

細講弟子規 第十九集

Confucius Teachings On Building A Happy Life (19)

- a foundation for Mahayana Buddhism practice

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The Grand Etiquette Shown by Students

諸位朋友，大家下午好！

Hello my friends, good afternoon to you all!

我們早上講到了：

As we mentioned this morning that

【長呼人。即代叫。人不在。己即到。】

"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."

這個動作很重要，它可以廣泛來運用，就是接待的禮儀，接待客人的禮儀。

This action is very important and can be widely applied to the etiquette of receiving guests.

我們現在在家庭當中來看一下，孩子現在會不會接待客人？

Let's take a look at the family today; do children know how to receive guests now?

比方說剛好阿姨來了，小孩在那裏打電腦，他會怎麼做？

For example, a child was playing computer when his aunt came by; what would he do?

他會把他的大嗓門打開：媽，阿姨來了！這樣好不好？

He would bellow, "Mom, aunt is here!" Is this the right manner?

習慣了，他就很怠慢、很隨便，因為尊敬長輩排在次要，哪一個最重要？我的玩樂最重要。

When he has formed this habit, he will become very negligent and frivolous because entertainment is his primary concern while respecting the elders becomes secondary.

久而久之，恭敬心就不見了。

His respectful mind would gradually disappear over time.

所以要教。

So, we must teach children.

您有教過孩子接待客人的舉手？

Those who have taught your children how to receive guests, please raise your hand.

好。這個影響他很深遠，

Well, this will have a very far-reaching influence on them.

孩子假如這個禮貌沒學好，可能在學校、在他往後的公司都會有尷尬出現。

If children do not learn this manner well, they may face embarrassment in school or at work

in the future.

我們就曾經教孩子，一個一個來練習，如何接待客人。

We once taught children how to receive guests by asking them to take turns **to** practicing it. 所以，這一條經文不只要講解，還要實際帶孩子操作；

Not only do we have to explain this phrase to the students, we must also lead them to truly practice it.

而且還不是操作一次、兩次，要讓他重復練習，他就熟能生巧。

And not only once or twice, we must have them practice it repeatedly, because practice makes perfect.

剛好一天早上，這些孩子都學會了，

One day when the students were taught the etiquette of receiving guests in the morning, 也是巧妙的安排，中午吃飯時候就來了一位阿姨。

it was a perfect arrangement that an aunty* came during lunchtime. (*A Chinese way to address a female elder of one's parent's generation.)

結果她要走進教室門以前，所有的孩子本來在吃飯，統統停止，放下他的碗盤筷子， Before the aunty walked into the classroom, all the students who were having their meals quickly stopped eating.

要幹嘛？

What were they trying to do?

爭先恐後要接待客人。

They strived to be the first to receive the guest.

所以其實當他能學以致用，他會學的歡喜。

So, when they can actually practice what they have learned, they will find joy in learning.

這位阿姨走到門口，六個孩子排成一排，同一時間鞠躬說：客人好！

When this aunty approached the classroom entrance, six students lined up in rows and greeted her with a bow and said in unison, "Hello guest!"

這個阿姨不敢走進來，她說：受寵若驚！從來沒有被這麼隆重的禮儀接待過。

The aunty was afraid to enter the classroom as she felt overwhelmingly flattered because she had never been received with such grand etiquette.

接著她又說：假如下一代的孩子都這樣，那我們就很欣慰了。

She added, "If the future generations are so well-mannered, we will be gratified."

我們接著，客人要走進來，教他們要放拖鞋。

We also taught the students how to arrange the guests' slippers.

拖鞋怎麼放？

How do you arrange the guests' slippers?

要放在客人走進來馬上可以穿進去。

The slippers must be placed where the guests can immediately wear them when needed.

所以諸位朋友，每一個禮儀的動作，其實都是在設身處地為他人著想，

So, my friends, every action in the etiquette is actually training them to be considerate of others.

他的仁厚之心也在一點一滴的生活細節在落實。

Children's benevolence will then be established bit by bit in every detail of life.

所以，放拖鞋也要讓人家可以順勢穿上。

That's why when arranging slippers, we must think ahead of how the guests can easily put them on later.

阿姨進來，他們就說：阿姨，你請坐，我去幫你倒杯水。

After the aunty came in, they said, "Please be seated, aunty! I will get you a glass of water."

就請阿姨先坐，然後說：阿姨請喝茶，我去叫我媽媽過來。

After the aunty took the seat, they said, "Aunty, please have a drink, I will go get my mother."
這就是接待客人的禮儀，在家庭當中要學習。

This is the etiquette of receiving guests which children must be taught at home.

再來，在學校的時候，我們看到隔壁班老師走進來了，孩子看到了，他會怎麼做

Next, at school, when the students saw the teacher of the class next door walk in, what would children nowadays do?

他也可能站在原地就開始放大嗓門：老師，隔壁班老師找你。

They might stand still at their position, calling aloud, "Teacher, the next door teacher is looking for you."

這個都不符合禮貌的態度。

This is also not conforming to the courteous attitude.

所以這個也要教學生，教導他們一定要先：老師，你等一會兒，我去叫我們老師過來。

So, we must also teach students that they must first tell the guest, "Teacher, please wait! Let me go get my teacher now."

跟老師講了，然後再把老師帶過來，

After reporting to their teacher, they should bring their teacher to the visiting teacher.

就是要把工作從頭至尾做好。

This is "completing a task from the beginning to the end."

其實當他在落實禮儀的時候，一個孩子的耐性、沈著就在這些禮儀實踐的過程，一直在養成、在培養。

In fact, a child's patience and calmness would be developed and nurtured in the process of practicing etiquette.

How to Receive Guests Properly in the Workplace

那我們看，公司行號裏面，假如有人來找他的朋友或者找上司，一般的人面對這種情境會怎麼做？

Let's see: in a company, when someone came to look for his friend or the supervisor, what would most people do when facing such a situation?

比方說要找經理，經理可能在開會，

For example, the guest is looking for the manager who may be in a meeting,

說：找經理，他在裏面。這樣好不好？

can you say to him, "The manager is inside there." Is this correct?

剛好這個客人走過去，結果裏面在開會，他門一打開，那就會出現什麼情況？

If this guest knocked on the door and found that they are having a meeting, what would happen?

很尷尬。會開到一半，

It will be very awkward and embarrassing. As they were halfway through the meeting, 到底是要繼續開會，還是要接待客人？這樣就很失禮了。

they would not know whether they should continue or end the meeting to receive the guest.

This is discourtesy.

假如這個主管一追究起來，誰接待的？

What if the supervisor was to investigate who was the one receiving the guest?

假如一而再、再而三出現這種情況，那可能工作就保不住了，因為成事不足就敗事有余了。

If this happened repeatedly, that employee might not be able to keep his job due to his incompetence and messing up things.

面對這樣的情境，應該是先請客人“你請坐”，

When encountering such a situation, one should first invite the guest to take a seat then get a glass of water for him.

倒一杯水給他喝，“我去先看看經理忙不忙，您先等一下”。

After giving the water, he should say, "Please wait, I will go check with my manager to see if he is available."

等去了，一看在開會，請示一下，

After seeing the manager is having a meeting, he should ask for the manager's instructions.

