

## 細講弟子規 第二十集

# Confucius Teachings On Building A Happy Life (20)

- a foundation for Mahayana Buddhism practice

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### Deep Affection Between Friends

諸位朋友，大家好！

Hello my friends!

我們剛剛提到了，古人很重情義，在親人當中、在朋友當中都會流露出來。

We have just mentioned that the ancient people had a very deep affection that was revealed through interactions with their family members and friends.

所以李白寫了一首《黃鶴樓送孟浩然之廣陵》，

So, in the poem entitled: "Seeing Meng Haoran off from the Yellow Crane Tower to Guangling,"

提到「故人西辭黃鶴樓，煙花三月下揚州，孤帆遠影碧空盡，惟見長江天際流」。

Li Bai wrote, "At the Yellow Crane Tower, my friend, to the west, you waved. In the misty, flowery month of spring, downstream for Yangzhou you plied. A far speck of your solitary sail faded into the verdant and azure,

「孤帆遠影碧空盡」，

till in my eyes, there was only the Yangtze River flowing to the verge of the sky."

他送著他的朋友是等到朋友已經完全看不到了，他才舍不得的離開了，

When Li Bai sent his friend off, he waited till his friend had completely disappeared from his sight; only then did he leave with reluctance.

對朋友那分情義、那分相惜之心就在送別當中流露出來。

The deep bonds of friendship and how much they cherished the meeting were shown in the farewell.

現在的孩子能不能寫出這樣的詩？很難！

Can children today write such touching poems? Very difficult!

因為孩子現在沒有恭敬之心，比較焦躁、煩躁。

Because they don't have a respectful mind; they're more impatient and irritable.

所以我們也在這些禮儀當中，長養孩子對人的恭敬。

So, when we taught children these etiquettes, we also helped them develop respect for others.

剛好前天我的結拜大哥來聽我講課，他從台中趕過來。

The previous day, my sworn older brother happened to come and listened to my lecture.

他聽了兩節課，他馬上又有事，就在下午要離開，

He rushed here from Taizhong. After listening to two lectures, something came up and he had to leave in the afternoon.

他就說不來聽我講，他很難受，對我的支持就不言而喻，真的是很支持我。

He told me that he felt very bad he couldn't attend my lecture. It goes without saying that he is indeed very supportive of me.

後來我就陪他走了一段路，送他去坐火車，

Then I walked a distance with him to the train station,

當他離去的時候，我也是一直在那里「過猶待，百步余」。

and when I saw him off, I also waited until he had disappeared from my sight.

突然想到跟他相識這十年，我很多的決定他都很支持，

Suddenly I realized that having known each other for ten years, he has always been very supportive of my decisions.

雖然很多次我都失敗了，但是他還是一直很信任我。

Even though I have failed many times, he still trusts me implicitly.

他說：你只要抱持著你對人、對社會的這一分初心，一定會做出一些能夠利益他人的事。

He said to me, "As long as you hold on to your primary intention to contribute to society, you will surely do something that can benefit others."

所以他是時時都在關心我，看到我這幾年投入教育，他也非常歡喜，非常欣慰。

So, he has always shown concern for me. Seeing that I have been immersed in education these few years, he is also absolutely delighted and gratified.

### **When an Elder Is Standing, I Will Not Sit**

下一句是：【長者立。幼勿坐。長者坐。命乃坐。】

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

就是當長輩站著的時候，晚輩我們不要坐，

When an elder is standing, as the younger ones, we must not sit.

等長輩叫我們坐了我們再坐，這是進退之禮。

After they ask us to sit, only then should we sit down. This is the etiquette of approaching and leaving the elders.

學禮儀也要學得靈活，不可以學呆了。

We must also learn etiquette with flexibility, not rigidly.

比方說看到人要行禮、要鞠躬，

For example, we have learned that we must give elders a bow when seeing them.

剛好你在電梯里面，很擠，突然看到你叔叔來了，你要不要再給他鞠個躬？

Let's say you are in a densely crowded elevator and you suddenly see your uncle coming, would you still need to greet him with a bow?

可能旁邊的人都被你彈到旁邊去了。

If you do, the people next to you may be bounced to the side.

所以，學禮要學得靈活運用。

So, we must flexibly adapt to situations when applying etiquette in life.

剛剛張教授也說，在廁所的時候要不要鞠躬行禮？

Just now Professor Zhang also mentioned that we need not make a bow in the restroom.  
那就不用了，等出來再打招呼就好了。

Correct, there is no need to. We can offer our respectful greeting when we come out.  
我們要順勢而為，因地制宜。

We must act according to circumstances and adapt to local conditions.

剛好我們有位老師他也學了『長者坐，命乃坐』，

One of our teachers has learned this phrase: "When an elder has sat down, I will only sit when I am told to do so."

所以到一個單位去，跟當地的負責人在談話，

It happened that one day he went to a bureau to meet a female officer.

對方是個女性。結果站了很久，這個女性她就坐下來，

This lady was an elder, and after standing for a long time, she took her seat.

一坐下來，我這個朋友因為她是長輩，

But because she didn't tell him to sit, my friend remained standing.

但是長者沒有說，他還是繼續站著，

So this elder had to keep her head tilted up to look at him as they talked.

這位長輩她都必須頭一直仰著。因為他很高，她又坐下來，頭就這樣。

He is very tall, plus she was sitting, so her head was tilted like this.

突然這位長輩覺得頭很酸了，她說：你坐下來吧！我的頭都快受不了了。

Suddenly, this elder felt her neck was very sore and said to him, "Could you please sit down? My neck cannot stand it anymore."

當我們看到別人已經在那里仰頭而望了，不等長輩叫你坐，你就很自然的坐下來。When we see others already lifting their heads like that, we would very naturally sit down without being asked to do so.

所以學不可以學呆。

So, we must not be stiff in our learning.

所以「長者坐，命乃坐」。

"After an elder has sat down, I will sit only when I am told to do so."

有一個孩子她才差不多兩、三歲，一個小女孩。

There is a little girl who was only about two or three years old.

有一天跟她父母還有外婆出去出遊，

One day, she followed her parents and maternal grandmother on an outing.

在公園里面，她父親坐在那里看報紙，小女孩坐在一個板凳上面。

At the park, her father was sitting there reading his newspaper and this little girl was sitting on a wooden bench.

突然她的外婆走過來，結果那個小女孩突然就跳起來，

When her grandmother came over, this little girl quickly jumped up.

因為那個椅子比較高，她馬上跳起來，沒有站穩就往前傾，然後倒下來。

Since the bench was high, she leaned forward and fell down before she managed to stand firm.

