以就要常常念那一句《弟子規》的經文，「聞譽恐，聞過欣，直諫士，漸相親」。

So, I must always recite this phrase in *Dizigui*, "If compliments make me apprehensive and criticism make me joyful, upright and forgiving people will gradually come close to me."

確確實實我們只有兩只眼睛、兩個耳朵，能看多少？能聽多少？

Indeed, we only have a pair of eyes and ears. How much can we see and hear?

而當我們有一顆謙卑的心，你不知道多了多少雙眼睛幫你看路，

When we have a mind of humility, we have no idea how many more pairs of eyes are helping us to see the road in front of us,

多了多少雙耳朵幫你聽很多的訊息，很多你的缺點。

and how many more pairs of ears are helping us to listen to many messages as well as pointing out our shortcomings.

所以，孩子要長得是謙卑，而不是自滿。

So, the thing that we should nurture in our children is humility, not complacency.

我們在誇孩子，要針對他的好的品行去誇，

When we praise our children, we must praise their virtuous conduct, not their abilities and talents.

而不是針對他的才能去誇，誇才能誇久了一定出問題。

As praising one's talent and ability for a period of time would surely lead to problems.

## Useless and Harmful Praise

還有很多家長都誇什麼？你怎麼長這麼漂亮！

What else do parents also praise? Wow! How pretty you are!

你誇他漂亮要幹什麼？誇他漂亮對他有什麼幫助？

What is the point of praising one's beauty? Would saying that be of any help to her?

你跟他說：你氣質真好！是不是每天都念《弟子規》？

You should say, "What a good temperament you have, are you reading *Dizigui* everyday?

是不是常常對長者都很有禮貌？

Is it because you have always been very courteous to elders?

所以能夠「誠於中，形於外」。順便復習復習經文。

So, you are able to 'reflect your inner sincerity to your outward appearance'." You can take this opportunity to review the classical texts with her.

太多的小孩，從小就是，比方說小女孩，很多大人一看到她：五官可以長這個樣子，鼻子就是鼻子，嘴巴就是嘴巴！

Too many children, such as little girls, are praised by adults, saying, "How could one person look so pretty! Look at her eyes, look at her nose!"

這樣的小女孩被你這樣誇兩年、誇三年，會造成什麼結果？

If this little girl was praised for two or three years, what would happen?

她每天帶在身上一定有一樣東西，鏡子。你們怎麼知道？

She would surely bring one thing with her every day. A mirror! (\*Audience reply) How do you know?!

在一個幼兒園來了一對姐弟，姐姐跟弟弟都漂亮得不得了，

There were a pair of siblings who came to a kindergarten; both the older sister and younger brother were so beautiful.

但是女孩子的漂亮還是比較吸引一般的長輩，每個人看到她都一直誇她漂亮。

But the beauty of a little girl usually attracts the elders more. So, everyone seeing her would keep praising her beauty.

所以這個小女孩上課上到一半，還會拿鏡子起來照一照，

During the class, this little girl would take out a mirror to take a glance at herself.

她的學習跟她弟弟就差非常大。

As a result, her learning performance was far behind that of her brother.

因為她只重視外表，常常心思就不專注，

Because she only paid attention to her appearance and was not attentive in class.

常常會很在意別人有沒有在看她。

She was often concerned about whether or not others were eyeing her.

這樣的孩子很容易往後就走向虛榮的人生，虛華的人生去。

Such children will easily head towards a life of vanity in the future.

所以不要稱贊孩子的相貌，不要常常稱贊孩子的才華，應該稱贊他的德行。

So, do not praise children's appearances, neither should we often praise their abilities and talents. Instead, we should praise their virtues.

## How to Correctly Praise Ability and Talent

而縱使你稱贊才華，也要引導他回到有才華的目的為什麼。

And even if we praise their abilities and talents, we must also lead them to understand the purpose of having talents.

有才華，他古箏彈得很好，目的在哪兒？



For example, what is the purpose of being very talented in playing the zither? What is the purpose?

在表演給別人看，然後讓他覺得我很厲害嗎？那不對！

Is it to perform for others and make them feel that I am so great? That is wrong!

假如是這樣引導，這個孩子的古箏鐵定會有瓶頸。

If we were to lead children in this way, their zither playing would definitely run into a bottleneck.

假如我們的引導是告訴他「移風易俗，莫善於樂」，

On the other hand we could guide them by saying, "There is nothing better than music to transform the prevailing customs and reform society." (\*A quote from *The Classic of Filial Piety*)

音樂可以陶冶人的性情，可以改善整個社會風氣，

This means that music can improve people's temperament and the value and vibe of the entire society.

所以你學古箏、學古琴一定要用真誠心去學，就可以彈出利益社會大眾的曲子。

So, when you aspire to learn playing the zither with utmost sincerity, you can surely perform music that will benefit the public."

當他有這個目標，他整個心態就會截然不同。

When children have such a goal, their entire mentality would be completely different.

當你稱贊他的品德，比方說「你真孝順」，孝順跟他的自性相應，他會愈做愈起勁，這個就沒有副作用。

When we commend children's virtues, for example, "You are so filial to your parents," they will do it more vigorously because filial piety corresponds with their self-nature. This will not have any side-effect.

所以稱贊要順著品德稱贊。品德的標準在哪？《弟子規》！

So, our praise must accord with moral character. Where can we find the standard of moral character? Correct! In *Dizigui*!