說可能還再十分鐘、二十分鐘，再過來跟他講一下，讓客人的心裏也有所準備。

If the meeting still needs another 10 or 20 minutes, he should go back to tell the guest and let him mentally prepare.

所以，處處符合禮儀，處處就讓人家很舒服的感覺。

When we can always abide by etiquette, we would let people feel very comfortable.

這個接待之禮，不僅在家裏、在學校、在公司裏面，甚至於在政府機關。

This etiquette of receiving guests is not only applicable at home, in schools, and enterprises, it is even needed in government offices.

而政府機關接待的都是誰？

And whom are mostly received in government organizations?

很多可能是各國的重要的人，或者是他們國家的人民。

Many of them are very important men from all over the world or their own country.

假如政府單位做事的公務員都不符合禮節，

If the civil servants working in government units do not comply with the etiquette,

那可能臉會丟到國外去，而且也會讓他自己的人民對他失去信心。

the country's bad reputation may be spread abroad, and it would also make their own people lose confidence in the government.

所以，禮確確實實很重要，

So, etiquette is indeed very important.

孔老夫子才說“不學禮，無以立”，

That is why Confucius said, "If you do not learn etiquette, you will not have a foothold in society."

很難在社會、團體當中立足得好。

This means it will be difficult for you to fit in with society and groups.

所以，這一句經文我們就可以把它解成接待之禮。

Therefore, this phrase can be interpreted as the etiquette of receiving guests.

The Respectful Way of Addressing Elders

下一句經文，我們把它念一下：

Let's read the next phrase,

【稱尊長。勿呼名。

"When I address an elder, I should not call him by his given name.

對尊長。勿見能。

In front of elders, I must not show off.

路遇長。疾趨揖。

If I meet an elder I know on the street, I will promptly clasp my hands and greet him with a bow.

長無言。退恭立。

If he does not speak to me, I will step back and respectfully stand aside.

騎下馬。乘下車。

Should I be riding a horse or riding in a carriage and spot an elder I know walking, 過猶待。百步余。】

I will get off to greet him and wait until the elder disappears from my sight."

『稱尊長，勿呼名』，稱呼長輩，不要直接把他的名字叫出來，其實也是一種恭敬之心。
When addressing an elder, don't call his name directly; this is actually a gesture of respect.
我記得在家裏面稱呼兩個姐姐，都是喊大姐，喊二姐。

I remember when I call my two older sisters, I always address them respectfully as "big sister" and "second sister."

突然有朋友或者同學問我說：你姐姐叫什麼名字？

Sometimes, a friend or a classmate asked me, "What are your sisters' names?"

當我們把姐姐的名字講出來，全身不舒服，好像覺得有點不尊敬。

When I told them my sisters' names, I felt very uncomfortable as if I had been a bit disrespectful of them.

所以不要小看這種稱謂，叫久了，愈叫愈親，說“姐”、“哥”，

So, do not underestimate this kind of addressing; the more you call your siblings "sister" or "brother," the closer your bonds will be.

真的在這個稱謂當中，人與人會愈來愈親密。

It is through this polite addressing that people become more and more intimate.

但是假如直呼名號，比方夫妻在稱呼的時候，都三個字、三個字叫，叫久了，氣氛就愈來愈冷淡，甚至於會愈來愈火爆都有。

For instance, if we were to directly address our spouse with their full name, the atmosphere would become indifferent or even become strained after awhile.

所以這個稱呼，我們也應該對尊長都是以“叔叔”、“伯伯”、“阿姨”來稱呼。

So, when addressing the elders, we should also call them "uncle" or "aunty."

出社會了，我們也以比方說“陳經理”、“陳董事長”，這樣去稱呼。

When we enter society, we can also address our supervisors in the same manner, such as "Manager Chen," or "Chairman Chen."

人家聽了舒服，也不至於冒犯他人。

When we address others like this, they will feel comfortable, we will not offend them as well.

在現在的孩子，他在家、在學校也要落實這樣的態度。

Children today must implement this manner at home and in school.

同事，比方說我們當老師，同事跟同事之間，在孩子面前不要直接說“禮旭老師”，或者“某某老師”，不要這樣稱呼，因為這樣也是都在稱老師的名字。

Among colleagues, just like us teachers, we must not directly address a teacher with his/her given name in front of students because that is not a respectful way.

應該怎麼稱好？

What is the best way to address teachers?

“陳老師”，“蔡老師”，

We should address them by their last name, such as Teacher Chen, Teacher Tsai.

這也是做個示範給孩子看。

This is also demonstrating to children the right way to address others.

雖然我們大人之間稱呼可以親昵一點，但是小孩他還要從小學習謙恭的態度，

Though we adults can call each other in an intimate way, children have to learn a humble and respectful manner from an early age;

我們為人老師也可以註意這些細節的部分。

as teachers, we must pay attention to these details.

這是“稱尊長，勿呼名”。

This is about "When I address an elder, I should not call him by his given name."

因為西風東漸，西方人稱呼自己的爸爸媽媽都直接稱名，

Nowadays, the trend of Westerners calling parents by their given name is gradually affecting eastern society.

很多人就覺得西方的月亮比較圓。

Many people think that the grass is greener in the West,

我們有一個朋友，他看了書籍說可以直接喊名字，結果就叫他女兒都喊爸爸、媽媽的姓名。

so they have asked their children to call them by their given names after reading some Western books.

喊了幾年之後，剛好我到海口去教《弟子規》，他才知道錯了！

After being called that way for a few years, they realized it is wrong only after learning *Dizigui* in Haikou from my classes.

他女兒跟他講話已經跟他是平起平坐，這個時候就不好教導。

But it was difficult to rectify their children since they had been talking to parents on an equal footing.

所以，稱呼是要樹立長幼、尊卑的態度，這個禮也不可廢。

Designations are meant to form the attitude of differentiating seniority and social ranks. This etiquette must not be abolished.

Don't Show Off in Front of Elders, Be Humble Instead

下一句『對尊長，勿見能』，

Let's see the next phrase, "In front of elders, I must not show off."

我們早上也有提過，孩子他提升他的才華，

We mentioned in the morning when children want to improve their skills and talents,

我們要引導他，有才華的目的在哪裏？學習這麼多才華，他的目的到底是為何？

we must guide them to understand the purpose of acquiring talents. What is the objective of learning so many talents?

諸位朋友，您帶孩子去學這麼多才能，要做什麼？

My friends, why did you let your children learn so many talents?

這個很重要，你的目的就會引導孩子往這個方向去走。

This attitude is very important because your objective will lead your children towards this direction in the future.

我有一個學生，她補習補了四科，國小六年級。

I had a sixth-grader who took four subjects of tutoring classes.

我就想，只要她上課認真聽，一定不需要補那麼多，

I thought that she definitely did not need so many tutoring classes as long as she paid close attention in school.

我就把她找過來跟她溝通一下。

So, I had a talk with her.

我說：你補四科太多了，不然先補兩科就好了。

I said, "Taking tutoring classes on four subjects is too many. Why don't you take two tutoring classes first?"

結果這個小女孩說：老師，不行，我們那條街的人統統都補四科。

She said, "Teacher, I cannot! All the students on my street are taking four subjects."

