

Building A Happy Life (21)

- a foundation for Mahayana Buddhism practice

細講弟子規 第二十一集

Confucius Teachings On

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The Etiquette of Answering Phone Calls

諸位朋友，大家晚上好。

Hello my friends, good evening!

我們早上講到「出則弟」裏面，提到了如何接待客人、如何打招呼，

In the morning we mentioned the proper ways of receiving guests and giving greetings, 還有送賓的禮儀也都有提到。

as well as the etiquette of sending off guests.

在接待的禮儀當中，還有一個禮儀也不容忽視，

On the part of receiving guests, there's another etiquette which also cannot be ignored; 就是接電話的禮儀。

that is the etiquette for answering the telephone.

我們看看現在的孩子他會不會接電話？

Let's see if children today know how to respond to phone calls.

我曾經打過電話，剛好是朋友的孩子接的。

I once made a phone call to a friend and it was answered by his son.

我說：你父親在嗎？他說不在。去哪裏？不知道。

I said, "Is your father at home?" He replied, "No!" I asked, "Where has he gone to?" He said, "Don't know."

喀，就掛下去了。

Then he just hung up the phone.

所以孩子他假如連接電話都不會，除了沒有恭敬心之外，把家裏的臉怎麼樣？都丟出去了。

So, if children don't even know the proper way to answer the phone, other than being disrespectful, they have also brought shame to their family.

所以，接電話的禮儀我們也必須教導小孩。

So, we must also teach children the etiquette for answering phone calls.

所以小孩子接電話，我們要實際讓他來操練。

In this regard, we have to let children practice answering the phone.

接起電話來說：你好，我叫蔡禮旭。

Let's say I pick up the phone and introduce myself, "Hello, I'm Tsai Li Hsu."

把名字報出來。請問您找哪一位？

Tell them who you are. "May I know who you are looking for?"

假如說：你爸爸在嗎？

Suppose I ask, "Is your father at home?"

假如爸爸在，他就說：請您等一下，我去叫我爸爸。

If his father is around, he should say, "Please wait a moment."

放下來，去叫父親來聽。

Then he should go and get his father to answer the phone.

假如父親不在，這個時候孩子要懂得如何去應對，

If his father is not at home, children must know how to handle it.

然後可以請教對方：不好意思，我爸爸不在。請問您是哪一位？有什麼事需要我轉告給父親嗎？

He can then ask the caller, "I'm sorry, my dad isn't around. May I know who's calling? Is there any message you need me to convey to my dad?"

就是可以詢問，畢竟人家打電話來有事情，所以我們要問清楚，讓人家不會白費打這一通電話。

You can ask like this; after all, people must have called for a reason. We must ask clearly so that people don't make the call in vain.

也可以問對方說：請問您有急事嗎？假如是急事，就可以把父親的行動電話告訴對方知道。

You can also ask the other party, "Do you have anything urgent?" If it's something urgent, you can give him your father's mobile number.

所以孩子從小假如懂得如何去應對，他做事的圓熟度就會愈來愈高。

If children know how to deal with phone calls since young, their ability in dealing with tasks will keep improving.

打電話還有最後一個動作，跟長輩打完電話，一定等長輩先掛了電話，我們才掛電話。

There's one last action in making phone calls: after talking to an elder on the phone, you must wait for him to hang up first. Only then can you do so.

因為可能長輩或許還有些話，我們馬上就掛，他可能話還沒講，已經電話斷了。

Because the elder may have something more to say, if we hang up immediately, the line is already cut off before he can say anything.

所以這一個動作也是處處體現對於長者的恭敬之心。

So, this action also reflects our constant respect for elders.

One Single Statement Can Cause A Nation to Prosper or Perish

第三個單元「謹」。

The third chapter is on "cautiousness."

我們說要謹言慎行，一言興邦，一言可以喪邦。

We must be prudent with our speech and behavior because one single statement can cause a nation to prosper or perish.

所以生活能謹慎，就可以免掉很多的錯誤，甚至是災難都有可能。

When we are careful in these aspects of life, we can avoid a lot of mistakes and even disasters.

有一個朋友，他約了他三位好朋友一起吃飯，

A friend had invited three good friends to his house for a dinner.

結果來了兩位，有一位還沒到。

Eventually two of his friends came, but the other friend hadn't arrived yet.

他在門口邊等邊說：怎麼該來的還沒有來？

While waiting at the entrance, the host said, "Why has the person who is supposed to be here not arrived yet?"

這兩位坐在屋內的其中一位朋友就開始犯疙瘩：該來的沒有來？我是不是不該來的？

One of the friends sitting in the house started thinking, "Does he mean to say that I'm not supposed to be here?"

所以這個朋友就有一點不高興，就走了。

So, he was a bit unhappy and left.

他一看，朋友走了：怎麼不該走的走了？

When the host saw his friend leaving, he said, "Why has the person who wasn't supposed to leave left?"

結果最後剩下一位朋友：那我是該走的了？

As a result, the last friend in the house thought, "Am I the one who is supposed to leave?"

所以那一晚晚餐誰吃？自個吃。

So, who ate the dinner that night? He alone.

所以，雖然是一個笑話，但是我們一個人對於講出去的話也應該三思後行，也應該提高敏感度，

Even though it's a joke, we should also look before we leap and increase our sensitivity when we speak.

我們出去的話會不會傷害到對方，要有這樣的謹慎度。

We must be highly alert as to whether our words will hurt others' feelings.

所以俗話也講「面對失意人不可說得意之事」，

There is a saying, "When facing people who are frustrated, we must not brag about our own achievements."

這都是在言語當中處處流露為人設想。

This is to always show consideration for others in our speech.

所以言行要謹慎。

So, we must be cautious with our speech and behavior.

而言行的根本在一個人的念頭。

And the root of our speech and behavior is in our mind.

所以真正會修身的人，在哪裏謹慎？在起心動念中謹慎。

A true practitioner will be cautious with his every thought.

當念頭都能謹慎，言語行為就不會有太大的偏頗。

When he can mindfully watch his thoughts, his speech and behavior would not be too deviated.

比方說我們「謹」這個部分，就是常常要謹慎，不可以浪費時間，不可以糟蹋食物，
For example, in this chapter on "cautiousness," We must always be prudent by not wasting time and spoiling food.