她的外婆跟爸爸都覺得很奇怪，就站起來趕快把她扶起來，

Her grandmother and father felt it was very strange and quickly helped her up.

就問她：你幹嘛跳起來？

They asked her, "Why did you jump up?"

小女孩說：長者立，幼勿坐。

The little girl answered, "When an elder is standing, I will not sit."

因為外婆過來了，她趕快跳起來。結果這個父親在那里很汗顏，外婆走過來，他無動於衷在那里看報紙，他兩三歲的小女兒已經跳起來了。

As a result, her father felt ashamed because he had remained indifferent to the grandmother coming over and continued to read his newspaper, but his two-year-old girl had already jumped up.

所以後生可畏，面對這些學聖賢書的孩子，我們也要跟他們一樣好好學習，落實《弟子規》。

As *The Analects* states, "The younger generation should be regarded with awe." When facing children who are studying books of the ancient saints and sages, we must also seriously learn and practice *Dizigui* with them.

### **Before an Elder, I Will Speak Softly**

下一句：

Next phrase:

【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.

這個也是講話的禮貌，在尊長前面聲音也要放低，

This is also the manner of speech. In front of an elder, we must also lower our voice.

不然會影響到長輩他們的談話。

Otherwise, it will disrupt the elders' conversation.

現在的孩子對於什麼時候應該講話，什麼時候不應該講話，

Children today cannot grasp the right time to speak or remain silent.

這個分寸的拿捏比較缺乏。

Often when a group of children meet together, they would lose control of their voices;

往往一群孩子遇到一起，就控制不住，大吼大叫，都快鬧翻天了。

they shout and yell at the top of their lungs, almost raising the roof.

這個時候我們長輩要適時去制止，

At this time, the elders must go and stop them appropriately.

不然等他都已經習慣，就很難再把他導正過來。

Otherwise, when they have already formed this habit, it would be very difficult to rectify them again.

所以發現孩子講話很大聲，影響到長輩談話，要趕快說：你們要小聲一點。

So, when we find children talking very loudly and are affecting the adults' conversation, we must quickly ask them to keep their voices down.

有些長輩就說：小聲一點！孩子就小聲了，小聲多久？

Some elders might say, "Hey, lower your voices." The children will do so, but how long can they last?

三分鐘，又控制不住。小聲一點！然後三分鐘，又沒效果。

Three minutes later they would lose control, and the elders would have to remind them again, "Lower your voice!" With no effect,

長輩說：算了，算了，不要管他們了。

the adults will finally give up and say, "Forget about it, just ignore them."

這樣對不對？不對！所以教育還要很有耐性才行。

Is this correct? Education must endure with great patience.

中國很強調中庸之道，其實中庸之道就表現在一個人的日常生活之中。

The Chinese put strong emphasis on the Way of moderation and this Way is actually manifested in a person's daily life.

比方說，穿衣服要不要中庸之道？

For example, do you need to apply moderation when wearing clothes?

穿太多了，很熱，穿太少了會著涼。

If you wear too much, you will feel very hot and if you wear too little, you will catch a cold.

吃飯呢？吃太多了會胃痛，吃太少了會挨餓。

How about eating? Eating too much will give you a stomach ache while eating too little will lead to hunger.

講話要不要中庸？對！所以『尊長前，聲要低』。

Do you need moderation in talking? Yes, we also need to. We must speak softly in front of an elder.

但是假如跟長輩講話都講不清不楚，那就很失禮，所以『低不聞，卻非宜』。

But if our speech is unclear to the elders, that is very impolite. So, if your voice is too low to be heard, it is inappropriate.

跟長輩講話，要讓長輩很清楚我們在說什麼，而且也要注意，講話的時候眼睛要看著對方，看著長者，

When talking to elders, we must let them hear clearly what we said. And we must also pay attention to making eye contact with them.

叫『問起對，視勿移』。

This is called, "When answering questions, I must look at the person without averting my eyes."

我們跟現在的小孩子交談，他的目光可以專注的看著你多久？

When we talk to children today, how long can they look you in the eye?

多久？很不容易很久！能十秒鐘就不錯了。

How long? It's not easy for them to stay focused for very long! It's great if they can do so for ten seconds.

孩子對人講話眼睛都不專注，代表他的心沒有恭敬，很浮躁。

When children's eyes are not paying attention to people as they talk, it shows that they have no respect in their mind and are very impetuous.

現在孩子為什麼這麼焦躁？就是太缺乏禮節的教育，

Why are children so restless nowadays? Because they are too lacking in the education of etiquette.

久而久之我行我素了。

As a result, they will act in a willful and arbitrary manner over time.

所以這些小細節，都需要我們為人長者好好用耐性去教導，慢慢讓他能循規蹈矩，處處替人著想。

We elders need to teach and guide them patiently on these small details so that they will gradually follow the social decorum, and will always be considerate of others.

### **When Meeting an Elder, I Must Walk Briskly Towards Him**

『近必趨，退必遲』，

The next phrase is: "When meeting an elder, I must walk briskly towards him; when leaving, I must slowly exit."

遇到長輩要快步上前，不要讓長輩等太久；

When meeting an elder, we must quickly walk towards him so that he won't have to wait for too long.

等跟長輩談完話了，我們要離開，就慢慢退幾步，然後再走出去。

After finishing talking with the elder and we want to make an exit, we can step back slowly before leaving.

你不要馬上長輩跟你講完話，「好，再見」，馬上就沖著離開。

You must not say farewell and leave hastily right after the elder has finished speaking to you. 這樣好像是告訴長輩說，我恨不得馬上走，不要再多留一秒了。

Acting in such a manner is like telling the elder that you can't wait to leave immediately, and don't want to stay for even another second.

處處我們要注意到別人的感受，所以「退必遲」。

We should always be mindful of others' feelings, so we must be slow when making an exit.

### **I Will Treat Others as If They Are My Own Family**

「出則弟」最後一句：

The last phrase of this chapter is:

【事諸父。如事父。事諸兄。如事兄。】

"I will serve others' parents as if I am serving my own parents. I will treat all peers as if they are my own siblings."

這個『諸父』跟『諸兄』，在古代它的意思是指伯伯、叔叔，

In ancient times, "others' parents" and "peers" referred to those of the same generation as our parents and siblings,

可以延伸到像舅舅，就是長輩，伯伯、叔叔、舅舅這一輩的；「諸兄」，堂兄弟、堂姐、堂妹，還有表兄弟、表姐、表妹這些親戚關係。

starting with our own uncles and cousins respectively. ( In Chinese culture, there are specific titles for uncles and aunts older or younger than one's parents, as well as male and female cousins on both sides of their parents' family. English does not make such distinctions.)