你看孩子去補習的目的在哪？

You see, what was the child's objective of taking tutoring classes?

別人都去了，我不可以輸給人家。

She thought, "Other people were doing that, I must not lose out to them."

相同的，現在學那麼多才藝，目的在哪裏？

Similarly, what is the purpose to have children learn so many arts and talents nowadays?

人家會鋼琴，我不會不行；人家會跳舞，我不會不行。

Since others have learned to play piano or dance, I can't miss out on that.

假如都是為了跟別人攀比，好面子，

If they learned those talents purely for the reason of comparing with others and seeking personal glory,

那孩子這些才藝學了之後，不單沒有什麼大的好處，因為學雜了就學不紮實

whatever talents they acquired would have minimal advantage, and their learning will not be solid due to their intermixed studies.

不單沒有好處，還可能沾染了這種虛華的風氣，學了之後，常常想要去跟別人炫耀。Not only would they derive no benefits, they might also be tainted with illusory glory as they often want to show off after learning it.

所以，我們家長的態度至關重要。

So, parents' attitude is absolutely vital!

早上我們也提到，假如他是學藝術的，我們應該引導他要有志向。

We also mentioned in the morning, if they learned arts, we should guide them to set an aspiration.

學了藝術這個才華要能造福人群，

After learning, it must be able to benefit the people.

所謂社會國家者，應該是互助之體也，

As the saying goes, "Our society and country are one entity where everyone should help each other."

每個人奉獻他的能力跟才華來利益團體。

Everyone should contribute their abilities and talents to benefit the groups.

所以我們會引導他，你看這麼多，比方說李叔同先生作的曲子，

We helped them to see many artists in the past, such as the composer Mr. Li Shutong* (*He was an artist, musician, dramatist, calligrapher and seal cutter. Later he became a Buddhist monk, 1880-1942)

現在還不斷陶冶人的性情。

whose songs still have a positive influence on people's temperament.

你要學音樂，也要像李叔同先生這樣，要立定高的志向，

So, if they want to learn music, they should emulate Mr. Li in setting a lofty aspiration.

要能“移風易俗，莫善於樂”，

As Confucius said, "There is nothing better than music to transform prevailing customs and reform society."

用音樂來改善社會風氣。

Therefore, one must aspire to use music to improve the social value and vibe.

當我們是這樣去引導，他又有志向，相信他的學習一定會跟其它的人有所不同。

When we guide them to set an aspiration, I believe their learning would surely be different from others'.

當他只是為了炫耀，這個孩子學這一門才華，絕對會遇到瓶頸而不能突破。

When acquiring the talents purely for bragging, this child would surely run into bottlenecks that he could not break through.

因為當他喜歡跟人比來比去，他就患得患失，

It is because he would keep worrying about personal gains and losses when he likes to compare with others.

情緒化會很嚴重，到時候就爬不上去。

Consequently, he would become seriously emotional and would not be able to make further progress.

但是他有志向的時候，他會不斷鼓勵自己向前，

But when he has an aspiration, he will keep encouraging himself to move forward.
所以誌向已經決定了整個成敗的關鍵。
So, aspiration has already determined the key to success or failure.

我們在《朱子治家格言》有提到，讀書應該誌在哪裏？聖賢。
Zhu Bolu's Maxims for Managing the Family states that the purpose of studying is to become saints and sages.

現在的人讀書都誌在什麼？賺錢。

People today study for what reason? For making money!

所以你看讀書的人都讀得苦哈哈的，讀得氣得半死，因為他考不好。

Therefore, people find studying so painful and frustrating when they do not perform well in their examinations.

那個目標錯誤了。

They have set the wrong objectives!

相同的，很多學藝術的人，藝術誌在什麼？

Likewise, what do many people who study arts set their aspirations on?

所以他的功夫就不可能一直上去。

Since they have wrongly targeted their goal, it is impossible for them to keep improving their skills.

我們要抓到根本。

We must grasp the foundation of learning talents .

範仲淹他讀書的目的在哪？

What was Mr. Fan Zhong Yan's* purpose of studying? (*A famous statesman of the Song Dynasty, his spirit of " Be the first to worry about world affairs and the last to enjoy happiness" has influenced the Chinese for over 1,000 years.)

要找到一個、要掌握一個可以為人民服務的機會。

He wanted to grasp an opportunity to serve the people.

所以他那種心境跟只為了功名讀書的讀書人，念出來的效果一不一樣？

Comparing his mindset with those who study solely for seeking fame, would they achieve the same result in learning?

絕對不一樣。

Definitely not!

教育在“慎於始”，慎於一開始，

As education lies in "making a cautious start,"

我們引導孩子學習才華、技能，也要有正確的觀念。

we must also adhere to proper concepts when guiding children in talents and skills.

所以，不可以“見能”是長養他謙卑的態度。

Educating children to not "show off their talents" is to develop their humble attitude.

我們在《易經》裏面有提到“謙卦，六爻皆吉”，

According to *The Book of Changes*, (**I-Ching*), All six divination-symbols of the 'humility hexagram' connote auspiciousness."

《書經》裏面也提到“滿招損，謙受益”。

The Book of Documents also says, "Complacence incurs loss while humility brings benefits." 在《易經》的六十四卦當中，每一卦都有吉凶參雜，只有一個卦是所有六爻都是吉，只有一個“謙卦”。

In all the 64 hexagrams in *The Book of Changes*, each hexagram has a mixture of fortune and misfortune except the "humility hexagram," where all the six divination-symbols signify auspiciousness.

所以一個孩子懂得謙卑，他是可以無往不利。

So, a child practicing humility can receive benefits in every aspect.

在《了凡四訓》這四篇很重要的人生哲學當中，其中第四篇就是描述謙虛的益處。

*Liao Fan's Four Lessons** imparts four very important philosophies for life (*A book written by Yuan Liaofan, about AD1550, Ming Dynasty, explaining that destiny can be changed by proper cultivation and humility) in its fourth chapter it describes the benefits of humility.

袁了凡先生當初去考試，也參加過好幾次進士考試。

Mr. Yuan Liao Fan had participated in the Imperial Examinations several times.

每一次還沒有考以前，他觀察要考試的這些同學，

Every time before the examination, he would observe the examinees.

他會發現有些人特別謙卑，謙光逼人，對人都很恭敬、很謙遜。

He would find some of the examinees were particularly humble, they treated people with utmost respect and humility.

雖然這些同學有的年紀很輕，但是他就覺得他一定會考上，

Some of these examinees were very young, but he felt that they would surely pass the examination.

結果考試結果果不其然，謙虛的人都考上了。

As a result, it always turned out to be as he predicted, those humble ones had all passed the exam.

所以，我們從小也要時時提醒孩子常存謙虛。

So, we must always remind children from an early age to uphold humility.

因為縱使我們今天的才華再高，這個才華是不是靠自己形成的？

Because even if we have a great talent today, was it developed by ourselves?

不是！是在成長的過程，非常非常多的人給予我們照顧、提攜。

No! It was developed by many people's care and support throughout our growing years.