一門深入，這一門是掌握綱領。

"Delve deeply into one subject", this one subject is to allow us to grasp the essence of moral character.

所以諸位朋友，你《弟子規》要念熟，聽好，念熟；我們已經上了年紀，說背熟會很有壓力，所以念熟。

So, my friends, we must familiarize ourselves with the text of *Dizigui*. Listen, I emphasize "familiarize yourself with it!" For elders, there is pressure to memorize the text, but you should at least be familiar with it.

## **A Mother Teaches Her Daughter the True Reason for Studying**

剛好有一個母親帶著小女孩上街買東西。

There was a mother who brought her little daughter to go shopping.

遇到了一個朋友，這個朋友就跟那個小女孩說：你怎麼還沒去念書？

They happened to bump into a friend. The friend asked the little girl, "Why have you not started school yet?"

那小女孩還小，小女孩就問她媽媽：媽媽，念書要做什麼？

Being young still, the little girl asked her mother, "Mommy, what is school for?"

結果這位長輩就馬上跟她說：念書可以賺大錢。

This elder told the girl at once, "School can make one earn big money."

好，慎於始，假如你是母親，怎麼辦？

Well, it is important "to make a cautious start." What should you do if you were this mother?  
現在這樣的價值觀占很大的比例！

Nowadays, such a view of value accounts for a large proportion.

這個母親馬上就抓住這個機會點，就跟她的朋友稍微用眼光打了一下招呼，叫她不要繼續說下去。

The mother immediately took the opportunity to signal to her friend not to continue talking.  
她就跟她女兒說：念書最重要要學本事，因為我們有了本事以後，就可以去幫助別人，在社會上有所貢獻，

Then she said to her daughter, "Foremost, studying allows us to acquire skills and abilities. With the skills and abilities, we can then help others and make contributions to society."  
我們要記住「社會國家者，互助之體也」。

We must remember that "society and nation are an entity where everyone must help each other."

當孩子覺得社會就是互相幫忙，她這個態度一形成，她面對各行各業的人會怎麼樣？

When children know that there must be mutual help in society, how will they treat other people from all walks of life once they form this attitude?

會尊敬、會感謝。

They will show their respect and gratitude.

但是假如她學本事的目的是賺大錢，往後她看各行各業用什麼看？

But if their purpose of acquiring skills is to earn big money, what will be their standard to view people of every walk of life in the future?

用錢的多少！她就會去輕慢很多行業的人。

With the amount of the money! They will disdain people of many fields.

所以，學問在存心，只要心偏頗了，就跟道德、學問背道而馳。

So, seeking wisdom and knowledge lies in the intention that is harbored in one's mind. As long as one's intention is deviated, one will move away from morality and wisdom.

所以她母親馬上引導她，說是要學本事。

So, the mother immediately led her daughter to understand that studying is to acquire abilities to help others.

學本事很抽象，孩子還那麼小，這媽媽馬上（因為她們剛好從超市出來，買了一些饅頭）

But "learning ability" is too abstract for a little child to understand. Since the mother and daughter had just bought some steamed buns from the supermarket,

她就說：就像剛剛那個叔叔，因為他有本事，他會做饅頭，他就可以幫我們做饅頭，讓我們有得吃，所以我們要感謝他。

the mother said to the daughter, "That uncle (\*A courteous way to address a male elder in Chinese culture.) who has skills of making buns, so he can make buns for us to eat. We should be thankful to him."

可是我們感謝他，能不能把你的玩具熊送給叔叔？還是把你的小汽車送給叔叔？

The mother continued, "But to express our gratitude, can we give the uncle your toy bear or give him your little car?"

叔叔不一定需要。所以我們感謝叔叔，就可以拿些錢謝謝他，那叔叔也可以拿著這些錢去買他需要的東西。

The uncle may not need them. So, we can thank the uncle by giving him some money that he can use to buy his necessities."

就藉由這個機會引導孩子，學習的目的在增長本事，以便服務他人；

Through this opportunity, the mother guided her daughter to understand that the purpose of learning is to improve our skills to serve others.

當她有這種態度，她就不容易傲慢。

When children have such an attitude, they will not easily become arrogant.

## Don't Praise Others Too Much on First Acquaintance

我也曾經看到一位二十幾歲的朋友，我一剛開始第一次看到他，  
I once met a new acquaintance in his twenties; when I first saw him,  
他長得比我還要高，又比我帥，然後又已經在讀聖賢書，  
he was taller than me and more handsome than me, plus he had been studying saints' and sages' classics, so I was very excited to meet him.

我們看了就很興奮。因為他比我還早念，很替他高興，我就稱贊了他一番，真難得，就一直稱贊。

Since he had started learning the classics earlier than me, I was very happy for him and started praising him. I praised him, "This is so rare to come by!" I kept praising him.

第一次見面能不能稱贊一大堆？

Can we praise a person excessively on first acquaintance?

不能！所以言語要謹慎，我沒有做好，我就按耐不住我的喜悅之情，給他稱贊了一段話。

No! We must not! We must be prudent with our speech! Yet, I had not done the right thing.

As I could not contain my joy, I heaped praises on him.

後來相處了一個多禮拜，我觀察到一個生活上的細節不是很恰當，

Later, after over a week of being together, I observed that he had done something that was not very appropriate.

因為他也少我不少歲，所以我們也是抱持著一個我是他的大哥哥，

As he was much younger than me and I regarded myself as his big brother, 也是「怡吾色，柔吾聲」跟他講。

I then "made my expression pleasant and softened my voice" to talk to him.