這種奢的念頭、貪的念頭、懶的念頭、不敬的念頭一起來，馬上就要把它調伏下去。
As soon as thoughts of extravagance, greed, laziness, or disrespect arise, we must quickly subdue them.

In Which Three Aspects Can Cautiousness Foster One's Ability?

我們可以歸納「謹」這個部分的教誨，可以訓練一個人三方面的能力：

We can summarize the teaching of "cautiousness" into three aspects that can train a person's ability:

第一個自制力，第二個獨立生活的能力，第三個做事的能力。

the first one is self-restraint; the second aspect is being able to lead an independent life; the third one is the ability to accomplish tasks.

現在小孩缺不缺這三種能力？所以一定是有教才會。

Do children today lack these three abilities? They must be taught in order to know them.

我們之前也提過在汕頭有一個孩子七歲，剛好他們老師教他們《弟子規》教了一、二個月

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We have also mentioned previously that there was a seven-year-old child in Shantou who had learned *Dizigui* for one to two months.

老師想讓他們上來發表一下這一段學習的感受跟成長，

The teacher thought of letting the students share their feelings and progress from their recent learning,

所以邀來他們的父母坐在底下聽。

so she invited the parents to come and listen.

這個孩子上來講的第一句話，他說：我學了《弟子規》才知道做人原來要孝順。

The first sentence that the child said on stage was, "Only after learning *Dizigui* did I know that we, as humans, must be filial to our parents."

這句話有沒有味道？關鍵字在「原來」。

Is this sentence insightful? The key word is "must be."

我們大人常常都說：他都這麼大了，應該知道。

We adults often say that children are already grown up and they should be aware of this.

這個「應該」有待商榷。

The word "should" needs further discussion.

因為中國聖賢的教誨已經斷了一、二代了，

Since the teachings of ancient Chinese saints and sages have been neglected for generations, so many children's behavior is peculiar. We must first not blame them,

we must not blame children for their misbehavior in the first place.

長輩要先反省，到底我們有沒有教？

The elders must first reflect whether they taught the children properly.

而這個教又不是嘴上教，而是有沒有以身作則才是。

And it isn't verbal teaching that counts; more importantly, we must lead them by example. 這個孩子接著又說：我還沒有學《弟子規》以前，每天都在想如何謀害父母。

The seven-year-old child then continued, "Before I learned *Dizigui*, I had been thinking of ways to murder my parents every day."

七歲！

These words came from a seven-year-old child!

他的媽媽坐在底下，突然瞠目結舌，她絕對不相信她的孩子居然會想要謀害他們。

His mother, sitting there, was suddenly dumbstruck. She definitely couldn't believe that her son had actually intended to kill his own parents.

諸位朋友，我們知不知道孩子在想什麼？

My friends, do we know what is in our children's minds?

知不知道孩子每天在做什麼、說什麼？知不知道？

Do we know what they are doing and saying every day? Do we know?

當我們都不知道他在想什麼，那怎麼教？

When we have no idea what they are thinking, how can we teach them properly?

所以確實教育需要用心、需要耐心，我們要多花點時間去了解孩子，去關懷他，才能慢慢讓他循規蹈矩。

So, education really requires much effort and patience. We must spend more time to understand and care for our children. Only then will they slowly follow the social decorum.

為什麼一個七歲的孩子會想謀害父母？這就是父子無親。

Why did a seven-year-old child want to kill his parents? Because the parent-child relationship wasn't close.

父子有親有沒有可能這樣？為什麼現在父子無親？原因在哪？

If they were close enough, would it be possible for the child to harbor such ill thoughts? Why are parents and children today not close to each other? What is the reason?

父母很努力賺錢，都沒有時間陪他，他跟誰比較親？

His parents had been working so hard to earn a living that they didn't have time to spend with him. Whom was he closer to?

跟補習班老師親，跟傭人比較親。

He was closer to his tutor and maid.

媽媽呢？

How about his mother?

父母有時候為了虛榮、為了面子，又把他送去補一大堆東西，他愈學愈厭煩。

For vanity's sake, his parents sent him to many extracurricular classes, so he became more and more annoyed and bored.

而這樣的心境、這樣的情緒，父母有沒有察覺？可能沒有察覺。

Were his parents aware of his feelings? Perhaps not.

所以，我們真正要花一點心去了解孩子的心情，孩子的想法、看法才行。

We must really exert some effort to understand a child's emotions, thoughts, and perspectives.

我們一定要把原因找出來，才容易進一步教導孩子。

We must find the reason behind their problems before we can further teach and guide children with ease.

「謹」這個部分，現在的孩子自製力不夠，所以「謹」一開始「朝起早，夜眠遲；老易至，惜此時」。

As children today lack self-restraint, the chapter on "cautiousness" begins with this phrase: "I will rise early in the morning and go to sleep late at night. Old age arrives readily, I must cherish the present moment."

就是一個人能夠生活有規律，絕對不要常常睡懶覺，這也是一個自製力。

It teaches us to lead a disciplined life and never make it a habit to oversleep. This is also considered self-control.

「對飲食，勿揀則；食適可，勿過則」，

"When it comes to eating and drinking, I will not be picky; I will only eat the right amount and not overeat."

所以在飲食方面他也懂得節製，都是在訓練一個孩子的自製能力。

They must also know how to control their diet. This is training children to have self-control.

第二個方面獨立生活的能力，

The second aspect is the ability to live independently:

「置冠服，有定位；勿亂頓，致汗穢」。

"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."

雖然只是講了兩個東西，衣服、帽子要放好，我們能不能只教衣服跟帽子放好？

Even though only two things are mentioned here, can we just teach children to put away their clothes and hats?

應該教什麼？一切物品，甚至於一切時間都應該讓它有所規律，

What should we teach them? Each and every thing, even time, has its place and should always be orderly.

所謂「動物歸原」，

As people always say, "Whatever is moved must be returned to its original place."

動的東西應該再放回原處。

We should always put things back when we have finished using them.

這一些生活的能力，他才懂得如何不把生活搞得亂七八糟。

By acquiring these abilities, he will then avoid making his life messy.

現在聽說很多大學生還請傭人幫他洗衣服，幫他打掃家裏，花誰的錢？

I heard that many college students now hire servants to wash clothes and clean the house for them. Whose money are they spending?