我們可以回想一下，這些叔叔、伯伯也都是伴著我們、照顧我們成長，

Let's recall, our uncles and aunts have been taking care of us as we've grown up.

也不知道曾經抱過我們多少次，在心裡面祝福我們健康成長，也都是很關懷我們。

We don't know how many times they have carried us in their arms and silently wished us healthy growing. They have shown great concern for us too.

俗話說，「受人點滴」也要「湧泉相報」，

So even if we have received a meager kindness from others, we must repay it with enormous gratitude.

有這樣的態度人生才厚道，人生才會充滿歡喜。

Only by having such an attitude can we be regarded as kind and broadminded, and our life will then be filled with bountiful happiness.

這一次講課也看到很多長輩、很多朋友，都是我在這幾年認識的，

During these lectures, I have seen many elders and friends whom I met over the past few years;

也有很多是一、兩年沒見面。

I have not seen many of them for one or two years.

見到面，這些長者、朋友都很歡喜，他們也很祝福我能夠在這一段時間有一點小小的進步。

They were delighted and extended their best wishes when they saw me making a little progress during this period of time.

當我面對他們真誠的祝福，我們都要記在心上，

When receiving their sincere greetings, we must also take their kindness to heart.

「受人點滴，湧泉相報」。

As a saying goes, "A drop of water received should be returned with a burst of spring water."

更應該好好的充實自己，然後奉獻這個社會，讓這些祝福你的人都能生歡喜心。

We should improve ourselves all the more seriously to contribute to society so that they will give rise to joy.

所以相同的，這些伯伯、叔叔，這些堂兄弟姐妹也都是伴我們一起成長過來，也對我們有很多的提攜，很多的關懷，

Likewise, our uncles and cousins have been with us as we have grown up and have given us tremendous support and care.

這一分情我們也要時時存在心里。

We must always keep their kind affection in mind.

當他們有需要的時候，我們一定盡心盡力去幫忙。

When they are in need, we must also go to any length to help them.

這個「諸父」除了指有親緣關係之外，我們可以把它解得再廣泛一點。

The term "others' parents" here doesn't only refer to those who have kinship with us, its meaning can extend to all elders and others' parents.

「諸」可以當眾人，也就是侍奉任何一個人的父母，我們都要有恭敬之心；

When we serve all elders and others' parents, we must have a respectful mind.

對待任何人的兄弟姐妹，我們也要有愛心，也要關懷。

And when we treat someone's siblings, we must also do so with love and care.

當我們是用這樣去解，整個心胸就會非常開闊，量大福也就大。

When we interpret it like this, our whole mind will become very broad. Being broadminded, our blessings will be great too.

### **Ms. Teresa Hsu Chih Helps Her Family**

在新加坡許哲女士，她是新加坡的國寶，

Ms. Teresa Hsu Chih of Singapore is a treasure of the country.

曾經就有記者訪問她。

Once, she was interviewed by reporters.

因為她人生幾十年都一直致力於照顧病人，照顧貧窮的人，

Because she has been committing herself to caring for the sick and poor for decades of her life,

記者就問她，「你這樣幫助這麼多人，幫助這麼多別人」，

the reporter asked her, "You help others like this..."

記者問到一半，她就說：我哪有幫助別人？我幫助的都是我的兄弟姐妹。

Before the reporter finished his question, Ms. Hsu said, "Did I help others? I am helping my own siblings."

所以在她的態度當中，哪里是她的家？整個宇宙都是她的家。

So, in her attitude, where is her family? The entire universe is her family.

記者又問她：你都照顧別人，誰照顧你？

The reporter asked her again, "You are taking care of them, who is looking after you?"

你看，人都有很多煩惱，照顧別人還怕自己沒人照顧。

You see, people are so heavily afflicted as they are afraid that nobody will take care of them when they take care of others.

這位長者很開心，她就說：我不用照顧我自己，老天爺會照顧我。

This elder was elated and said, "I don't have to take care of myself as God will look after me."

你看，多麼豁達的人生態度！而這個人生態度就跟聖賢的經典完全相應在一起。

You see, she has such an open-minded attitude towards life and this attitude corresponds exactly with the saints' and sages' classics.

老子有說：「天道無親，常與善人」，

Lao Zi said, "The way of Heaven is impartial; it often favors kind-hearted people who accord with the law of nature."

所以善良的人他的福報不可限量。

So, a kind and loving person will be blessed with boundless fortune.

所以，許哲女士說她的冰箱都會莫名其妙就多很多菜出來，而且也不知道是誰送的。

So, Ms. Teresa Hsu Chih said that her refrigerator would surprisingly have surplus food, and she has no idea who sent them.

諸位朋友，為什麼不知道是誰送的？

My friends, why is the giver unknown?

當施的人是不求回饋，回報的人也不想讓她知道。

When one doesn't wish for any returns, the people repaying her kindness won't wish to be known either.

假如我們今天去送禮是有所目的，禮物拿過去還要告訴對方說：這是我拿過來的。

If today we give others gifts with an intention, and specifically tell them, "Hey, this gift is from me,"

當我們是有所目的去付出，對方接受的時候也會有負擔，好像欠你一個人情，

the other party accepting it would feel burdened, as if they owed you a favor.

這樣人與人相處會有壓力。



This will give rise to pressure when we interact with people.  
而許哲女士她的付出是不求回饋，  
And Ms. Teresa Hsu Chih expects nothing in return for her contributions.  
而且她覺得那完全都是她應該做的，  
Besides, she feels that she has all the responsibility to do that.  
所以接受她幫忙的人都會发自内心的感動。  
So, those receiving her kindness would feel deeply touched within.  
一有機會可以幫她做些事，大家都會很主動，  
When there is an opportunity to help her do something, everyone would be very proactive;  
所以都買些菜放在冰箱里。  
so they bought some food and placed it in her fridge.

楊老師這時候出來教孩子讀經、寫書法，  
When Teacher Yang was teaching children classics and calligraphy,  
每一次下完課，學生都走了，老師走到廚房，都會發現一些東西，這邊一包菜，那邊一包水果，也不知道是誰送的。  
after every lesson, once the students had left, she always discovered some fruits and vegetables in her kitchen. She also didn't know who had left them there.  
所以，我們確確實實可以用自己的真心，去跟每一個人相交，  
So, we can indeed use our true heart to befriend everyone!  
當你把天下人當兄弟，天下人也會把你當兄弟看。  
When you treat everyone under heaven as your own siblings, they will treat you likewise.  
所以，「四海之內皆兄弟」，  
So, "Within the boundary of four seas, everyone is my sibling."  
它是一個結果，原因要怎麼種？  
This is a result; how do we plant the cause?  
一定是我們把天下人當家人看，我們主動去付出，就能夠得到這樣的結果。  
We must regard everyone as our own family by taking the initiative to give. Then, we can obtain such a result.