結果當我的言語一出來，他的臉色馬上就變了，

As soon as I voiced my words, I saw his facial expression change instantly.

我也是很敏感的人，本來要勸，勸到一半馬上踩剎車。

As I am also a highly sensitive person, I immediately slammed on the brakes after exhorting him halfway.

因為假如他聽不下去，到時候氣氛搞僵了下次就不好說話了。

Because, if he could not accept my exhortation and the atmosphere became tense, it would not be easy to communicate with him next time.

我從這個事情當中也體會到，稱贊人要順著品德稱贊，

From this incident, I also came to understand that I must praise people according to their virtues,

不然大人確確實實會在稱贊聲中迷失了自己。

otherwise people will truly get lost amidst others' praise.

我們稱贊這個孩子，他肯拿他的新鞋子給他的同學穿，

That's why we praised the student who was willing to spare his new slippers for his classmate.

我們也進一步期許他，以後在德行、在品德方面能夠當大家的榜樣。

We also gave him further expectations by encouraging him to be a role model of virtue to everyone in the future.

所以，為什麼以前的大哥都特別優秀，都特別有擔當，為什麼？

Why were the oldest siblings in the past exceptionally outstanding and responsible? Why?

父母從小就期許他：爸爸媽媽工作太辛勞，很辛苦，家裏你要多多把弟弟妹妹帶好。

Because from a young age, their parents expected them to understand that parents work very hard, very toilsome, so they must take good care of younger siblings at home.

你看他有期許、有責任，自然能力就會增長得快。

You see, when children are given expectations and responsibilities, their abilities will naturally develop very fast.

所以這些經句，我們在教導孩子過程，也會有很多機會點，我們也可以進一步好好利用，好好引導。

So, in the process of educating children, there are many opportunities that we can grab to use these phrases to guide them.

## The Highest Learning Is Being Considerate of Others

我們昨天講到了下一句經文：

Yesterday we mentioned the next phrase,

【或飲食。或坐走。長者先。幼者後。】

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

其實這個禮儀雖然是生活裏面的一個小細節，它最重要的是要長養孩子的恭敬之心。

In fact, this etiquette, though a small matter in life, its most important purpose is to develop children's respectful mind.

所以真正的學問就在他的存心，

Genuine wisdom and knowledge lies in one's intentions.

有一句話講到，人第一等學問就是「為人著想」，這個才叫第一等學問。

There is such a saying, "The highest learning is being considerate of others." With this spirit, it can then be called "the highest learning."

範仲淹他的大兒子，他把他取名叫做範純仁，

Mr. Fan Zhongyan's\* eldest son was named Fan Chunren. (\*A famous statesman of the Song Dynasty, left his celebrated remarks and spirit through history, "Be the first to worry about world affairs and the last to enjoy happiness.")

中國為人父母，對孩子的關愛無微不至，連取名字都是在教育小孩。

Chinese parents care for their children in every detail, even the given names were to educate the child.

中國人取名字的目的在哪？

For the Chinese, what is the purpose of giving a name to children?

在透過這個名字給孩子期許，讓他能時時提醒自己。

They give their children expectations through their names, so that the children can remind themselves at all times.

所以範仲淹取他兒子的名字叫純仁，期許他的孩子要能時時存著一顆仁慈之心。

So, Fan Zhongyan named his son Chunren\* (\*純仁, it means "pure benevolence"), what was his expectation for his son? He was hoping that his son could always uphold a benevolent and compassionate heart.

我們看這個「仁」字，會意字，左邊一個「人」，右邊一個「二」，

Let's take a look at this character of "benevolence", 仁. It is a compound ideograph character which comprises the left radical of "man"(人) and the right radical of "two"(二).

什麼意思？兩人，哪兩個人？

What does this mean? Two people! Who are these two people?

想到自己就要想到別人，所以「己所不欲，勿施於人」，

When we think of ourselves, we must also think of others. So, Confucius said, "Don't do to others what you don't wish to be done upon you."

「己所欲，施於人」，「己欲立而立人，己欲達而達人」。

"Treat others the way you wish to be treated." "Establish others if you wish to establish yourself; help others to accomplish wisdom if you wish to accomplish your own wisdom."

孩子從小知道這是父親對他的期許，自然而然他就會常常鼓舞自己，督促自己去往這個方向做。

Since young, if children knew what their father's expectation of them was, naturally they would always encourage and urge themselves to go in this direction.

## Shared Mindset of Father and Son

範純仁也確確實實沒有辜負他父親的期望，

As a matter of fact, Fan Chunren also didn't fail his father's expectation.

因為有一次範仲淹跟他的孩子講，我這裏有五百鬥的麥子，就叫範純仁從京城幫父親把它運回江蘇老家。

Once, Fan Zhongyan told his son Fan Chunren, "I have 500 buckets of wheat. You need to ship them from the capital city of Kaifeng, Henan province, back to our hometown, Jiangsu province."

結果在中途當中，剛好遇到了他父親的老朋友，父親的故友，他父親的故友就把他的家庭狀況告訴了範純仁。

Halfway through the journey, Fan Chunren bumped into an old friend of his father, who told Chunren about his own family situation.

他的父親的朋友家裏面，父母去世了，沒有錢安葬，然後還有女兒都還沒有嫁出去，生活狀況比較窘困。

This elder had no money to bury his own departed parents and his daughters had not married; he was in dire straits.