花父母的錢去請傭人來打掃。所以確實現在的學生在生活能力方面真的要加強。

Their parents'. So, it's true that today's students really need to strengthen their living ability.

當他自己都照顧不了自己，他以後在事業、在家業當中，有沒有辦法承擔？

When he is unable to take care of himself, will he be able to take on his career and family responsibilities in the future?

那就很困難了。而我們做父母的假如不讓他多鍛鍊，把這些事都扛在自己肩上，請問為人父母能扛到什麼時候？

That will be very difficult. As parents, if we don't let children do more work, but shoulder all the responsibilities by ourselves, may I ask how long can you persevere with it?

所以現在很多人結完婚，生了孩子，交給誰？

So, to whom do many young couples send their children to be taken care of nowadays?

都是爺爺奶奶帶。

The grandparents would normally help them look after the children.

到底爺爺奶奶什麼時候才會清閑？我想可能連眼睛閉上了都無法清閑。

When will the grandparents be free? I think they may never be able to take a rest until they close their eyes forever.

這樣的人生好不好？

Is such a life good?

表面上好像我幫了兒子一把，事實上他當父親、當母親沒有盡責，也沒有學到這些本事、應盡的本分。

It seems that you have helped your son, but in fact, he didn't meet his parental responsibilities, and neither did he acquire these skills nor fulfill his own duties.

所以我們把孩子應該做的工作、應該盡的本分回歸給他，他的人生才會過得充實，才會過得問心無愧，這樣才會圓滿。

We should revert these tasks and duties to our children so that their lives would be fulfilling, guiltless, and complete.

第三個能力是做事的能力。

The third ability is being able to accomplish tasks.

所以「事勿忙，忙多錯；勿畏難，勿輕略；事非宜，勿輕諾；苟輕諾，進退錯」，

So, it is stated that, "I must avoid doing things in a hurry, as acting in haste will lead to many mistakes; and I must neither be afraid of difficulty nor be perfunctory. I must not agree to do something inappropriate, if I do, I will put myself into a dilemma."

這都是做事的能力。

These are all abilities for dealing with matters.

所以「謹」這個部分，有這幾方面可以提升孩子這些能力。

So, in this part on "cautiousness," these several aspects can improve children's abilities.

我們接著就經文一句一句來討論。

We will continue to discuss them sentence by sentence.

An Inch of Gold Cannot Buy an Inch of Time

【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. Old age arrives readily, I must cherish the present moment.

晨必盥。兼漱口。便溺回。輒淨手。】

When I get up in the morning, I will wash my face and brush my teeth. After using the toilet, I will always wash my hands."

提到這個時間，中國聖哲是最重視光陰的，最熟悉的話，「一寸光陰一寸金，寸金難買寸光陰」。

Talking about time, the Chinese sages value time the most. The most familiar saying is, "An inch of time is as precious as an inch of gold, but an inch of gold cannot buy an inch of time." 說是這樣說，你有這個感覺嗎？有沒有這個感覺？有。

While saying this, do you have such a feeling? Do you feel so? Yes.

我們去問問十幾歲的孩子，他有沒有這個感覺？很困難。

Let's ask the teenagers if they have the same feeling. Very difficult!

所以一個人為什麼這麼珍惜時間？

Why does a person cherish time so much?

我們看看很多古代留名青史的這些讀書人，對時間都非常的珍惜。

If we look at the ancient scholars who left a name in history, they all cherished time a lot.

比方說司馬光，司馬光用了十九年的時間完成了一部非常重要的典籍，

For example, the great historian Sima Guang(1019-1086, Song Dynasty) spent nineteen years to complete a very important classic.

叫《資治通鑑》。

It is titled, *Comprehensive Mirror in Aid of Governance*.

他為了怕自己睡太多，所以用木頭做了一個圓形的枕頭。

Being afraid that he would oversleep, he made a round pillow out of wood.

圓形的枕頭睡起來怎麼樣？

What is it like sleeping on a round pillow?

只要稍微翻一下，可能就滑下來。

If you slightly turn your body, your head would slide down.

所以他只要醒過來了，已經稍微休息了，他就馬上再繼續工作。

So, once he woke up, already having taken some rest, he would immediately continue his work.

就是有這樣的態度精神，所以他全心全意完成這一部鉅作。

Owing to such an attitude and spirit, he wholeheartedly completed this masterpiece.

什麼樣的動力讓他寧可少睡覺也要多做事？

What motivated him to do more work and sleep less?

諸位朋友，什麼動力？

My friends, what motivated him?

為國家的動力，為往後子孫造福的動力。

The drive to benefit the nation and future generations.

因為歷史就像一面鏡子一樣，只要他們肯熟讀這一本《資治通鑑》，

Because history is like a mirror; as long as people are willing to familiarize themselves with this classic,

相信人生會減少很多不必要的過失，所謂監往能知來。

we believe that many unnecessary mistakes can be minimized in life. As the saying goes, "By observing the past, you can deduce the future."

所以就是他有這一分使命，才能推動他這樣的積極精進把這一本書做好。

Because he had this sense of mission, enthusiastically and diligently, he was driven to complete the compilation of this book.

王陽明先生曾經提到一個人「志不立，無以成事」。

Mr. Wang Yangming* once mentioned, (*A well-known Confucian scholar in the Ming Dynasty.) "A person without an aspiration will accomplish nothing."

一個人沒有立志，這一生能不能把事做好？不可能。

If a person doesn't set a goal in life, will he be able to accomplish a task well? Impossible.

所以要能珍惜時間，首先還要先立定人生的志向。

For a person to treasure time, he must first set an aspiration in life.

人生很短暫，我們運用這個短暫的生命，要對得起父母的養育之恩，要對得起兄弟姊妹的照顧，

Life is short; we must utilize this short-lived life wisely so that we can honor our parents' profound kindness and be worthy of our siblings' care.

要對得起成長過程中非常多長者的提攜，要對得起我們國家對我們的諸多照顧。

And we must not let down the many elders who have supported us as we matured, nor the country that has kept us secure.

所以，當一個人念念會念著這些恩德，他將盡心盡力孝順父母，友愛兄弟，進一步奉獻社會。

When a person can constantly imprint these kindnesses in his mind, he will make the best effort to serve his parents with filial respect, to love and take care of his siblings, and will further contribute to society.