《孝經》里面有一段話，  
It is stated in the *Classic of Filial Piety*,  
「敬其父則子悅，  
"The reverence paid to a father makes all children delighted.  
敬其兄則弟悅，  
The reverence paid to an elder brother makes all younger brothers happy.  
敬其君則臣悅，  
The reverence paid to a ruler makes all ministers pleased.  
敬一人而千萬人悅」，  
The reverence paid to one person makes thousands and myriads of people joyful."  
所以其實人際關係不覆雜，只要你有一顆真心，一定會贏得很好的人緣。  
In fact, interpersonal relationships are not complicated; so long as you have a true heart, you will definitely earn very good popularity.  
當我們面對別人的父親，我們都很恭敬，他的孩子都會心生歡喜，

When we treat someone's father very respectfully, his children would be delighted.

相信你也會跟他們家里的人處得很好。

I'm sure you will also interact very well with their family members.

「敬其兄」，你尊敬他的兄長，他所有的這些弟弟妹妹也都會很高興。

When you respect his older brother, all his younger brothers and sisters would be elated too.

「敬其君」，你尊敬他的上司，或者尊敬他的公司，那他的這些同事、同仁也會很尊敬你。

When you respect his superior or company, all his colleagues would have deep respect for you as well.

所以當我們時時抱著一分恭敬之心，自然就會贏得眾人的友誼。

So, when we constantly uphold a respectful mind, we would naturally win everyone's friendship.

### **Aunts Who Took Care of Nephews**

除了我們剛剛有提到，對父、對兄要恭敬，

As aforementioned, other than respecting someone's parents and older siblings,

而且要進一步做到愛屋及烏。

we must also further extend our care to the people connected to them.

要敬「諸父」、敬「諸兄」，

We must do our duty to care for "others' parents" and "peers."

比方說哥哥的孩子、弟弟的孩子，或者是伯父的孩子、叔叔的孩子，我們應該也要愛護。

For example, we should also take good care of our brothers' and uncles' children.

古代在明朝的時候，有一位女士叫章佳英，

In the Ming Dynasty, there was a lady called Zhang Jiaying.

她的父母很早就過世了，所以她從小就是孤兒。

Her parents passed away very early, so she was an orphan since childhood.

她有三個兄長，後來三個兄長很早就過世，她跟嫂嫂就一起照顧她這些侄子。

She had three older brothers who later died very early. She took care of her nephews with her sisters-in-law.

結果很不巧，她三個嫂嫂也陸續都去世了，

Unfortunately, all her three sisters-in-law also passed away one after another.

在這樣的當下，這個章佳英她就抱定一定要負起這個責任，要好好把這些晚輩都撫養長大。

In that situation, Zhang Jiaying resolved to shoulder the responsibility to raise the younger generation, her nephews and nieces, properly.

當她有這樣態度，那是真正的「事諸父，如事父，事諸兄，如事兄」。

Having such an attitude, she was truly "treating her uncles and cousins as if serving her own parents and siblings."

因為她這麼做，一定會讓她的兄長很寬慰，兄長寬慰，也會讓她的父母很寬慰，

Because by doing that, she had brought great comfort to her late brothers and her late parents as well.

所以我們要愛屋及烏。

So, "When we love the house, we must also love the crows on its roof."

所以她終身就沒有嫁，她有沒有吃虧？

She never married all her life. Did she suffer any losses?

相信因為她用真誠的愛心去愛護她這些晚輩，  
I believe that owing to her sincere love in taking care of this rising generation of hers,  
她的晚年也會贏得這些晚輩對她的奉養。  
she would also gain their support and care in her old age.

我在教書過程，也曾經遇過學生父母已經不在了，而是姑姑撫養。  
During my teaching career, I have also encountered students whose parents had already passed away and were brought up by their aunt.  
這個姑姑談對象的時候都跟對方講：我一定要帶著兩個侄子一起嫁過去。  
Before this aunt accepted a marriage proposal, she would tell the other party that she must bring her two nephews along to her married family.  
那個時候我在跟她（這位學生的姑姑）談話的時候，我整個人都肅然起敬。  
When I was talking to this aunt, I was completely struck with awe.  
真的跟她聊，聊到一半有時候，淚水都快止不住掉下來，很感受到她那種忠義的存心。  
Indeed, halfway through talking with her, sometimes I almost could not hold back my tears as I could really feel her loyal and righteous intentions.  
當每一位長輩都能處處愛護自己的晚輩，  
When every elder can constantly take good care of their own younger generations,  
相信家庭都會在不圓滿當中也會有很好的發展。  
I believe that an incomplete family would also have a very good development.  
這是提到愛屋及烏，所以對長要敬，對下要慈愛。  
This is about loving and caring for one's immediate and extended families. We must respect the elders and love the younger ones.

## **Zu Ti Protects Fellow Villagers**

剛剛提到了許哲女士，她是把天下人都當自己的家人看待。  
We have just mentioned Ms. Teresa Hsu Chih who regards everyone under Heaven as her own family.  
在晉朝的時候，有一位讀書人叫祖逖。  
During the Jin Dynasty (265-420), there was a scholar named Zu Ti.  
當時候晉朝國家不大穩定，  
At that time, the Jin Dynasty was not very stable.  
北方五胡亂華，  
During the Uprising of the Five Barbarians in northern China,  
他不得已就帶著好幾百戶人家，包含他的親戚，還有鄉里面的這些鄰居，就一起遷到淮泗這個地方。  
he had to take hundreds of families, including his relatives and the neighbors of his village, to move to Huai Si together.  
因為他從小就很有俠氣，很會照顧人，  
As he was very chivalrous since young and was very good at taking care of people,  
所以一路上所有的這些車馬都讓給年長的人坐，他自己都是徒步行走。  
he let the elders ride on the horses and carriages throughout the journey while he himself travelled on foot.

也把家里所有的財物、藥品統統拿出來給大家用，

He also took out all his family's belongings and medicines for everyone to use.

就這樣一路照顧所有的人。

That was how he took care of everyone throughout the journey.

當時候晉元帝也很敬佩他的德行，

At that time, Emperor Yuan of Jin also had profound respect and admiration for his virtues.

所以封給他一個官職讓他去做，他也做得很好。

So, the emperor bestowed upon him an official position and he performed his job very well.

而且常常抱著一定要把國家的失土再把它拿回來，很有這種雄心壯志。

And he always bore in mind that he must help the country reclaim its lost territories; he had such a lofty aspiration.