範純仁聽完了，馬上就把五百鬥的麥子賣掉，把這些錢就拿給他這位長輩。結果錢還不夠。

Upon hearing this, Fan Chunren immediately sold the 500 buckets of wheat and gave the money to this elder. But the money was still insufficient!

幫人要怎麼樣？送佛要送上西天，幫人要幫到底。

What should we do when helping others? "To help one to attain Buddhahood, we must help him to reach the Western Pure Land." This implies that we must spare no effort to help them throughout to the end.

所以，他當場把這個運麥子的船也賣了，錢才夠。

So, he sold the boat that was used to ship the wheat right away, only then did he get enough money to help this elder.

結果範純仁處理完之後，就回京城見他父親，

After handling this matter, he returned to the capital city to see his father.

跟父親坐下來，他就開始跟父親報告，報告他在途中遇到了他的父親的故友。

He sat down with his father and reported the whole incident of meeting his father's old friend midway.

就講到他最後決定把五百鬥麥子賣了去幫助他，然後他就說：但是錢還不夠。

When he told his father of his decision to sell the wheat to help the elder and found that the money was still insufficient,

範仲淹就抬起頭來跟他兒子說：那你就把船也賣了！

Fan Zhongyan raised his head and said to his son, "Then you should sell the boat too."

結果他兒子說：爸爸，我已經把它賣了。

Chunren said, "Yes father, I have sold the boat."

所以父子同心，家道可以長久不衰，

Look, the father and son shared the same mindsets, that is why their family morality could last eternally.

範家純是一顆仁厚之心，吃虧了嗎？

By upholding pure benevolence, did the Fan family suffer any losses?

沒吃虧，得了大福。

No, they did not suffer any disadvantages, they have gained great blessings instead.

我父親給我取名字，也是給我期許，代表要把禮貌好好做好；而且要有使命感，要把禮貌像九顆太陽一樣，要把它發揚光大。

Likewise, my father gave me this name also expecting me to be well-mannered and to have a sense of mission to carry on courtesy to the future generations, like the sun shining its light on the earth.

這樣我們才不辜負父親給我們取這個名字。

In this way, I would then not disappoint my father having given me this name.

所以，學問要長養的，就是這顆存心、這顆仁心、這顆恭敬心。

The crux of seeking wisdom and knowledge is to foster a pure intention and to develop a benevolent and respectful mind.

為什麼說讀書可以變化氣質？

So, why do people say that learning can change our temperament?

從哪裏變？從心！

Where does the change start? From our mind.

因為經典當中，比方說以《弟子規》來講，它所教誨的「或飲食，或坐走，長者先，幼者後；長者立，幼勿坐，長者坐，命乃坐」。

Take the example of *Dizigui*; it teaches us to let the elders go first whether we are drinking, eating, sitting, or walking, and when the elders are standing, the younger ones must not sit until told to do so.

他在讀這些經文當中，他慢慢會去實踐；

When children study the classical texts, they will gradually put them into practice.

而當他在實踐這些行為的時候，就會從外慢慢內化成他的存心，

And when they implement the teachings, their behavior will slowly be internalized and become their intention.

他這一分恭敬心就愈來愈紮實；

Their respectful mind will be increasingly sturdy.

恭敬心紮實，誠於中自然就變化氣質。

When their respectful mind becomes sturdy, this inner sincerity will naturally change their temperament.

所以，當孩子讀經文都不做的時候，能不能變化氣質？

So, when children do not practice what they have learned, is it possible to see a change in their temperament?

效果就會相當有限，所以學貴力行。

The effects will be quite limited. That is why "practicing what we have learned is the cornerstone of learning."

## **The Table Manners That Will Affect Children's Future**

「或飲食」，吃飯的時候要先讓長輩先坐、先吃。

When drinking or eating, we must let the elders sit and eat first.

剛好我們在深圳有一群孩子，

We have a group of students in Shenzhen.

他的老師不只教導他吃飯長者先吃，還教導他們坐位子要怎麼坐；

They were not only taught by the teachers to let the elders eat first, they were also taught how to arrange the seats before sitting.

主位一定要讓老師坐，小朋友不可以搶著坐。

The main seats must be reserved for the teachers, the students must not jump in and grab a seat.

這是小孩子學，對他以後重不重要？重要。

Is learning table manners important for children in their future? Yes, very important!

我曾經就聽過一個老板，他說他要跟客戶談事情，然後各帶了一些公司的人。

I once heard from a boss who needed to have some discussions with a client. Both of them brought their own employees along.

結果他的一個員工，一進去就坐到那個主位上去，其他的人都不知道要怎麼辦？

He said that one of his employees sat on the main seat as soon as they entered the room.

Everyone was stunned and did not know what to do.

因為都這麼大人了，當場說他也實在很難為情。

Since he is an adult, it would cause great embarrassment to tell him on the spot.

主位一定是在正對門的那個位子，因為主位比較是長輩或者是長官，當他坐在那個位置可以掌握全局狀況。

The main seat is the one facing the entrance. Because, when the elders or senior officers sit there, they would be able to grasp the overall situation.

你能不能把一進門口那個位置讓主管坐在那裏？那誰進來他都搞不清楚。

Can you let the boss sit on the seat nearest to the door? Then he won't know who comes in.