所以一個人他要能珍惜時間，還要從對人的恭敬開始。

So, for a person to cherish time, he must first begin with respecting others.

當他對父母、對關懷他的人都能恭敬，他就不願意糟蹋自己，而讓這些關愛他的人傷心難過。

When he can respect his parents and the people who care for him, he will be unwilling to spoil himself and make those who love and care about him feel sad.

所以當一個人他懂得去完成他人生的本分、使命，沒有人去推他，他也會快步向前。

When a person knows how to fulfill his duties and missions in life, he will also quickly move forward without anyone pushing him.

而人常常會忽略光陰，就是對時間一去不復返的敏感度不夠。

Yet people often ignore time; they are not sensitive enough to the fact that once time is gone, it will never return.

所以有一位智慧者曾經說過，他說一個人從生下來只有一件事沒有停過，

A wise man once said, "From the time a person is born, there is only one thing which never stops."

哪一件事？就是從生下來就一直往死亡的大路邁進，從沒有停過。

What is it? Since birth, the march towards death has never ceased.

所以我們剛過完新年，代表新的一年又來了，另外一個角度是代表舊的一年已經過去了，

We have just finished celebrating the New Year; it means that another new year is here again and that the previous year has already passed.

我們還有多少重要的事、該做的事還沒有做？

How many more important matters that ought to be done, have not been done yet?

明代有一個畫家叫文嘉，

During the Ming Dynasty, there was a painter called Wen Jia.

他就曾經寫到一首詩，也是給我們期許、提醒，

He once wrote a poem which gives us expectations and reminders.

他寫到「明日復明日，明日何其多；我生待明日，萬事成蹉跎」。

He wrote, "Tomorrow after tomorrow, how many more tomorrows will there be? I live waiting for tomorrow, everything will slip away."

假如我們常常想著還有明天、還有明年，這個光陰可能會在不知不覺當中就流失掉，這樣就太可惜了。

If we always think that there is still a tomorrow and next year, time will slip away unknowingly. That would be a pity!

A Father Who Chopped A Stick

我到海口去做了四個多月，突然有一個很深的體會，

After being in Haikou for over four months, I suddenly had a deep understanding.

人生有一個遺憾，就是當你覺得很多事很重要必須做，一定要去做，

There would be one regret in life: When you feel that there are many important things which need to be done and must be done,

但是你卻沒有能力去做，那個時候你會非常懊悔、非常痛苦。

but you don't have the ability to accomplish them; at that time, you would feel much regret and pain.

所以當我們有機會可以推廣中國文化，可以利益眾人的時候，

When we have the opportunity to promote sages' teachings to benefit people,

回過頭來一看，自己往後的人生沒有好好利用，能力又不足，又幫不上忙，這個時候就怎麼樣？

yet we did not make good use of our time and consequently limited our ability to help out, how would you feel at that time?

很難受。

Very uncomfortable.

就好像明明看到一個人快溺死了，你卻怎麼樣？不會游泳，無法救他。

It is as if you're seeing someone drowning but you don't know how to swim, so there's no way for you to save him.

所以當我們看到我們的孩子必須要好好教導，而這個時候我們卻沒有學問、沒有智慧，那將是人生很大的遺憾。

Likewise, when we see that our children must be properly taught, but we have neither knowledge nor wisdom to do so, that would be a great regret in life.

所以我們不要讓人生有這樣的遺憾產生，就要趕快積極努力提升自己的智慧。

In order to not let our lives have such regrets, we must quickly and vigorously grow our wisdom,

因為只要有智慧，人生的問題絕對可以迎刃而解。

because as long as we have wisdom, the problems in life can definitely be solved readily.

所以現在人生第一要事不是賺錢，而是什麼？開智慧，增長智慧。

So, the foremost thing in life isn't about earning money, it is about uncovering and elevating our wisdom.

沒有智慧，你人生就會下錯很多抉擇。

Without wisdom, you will make many wrong choices in life.

你光是收拾這些錯誤的抉擇，就可以耗掉你大半的人生。

Just to mend these mistakes, you may consume more than half of your life.

所以生涯規劃第一要事是要學習，要成長，要長智慧。

The primary thing in career planning is to learn and grow our wisdom.

我們來看看一個人大學畢業以後，是比學生時代用功還是不用功？

Will a person who has graduated from college work harder than when he was a student?

多人是大學畢業就跟書本說拜拜了。

Many people would bid farewell to books right after graduation.

其實，你人生很多的本事是出了社會才是真正要學習歷練的時候，

After stepping into society is actually the time for us to really learn and forge our skills and abilities,

可是我們的態度卻是停止學習，難怪人生愈走愈沉重。

but our attitude is to stop learning. No wonder we feel it increasingly burdensome as we tread the path of life.

為什麼這麼多事都不如我想象，然後又不知道怎麼解決，

You may start complaining that so many occurrences are beyond your expectations, and you don't know how to solve them.

每天藉酒消愁愁更愁，

Every day, you would drown your sorrows, but your worries would keep increasing;醒過來還是要解決。

when the effect has worn off, you will still have to face your problems.

所以人生要有所取舍，要趕快拿更多的時間來好好跟聖賢人學習。

There will be "give and take" in life, we must quickly spend more time to seriously learn from the saints and sages.

我們先有珍惜時間的態度，進一步也要教導孩子珍惜時間。

Therefore we must first cherish time ourselves, we can then instill this attitude in our children.

有一個家長，剛好孩子遊手好閑不愛念書，

There was one parent with a child who disliked studying and always goofed around.

這個家長很希望能夠引導孩子對時間有所重視，

He really hoped that he could guide his son to value time,

他就找了一條八寸長的木棍。幹什麼？

so he found an 8-inch long wooden stick. What was it for?

找了一條八寸長的木棍，很多小朋友一聽，說：打他！

Many children said that it was used to hit his son.

打人用八寸長，太恐怖！

Using an 8-inch long stick to hit people is too scary!

他父親拿了一個八寸長的木棍，

His father took the stick and said to his son,

就跟他說：人生就好像這一條長長的木棍，八寸代表八十歲。

"Life is just like this long wooden stick and eight inches represents eighty years old.

當你二十歲以前，你還沒有能力幫助家庭、幫助社會，你只能接受大家對你的服務、對你的奉獻。

When you're under twenty, you're not yet able to help the family and society as you can only accept everyone's service and contribution.