所以愈有才華，我們應該愈能感念這麼多人對我們的付出，

Therefore, the more talented we are, the more we should be grateful to so many people who have contributed to our achievement.

有這樣的心境自然就不會傲慢。

Having such a mindset, arrogance will naturally not arise in us.

所以“對尊長，勿見能”。

This is about the teaching of "In front of elders, I must not show off."

Bowing Instills a Mind of Respect

下一句，『路遇長，疾趨揖，長無言，退恭立』。

Let's see the next phrase, "If I meet an elder I know in the street, I will promptly clasp my hands and greet him with a bow. If he does not speak to me, I will step back and respectfully stand aside."

在路上遇到長輩，我們就要主動過去打招呼。

When we meet an elder on the street, we must proactively approach him and greet him.

我們自己教書的，我就曾經聽我媽媽講過，她說：有些學生（教過的學生）在路上看到她，馬上就躲開了，沒有走過來。

I once heard my mother say that some of her former students who met her on the street avoid her immediately without greeting her.

諸位朋友，這種情況是什麼原因造成的？

My friends, what was the cause of this situation?

當然這很多情況，比方說我們當老師的跟孩子不夠親，所以他們都跑了。

Of course, there could be many reasons. For example, we teachers were not close enough to the students, so they shunned us.

也有可能這孩子從小就不習慣對大人行禮，

It might also be the reason that this child did not have the habit of greeting adults since young.

當他都不主動跟大人行禮，這種人情世故就會不懂。

When a child is not used to greeting adults, he will not be able to understand how to deal with personal interrelations.

所以我們也要告訴孩子，遇到長輩一定要向前去問好，鞠躬，這個是見面的禮儀。

We must tell children when meeting elders, they must greet them with a bow. This is the etiquette of greeting people.

諸位朋友，鞠躬容不容易？

My friends, is it easy to bow? Is it easy?

現在叫你對一個人九十度鞠躬，可能很多人會不習慣。

Nowadays when I ask you to give someone a 90-degree bow, many of you might not be used to it.

在深圳有一個幼兒園，它訓練孩子鞠躬訓練了差不多一、兩個月還繼續在鞠躬，

There is a kindergarten in Shenzhen where the students were trained to bow for almost one to two months.

要讓這個動作內化成他的恭敬之心。

The children are still bowing because they want children to internalize this action to become their respectful mind.

有一個孩子，他的母親有三個姐妹，他的父親是四個姐弟，

There is one child whose mother has three sisters while his father has four siblings.

結果只有他一個小孩；就是他母親的姐妹沒有孩子，他父親的姐姐也沒有孩子，只有他一個。

He is the only child in the extended family because all his uncles and aunts have no children.

He is the only child! So many people are taking care of him.

這麼多人都照顧他，所以諸位朋友，這個孩子好不好養？不好養！你們怎麼知道？

My friends, is it easy to raise this child? Not easy! (*The audience replied.) How do you all know?

又有外公、外婆、爺爺、奶奶，這麼多大人寵。

Yes, because there are his paternal and maternal grandparents, plus many adults all spoil him!

有一次他的爺爺對著這些長輩說，

Once, his paternal grandfather said to all the child's elders,

他說：見到這個孫子就好像見到我一樣，這個孩子講的話就是我講的，誰要是打他就是打我。

"Seeing my grandson is the same as seeing me: whatever he says represents what I say and whoever hits him is hitting me."

這樣情況下去，這個孩子會怎麼樣？

If this situation continues, what will happen to this child?

那可能是不可一世。

He may become insufferably arrogant.

所以，長者假如不懂得如何教孩子，確確實實愛之足以害之。

If elders do not know how to educate children, indeed, loving them is actually harming them.

所以我們看看，現在的孩子不好教導，都出在哪個字？寵愛。

So, let's take a look, why is it not easy to educate children today? It is because they are doted on!

他的父母看到這種情況，剛好也有個機緣開始學習《弟子規》，

His parents happened to have the opportunity to learn *Dizigui*,

覺得情況不妥，應該把他帶回來。

they felt that the situation was not right and that they should bring him home and raise him by themselves.

這個孩子一次在吃飯，桌上的菜太少了，

Once during mealtime, as there were too few dishes on the table,

他馬上用腳撐著桌子，退到後面說：菜太少了，我不吃了。

this child pushed his legs against the table to move backward and said, "There are too few dishes, I do not want to eat."

這樣對不對？不對！

Is this attitude correct? Not at all!

但是很正常，因為他們這麼寵他，已經把他寵成小皇帝了。

But it is very normal because everyone has been spoiling him so much that he has already become a "little emperor."

皇帝吃飯要幾道菜？一百道！你這麼清楚。

How many dishes will be served to an emperor during meals? One hundred dishes! (*The audience replied.) You know it so well!

所以菜太少，他就不吃。

So, he refused to eat when the dishes were too few.

他媽媽把他帶回去以後，一天早上，煮了很營養的粥給他吃，

After his mother brought him home, one morning his mother cooked very nutritious porridge for him,

結果他跟他媽媽說：我只吃面，不吃粥。

but he said to his mother, "I only eat noodles and do not eat porridge."

他媽媽也沒跟他發脾氣，因為“冰凍三尺，非一日之寒”，

His mother was not angry at him because she understood that "Three-feet of ice is not formed by one day's chill."

已經養成壞習慣，現在要有耐性把他修正過來。

Since it had become his habit, she had to rectify him with patience now.

所以她說：你不吃，好，那算了。

She said, "Ah, you don't want to eat? Okay, that is fine!"

結果九點的時候，他又跟他媽媽說他很餓，他媽媽又把那碗粥端出來，他還是不吃。

At 9:00am, he told his mother that he was very hungry. His mother brought out the bowl of porridge again, but he still refused to eat.

現在很多孩子脾氣很拗，怎麼辦？

Many children today are very stubborn. What should you do?

不要跟他硬碰硬，要跟他磨下去。

Do not confront the tough with toughness; you must endure him with patience.

他不吃又收掉。九點半他已經餓得不行了，端出來，他就大口大口的吃，吃完以後他說：還滿好吃的。

So, she took the porridge away. At 9:30 am, he was so starving that he gulped down the whole bowl of porridge. After eating, he said, "Actually, it's quite delicious!"

對！他都不知民間疾苦。

See, he did not know the hardships of others, so he did not cherish what he had.

結果把他送到幼兒園去，這位父親、母親也很用心跟老師配合，

Later, this child was sent to kindergarten, the parents were very serious in collaborating with the teachers.

就教孩子鞠躬。

They taught their son to bow.

他的媽媽帶他去，遇到老師了，要跟老師鞠躬，

When they met the teacher, the mother asked her son to bow,

那個孩子站著不動，一個男孩。結果他媽媽就開始跟老師鞠躬，她說：你就像媽媽這樣。
but the child, a little boy, just stood there. His mother started bowing to the teacher and said, "You just have to bow like me."

這個母親鞠了差不多十個躬，孩子如如不動。

After the mother made about ten bows, the child still remained motionless.

不過因為要上班了，他媽媽就急忙要離開，

Due to her working time, the mother hurried to leave.

走到社區門口覺得不對，教育要慎於一開始，

When she reached the community gate, she felt that it was not right because there must be a cautious start to education.