所以，所有的禮儀它都是隨順一種自然狀況，都是很有道理的。

So, all the etiquette follows a natural condition which is very reasonable.

主位要讓老師坐，孩子他就不會亂坐，很有規矩。

Since children have been taught to reserve the main seat for the teachers, they will not take the wrong seat and will be well-disciplined.

然後老師又說：桌子假如有條紋，那個條紋（一條一條的紋）不能指向主位，這樣不恭敬。The teacher also said, "If there are stripes on the table, they cannot point to the main seat as this is disrespectful."

這樣一點一滴都在增長恭敬心，還有他細心的程度。

Every bit of these is fostering their respectful mind and carefulness.

結果有一次，因為我常常不在教室，我到各地去演講。

I was often not in the classroom because I have to travel around to give lectures.

回來的時候，也會跟這些孩子一起吃飯，結果有一餐一坐下來，他們就在那裏轉桌子。

When I returned, I would have meals with the students. Once, they were turning the table as I sat down for the meal.

我說：奇怪，他們幹嘛轉桌子？

I felt strange and asked, "Why are you turning the table?"

他們說這個條紋不能指向蔡老師，這樣不恭敬。

They said, "The stripes must not point towards Teacher Tsai as it is disrespectful."

我們看了實在很感動，相信這些孩子他這種恭敬可以一輩子都不改。

I was deeply moved upon seeing this. I believe that these children will maintain such a respectful mind for the rest of their lives.

這是「或飲食」。

This is about "when drinking and eating" letting the elders go first.

## When Sitting or Walking, Let the Elders Go First

再來，「或坐走」，都要先讓長輩坐。

Next, "when sitting and walking," we should also let the elders go first.

有個孩子四年級，剛好跟他媽媽一起去拜訪親戚。

There was a fourth-grader who followed his mother to visit their relatives.

進門之後，他媽媽剛好在打手機，

When they entered the house, his mother happened to be on the phone.

結果他就跟他媽媽說：媽，你坐！他媽媽就說：你先坐。結果他又說：媽，你坐！

He said to his mother, "Mother, take a seat." His mother said, "You sit first." He said to his mother again, "Mother, take a seat."

他媽媽就覺得很奇怪：叫你坐就坐，怎麼那麼羅嗦！

His mother felt it was very strange and said, "I told you to sit, you just sit! Why are you so tortuous?"

他說：媽，你不坐，我不能坐。

The child said, "Mom, if you don't sit down, I cannot sit."

因為他在落實這句經文，

Because he was practicing this phrase in *Dizigui*.

這時候我們為人父母、為人師長要有敏感，你要成全他的孝心跟恭敬心，

At this time, as parents and teachers, we must be sensitive; we must help him fulfill his wish of practicing filial piety and a respectful mind.

他才能立身行道。

Only then can he establish his moral character and cultivate Dao.

這個媽媽才回過神來。

His mother had finally gotten back her composure at that time.

其實還沒學《弟子規》以前，誰先吃？誰先坐？都是孩子。

Actually, before learning *Dizigui*, who was the one that ate and sat first? The children!

所以倒了！顛倒了，他的行為當然顛倒，

It is inverted! When it is against the norm, of course the children's behavior will also become topsy-turvy.

你現在要趕快把他扶正才行。

Now, we must quickly rectify their bad manners.

## When Getting on the Bus, Sit in the Back

「坐」，我們也會延伸到，比方說你坐車，一定要有秩序，排隊排好，不可以爭先恐後。

"Letting the elders sit first" can also be extended to using public transport for example; we must line up nicely and must not rush to the fore.

上了車除了讓長輩、讓老人坐，還有讓老弱婦孺坐之外，



On the bus, other than yielding the seats to the elderly, pregnant women, children, and the frail,

也要先往後走，把位置讓出來。

we should also move to the back, leaving the front seats for people who get on later.

不要一上車，後面還一大堆位置，我們盡挑前面坐，這個就不給人方便。

Do not pick the front seat when there are plenty of seats at the back, as this is not giving convenience to others.

因為假如後上來的是老人家，你還要讓他走那麼遠嗎？

Because, if the passengers behind are elderly, is it nice to make them walk so far?

所以，我們要處處為老者著想，處處為後者著想。

So, we must always be considerate of the elderly and the passengers behind us.

諸位朋友，現在大人做得到嗎？你注意去觀察看看。

My friends, do the adults practice this now? You can pay attention and observe carefully.

比方說某個團體、某個企業一起出去旅遊，早上車的人都坐前面，後面來的人就得往後走。

For example, when a group or company goes on a trip, those who got on the bus first would sit in the front seats, and those behind would have to sit at the back.

所以我們處處要把恭敬、要把禮讓落實下來。

We must practice respect and courteous concession at all times. \

有一個學校出去旅遊，很多男老師就坐前面，

There was a school going on a tour and many male teachers were sitting in the front seats.

因為有一個女老師學過《弟子規》，但是大人又很愛面子，

One of the female teachers had learned *Dizigui*, but she couldn't point out their mistakes right away as adults are more concerned about their "face."

你直接說他做錯了，他可能又惱羞成怒。

If we tell an adult directly their faults, they will probably fly into a rage out of humiliation.

所以連老師都要好好學《弟子規》才行，不然可能言語、行為都在反教育都說不定。

So, even teachers should seriously learn *Dizigui*, otherwise their speech and behavior might go against what they teach.