這一段你幫不上什麼忙，所以要砍掉。

During this period, you are of little contribution, so this part can be cut off."

就拿一個斧頭把前面兩寸怎麼樣？切斷。這個動作，給他的孩子震了一下。

He took an axe to cut off the front two inches. This action shocked his son.

他接著又說：人六十歲以後年老體衰，對家庭、對社會也貢獻不大，所以這一段我們也要把它去掉。

He continued, "people get old and weak after sixty and don't make much contribution to the family and society. So, this part must be removed too."

就再砍了一下。

He chopped off another part.

接下來這一段，他的父親又把它分成三份：接下來這些時光，你光是睡覺就用掉了三分之一，所以要砍。

The father divided the next section into three parts and said, "For the remaining time, you spend one third of it sleeping, so it must be chopped off."

這個孩子開始有點緊張了。父親接著又說：你每天要吃飯、要洗澡，要一大堆生活作息，都不能省的時間，這一段也要再砍掉。

This child started to get a bit nervous. The father continued to say, "You have to eat, take a shower, and do many chores every day. This slot of time cannot be saved, so this part must be cut off as well."

孩子就說：爸爸，你別砍了，我知道了。

The child said, "Dad, please stop chopping! I've got the message."

他爸爸說：你不知道，人還有很多時間是生病躺在病床上，這一段也要砍。

The father said, "You don't know! A lot of the time, people get sick and lie in bed. So this part must also be cut off."

他的兒子去拉他的手：爸爸，我以後不浪費時間了。

His son went to grab his hand and said, "Dad, I will not squander my time again in the future."

兒子，你不懂，你每天又講了多少廢話。

His father continued, "Son, you don't get it, do you know how much nonsense you would say every day?"

確實引導孩子要有正確的觀念，也需要我們為人家長用許多的善巧方便，

Indeed, we must guide children to have proper concepts. It requires us parents to use various skillful and convenient methods,

因為現在孩子不喜歡聽大人說教，

because children today dislike listening to adults' preaching.

所以這些時間點我們也要好好去掌握。

So, we must also carefully grasp the appropriate time.

A Mother Who Requests Teacher to Criticize Her Child

另外有一位母親，剛好她的孩子念小學一年級，早上起來孩子就磨磨蹭蹭，

Also, there was a mother whose child was in the first grade and always dawdled when he got up in the morning.

他媽媽一看他必然會遲到，可是也沒去制止他。

Seeing this, his mother knew that he would surely be late for school, but she didn't stop him from dallying.

這樣做好不好？先讓他承受自己拖拖拉拉的結果。

Is that okay? She should let him bear the results of his procrastination.

所以他媽媽就不去制止他，看他拖到什麼時候。

So, his mother didn't stop him, and watched to see how long he would continue to dawdle.

結果確實，現在小孩子連那個牙刷、牙膏上面都畫得很漂亮對不對？

Children nowadays have beautifully designed toothbrushes and toothpaste, don't they?

刷牙的時候還要玩兩下，

They would play with them for a while when they brush their teeth.

結果果不其然，去上課的時候遲到了。

As expected, this child was late for class.

有的同學都去升旗了，

All the students had gone to the Flag Raising Ceremony.

這個媽媽跟著孩子一起到學校去，一看，孩子沒有去升旗。

After the mother dropped her son off, she saw that he had already been late for the ceremony.

因為他們中午有回家休息，下午再去。結果這個母親看兒子回來蹦蹦跳跳還面帶微笑

As the students went home to rest at noon his mother saw him jumping happily with a smile on his face.

她想一定是老師沒有處罰他，不然怎麼一點慚愧的臉都沒有。

She thought it must be because the teacher didn't punish him. Otherwise, why didn't he show the slightest shame on his face?

假如你是媽媽怎麼辦？

If you were the mother, what would you do? What would you do?

所以教育這三個字要時時提得起來，要「慎於始」。

So, we must always remember these few words when educating children: make a cautious start.

孩子一開始的錯誤假如沒有修正過來，等他養成習慣，你到時候就要跟他拔河，就累了。

If a child's mistakes are not rectified at the beginning, you will get tired of playing tug-of-war with him when he has formed them into habits.

所以這個母親就主動打電話給他的班導師(班主任)，

This mother took the initiative to give his homeroom teacher a call.

就打來。她第一句話就跟班主任說：老師，我兒子今天遲到。

She began by telling the teacher, "My son was late for school today."

那位老師就說：我知道，沒關係，沒關係。

The teacher said, "Oh! That's okay, I am aware of it."

這位媽媽說：怎麼可以沒關係？

The mother said, "How could that be alright?"

接著這位班主任就說：我說沒關係，是想說你是不是又要來替兒子解釋說他為什麼遲到了。

Then the homeroom teacher replied, "The reason I said it's okay is because I thought you were going to explain on your son's behalf why he was late."

所以你看，從老師的反應就可以看得出來，現在孩子犯錯誰在幫他掩飾？

From the teacher's response, it can be seen that when children make mistakes now, who is helping them cover up the mistakes?

這是害了他。

This is harming the child!

所以接著這一位母親就跟老師說：老師，這大有關係，你下午一定要狠狠地教訓批評他。

Then this mother said to the teacher that being late is a great matter and requested him to discipline her son strictly in the afternoon.

結果這個老師就哈哈大笑，他說：現在還有母親來討批評教訓的！

The teacher burst out laughing and said that it was rare now to have a mother requesting a teacher to criticize and exhort her child.

所以，溺愛了孩子反而會怎麼樣？害了他。

So, what happens if you dote on the child? You are putting him at a disadvantage.

所以這一位小朋友下午回來，臉色怎麼樣？不怎麼好看。

When this little boy came home in the afternoon, what kind of appearance did he have? Not so good.

然後一進門，就去拿他買的鬧鐘，這個鬧鐘終於派上用場。

When he entered the house, he went to get the alarm clock he had bought; the clock had finally come in useful.

結果他很緊張，馬上調六點半，然後心裏比較安，就放在那裏。

He was very nervous and immediately set the clock for half past six. Then he felt more at ease and placed the clock there.

他母親看了就在那裏笑，就趕快跑過來跟他說：你調六點半，待會吃飯就響了。

His mother saw it and laughed. She quickly went over and said, "Setting the alarm for 6:30 will make it ring during dinner."