一開始沒有把他教會，往後要教就會愈來愈困難。

If she failed to teach her son at the beginning, it would become increasingly difficult to educate him in the future.

她就打一通電話給她先生，她先生馬上就趕過來，

So, she gave her husband a call, and her husband quickly rushed to the kindergarten.

兩個夫妻一起走到孩子面前，說：現在爸爸教你鞠躬，跟老師鞠躬。

Both of them walked towards their child and his father said, "Now, daddy teaches you how to bow to the teacher."

然後他爸爸就一直鞠躬，也不知道鞠了多少躬，這個孩子站在那裏就哭起來了。

Then his father kept bowing for uncounted times and this child suddenly burst into tears.

父親的這一分真心，讓他這一顆食古不化的心融化掉了，

His father's sincerity had melted the child's extremely stubborn heart.

孩子當場也跟老師鞠了一躬。

The child finally gave the teacher a bow on the spot.

而當他那一躬能鞠下去，往後就不困難了。

When he could make that bow, it would not be difficult for him to do so in the future.

所以，教好一個孩子，確確實實親師合作特別重要。

In order to have children properly educated, the coordination between teachers and parents is indeed extremely important.

這一位母親她也是很有教育的敏感度，

Luckily, this mother had very high sensitivity towards education.

因為這個孩子被這麼多人寵愛，對人沒有恭敬之心，

This child had been spoiled by so many adults, causing him to treat people with disrespect, so the mother had to subdue her son's arrogance in the hope that he would show respect to others.

每一次在他們社區要離開的時候，因為社區都有保安人員，所以她就叫孩子：來，跟叔叔問好，問早。

Every time when they exited the community gate, she would ask her son to greet the security guard,

這個孩子每一次都不願意。

but each time this child was unwilling to offer his greeting.

有一次他的母親就在這個保安人員旁邊，就跟孩子講

One time, his mother stood next to the security guard and said to her son,

今天你不鞠躬，我們就不上去。

"If you don't bow today, we will not go home."

孩子還是硬是不鞠躬，她就跟孩子講，

This child still refused to bow, so she said to her son,

她說：到國家領導人，還有所有在工作的人，每一個人對社會都有貢獻，都值得我們尊敬

她說：到國家領導人，還有所有在工作的人，每一個人對社會都有貢獻，都值得我們尊敬

;

"From the country's leader to all the working people, everyone has made a contribution to society and deserves our respect.

而你們年紀這麼小，都是要父母照顧，還有很多人替你服務，

Being so young, you have to be taken care of by your parents, and there are many people serving you as well,

所以你應該主動跟這個叔叔感謝，跟叔叔問好。

so you should take the initiative to thank and greet this uncle."

就當著這個公安人員的面前教育這個孩子，

She disciplined her son in front of the security officer.

當孩子把這些道理都能夠聽進去，都能夠跟這些長輩鞠躬，

When this child was able to imprint this principle in his mind and could give elders a bow, 相信所養成的這一分恭敬的態度，將對他一生受用不盡。

I believe the respectful attitude he established would benefit him endlessly for life.

Proper Handshake Etiquette

見面之禮，我們可以用鞠躬。

For the etiquette of meeting elders, we can make a bow.

那大人跟大人之間，現在一般用什麼方法？握手。

What about between adults of the same generation? What method do people generally use now? Yes, handshaking!

其實握手是西方的禮儀，中國一般也都是鞠一個躬，

Actually, a handshake is a Western etiquette and Chinese would usually make a bow.

當然遇到長輩我們就要“疾趨揖”，要主動去鞠躬。

Of course, when we meet an elder, we must proactively greet him with a bow.

你不能大老遠看到爺爺了，還慢慢悠悠哉哉的走，那就不恭敬。

For example, we must not keep walking slowly and leisurely when seeing your grandfather from afar as it is disrespectful to do so.

面對長者，我們可以鞠個禮，平輩的話，就很自然鞠躬。

Thus, when meeting an elder, we can give them a respectful bow. And for those of our generation, we will naturally bow to each other.

我們看現在韓國的連續劇“商道”，

If you watched the current Korean drama called *The Merchants of Joseon*,

當你看到他們人與人見面這樣鞠躬，感覺很舒服。

how would you feel when seeing them bowing so respectfully every time they meet each other? Feeling very comfortable!

連看到很不順眼的人，他們也會收斂一下，跟人家行個禮。

Even if they met people whom they dislike, they would also contain their emotion and give them a deep bow.

因為目前很多場合都是用握手來打招呼，

However, a handshake is used to greet people on many occasions nowadays.

那諸位朋友，握手應該注意哪些事情？

My friends, what should we pay attention to when shaking hands?

比方說，是誰先伸出手來比較符合禮儀？

For example, to be more conforming to etiquette, who should extend their hand first?

我們要考慮到“順序”問題，這是握手。

We must consider the order of seniority when shaking hands.

長輩跟晚輩誰先伸出手？

Between the elders and the younger ones, who should first extend their hands?

長輩先伸手，晚輩再伸手，

The younger one should extend his hand only after the elder has extended his hand.

不然我們就鞠個躬就可以了。

Otherwise, the younger one can just give a bow if the elder did not extend his hand.

上司跟下屬應該誰先伸手？上司先伸手。

What about between superiors and subordinates? The subordinates should wait for the superiors to extend their hands.

比方說你到別人的公司去，看到他董事長，董事長還沒伸手，你就伸出來：你好！你好！

For example, you went to visit a company and saw their chairman, you extended your hand before the chairman did so.

人家搞不清楚你是誰，手都沒伸出來，你不是很尷尬嗎？

You would embarrass yourself if the chairman did not respond to you due to not knowing who you are.

所以，面對別人的長官，也是等長官先伸手，我們再伸手。

So, when meeting others' superiors, we must wait for him to reach out his hand first.

這個順序不能搞顛倒，不然可能會有尷尬的情況出現。

We must not invert this order, or there will be an embarrassing situation.

男生跟女生誰先伸手？

Between men and women, who should extend their hand first? Ladies. (*The audience replied.)

女生。你們都很有經驗，對，女生先伸手；

Wow, you are all very experienced! Correct! Ladies should give a hand first.

不然你男生伸出來，人家不跟你握，你也很尷尬。

Otherwise, if men were to give their hand first and the other party did not want to shake hands with you, it would be very embarrassing.

這是順序。

This is the order!

第二個，我們在握手的時候要註意“態度”問題。

Secondly, we must pay attention to the issue of "attitude" when shaking hands.

握手應該註意哪些動作，哪些態度？

What actions and attitude should we pay attention to when shaking hands?

我們實際來演練一下，哪一位朋友自告奮勇，上來我們握握手！

Let's give an actual drill practice. Is there anyone who would like to be a volunteer?

這位朋友，就是你。

This friend, can you come up to demonstrate handshaking with me? Yes, you please.

人生會有很多變化球，當你接到的時候，你要很自然。

To use baseball as a metaphor, there will be many curveballs in life, you must respond naturally when encountering them.

我們遇到朋友要握手，首先我們要註意眼睛，眼睛要看對方。

When we meet a friend whom we want to shake hands with, we must first pay attention to our eyes, our eyes must be looking at the other party.