## Don't Sabotage Other's Wisdom Life

老師假如反教育會怎麼樣？會墮到十九層地獄。

What would happen if the teachers' deeds were not consistent with education? They would fall into the nineteenth level of hell.

有個故事是這麼講，剛好有個醫生草菅人命，

There is such an anecdote: there was a doctor who treated his patients' life carelessly.

閻羅王很生氣，判他下十八層地獄。

The deity Yamaraja was enraged and sentenced him to the 18th layer down in hell.

他下去以後很懊惱，在那裏大喊：我又不是故意的，只是不小心！

While he was in the underworld, he was very upset and called out, "I didn't do it on purpose; it was just an accident!"

你看，他沒學《弟子規》，所以錯了還不承認，

You see, he didn't learn *Dizigui*, so he didn't admit his mistakes.

他不知道「過能改，歸於無」，

He didn't know that "If I correct my faults and do not repeat them, the faults will no longer exist."

假如他在那個時候起了一念懺悔，可能就離開十八層地獄了；  
Had he given rise to a thought of repentance, he would have left the 18th level of hell.  
「倘揜飾」，罪加一等，繼續待。  
If he "tried to cover them up," he would be doubly guilty and have to stay there.

結果他就在那裏跺腳很生氣，突然底下就有人說：你不要再踏了，你的灰塵都掉到我的身上來了！

As he was stamping his feet angrily, suddenly, someone below him said, "Stop stamping! All your dust is falling on me."

他就嚇一跳，十八層不是最低了嗎？下面怎麼還有人？

He was startled and thought to himself, "Isn't the 18th level the lowest of hell? Why is there still someone below?"

他說：我是幹醫生的，草菅人命墮十八層，你是幹什麼行業的？怎麼墮到十九層？

He said, "I was a doctor. I was sentenced to the 18th level because of being negligent in my work. What was your career and why are you in the 19th level?"

底下的人說：我是當老師的。

The person below him said, "I was a teacher!"

醫生斷人生命墮十八層，老師是斷人慧命，

The doctor was sentenced to the 18th level because of ending someone's lifespan, but the teacher had sabotaged people's wisdom-life.

生命有限，慧命無窮。

Sentient beings' lifespan will come to an end, but their wisdom-life is everlasting.

而這個慧假如建立正確，你的學生往後還有他的孩子，他的孩子還有他的孩子，你給予一個學生正確的觀念，可能會影響他世世代代的子孫。

And if a teacher has correctly established his students' wisdom-life, giving them the right concepts, it may influence their descendants of many generations, since the students will have children and grandchildren in the future.

而一個老師一生又可以教上百、上千的學生，

A teacher can teach hundreds or even thousands of students in his lifetime,

所以老師這個行業叫功德無量。做得好，叫「功德無量」，

that is why the teaching career is called the job of "infinite merits" if you perform your duties well.

做不好叫功德無「亮」，前途一片暗淡。

Conversely, if you fail to meet your responsibilities, your future will be bleak.

諸位朋友，你不要聽完之後說：那我不當老師，太恐怖了。

My friends, after listening to what I said, please do not think of giving up your wish to become a teacher as it is too frightening.

真正重要的是什麼？那一分心。

What is really important? Your intention!

我們教學的方法也要隨著經驗慢慢積累，而你那一顆真心才是跟孩子最重要的互動。

Our teaching methods will accumulate gradually with experience and the most important interaction with children is your sincere heart.

## **In Teaching Students, a Sincere Intention Is Most Important**

我們思考一下，教書是教前五年的學生比較親？還是教五年以後的學生比較親？

Let's think for a while: are the students of your first five years of teaching closer to you or the students after your five years of teaching?

前五年，那很奇怪，你教書的方法什麼時候會愈來愈好？

The first five years! (\*The audience reply) That's very strange! In which period of time were your teaching skills better?

一定是後。可是為什麼前五年的孩子跟你比較親？

It must have been the time after five years of teaching! But why were your students closer to you during the first five years?

用心程度！

It is because the level of your effort and intention in teaching makes the difference.

因為那個時候你時時都想著怕教不好，所以你很用心教學生。

The first five years, you were always afraid of not teaching them well, so you made a great effort to teach the students.

學生不單是看到你的教學技巧，更重要是你的教學態度，他們留下深刻印象。

The students would not only see your teaching skills, but more importantly, your teaching attitude would leave a deep impression on them.

可能你教久了之後，教育的愛心退了，

Perhaps after you have taught for quite a while, your love in teaching would diminish.

雖然教學技巧比以前好，但是給予孩子內心的撞擊，可能就沒有前面這麼強烈。

Even though your teaching skills have improved, the impact given to the students may not be as strong.

所以，當老師不要擔心教學技巧不夠，

So, a teacher does not need to worry about lacking in teaching skills.

只要你有這一分心，鐵定功德真正是無量，前途一片光明。

As long as you have a sincere intention, your merits are truly infinite and your future is promising.

## **Learn to Be a Teacher of Others and Act As a Role Model for Society**

當老師的時時要抱持著「學為人師，行為世範」，

As teachers, we must always hold on to this motto, "Learn to be a teacher of others, act as a role model for society."

因為老師也是在不斷學習當中，所以老師不能停止對於道德、學問的追求，

Since teachers require constant learning, they must not stop pursuing morality and wisdom.

「學所以治己，教所以治人」，

The ancients said, "Learning is to improve ourselves, while teaching is to edify others."

我們「教」跟「學」都不能停下來。

We should neither stop learning nor give up teaching.