孩子想說調六點半，明天可以叫他，沒想到一天有二十四個小時，有兩個六點半。

The child was thinking that by setting the clock for 6:30, it would wake him up the next day. It never crossed his mind that there are twenty four hours a day. There are two 6:30's in a day. 所以他母親這麼一講，他才恍然大悟：對！吃飽飯以後再來調。

When his mother told him, he suddenly realized that it was true; he should only set the clock after dinner.

所以這個母親並沒有罵他，只抓住了這個機會教育點。

This mother didn't scold her son. She only grasped the right time to teach him.

這個孩子從此以後，不管他到哪裏，他的鬧鐘都帶在身上。

Since then, the child has brought his alarm clock with him wherever he goes.

所以就養成了這個好的習慣，就不會遲到，也不會賴床。

After developing that good habit, he has neither been late for school nor lazed in bed.

所以教育孩子我們也要時時掌握這些重要的時機點。

So, to educate children, we must always grasp these important timings.

Aspiration, Plan, and Living in the Present Moment

一個人如何珍惜時間？

How does a person cherish time?

從我們剛剛所敘述的這些故事，我們就可以掌握到，要先立志，

From the stories that I just told you, we must first let children set an aspiration,
再來也要有所計畫、有所規畫如何把孩子教好,

then we have to make a plan on how to teach them well;

我們的事業也有短期、中期、長期的目標,

just like we set short, medium, and long-term career goals,

這樣你才會知道這一步一步如何跨過去, 如何運用。

only then will we know how to move forward and how to use our time wisely.

接著, 我們也要少講一些無關緊要的話。

Next, we also have to minimize irrelevant speech.

你看人一打開話匣子, 聊多久?

How long do people spend chatting once they open their chatter-box?

一個小時、兩個小時, 那時間很快就流失過去。

One hour, two hours... Time would quickly be squandered away.

所以言語「話說多, 不如少」, 因為可以拿這些時間再好好學習。

So, it's better to speak less than talk too much because we can use this time for serious learning.

而且, 假如話說得太多, 這些話又傳出去, 又有一大堆是是非非, 你人就煩死了。

Besides, if we speak too much and our words spread, there will be a lot of troublesome rumors, then you will be gravely vexed.

另外, 也要少打煩惱。

In addition, we must reduce our afflictions.

有一個實驗研究的結果, 是百分之五十的煩惱是煩惱未來, 百分之四十的煩惱是煩惱過去,

There is experimental research showing that 50% of our afflictions are worries about the future and 40% are about the past.

只有百分之十是用在當下。

Only 10% of worries come from the present moment.

他們就做了一個實驗, 就叫所有的人把他現在在煩惱的事寫下來, 然後就放在抽屜。

They did an experiment by asking everyone to write down all their current troubles and put them in a drawer.

一個禮拜以後, 他們又來上課。

A week later, they returned to the class.

說: 來, 你們現在把上個禮拜在煩惱的事拿出來。一看, 百分之九十都是不需要煩惱的。

They were asked to take out all their worries from the previous week. After taking a look, 90% were found to be unnecessary.

他說: 好, 再放回去。

Then they were asked to put it back in the drawer.

又過了兩個禮拜(總共三個禮拜)再拿出來, 一看, 統統怎麼樣?

Two weeks later they took it out again and what was the result?

不需要煩惱。

All the worries were needless.

所以中國話有一句成語叫什麼? 杞人憂天。

So, there is a Chinese idiom which goes, "The man of Qi worries the sky might fall."

就耗掉我們很多的時間跟金錢。

Worrying too much will use up a lot of our time and money.

所以應該要努力的是增長智慧，下對抉擇，人生才會少走冤枉路。

So, what we need to put considerable effort into is to grow our wisdom and make correct choices. Then, we will make less mistakes in life.

所以投入學習的時間絕對不能減少。

We must never reduce time spent learning.

這裏是提到整個我們對於珍惜時間的一些觀念。

Mentioned here are some of the concepts of cherishing time.

Respect Oneself Before He Can Earn Others' Respect

我們接著看下一句。

Let's look at the next verse:

『晨必盥，兼漱口；便溺回，輒淨手』，

"When I get up in the morning, I will wash my face and brush my teeth. After using the toilet, I will always wash my hands."

這是提到一個人的整潔習慣。

Here it mentions our habit of tidiness and cleanliness.

俗話說的整潔為強身之本。

There is a proverb which reads, "Personal hygiene is the key to good health."

你要愛乾淨，身體才不會有一些病毒或者一些細菌，造成身體的損傷。

Only by practicing good hygiene can your body be free from harmful viruses and bacteria.

When a person really takes good care of his body, he is actually practicing filial piety too.

而當一個人真正愛惜身體，其實也在力行孝道，「身體髮膚，受之父母，不敢毀傷，孝之始也」，

As the *Classic of Filial Piety* states, "Our body--from every hair and bit of skin--is received from our parents, we must not carelessly injure or harm it. This is the beginning of filial piety."

《弟子規》也說「身有傷，貽親憂」。

Dizigui also states, "When my body is injured, my parents will be worried."

所以「謹」，看經文好像都是自己的事，

The verses in this chapter may seem to be talking about our own affairs,

事實上自己跟別人是互相關聯的，息息相關。

but in fact, we are closely related to others.

所以當我們自己身體搞不好，一定會讓這些至親替我們擔憂。

When our health is compromised, we will surely make our loved ones worry about us.

所以孔夫子在《論語》裏面有提到一句教誨，說道「父母唯其疾之憂」。

In *The Analects*, Confucius said, "Parents are anxious lest their children should get sick."

父母最擔憂的就是孩子的疾病，

Parents' biggest worry is simply their children taking ill.

這個「疾」我們可以當作生病看，也可以當作壞習慣、壞毛病看。

The word "illness" here can be regarded as falling sick and bad habits.

所以，愛整潔才不會身體受傷，然後生活有規律，這也是身體健康的重要因素。

Only by observing hygiene can we prevent our body from getting hurt. Leading a disciplined and routine life is also an important factor for good health.

再來，當你做事謹慎，就不容易犯很多過失，這也是讓父母能夠安心、放心。

Furthermore, when we are careful in carrying out tasks, we will not easily make a lot of mistakes. This will give our parents peace of mind too.