比方說我現在跟他握手，“你好！你好！”

For example, I am shaking hands with him now while looking elsewhere.

對方會覺得怎麼樣？怎麼這麼沒誠意！

How would the other party feel? Why is he so insincere?

這種情況有，因為在宴會當中，遇到很多朋友，

This situation is often seen at parties where we meet many friends.

在跟他握的時候，眼睛看著另外一個人，

When we shake hands with one person, our eyes may be looking at another person.

握過來，“你好，你好”，心不在焉，很沒誠意。

This action is very insincere since our mind is not with the person we are shaking hands with.

所以眼睛要直視對方。再示範一次：你好！

So, our eyes must rest on the other party's eyes. Let's demonstrate one more time. Nice to meet you!

除了眼睛之外，還要註意這個手，

Other than the eyes, we must also pay attention to our hands.

力氣不要太大，不然會把人家捏得很痛。

We must not exert too much strength when shaking hands, otherwise people's hand would feel very painful.

比方說，我就把他捏很大力，“你好，你好”。他的忍受能力比較強。

For example, I am squeezing his hand very hard, "Nice to meet you." He has greater tolerance! Ha ha ha...

所以“力度”也要註意。

So, when shaking hands we should also mind our hand's strength.

再來，握得位置也要對，

Next, the grasping position must also be correct.

比方說很多人握得時候沒有力度，就是這樣，“你好，你好”。

For instance, many people do not apply strength when shaking hands, just like this: nice to meet you.

有沒有看過這樣的？好像職業病一樣，就跟人家碰一下就好了，這個都沒有誠意。

Have you ever seen such kind of handshaking before? Just like a bad occupational habit, they merely touch the other party's hand, which is also insincere.

應該抓得差不多這個位置，這樣很好。

We should grasp the others' hand at about this position. Right, this is good.

再來，還要註意握的“時間”不可以太長，

Furthermore, we must pay attention to the length of the time of our handshaking. It must not be too long.

不然你這樣，你好，他也不知道你什麼時候要鬆手。

If you were to shake like this, the other party would be wondering when you want to release his hand.

尤其我們男生遇到漂亮的女生的時候，這一點更不能犯過失。

This is especially so when we men meet pretty ladies, we must not make a mistake in this respect.

當我們處處都能夠註意到，那別人跟我們握手就很歡喜。

When we are always mindful of these aspects, others would be happy to shake hands with us. 好，謝謝你，掌聲鼓勵。

Alright, thank you very much! Let's give him a round of applause.

這個是握手當中，也是要處處讓人家感覺很舒服。

In shaking hands, we must always make people feel very comfortable.

The Etiquettes of Introductions and Business Cards

握完手以後要介紹，要互相介紹。

After handshaking, there must be mutual introductions.

這個介紹的順序很巧，剛好跟握手的順序倒過來。

The order of introduction is coincidentally the reverse order of handshaking.

比方說，長輩先伸手，晚輩再伸手，

For example, the elder should first extend his hand and then the younger ones follow.

介紹的時候，先把晚輩介紹給長輩，把下屬介紹給上司，把男生介紹給女生，
When it comes to introducing each other, the younger ones, subordinates, and men should first be introduced to the elders, superiors, and ladies respectively.

剛好是轉過來的。

It happens to be the opposite order to handshaking.

其實它雖然是一個禮儀，

Actually, even though this is an etiquette, it follows natural logic and sense.

但是我們今天設想一下，當你帶著你的同學跟你父親認識，

Let's imagine when you are going to introduce your classmate to your father,

你會不會牽著你父親的手說：爸，來，我們去認識我同學。

would you hold your father's hand and say, "Dad, let's go there and get to know my classmate?"

這樣感覺很奇怪！其實禮儀它就是一種天然的順序。

How does this make you feel? Very strange, right? So, propriety is actually a natural order.

哪有把老人家帶去認識一個可能身高還差他一大截的人？

How can you bring an elder to someone who may be much shorter than him?

那不是很奇怪！所以禮，我們在《禮記·樂記》有提到“禮者，天地之序也”，

Wouldn't that be very odd? The chapter of *The Record of Music in The Book of Rites* mentions, "Propriety reflects the natural law and order of heaven and earth."

天地很自然的順序跟規律。這個是介紹的要註意的情況。

It is the law and order of nature. This is what we must pay attention to when it comes to making introductions.

在介紹過程，也很有可能人家會遞名片給你，

In the process of introduction, it is also very possible that others will hand you a business card.

這個遞名片跟接名片也要註意。

We must also pay attention to giving and receiving business cards.

怎麼遞名片？你不要那個裝名片的袋子拿起來，你一張，你一張，

How do you hand business cards to others? Don't take out the holder containing your business cards and give them to people one by one, with only one hand.

這樣給人家什麼感覺？不夠尊重別人。

If you do so, how will others feel? You are not very respectful to them.

當一個人不尊重別人，其實已經也不尊重自己，

When a person disrespects others, he is actually not respecting himself.

所以俗話叫“自取其辱”，你不敬人，事實上已經是不敬己了。

As an old adage describes, this is "inviting humiliation to oneself." Disrespecting others is indeed bringing disgrace to ourselves.

那一張名片是代表你，你怎麼可以發得這麼隨便！

The business card represents you, how can you hand over the cards so casually?

所以一張拿起來，雙手遞給別人；

You should take out only one card at a time and use both hands to present it to others.

而且遞得時候應該用哪一面面向朋友？

When you hand over the cards, which side of the card should be facing them?

他馬上遞過來就可以看的那一面。

The side where he can immediately read your name when he receives the card.

你假如遞反了，他還要轉過來看。

If you reverse it, he must turn the card around in order to read it.

這細節也處處流露出你處處替人著想。

This detail reveals your constant consideration of others.

你接過來，一定要先看一下。

When you receive the card, you must take a look at it first.

“稱尊長，勿呼名”，

As *Dizigui* teaches us, "When I address an elder, I should not call him by his given name."

不只對尊長如此，一般人與人相交往，

This is not only applicable to the elders but also to the interactions with others.

他假如是總經理，假如是科長，我們就以這個稱呼來尊敬他，

If he is a general manager or a supervisor, we can show our respect by addressing them with their designated titles.

他也會覺得很歡喜。所以，你一定要先把姓看好，

They will be delighted to hear that, so we must first look at their surnames carefully.

比方說陳科長，“陳科長，您好”。

For instance, if his surname is Chen, you can say, "Hello, Mr. Chen."

你不要拿過來也看不清楚他姓什麼，突然坐下來要交談了，才想到忘記了，然後又再拿出來看，就怪尷尬的。

If you do not pay attention to his surname when receiving the card, and check it during conversation after sitting down, that would be completely embarrassing and odd.

拿了名片應該放哪裏？你可能就把皮包拿起來放。

After taking the card, where should you place it? You should take out your wallet and put it inside.

很多的人就直接把它放在餐桌上，

Many people would place it directly on the dining table.

剛好在吃飯的過程，那個湯滴來滴去，可能對方一看：我的名片！

If the soup were to drip on the card during the meal, the other party would be displeased when seeing his card being spoiled.