果不其然，在他生命當中，也把晉朝很多失覆的土地都拿回來。

As predicted, he successfully recovered many of the Jin Dynasty's lost lands during his life.

在這個避難的過程，祖逖也是時時替所有人的生活打算，

In the process of evacuation, Zu Ti always planned for everyone's livelihood.

都輔佐他們怎麼樣去耕作，怎麼樣有好的收穫。

He assisted them in farming so that they would have a good harvest.

遇到一些骨骸，因為戰亂時代，常常都會有很多骨頭，很多大地上就可以看得到。

They also saw some skeletons on the ground because of the war.

祖逖就組織大家把這些骨頭統統把它埋好，還幫他們辦了一些祭祀的活動。

Zu Ti requested everyone to bury the bones well and also conducted some ceremonies for the deceased.

這些行為都讓跟著他的這些老百姓很感動，

His behaviors had deeply moved those people who were following him.

有一次大家在一起吃飯的時候，很多的長者在聊天當中就說了，

Once, when everyone was having a meal together, many of the elders said during their chat,

他說：我們年紀都這麼老了，能夠再遇到祖逖，就好像自己的再世父母一樣，我們死都不遺憾。

"We are already so old and can still encounter someone like Zu Ti who is just like our own parents reincarnated; we will have no more regrets when we die."

祖逖這種仁義之心，不知道感動了多少人民百姓，

Zu Ti's benevolence and righteousness had moved unknown numbers of civilians.

所以祖逖去世的時候，整個人民就好像死去了父母一樣那樣的悲痛。

When he passed away, everyone was grieving as if they had lost their own parents.

所以確實，祖逖就落實了「事諸父，如事父，事諸兄，如事兄」。

So indeed, Zu Ti had truly practiced "I will serve others' parents as if I am serving my own parents, I will treat all peers as if they are my own siblings."

## **each** Tsai Takes Care of an Elder and Lessons Learned

我剛好到澳洲去讀書的時候，有一位長輩，他比我父親還大。

When I was studying in Australia, I met an elder who was older than my father.

在澳洲期間，他胃出血，吐了很多血塊出來，

During that time, he suffered from gastric bleeding and vomited a lot of blood.

他走到我們學院的時候，我剛好碰上他，看他整個臉都是白色的，都蒼白了。

When I walked towards the college, I happened to bump into him and saw his face was all pale.

我就趕快去通知當地的這些工作人員，趕快把他送到醫院去，

I immediately informed the local staff and arranged to send him to the hospital.

幸好沒有什麼大礙，只是需要好好調養一段時間。

Fortunately, his condition was not serious and he only needed to recuperate for a period of time.

因為我們去是去上課，每天都有很多課程可以上，

As we went there to attend lectures, the schedule was rather tight.

這位長者就必須有人照顧。

This elder somehow needed someone to look after him.

我就自告奮勇，我說：讓我來照顧，我要體會一下孝養父母的感受。

So, I volunteered to assume the responsibility. I said, "Let me take care of him. I want to experience the feeling of attending to parents."

因為我跟父母住過一段時間，很多朋友說「你好孝順，都跟父母一起住」，

Because I have been living with my parents for a period of time, many friends commended me, "You are very filial, staying with your parents."

我都很慚愧，因為我父母身體都比我還好，

I felt ashamed because my parents were healthier than me;

看起來是我照顧他們，其實很多都是他們照顧我。

it seemed that I was taking care of them but very often they were actually looking after me instead.

剛好在澳洲有這個機會，

It happened that I had the opportunity to serve this elder in Australia.

這個長輩生病，我們可以落實「親有疾，藥先嘗」，

As he was sick, I could practice these teachings: "When my parents are ill, I will taste the medicine first before serving it to them,"

這些都可以做得到；「晨則省，昏則定」，

as well as, "I will greet my parents in the morning and make sure they rest comfortably at night."

時時看到他的需要。

So, I could attend to his needs round the clock.

我就很歡喜，雖然課沒有上到，但是我們可以透過照顧這位長者，把學到的東西真正做出來。

I was elated even though I was unable to attend the lectures. By taking care of this elder, I could truly implement what I had learned.

因為他胃已經受傷，就不能吃一些比較不好消化的食物，

Since his stomach had already been harmed, he couldn't eat food that is not easily digestible.

必須從給嬰兒吃的那種麥麩開始吃起，而且要差不多兩個小時左右要吃一次。

He had to start with the kind of wheat bran meant for babies and he had to consume it almost once every two hours.

我就開始學習照顧長者，兩個小時就幫他煮一碗麥麩給他吃。

I started to learn how to take care of the elderly. Every two hours, I would cook a bowl of wheat bran for him to eat.

在這段過程，我就提升了自己的細心程度，

During this period, I elevated my level of attention to detail.

那長者也很歡喜，我們陪著他養病。

The elder was also delighted to have someone accompanying him to recover.

也因為這個因緣，我也在這個長者身上，學到很多的處事待人的道理。

Because of this affinity, I also learned from this elder a great deal of principles on dealing with people and matters.

這位長者雖然是工人，他的工作也很多，有時候還要下到下水道，下得很深的下水道去做些勞動的工作。

Even though this elder was a supervisor, he took on a heavy workload. Sometimes, he had to go down to a deep sewer to do some laborious work.

但是他都帶很多印度人，因為新加坡有來自很多國家的移民，

He often led many Indian workers, because Singapore has immigrants from many countries.

他說他帶著各個國家的人，他都是身先士卒。

He said when he brought those laborers to the work site, he would lead the way.

下去很危險，他都沒有叫他的工人先下去，他都自己先下去。

As going down the sewer was very dangerous, he never asked his colleagues to go down first, but he would do so instead.

工人在生活當中很拮据的時候，他都會慷慨解囊去幫助他們，也從來不會去跟他們要。

When they had financial difficulties, he would generously give them money without expecting any returns.

所以在這段過程當中，我又親近了一個仁德之人。

So, during this process, I also got close to a person with moral integrity.

雖然他是用勞力，但是他卻很喜歡中國文化，還寫了一手很好的小篆的字。

Even though he did manual labor for a living, he is very fond of Chinese culture and even wrote very good small seal script (an archaic form of Chinese calligraphy).

所以確確實實，我們要禮敬一切人，很多臥虎藏龍都在你的身旁，你都不知道。

So indeed, we must respect everyone because you may not know that many talented people are hidden all around you.

假如你能不斷保持一個恭敬心，你確確實實會處處遇到貴人，

If you could always maintain a respectful mind, you would indeed encounter benefactors wherever you go.