而學習才能提升自己、修正自己，所以「學所以治己」，對治自己的習氣；

Only through learning can we improve ourselves and rectify our bad habits;

「教所以治人」，透過教育才能夠導正學生的觀念，建立正確的人生觀。

and only through teaching can we correct the students' perceptions and help them establish the right views in life.

不學，你就很難有真實智慧，所以，不學則不智，不教則不仁慈，

If we don't learn, it is very difficult to obtain true wisdom, and if we don't teach, we are not being benevolent and compassionate.

因為唯有教育才能夠讓一個人的人生從根本救活起來，

Because only through ethical education can we save a person's life from the root.

所以我們時時教學相長。

So, we must always improve ourselves and students through teaching and learning.

老師絕對不是師範學院畢業了，書本就放下了，

As teachers, we must not put away our books after graduation.

反而是要更積極學習，不可辜負國家對我們的期許，不可辜負家長對我們的信任，

Instead, we must learn more actively so as not to disappoint our country's expectation for us.

Neither should we let down the parents' trust in us.

更不可辜負學生跟我們這一段的師生之緣。

Most of all, we must not fail to live up to the affinity between us and the students.

所以要時時「學為人師，行為世範」才行。

So, we must "learn to be a teacher of others and act as a role model to society" at all times.

這一位女老師上來，看到這些老師就坐前面，也不方便直接指責他們，

When this female teacher got on the bus and saw the male teachers sitting in the front seats, it was inconvenient for her to criticize them directly.

這時候「人情練達皆文章」，

As an adage goes, "With sophisticated skills one can handle interpersonal relationships beautifully everywhere."

運用言語的藝術，然後就跟他們說：女士優先，你們往後走。

Using the art of speech, she softened her tone and said to them, "Ladies first! Men please sit at the back!"

給他們一點成就感，不當面指責他們，但是可以做榜樣給他們看。

This way, the male teacher obtained a sense of achievement. We should not criticize others directly but show them a good example.

比方說你本來坐一下，後來有年長的老師上來了，這女老師馬上站起來，「吳老師，你坐」，

For instance, when an elder teacher got on the bus later, this lady teacher immediately stood up from her seat and said, "Teacher Wu, please take the seat here."

做給其他的人看。

This is "demonstrating an example to others."

當有一個人做出來，其他人的恭敬心就提起來。

When one person demonstrates a good example, others will give rise to a respectful mind.

所以，我們在任何團體，處處要表演給人家看。

So, in any group, we must always demonstrate good examples for others to follow.

## Be a Good Ancestor Now

她說除了坐車看到這個現象，出去旅遊，一進門把所有那個房間裏面的燈統統打開。

Other than seeing this phenomenon on the bus, she also observed her colleagues turned on all the lights in every room as soon as they entered the building when they went on a trip.

為什麼統統打開？因為不用錢。

Why did they do that? Because in their mind, it was free.

所以人假如什麼都是錢，就會做出很多折損自己福報的事。

When money is considered first, people would do a lot of things that would undermine their own blessings.

請問這些燈會亮，從哪裏來？

May I ask, what do you need to keep the lights lit?

從電來。電又從哪裏來？

Electricity. Where does the electricity come from?

電力，有水力，有很多發電的方法，而所有發電的方法都必須要耗損地球的能源。

There are many ways to generate electricity including that of hydroelectric power, and all these methods must consume the earth's energy.

當這一代用得愈兇，下一代就愈缺。

The more this generation uses it excessively, the more insufficient the supply will be for the next generation.

所以我常常說，打從有人類歷史以來，會被下一代罵的狗血淋頭的是哪一代？

I often say, "When we look back on human history, which generation will be scolded most fiercely by their following generations?"

我們這一代。你們怎麼知道？你們可以預見未來，很有智慧！

Which generation? Our generation! (\*The Audience reply) How do you all know?! You can foresee the future, very wise indeed!

我們都可以推想一百年後的人一定會罵說：

We can all imagine that people a hundred years later will scold us as such,

我怎麼有這麼差的祖宗，留給我們是什麼水？留給我們的又是什麼空氣

"How do I have such bad ancestors? What kind of water did they leave to us? Also, what kind of air did they leave to us?"

留給我們又是破掉的天空，留給我們的統統是那些噴了農藥的土地，

How could they leave a broken ozone layer for us? And how could they leave us land polluted by pesticides?

我們都生存困難。要不要當這種祖宗？

It has made our life difficult to even just survive now." Would you want to become such an ancestor?

你看，幾千年的祖宗怎麼對待我們，都留好的，留智慧！

You see, how did our ancestors of thousands of years treat us? They left the best for us; they left wisdom to us!

我們要當個像樣的長者，像樣的祖宗才行。

We must help ourselves to become decent elders and ancestors!

## **Pleasure Now, Pain Later**

這個老師也沒有直接指責，反正他開，我們關就好。

This teacher did not blame them directly. She simply turned off the lights for them.

所以當老師的要時時想到，所有的言語、行為都應該是給學生、給社會大眾做好的榜樣。

As teachers, we must always bear in mind that our speech and behavior should be a good example for the student as well as the public.

很多老師又說：那我當老師不是很辛苦？

Many teachers then said, "Isn't it very exhausting for us to be teachers?"

其實，會講這樣話，都是他還沒有真正去力行聖賢教誨；

Actually, saying such words shows that they have not truly practiced the sages' teachings.