所以這個「疾」字我們可以廣義來解釋，

So, this "illness" can be broadly interpreted;

就是在身體健康、在為人處世當中，都不要犯不好的過失，以致於讓父母擔憂了。

other than keeping good physical health, we must also avoid bad habits and mistakes when interacting with people, as that would make our parents worry for us.

而一個人很愛惜身體、很愛整潔，也是對別人的尊重。

Taking good care of one's body and favoring cleanliness are also manifestations of respect for others.

所謂「自重而後人重」，

There is a saying which goes, "One must first respect oneself before he can earn others' respect."

當你自己重視整潔，穿衣服也穿得很整齊，人家就會敬你三分。

When we attach importance to tidiness and cleanliness by wearing our clothes neatly, others will respect us more.

當我們自己蓬頭垢面，身上又髒髒的，

When we have disheveled hair and a dirty body, how will others perceive us?

人還沒跟你相交往，已經對你怎麼樣？有所輕視，有所輕慢。

Before they start interacting with us, they would probably already disdain us. They would look at us with utter contempt.

所以當別人瞧不起我們，我們首先不要責怪別人，要先怎麼樣？

So, when others look down upon us, we cannot blame them in the first place. What should we do first?

先反觀自照，看看自己是不是在這些禮節當中有所缺失。

We should introspect ourselves and see if we are lacking in these etiquettes.

「晨必盥，兼漱口」，

"When I get up in the morning, I will wash my face and brush my teeth."

這是把我們的口氣能夠保持清潔。

This is to maintain our oral hygiene.

因為人與人每天在言語當中的交談很多，所以這一定要注意。

As people are engaged in a lot of verbal conversation every day, we must pay attention to this.

假如孩子不刷牙，那口氣很不好，

If children don't brush their teeth, they will have bad breath.

到學校去，他的人際關係會怎麼樣？

When they go to school, what will happen to their interpersonal relationships?

大受影響。當孩子從小人際關係不好，對他的自信心也是一種傷害。

They will be greatly affected. When children have bad relationships since childhood, it would negatively affect their self-confidence.

因為我們曾經帶過學生，是身體都很臟，所有的同學都排斥他。

In our experience, we have found that very dirty children are always rejected by all the classmates.

所以這個習慣的養成確實也是受到家庭的影響。

The formation of this habit is indeed affected by the family.

另外，我們成人假如有口臭，也會影響我們的人際關係。

Moreover, if we adults have bad breath, it will also influence our interpersonal relationships. 一個人有口臭，就是體內的毒素太多了，所以都溢出來了。

A person has foul breath because there are many toxins in the body which overflow to the mouth.

為什麼人的毒素會這麼多？跟他吃的東西有關，所謂「病從口入」。

Why do people have so many toxins? It's related to food intake. As the saying goes, "Illness enters through the mouth."

其中還跟一個因素很有關係，就是吃宵夜。

It's also closely related to one factor: late night supper.

諸位朋友常不常吃宵夜？不常。

My friends, do you often have late night supper? Not frequently. Good!

吃宵夜的人口臭的比例很高，

People who eat late night supper have a very high percentage of bad breath.

為什麼？因為他們在晚上十點多、十一點多，甚至於在半夜才吃下這些食物，有的又吃海產，又吃大魚大肉，一吃下去，過了一、二個小時他去睡覺。

Why is that so? Think about it, when people take the meal between ten and eleven at night or even at midnight, especially if they eat seafood or plenty of meat and go to sleep one or two hours after eating, what will happen?

一躺下去，身體所有的功能，只有兩個器官還在動。

As we all know, only two organs would continue functioning once they lie down.

哪兩個？心臟，心臟不跳就麻煩了，還有呼吸。

Which two? The heart, if this organ stops beating, it would be trouble.

其它的內臟都會跟你說：主人，我先關門休息一下，明天再來。

And breathing will continue. Other internal organs would tell you that they will stop functioning to take a rest, and will only continue working tomorrow.

所以胃也停止消化，所以這些食物、這些肉就在胃裏面怎麼樣？

Since the stomach has stopped digesting food, what would happen to the meat that you just ate?

在那裏發酸、發臭了。

It would turn sour and give off a foul smell.

因為體內，在胃裏面是胃酸，食物很容易壞，

Since there is gastric acid inside the stomach, the food will get spoiled easily.

且溫度又三十七度，所以這些東西很快就會腐敗。

Moreover, the body temperature is 37 celsius, so these foods will rot very quickly.

腐敗以後，這些毒素就會在你的全身循環。

After decomposition, these toxins will circulate throughout your body.

所以吃宵夜確實對身體有不好的壞處，這我們也要注意到。

So, eating late night supper is really bad for your health; we should also pay attention to this.

下一句「便溺回，輒淨手」。

The next phrase is, "After using the toilet, I will always wash my hands."

就是上完廁所，要把手洗一洗，時時注意到手上的清潔。

We must first wash our hands after going to the washroom. We should always be mindful of our hands' hygiene.

因為人吃東西都是會跟用手拿有關，假如手上有細菌，就容易造成身體的損害。

People normally use their hands while eating, so if there is bacteria on their hands, their body may easily be harmed.

除了上完廁所要洗手，還有哪一些時候必須要注意洗手？

Other than after using the toilet, when do we need to wash our hands?

飯前一定要洗手。

Always wash our hands before meals.

諸位朋友，你要多多去觀察，因為你講得愈細，孩子的警覺性就愈高。

My friends, we have to be more observant, because the more we explain to our children, the more alert they will be.

你不要忽略你這樣一點一點提，其實孩子的記憶力特別好，都會幫你記住。

Please don't ignore these little reminders here and there. Actually, children have excellent memory; they will remember what you have said.

因為我常常跟孩子提醒一些事，我自己都忘了，小孩都怎麼樣？都還會提醒我。

I often reminded children on some matters, and though I myself had already forgotten, the children would remind me.

常常看到很多大人在算錢(算鈔票)，然後一邊翻一邊怎麼樣？手指就舔一下，

We often see many adults counting money, what do they do while flipping the bills? They would lick their fingers.

這都是不良示範，要多注意。

This is setting a bad example and we must pay more attention to it.

所以這些生活習慣，要注意整潔，才能讓身體健康，

So, we must be mindful of maintaining cleanliness in such habits of life.