就能體會「能親仁，無限好，德日進，過日少」。

Then you could experience the truth of this teaching: "If I can be close to benevolent ones, I will benefit immensely. My virtues will grow daily and my wrongs will lessen day by day."

由於我們住在一起都互相照顧，

Because we cared for each other while living together,

剛好我必須先離開，這個陳伯伯還有幾位我們一起住的男士，在前一天晚上就聚在一起。

when I had to leave Australia first, this Uncle Chen and a few of our dorm mates gathered together on my final night.

然後他們送我離開，那種男人跟男人的不舍之情，我也體會很深。

As they sent me off, I also deeply experienced that kind of reluctant parting between men.

所以我說，不只男生跟女生有真情，男生跟男生也是有真情真義。

So, I think true affection not only exists between men and women, but is also present between men.

最重要的還是要我們有一分真心去對待別人，

Most importantly, we must treat others with a sincere heart.

所以，「事諸父，如事父，事諸兄，如事兄」。

So, "I will serve others' parents as if I am serving my own parents, I will treat all peers as if they are my own siblings."

我們接著要進入第三個單元，「謹」。

We will now enter the third chapter: "Being Cautious."

### **Being Cautious and the Consequences of Its Absence**

我們看到「謹」這個字，要想到什麼？

When we look at this character, "cautiousness" 「謹」 what should we think of?

要很謹慎，謹言慎行。

We must be very prudent in our speech and deeds.

其實在講「入則孝，出則弟」，跟謹慎有沒有關係？

When we talked about the first two chapters on "Being Filial to Parents at Home" and "Being Respectful to Others Outside," are they related to cautiousness?

也都有。

Yes, they are.

在「出則弟」當中所提到的這些禮儀，

The etiquettes that we mentioned in the second chapter such as

「長者立，幼勿坐，長者坐，命乃坐；或飲食，或坐走，長者先，幼者後」，

"When an elder is standing, I will not sit. After an elder has sat down, I will sit only when I am told to do so," and "Whether drinking, eating, sitting, or walking, I should let the older ones go first, then the young ones follow behind,"

都是言語、行為當中的分寸，我們也要謹慎去對待。

are the standard rules of conduct and speech, which must be done with cautiousness.

有一個北京的著名的外資公司，它要招考員工，

There is a well-known foreign company in Beijing which wanted to recruit employees,

也是通過各個關卡，考一大堆試，還要考英文。

and the applicants had to go through many levels of tests, including English.

在這個過程就刷下來很多人，最後留了一批人，準備做最後的面試。

They eliminated a lot of people in the process and in the end kept a group of people for the final interview.

剛好公司的主管進來，跟他們坐了一會兒，主管就說：我現在有事，必須出去十分鐘，你們等我一下。

The company's supervisor came in and sat with them for a while. Then he said he had to go out for ten minutes to settle something and asked them to wait for a while.

這個主管就出去了，所有的人在裡面，坐了一、兩分鐘就站起來，

After the supervisor went out, all the candidates in the room stood up after sitting for one to two minutes.

然後看到辦公室裡面有些文件，就把它翻開來；一個人看完之後，還遞給另外一個人看，另外一個人也在那里翻。

When they saw some documents in the office, they opened the files. After one person read it, he passed it on to the next person and that person also flipped through the documents.

十分鐘過去了，這個主管走進來，他說：你們都沒有被錄取。

After ten minutes, the supervisor entered the room and said, "None of you passed the interview."

因為辦公室裝了個攝影機，所以看到每個人都動公物。

Because the company had a closed-circuit camera installed and everyone was seen moving the company's property.

因為他沒學過「事雖小，勿擅為，苟擅為，子道虧」；

They never learned that "Even though a matter might be trivial, I must not do it; for I will undermine the duty of being a good person if I do."

他也沒有學過「入虛室，如有人」，

Neither had they learned that they should "Enter an empty room as if someone is there."

縱使主人不在，縱使他人不在，我們該守的分寸也不能有絲毫的減少。

Even if the host or others are not around, there can be no slight reduction in whatever rules we should observe.

當這個主管宣布說你們都沒錄取，這些人憤憤不平。「怎麼可以這個樣子！」

When the supervisor announced that they were all disqualified, these people were resentful and felt it was unfair.

這些剛大學畢業的學生就說了，「從小到大又沒有人告訴我們，不可以亂翻別人的檔案」。

These fresh graduates said, "In our whole life, no one ever told us not to flip through other people's files!"

這些處事做人至關重要，所以要謹慎。

These attitudes of life are all important, so we must exercise "cautiousness."

這個「謹」的功夫在小地方看，可能我們一不謹慎會阻礙到別人，

We can look at this practice of cautiousness in small areas; once we are careless, we may cause hindrance to others.

比方說你坐沒坐相，腳還伸出去，很可能絆倒他人；

For example, if you sit improperly and stretch out your legs, very likely you will cause others to stumble.

假如在大的方面，你不夠謹慎，也有可能造成災禍，造成傷亡。

If it is a big aspect, your recklessness may also bring disasters, injuries, or death to others.

前一陣子有美國的直升機墜落下來，

A while ago, a US helicopter crashed.

後來查出原因，就是直升機在檢查的時候，其實已經有裂縫，但是沒有檢查出來，



After investigating the cause, they found out that there was already a crack on the helicopter during inspection, but they failed to detect it.

所以人機都毀了。

As a result, both the helicopter and lives were destroyed.

所以，當我們在做我們該做的事也要時時謹慎，

So, even when we are doing what we should do, we must always be careful.

不然有可能因為疏忽，而造成了他人生命財產的損失。

Otherwise, we may cause the loss of others' lives and properties due to our negligence.

像我常常坐飛機到很多地方去演講，

Like myself, I often fly to many places to give speeches.

假如不夠謹慎，剛好今天要去馬來西亞，護照找不到，那會有什麼情況發生？

Let's say I am scheduled to fly to Malaysia today; if I'm not careful and cannot find my passport, what will happen?

因為沒有「置冠服，有定位，勿亂頓，致污穢」，

Because of not practicing this verse, "I will always place my hat and clothes away in proper places; I will not carelessly throw them around for that will get them dirty,"

那會有什麼結局？

what would be the end result?

不只自己可能會整個情緒非常緊張，到時候去不了，又對不起誰？

Not only I myself may become very nervous, who will I be sorry to if I fail to turn up for the talk?

對不起一群在等你的人。

Sorry to the people who are expecting my arrival.

所以，謹慎雖然是一個小地方，但是它的影響面確確實實很大。

So, cautiousness may seem trivial, but its impact is really great.