他會不會跟你做生意？會不會跟你合作？

Would he do business with you or collaborate with you?

你對我的名片這麼不尊重，可能給他的印象就很不好。

He would have a negative impression of you because you have treated his business card so disrespectfully.

當我們處處有禮，就留給人家很好的印象，就跟人家搭起一個友誼的橋梁。

When we are courteous at all times, we leave a favorable impression on others and will build a bridge of friendship with them.

所以見面的禮儀，我們也不可忽略。從一開始，講了接待的禮儀，

So, we cannot overlook the etiquette of meeting. From the beginning, we have mentioned about the etiquette of receiving guests,

現在講見面之禮。

now let's talk about the etiquette during the meeting.

How to Greet Elders

“路遇長，疾趨揖，長無言，退恭立”，

"If I meet an elder I know on the street, I will promptly clasp my hands and greet him with a bow. If he does not speak to me, I will step back and respectfully stand aside."

比方說我們去跟長輩打招呼了，長輩假如沒什麼事，等他離去了，我們就可以走了，

Let's say, we have approached the elder and greeted him, if he had nothing to say to us, we could then leave after him.

叫“長無言，退恭立”。

This is "If the elder does not speak to me, I will step back and respectfully stand aside."

在我讀大學的時候，很少有機會回家裏，

When I was in college, I rarely had the opportunity to go home.

一個學期回去沒幾次。

I went home only a few times in a semester.

當我們一進門，看到爸爸媽媽，這叫“遇長”，我們叫：爸爸，媽媽。

When I entered the house and saw my parents, this is "meeting elders," I would call, "Dad! Mom!"

很多大學生回到家裏，跟媽媽就好像沾個醬油，沾完以後，比平常在學校更忙，

When going home, many college students would only interact with their parents for a short while, as if "dipping food in soy sauce." They were even busier than when in school.

忙著幹嘛？找一大堆同學。有沒有這種情況？

What were they busy with? They went to hang out with a lot of friends. Is there such a situation?

你看爸爸媽媽好不容易等著你回來，可能有很多話想對你講，

You see, parents have been eagerly waiting for us to return home and they might have a lot of words to say to us,

我們都忽略掉父母、長者的感受。

yet we have all neglected our parents' and elders' feelings.

這種事我也幹過，要發露懺悔。

I have done this before as well, so we must confess and repent sincerely.

應該是跟父母打完招呼以後，把這些行李都放下，趕快過來。

We should quickly go over to talk to our parents after greeting them and putting down our luggage,

因為一段時間沒有跟你談，對你的情況不了解，一定會有許多的擔心。

because they might not know your current situation and have much worries for you.

這個時候你就坐下來，陪媽媽看書也好，陪媽媽喝杯茶也好，這個時間絕對不能省。

At this time, you can take a seat and accompany your mother to read or have a cup of tea, this time must not be skipped.

很多人就說：我媽媽都沒什麼話跟我說。

Many people say, "My mother doesn't have much to say to me."

因為你都打一下招呼就走了，她那個話還沒沈澱到要講出來。

That is because you took off right after greeting her, she has not managed to put her thoughts into words.

其實當你很有心，靜靜的陪父母，陪老人家坐一會兒，他的靈感就來了，自然就有很多話可以跟你好好溝通。

Actually, when you really sit down quietly to accompany your parents, their inspiration will come and they will naturally have a lot of words to talk to you.

所以我們與長者交談也要有耐性，

So, we also must be patient when talking to elders.

陪他們坐一下，真正坐了一會兒，父母確實沒有話，我們再“長無言，退恭立”。

After accompanying them for a while, if they really have nothing to say, we can then respectfully remove ourselves.

我從海口回來，

I remember when I first returned from Haikou, where I taught traditional Chinese culture, 當天下午我就先去看我爺爺。看完爺爺，晚上回來，也是有四個多月沒跟父母一起交談

,

I went to see my paternal grandfather that afternoon and came back to my parents' house at night. Since I had not really chatted with my parents for over four months,

所以我馬上什麼都放下，就先跟爸爸、媽媽交談，一談就談了兩、三個小時。

I immediately let go of all matters and had a chat with my parents first. Our conversation lasted two to three hours.

這個談話的過程，我們就把自己生活、工作情況，仔仔細細跟父母報告，讓父母很放心我們在那裏所做的事。

During the conversation, I reported to them in detail about my life and work so that they could rest assured in everything I did in Haikou.

所以我父親，記得我第一次回來跟他報告，他在這個聽的過程，眼中有三次流著淚水。

I remember the first time I reported to my father, he was in tears three times.

因為他聽到在海口、在深圳這些地方，很多的孩子學了以後回去拜父母，他聽了忍不住眼淚都掉下來。

Because he heard me saying that many of the children in Haikou and Shenzhen went home to prostrate to their parents after learning *Dizigui*, he could not help but be moved to tears.

後來那一次我回海口繼續工作，第一次打電話回家裏來，

Later, the first time I called them after I went back to continue my teaching in Haikow,

結果我父親就跟我說：你在那裏做，好好做，不要擔心家裏事，家裏的事爸爸會處理得很好。

my father said to me, "Just focus on your job, do not worry about anything back home, I will take good care of everything."

父親還安我的心，希望我不要牽掛。

Look, my father even rendered me peace of mind, hoping that I would work without any worries.

記得我還跟他講了一個例子，就是我們海口有個學生，因為他的老師很認真教他們《弟子規》，

I remember telling him that there was a student in Haikou whose teacher had been seriously teaching them *Dizigui*.

所以他過年回去，他就想要禮拜父母，感謝這一年的照顧。

When he returned home for Chinese New Year, he wanted to prostrate to his parents to express his gratitude for their care throughout the year.

這個孩子就端了兩杯茶，在房間裏面準備走出來，他要端出來以前，覺得心裏撲通撲通的跳，有點不敢。

The child carried two cups of tea and was about to walk out from the kitchen, he felt his heart pounding and was a bit short of courage.

結果還沒走出來，來了一些客人，他更退卻了，又有別人，愈來愈不好意思。

Before he walked out, some guests happened to come visit them, this made him even more hesitant to proceed. With some guests there, he felt more and more uncomfortable to do it.

不過他就打起勇氣，老師都教了，我們要認真去做。

But he plucked up his courage and thought, "Since my teacher has taught us to do so, I must do it conscientiously."

所以就把門打開，就直接走到父母面前，這個孩子就突然間跪下來。

He opened the door and walked straight towards his parents and suddenly knelt down.

所有的親人本來還在聊天，這個孩子一跪下來，一片寂靜，

All the relatives were chit-chatting but lapsed into total silence as soon as the child fell to his knees.

不知道是什麼力量，所有的人很有默契都閉嘴。

I wonder what power it was, everyone acted tacitly and stopped talking.

然後這個孩子就說：感謝父母這一年來的養育之恩，在這個一年的開始，祝父母健康長壽。

Then this child said, "Thank you dad, thank you mom for the kindness in nurturing and

educating me throughout the years, in this beginning of the year, I wish you good health and longevity."

就跟父母頂禮三拜。

He then made three prostrations to his parents.

結果旁邊的家長看了都很感動，所以孩子也在影響大人。

As a result, everyone there was deeply moved. Look, this child was also influencing the adults.