也可以當孩子的好榜樣。

Only then can we enjoy good health and be a good role model for children as well.

Straight in Three Areas When Wearing Clothes

我們接著看下一段經文，我們一起把它念一遍：

Let's look at the next phrase and recite it together once:

【冠必正。紐必結。襪與履。俱緊切。

"I must wear my hat straight and make sure to button my clothes. My socks and shoes should also be worn neatly and correctly.

置冠服。有定位。勿亂頓。致汗穢。】

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."

『冠必正，紐必結；襪與履，俱緊切』，

"I must wear my hat straight and make sure to button my clothes. My socks and shoes should also be worn neatly and correctly."

是提到一個人的儀容要端莊。

It is mentioned here that a person's grooming has to be dignified.

假如今天我在這裏演講，然後前面的扣子有兩個沒有扣，你們看了會怎麼樣？

If today I'm giving my lecture here and I didn't fasten two buttons in front, how would you feel when you see it?

可能一半的人都走了，連穿衣服都不會穿，還講什麼課。

Maybe half of the audience would have left the room. "He can't even dress properly, how is he qualified to teach?"

所以古代的人很注重儀容，

So, the ancient people attached considerable importance to grooming.

他們時時提醒自己要「三正」：

They always reminded themselves to wear their clothes straight in three areas:

第一個帽帶要正，第二個褲帶要正，第三個鞋帶要正。

firstly, their hats must be straight; secondly, their belts must be buckled straight; thirdly, their shoelaces must be tied straight.

所以時時都會檢查一下，帽子有沒有戴歪；

So, they would often check if their hats had become tilted.

然後褲子有沒有紮好，不然掉下去就麻煩；

Then they would examine if their trousers were properly fastened. Otherwise, it would be embarrassing if they slid down.

然後鞋子也要綁好，不要松松垮垮的，走起路來發出聲音，人家看了就會輕慢你。

Next, they would ensure that their shoes were properly tied, lest they make noise when walking and cause people to disdain them.

剛好有一次我去上課，時間比較緊迫。

Once, I was rushing to class because the time was quite tight.

在海口有一個交通工具叫摩的，你們聽過沒有？

In Haikou, there's a mode of transportation called "motorcycle taxi." Have you heard of it?

摩的的意思就是motorcycle的「的」，「的」就是像計程車，所以很多都是騎著摩托車載一個客人。

It's like a taxi, but it's a motorcycle. Many people would carry a passenger on their motorcycle.

我馬上就叫了一輛摩的趕到講課會場。

I quickly called a motorcycle taxi and rushed to the lecture venue.

到了以後，我就進去上課，沒遲到。

Upon arrival, I went straight to give the lecture and I was right on time, not late.

講完課，我走下來就去廁所。

After finishing, I went to the bathroom.

結果一照鏡子我的頭髮是翹起來的。

When I glanced in the mirror, I saw my hair was sticking up.

因為一路一邊坐車，風就一直吹。

Because when I was riding on the motorcycle, the wind kept blowing on me.

所以我在那裏講了兩個小時，居然都沒人告訴我。

I had been talking on stage for two hours but nobody told me about my hair.
後來我出來就跟這些中心的老師說：你們怎麼都沒提醒我一下？害我出糗兩個小時。
When I came out, I said to the teachers of our center, "Why didn't you tell me? It made me embarrassed for two hours."
所以我們處處要謹慎儀容，才不會出現這些糗事。
So, we must always be cautious with our appearance, then such embarrassment would not occur.

A Dignified Appearance Saved Zhao Xuanzi's Life

在春秋時代有一個大臣叫趙宣子，他是晉國的大臣。
During the Spring and Autumn Period, there was a minister called Zhao Xuanzi. He was a great minister of the State of Jin.
剛好那時候晉靈公在位，
At that time, Duke Ling of Jin was the ruler of the state.
晉靈公年紀不大，還小，很不聽話，都不知道好好愛護人民。
As the Duke was still young, he didn't know how to love his people and refused to listen to others' advice.
趙宣子他很忠誠，就常常直言不諱勸他的君主。
Zhao Xuanzi was a very loyal person. He often gave frank advice to his monarch without qualms.
結果晉靈公居然起了歹念，派殺手鉏麇（一個很有力氣的人），就要去把趙宣子刺殺。
But Duke Ling gave rise to an evil thought and sent an assassin, Chu Ni, a very strong person, to assassinate Zhao.
剛好早朝都是很早的時間，所以鉏麇是抓在早朝以前的時間就到了趙宣子的家裏。
Morning court was always held early, so Chu Ni went to Zhao Xuanzi's house very early in the morning.
結果一看，因為趙宣子起得太早，所以他已經把整個朝服穿得整整齊齊，正襟危坐，在閉目養神。
As Zhao rose very early, he was already neatly wearing his court uniform and sat in repose with his eyes closed to conserve his energy.
而他這種儀容、威儀，鉏麇一看非常地感動，
When seeing his dignified appearance and manner, Chun Ni was deeply touched.
他說：這個趙宣子在無人見到的地方都如此恭敬，想必在有人的時候也都一定是非常的認真辦理國事，對人一定都非常的謙遜、恭敬才是。
He said, "Zhao Xuanzi is so respectful even in solitude, in the presence of other people he surely handles the state's affairs very seriously. He would certainly treat people with profound modesty and respect."
所以他說這樣的人絕對是國家的棟梁、是人民的主人，
So he said, "Such a person must be the country's pillar and the people's master, I can't kill him. I can't kill him. If I were to kill him, I would not be loyal anymore."

可是因為是晉靈公，是國君交代他的事，假如他沒有做，他就不信（沒守信用），
But, it was the Duke's instruction, it would be a breach of credibility if he didn't perform the killing.

所以鉏麇當場就對著那棵槐樹就撞頭自盡。

So, he committed suicide by hitting his head against a locust tree.

所以從這個故事我們可以體會到，當一個人儀容端莊，就能贏得他人對他的尊敬。

From this story, we can derive that when a person is properly groomed, he would win the respect of others.

也由於這樣的恭敬態度救了自己一條身命。

And owing to this respectful attitude, Zhao Xuanzi had saved his own life.

所以這一些生活的細節我們也不可不慎。

So, we also can't be reckless in such details of life.

好，這一節課我們先上到這邊，謝謝。

We will stop here for today. Thank you.