假如一個單位的領導人他不夠謹慎，都可能因為一個小小的地方，而造成無法彌補的過失。

If the leader of a unit is not prudent, it may cause an irreparable mistake due to his small neglect.

所以，謹慎的態度一定要從孩子小時候就要養成。

So, children's cautious attitude must be developed early.

## **The Infamous Ma Jiajue Incident**

在中國大陸，去年有個案件讓所有的人都在省思，叫「馬加爵事件」。

In China, there was a case last year, called "The Ma Jiajue Incident" that made everyone reflect.

馬加爵他是一個大學生，他還沒畢業，

Ma was a college student who had not graduated yet.

參加很多物理、化學實驗，全國的，都還得到名次，

He participated in a lot of physics and chemistry contests at the national level and had won rankings too.

優不優秀？優秀。

Was he talented? Yes, he was excellent!

結果因為跟同學沖突，殺了四個人，所以被全國通緝。

In the end, due to some conflicts with classmates, he killed four people and was wanted nationwide.

這件事就震撼了整個教育界，重新思考，要注重青少年的道德教育。

This case shocked the whole education world and made everyone ponder again: they must pay attention to the moral education of young people.

我也去問了一些朋友：你看馬加爵做出這樣的事，你有什麼看法？

I also asked a few friends their opinions about Ma Jiajue's action.

有些人會說：這樣的人趕快讓他死，把他槍斃了。

Some people said that such people should be executed instantly.

有些從事教育的人，他可能就不是這個角度了，他會覺得馬加爵很可憐。

Those who were engaged in education had a different perspective; they felt that Ma Jiajue was very pitiful.

他都還沒踏出社會，為什麼會做出這麼殘忍的事情？這麼誇張的事？

He had not even stepped into society, how could he commit such a cruel and heinous act?

所以這個事件，家庭要反省，學校也要省思，

So, in this incident, both the family and school must introspect:

為什麼這些做人的態度，在一個成績這麼優秀的大學生身上都沒有學到。

how could an undergraduate with such excellent grades not have learned how to conduct himself?

而且這件事情還沒有發生以前，他可能都是父母的驕傲，因為他是在很偏遠的地方考上的，他們那個村落就他一個大學生。

And prior to this incident, he must have been the pride of his parents because he was admitted to college from a very remote place; he was the only college student in his village.

所以確確實實，我們不能被這些外在的這些「名」淹沒了，

So indeed, we should not be submerged by external fame, we must see things deeper, to their essence.

要更實質的看到，能夠讓一個人人生能走得踏實、圓滿，不是學歷，而是德行。

This case has proven to us that an educational background cannot make one's life steadfast and perfect, our virtue plays a vital role.

馬加爵他沒學過《弟子規》，

Ma Jiajue had never learned *Dizigui*.

假如他有學到「凡是人，皆須愛」，他就不可能這樣做。

Had he learned, "All who are human, I must love," he would not have committed such an act.

他假如學了「兄道友，弟道恭」，

If he had learned, "The older children should be loving and the younger ones should be respectful,"

他假如學了「言語忍，忿自泯」，

and "When I hold back hurtful comments, anger will naturally dissipate,"

就不會造成這個意外了。

this mishap would not have taken place.

為什麼他會萌這個殺機？

Why did he initiate this murderous intention?

因為他的同學常常都笑他，因為他太窮了，所以他都沒有好衣服穿。

Because his classmates often ridiculed him as he was too poor to have nice clothes to wear.

他在監獄里面還跟監獄長說：這件囚衣是我穿過最好的衣服。

He also told the warden that the prison uniform was the best clothes he had ever worn.

當所有的同學都譏笑他，他的自卑感愈來愈難受，

When all his college mates laughed at him, his inferiority complex made him feel more and more irritated.

就是因為這樣的刺激才失去理智。

Due to such stimulation, he lost his rationality.

從這件事我也告訴家長，你要再從另外一個角度看，

From this case, I also told the parents that they have to look at it from another angle.

為什麼這些同學會被殺？為什麼？是不是偶然？

Why were those students killed? Why? Was it accidental?

不是！因為他們沒有做人的分寸，

No! Because they did not conduct themselves properly.

他沒有學到「勿諂富，勿驕貧」，

They never learned, "I will neither fawn on the rich nor despise the poor,"

他沒有學到「人有短，切莫揭，人有私，切莫說」，

and "When people have shortcomings, I should never expose them. When people have secrets, I should never reveal them."

把人家家里的隱私拿來取笑，難怪人家會不理智的對待他。

Since they made fun of others' private affairs, it was not surprising that Ma reacted irrationally to them.

又有一句講到「揚人惡，即是惡，疾之甚，禍且作」，

It is also said that: "Publicizing others' wrongs is in itself evil; they will resent more and be driven to act even worse."

人家狗急跳牆。

So, "When being cornered, a dog will leap over the wall."

所以從這個事件我們也要省思，

We must also retrospect from this incident. When we teach children,

我們教孩子絕對不能讓他去傷害別人，像馬加爵這樣；

we must never let them harm others, like in the case of Ma Jiajue.

相同的，我們也要教出的孩子，是不會讓人家引發對他攻擊。

Similarly, the children that we have taught will not trigger others to attack them.

當孩子言語當中都有揶揄他人、都有輕慢他人，我們自己就要謹慎，這已經讓孩子在往後的人生布下危機了。

When children's words are teasing and belittling to others, we must be wary as we have put them in future danger.

從這個事件當中，我們也了解到，確實要謹言慎行才是。

From this incident, we also understand that we really need to be watchful with our speech and behavior.

## I Will Rise Early in the Morning and Go to Sleep Late at Night

我們來看經文，我們一起來讀一下：

Let's recite the phrase together:

『朝起早，夜眠遲，老易至，惜此時』，

"I will rise early in the morning and go to sleep late\* at night. (\*"Late" refers to making sure parents rest comfortably: children should always sleep after parents.) Old age arrives readily, I must cherish the present moment."

這句話的意思是早上早起一點，晚上少睡一點。

This sentence implies that we must get up early in the morning and sleep less at night.

很多家長就說了，這樣孩子會不健康，讓他多睡一點。

Many parents said that children would be unhealthy if they sleep so little.

確實睡覺有時候比吃飯還重要，因為在睡覺當中整個人在休息，很多身體機能在恢復，

It's true that sleeping is sometimes more important than eating because we are in total rest during sleep and many body functions are recovering.

所以一般小孩他所需要的睡眠都會比較長。

So, children on average need to sleep longer.

但是假如一個人很有志向，非常充實，他睡眠的時間也會自然而然慢慢減少。

But if a person is very aspirational in spirit and his life is very fulfilling, his sleep time will naturally and gradually decrease.