假如他真正做了，他絕對不會這樣講，因為聖賢的教誨是讓你真正過好日子。

Had they genuinely implemented the teachings, they would not have said that, because the sages' teachings will truly let them live a good life.

你說坐還要有坐相，你看沙發躺下去，歪一邊多好！

The sages said that we should sit upright! But those people say, "It is so comfortable to tilt to one side when lying on the sofa."

那都只看眼前一時舒服，往後痛苦長久。

Actually, they are only concerned about the comfort of the current moment. In the future, it will lead them to lasting pain.

現在最多的毛病是骨頭，骨刺、脊椎側彎，

The most common health problems today are associated with bones, such as bone spurs and scoliosis.

你舒服一下，脊椎彎了，

You may enjoy the momentary comfort and suffer from scoliosis later.

到時候還要去給人家給你用腳踩一踩，用手撞一撞，那時候你就叫苦連天。

At that time, you would have to get someone to step and knock on your back as massage therapy and you would howl out in pain.

所以，當你真正是依照這些禮節去過生活，你的身體會很健康，你會過得很輕鬆。

So, when you live your life genuinely in accordance with these etiquettes, you will enjoy excellent health and a life of ease.

當這些恭敬的態度你已經內化了，你做起來就會覺得很舒服、很自在，一點都不造作。

When you have internalized these respectful attitudes, you would do it very comfortably and relaxingly without the slightest pretense.

而當你不這麼做，隨便習慣了，到時候還處處怕會出糗，

On the contrary, when you do not do so and get used to following your habits instead, you that time the energy consumed will be more.

you will be afraid of becoming embarrassed and will absolutely consume more energy.

## Confucius's Signboards

人他因為不了解，所以會產生這些誤解，

Because they do not understand the truth, people tend to have such misconceptions.

也要靠我們大家去表演的精彩，讓他覺得說讀聖賢書的人笑容滿面，然後與人相處也很融洽。

It really depends on us to show them wonderful examples, so they would be convinced that people who study the sages' teachings are always beaming with delight and also getting along well with others.

你不要學聖賢經典，學到最後都一張苦瓜臉，那人家都不敢學了。

We must never display a frosty or sad-looking face after learning the sages' classics, as this will scare people away.

所以我們是孔老夫子的招牌，是聖賢人的招牌，要常常把它擦亮。

We are the signboards of Confucius as well as that of the saints and sages.

用我們時時「苟日新，日日新，又日新」的態度，來長養自己的道德、學問，

We must polish this signboard often with the attitude of "turning over a new leaf everyday," so as to foster our morality and wisdom.

也時時期許以身教去帶動他人的那一分恭敬、那一分仁慈之心。

We should also stimulate people's respectful and benevolent mind by setting a good living example for them.

所以，「或飲食，或坐走。長者先，幼者後」。

This is about "whether drinking, eating, sitting, or walking, I should let the older ones go first, then the young ones follow behind."

## Putting Oneself at the Service of an Elder

下一句：【長呼人。即代叫。人不在。己即到。】

The next phrase is "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."

在古代因為他們是大家庭，當客人到家裏來，可能他要找爺爺，或者要找伯伯。

In ancient times, the families were large. When there were guests coming to the house to visit their grandfather or uncle,

不可能客人到你們家裏去，到你們的房間裏面去找人，就不合乎禮儀了。

it would be impossible for the guests to look for them in the rooms of the house. This does not comply with etiquette!

所以，當我們是晚輩，遇到長輩、遇到客人來了，要主動：請問你找誰？

So, as the younger ones, when we meet the elders or the guests, we should proactively ask, "May I know who are you looking for?"

假如是找伯伯，這位小朋友要怎麼樣？

What should this child do if they were looking for his uncle?

『即代叫』，跑去找他的伯伯，趕快，不能對客人失禮，讓人家等半天就不好。

He should go and get his uncle right away and he must not be discourteous to the guests by letting them wait for too long.

假如伯伯不在，『人不在，己即到』，要回來跟客人講一下：我的伯伯不在，請問你有什麼事嗎？

If this uncle was not around, he should immediately report back, putting himself at the service of the guests and say, "My uncle is not around. Is there anything I can do for you?"

因為很有可能人家也是大老遠來，所謂無事不登三寶殿，人家來找必有事情。

Because it may be that they had come from afar for a purpose. As the saying goes, "One will not visit the temple without a reason."

所以我們應該：請問有什麼事嗎？有什麼我可以代您傳達的嗎？

So, there must be a reason for their visit. We should ask, "May I know what is the purpose of your visit? May I take a message for you?"

當一個孩子從小的對應就是如此，以後你讓他辦事放不放心？

When a child can handle matters with such manners, would you rest assured when you delegate tasks to him in the future?

放心。

Yes! You will rest assured!

所以不要小看這個禮節，它就代表著當他面對一件事，一定從頭把它處理到尾，

Do not underestimate this etiquette! It represents that, when facing an issue, he will have the attitude of following through.

叫有始有終的態度。

This is called "an attitude of carrying things out from start to finish."

當他如此，他心就不容易焦躁、急躁。

By having this attitude, he will not become anxious or impatient easily.

所以，透過這種生活禮儀，都是在長養孩子的修養。

This kind of life etiquette fosters children's cultivation.

我們這節課先講到這邊，下一節課我們繼續。謝謝。

Okay, we will stop here for today, and we shall continue in the next lesson. Thank you!