這個孩子回學校以後，寫了一篇文章，

When this child returned to school, he wrote an article.

他說他要去感謝父母的時候非常緊張，但是他那一跪下去的時候，突然覺得腦筋一片清醒。

He said that he was very nervous when he wanted to thank his parents, but as soon as he went down on his knees, he suddenly felt his mind become very clear.

所以跨出第一步比較困難，但是只要你勇敢跨出去，你就會愈做愈好。

So, taking the first step is more difficult but as long as you can bravely take the first move, you will do better in the future.

How to Act When You See an Elder You Know on the Street

下一句，『騎下馬，乘下車，過猶待，百步余』，

The next phrase is, "Should I be riding a horse or riding in a carriage and spot an elder I know walking, I will get off to greet him and wait until the elder disappears from my sight."

這個是敘述到我們古代交通工具，坐在馬上，坐在車上。

This describes the ancient etiquette of riding on a horse or carriage.

當我們坐在馬上遇到長輩，就應該趕快下馬，

When we meet an elder while riding a horse, we should immediately dismount.

因為你坐在馬上，遇到你爺爺，然後你這樣：爺爺，你好！

Because when you were sitting on a horse and saw your grandfather walking, if you were to greet him from a higher position like this, "Hello grandpa!"

那很不恭敬，要趕快下馬。

it would be very disrespectful! So, you must quickly get off.

或者是坐在車上，也應該先下車行禮。

Or, if you were riding in a carriage, you must also get out to give him a respectful bow.

推而廣之，可能你剛好在忙，比方說你在打電腦，長輩來了，應該先怎麼樣？

To apply this principle extensively, for instance, you are busy typing on the computer and an elder comes, what should you do first?

先放下來，先問好。

You should stop typing and greet the elder first.

處處不要忘失了這個恭敬之心。

We should not lose our respectful mind at any time, in any place.

但是假如，比方說現在是坐在車子上面，車子正在高速行駛，突然發現叔叔在開車，這時候怎麼辦？

But if you were driving on the highway and suddenly saw your uncle driving next to you, what should you do?

能不能把車窗搖下來，大聲在那裏：叔叔！

Could you roll down the car window and greet him loudly, "Hello uncle!"

這個就會有安全的顧慮。

There will be safety concerns.

所以，學禮要學得靈活，不可以學死了。

So, we must be flexible when learning and applying etiquette. We must not learn it rigidly.

我們接著把下一句經文讀一遍：

Let's continue and read the next phrase,

【長者立。幼勿坐。長者坐。命乃坐。

"When an elder is standing, I must not sit. After the elder has sat down, I will sit only when I am told to do so.

尊長前。聲要低。低不聞。卻非宜。

Before an elder, I will speak softly. But if my voice is too low to be heard, it is inappropriate. 進必趨。退必遲。問起對。視勿移。】

When meeting an elder, I must walk briskly towards him; when leaving I must not exit in haste. When answering questions, I must look at the person without averting my eyes."

剛剛前一句還沒講完，

Oh, we have not finished talking about the previous phrase.

“騎下馬，乘下車，過猶待，百步余”。

"Should I be riding a horse or riding a carriage and spot an elder I know walking, I will get off to greet him and wait until the elder disappears from my sight."

這個“過猶待，百步余”，我們可以衍生成什麼？送賓的禮儀，送客人。

What occasion can this phrase be applied to? The etiquette of sending off guests.

“過猶待，百步余”，就是送長者、送客人，要等他離去以後我們才走。

When we send off the elders and guests, we must wait till they have disappeared from our sight before we leave.

在講解這一條，我會讓學生實際送客人，

To explain this phrase, I would let the students practice it:

就一個人當主人，一個人當客人，

one person would become the host while another person took the role of a guest.

然後走到門口，說：再見。那個主人馬上把門“眶”關起來。其它同學就一陣笑聲。

They walked to the doorway and bid farewell to the guest. When the host closed the door immediately, all the other students would burst into laughter.

然後再把門打開來，就問那個客人，假如人家這麼送你，你有什麼感覺？

Then we opened the door and asked the guest how he would feel if people were to send him off in this manner.

他說：好像恨不得我趕快走，我下次不來了。

He said, "As if he wanted me to leave quickly which made me not want to come again."

所以送客，也要能讓人賓至如歸的感受，備受尊重。

So, when sending off guests, we must also let them feel comfortable and well respected.

我們就直接透過討論，除了實際操作以外，透過討論。

Apart from practicing, we also discussed it with them directly,

諸位同學，你覺得怎麼樣送客比較適當？

"My children, in your opinion, what is a more appropriate way to send off guests?"

很多孩子就開始想了，

Many of the students started to think and said,

把他送到電梯口，坐電梯下去了，我們再回來。

"Send the guest to the elevator and wait until the door of the elevator closes, then we go back home."

這樣子客人的心中是什麼感受？很溫馨。

How would the guests feel when being sent off this way? Very heartwarming!

假如沒有電梯？我們就把他送到樓梯口，再回去。

What if there is no elevator? We can send them to the stairway.

古代的人他在送長輩、送師長的時候，確確實實都是做到了“過猶待，百步余”，Indeed, the ancient people always sent off the elders and teachers until the elder or teacher had disappeared from their sight.

都是看到老師已經轉彎了，見不到老師的身影了，他才離開。

They waited for their teachers or elders to turn the corner, disappearing from their sight; only then would they leave.

我到澳洲去學習，學了就要用，

When I went to Australia to attend the lessons, I practiced this right after learning it.

所以晚上師長講完課，我們就一起送師長回他住的地方。

After our teacher had finished giving lectures at night, we all sent him off together.

我都會一直站在那裏，等到師長已經進了房間，我們再離開。

I would stand there waiting, until the teacher had entered his room, I then left.

其它同學就很奇怪，我為什麼一直站在哪裏？

My classmates felt this was very strange and wondered why I kept standing there.

我就跟他說，“過猶待，百步余”。

I told them that I must see the elder disappear from my sight before leaving.

其實當我們在做這個動作的時候，內心真是無比的歡喜。

As a matter of fact, when I was doing that, my inner joy was indescribable.

因為在送師長的這個過程裏面，我們的腦海不斷浮現是什麼？

Because in the process of sending off the teacher, what would constantly emerge in our mind?

浮現著我們的人生，假如沒有遇到師長，智慧不開，煩惱不斷！

“Had we not encountered our teacher this life, our wisdom would not have manifested and our afflictions would have been endless.

就是因為有師長點點滴滴的教誨，我們才得以在人生能有這麼多的成長。

Because of our teacher's teachings and guidance, we can then have so much achievement in life.”

所以，目送師長的過程，都是含著一顆感恩的心，珍惜這一分師生之緣。

That's why in the process of sending off the teacher, I was immersed in gratitude and cherished this teacher-student affinity.

所以古代人，人與人相處非常有情義，就是有這一分情義，才寫得出很多非常感人的詩詞。

The ancient people had very deep affection when getting along with each other. Because of this warm affection, they were able to write so many touching poems.

我們這一節課先上到這邊，謝謝大家。

We will stop here for today. Thank you everyone!