所以楊淑芬老師我們都說她是「早睡早起」，

We often said that Teacher Yang "sleeps early and rises early."

什麼意思？早上兩、三點睡，早上六、七點起來，所以叫早睡早起。

What does that mean? She sleeps at two to three in the morning and wakes up at six to seven in the morning.

不知道諸位朋友有沒有見過楊淑芬老師？

I wonder if you have met Teacher Yang before.

你看她一天睡四個小時，氣色怎麼樣？

You see, she only sleeps four hours a day, but how is her appearance?

紅光滿面，我們這些年輕人都自嘆不如。

She has a rosy complexion that younger people like us have to sigh for losing out to her.

結果她在我們中國大陸，有位很高明的中醫幫她把脈，他就跟楊老師說，

There is a very good Chinese physician in China who took her pulse and said,

他說：你睡這麼少，氣色還那麼好，就是因為你是吸收天地之氣。

"You still have a glowing complexion despite getting so little sleep, because you have been absorbing the energy of nature."

什麼天地之氣？

What is the energy of nature?

浩然正氣！

Awe-inspiring righteousness!

當我們念念都跟古聖先賢的存心一樣，

When we constantly harbor the same intentions as the ancient saints and sages,  
那你的身心狀況就會愈來愈好。

our physical and mental condition will surely improve.

但是諸位朋友，欲速則不達，

But my friends, haste makes waste.

你不要說：我要效法楊老師，今天回去就睡四個小時。

You must not say, "I want to emulate Teacher Yang. Starting today, I will sleep for only four hours each night."

到時候一個禮拜以後，整個人都消瘦下去，那我不負責任。

One week later, if you were to lose substantial weight, I would not be responsible.

我們可以讓生活更充實，多看書，當你法喜充滿了，

We can make our life more fulfilling by reading more classics. When you are filled with altruistic joy,

睡覺的欲望就可以慢慢減少。

your desire for sleep can gradually be reduced.

其實「朝起早，夜眠遲」，因為古代的人都很孝順，

Actually, getting up early in the morning and sleeping late at night were practiced by the ancient people because they were very filial.

所以很早起來打理家里的事務。

So, they rose early to take care of the family affairs.

《朱子治家格言》里面提到的，

In *Zhu Bolu's Maxims for Managing the Family*, it is mentioned that

「黎明即起，灑掃庭除；既昏便息，關鎖門戶」，

"At dawn, get up immediately, sweep the hall and porch so that inside and outside the house are tidy and clean. At dusk, personally close and lock the doors, then go to sleep."

晚上要巡視家里這些門窗有沒有關好，

At night, they would check whether the doors and windows in the house were properly closed.

然後都是先請父母去睡覺，父母都睡了，他再去睡，所以「夜眠遲」。

Then, they would invite their parents to go to bed before they went to rest.

我們也常常聽到古代一些詩詞，「三更燈火五更雞，正是男兒苦讀時」，

We also often heard the ancient poems: "Between midnight and cockcrow is the best time for children to study hard."

當他人生有所志向的時候，他都會珍惜時間，不願浪費。

When one has a lofty aspiration in life, he would treasure time and would not want to waste it.

中國人特別惜時，所謂「寸金難買寸光陰」，

The Chinese really cherish time. As the proverb goes, "It's hard to buy an inch of time with an inch of gold."

確確實實當你很有錢，你有萬貫的家財，也絕不可能買回你已經失去的時間。

It is true that even when you have untold wealth, you can never buy back the time you have already lost.

當一個孩子對時間非常恭敬、非常謹慎，他就不容易蹉跎光陰。

When children are very respectful and cautious with their time, they would not easily squander it.

在漢朝時候有一首樂府詩也提到,

In the Han Dynasty, 202 BC-220, there was a *Yuefu* poem\* which mentioned: (\*a type of Chinese poem composed in a folk song style)

「百川東到海, 何日覆西歸, 少壯不努力, 老大徒傷悲」。

"Hundreds of rivers are flowing into the east sea, when will they ever return to the west? If one does not work hard during youth, one will suffer in adulthood and old age."

我們希望孩子的人生不要有這樣的遺憾, 所以從小一定要讓他珍惜時間;

We hope our children's lives will not have such regrets, so we must let them cherish time since childhood.

而且生活作息要正常, 不要一放假就到半夜不睡, 隔天又睡到中午。

They must lead a life of normal routine; they must not stay up till midnight on holidays and sleep until noon the next day.

那種睡功, 我還真是學不來。

I really can't learn this kind of sleeping "skill."

我們教導孩子讀經, 也很注重這種生活作息,

When we teach children to study classics, we must also pay attention to this kind of routine.

所以告訴孩子, 六點半起床, 七點要讀《弟子規》。

So, we asked the children to rise at 6:30 am and recite *Dizigui* at 7:00 am.

這些孩子都六、七歲而已, 學了之後真做。

These children are only six or seven years old but they really practice what they learned.

剛好大年初一, 因為除夕比較晚睡一點點, 她的媽媽就把鬧鐘調晚一個小時,

One of the children slept a bit late on New Year's Eve and her mother set the alarm clock one hour behind,

希望給孩子多睡一點。

hoping that her daughter could sleep a bit more the very next day.

結果這個女孩可能也是生活已經習慣了, 差不多六點多, 她就醒過來, 一看才五點多, 她就繼續睡。

This little girl might have got used to the routine, so she woke up at around six o'clock. When she saw it was only five o'clock, she continued sleeping.

一睡覺得愈睡愈不舒服, 怎麼時間過那麼慢?

The more she slept, the more uncomfortable she felt, she was wondering why time passed so slowly.

她一看, 七點了。

When she looked at the time again, it was already seven o'clock.

結果走出房間一看, 八點! 小女孩馬上放聲大哭,

As soon as she walked out of her room, she saw it was actually eight o'clock.

說: 八點了, 我沒有念《弟子規》!

The little girl cried aloud and said, "Gosh! It's already eight o'clock. I have not recited *Dizigui* yet."

孩子為什麼掉眼淚?

Why was she in tears?

你看她對學問負責，她對老師恭敬，老師教導的話，她不願意違背。

You see, she is responsible for her learning and is respectful to the teachers; she doesn't want to go against the teachers' instructions.

所以我們當家長的要跟老師配合，不要愈幫愈忙。

So, as parents, we must coordinate well with the teachers and not mess up their plans.

小孩少睡半個小時沒關係，

It's alright for children to sleep less by half an hour,

讓她失去對老師的恭敬，那才大有關係。

but whether she loses respect for the teachers or not is what really matters.

這節課上到這邊，謝謝。

We will stop here for today. Thank you for listening.

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