

Building A Happy Life (23)

- a foundation for Mahayana Buddhism practice

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Confucius Teachings On

淨空老法師 鑑定

Validated by Master Ching Kung

蔡禮旭 老師 主講

The Speaker: Teacher Tsai LiXu

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The Etiquette of Proper Personal Grooming

諸位朋友，大家早。

Good morning my friends!

昨天我們的經文是講到：

Yesterday we stopped at this phrase:

【步從容。立端正。揖深圓。拜恭敬。

"I will always walk with a composed bearing and stand with an upright stance; I will always give a deep bow to show my reverent salute.

勿踐闕。勿跛倚。勿箕踞。勿搖髀。】

Do not step on doorsills, or lean on one leg; do not sit with legs apart, and do not rock legs while sitting down."

『立端正』，我們稍微復習一下。

"Stand with an upright stance." Let's review a little.

在女士，站的時候可以這樣子站，然後這個手，右手放在左手上面，

For ladies, you can stand like this. Your right hand can be placed on top of your left hand.

您穿裙裝的話可以放低一點，假如穿褲裝，手可以擡高一點，這是女士，

You can lower your hands a bit if you're wearing a skirt; if you're wearing pants, you can slightly raise your hands. This is for ladies.

也可以直接這樣平站就可以，也可以雙手自然下垂，也可以，

You can also stand straight like this and let your arms hang naturally at your side.

反正我們就是動作要優雅就對了，這樣子站就可以。

Anyway, our movements must look elegant.

男士要有大丈夫的氣概，所以雙腳與肩同寬，直視前方，這是站的姿勢。

Men must have the spirit of a great man. Feet should be shoulder-width apart. Face forward.

This is the standing posture for men.

再來，我們昨天示範到坐。昨天也提到我們老祖宗教導我們要「立如松，臥如弓，行如風，坐如鐘」。

Yesterday, we demonstrated sitting and said that our ancestors have taught us to "Stand like the pine trees, lie down like a bow, walk like the wind, and sit like a clock."

昨天是先提到了女士的坐法，雙腳要並攏，也是右手放在左手上面，然後放在左腳上

Yesterday, I first showed you the sitting position for ladies: legs together, right hand placed on top of left hand, both hands placed on the left lap.

這是女士的坐法。

This is the sitting posture for ladies.

我們今天示範男士的坐法。男士的坐法，雙腳可以微微打開，然後雙手很自然放在你的大腿上。

Today, we'll demonstrate the sitting posture for men. Men can sit with both legs slightly apart and place both hands naturally on one's lap.

諸位朋友，這個姿勢你有沒有熟悉的感覺？

My friends, are you familiar with this pose?

在三十年前，家庭裏面在照團體照的時候，誰的姿勢都是這樣？

Who posed like this in the family photo thirty years ago?

父親的姿勢都是這樣，那時候坐這個樣子很有威嚴。

This is the posture of a father. It is very dignified.

我剛好在汕頭講課，我也是很標準就坐這樣，結果那個攝影師一直叫我腳合起來，腳合起來。

When I was giving a lecture in Shantou, I sat like this but the photographer kept asking me to put my feet together.

我不知如何是好，我就慢慢稍微合一點，但是也不可以太合，

I didn't know what to do, and slowly put my feet closer together, but not too close.

你看男生假如坐這樣，感覺怎麼樣？好像很小家子氣。好，這是坐的姿勢。

When men sit like this how do you feel? They would seem petty in demeanor. Alright, this is the sitting posture for men.

在坐的姿勢當中，我們也要註意一些細節。就像經句上提到的

While sitting, we must also pay attention to some details, mentioned in this phrase:

『勿踐闕，勿跛倚；勿箕踞，勿搖髀』。

"Do not step on doorsills or lean on one leg; do not sit with legs apart, and do not rock legs while sitting down."

這「勿踐闕」，在站或者在坐的時候不要去踩東西。

"Do not step on doorsills" implies that whether we're standing or sitting, we must not step on things.

比方說，古代有那個門檻，你踩這樣，那個姿勢就很難看，也讓人家覺得你很輕慢、很隨便。

For example, in ancient times if you stepped on a doorsill, your posture would be unsightly and people would think that you were very frivolous.

而且東西讓你踩久了會怎麼樣？容易壞掉，所以這也是一個惜物的態度。

Moreover, what would happen if you stepped on it repeatedly over time? It would break easily! So, this is also an attitude of cherishing things.

現在很多小孩子坐在椅子上，他可能腳是踏在椅子的桿子或者桌子的桿子上，所以這都要及時修正。

Nowadays, while sitting on a chair, many children would step on the crossbars of the chair or table. This must be promptly corrected.

像我們在帶讀經班，看起來都坐得不錯，可是往底下一看，那就千奇百怪都出來了。

Like in our classics class, the students seem to be sitting properly, but when we look under the table, we see all sorts of strange poses.

有的念的時候腳底下是在那裏左右晃腿「弟子規，聖人訓」，有的就踩在椅子，還有桌子的桿子上。

While reciting *Dizigui*, some were swinging their legs, or stepping on the chair's or table's crossbars.

還有情況是突然上課上到一半，有孩子的椅子就倒下去了，為什麼？

Sometimes a student's chair would suddenly collapse halfway through class. Why did this happen?

那個椅子的桿被他踩斷了，就倒下去。

He had stepped on and broke the chair's crossbar.

所以孩子很多動作我們都要適時給他修正，他才會習慣成自然。

We have to quickly rectify many children's behaviors, only then will they naturally develop good habits.

所以勿踐闕。他已經習慣的話，你要不厭其煩的提醒才行。

If they've already made it a habit to step on things while sitting, you have to tirelessly remind them.

「勿跛倚」，就是站的時候歪一邊或者靠東西，這都很不好。

"Do not lean on one leg" means standing askew or leaning on something; either posture is bad.

當他連站的時候都這麼隨意、這麼隨便，你敢把重要的事情給他做嗎？

When even his stance is so frivolous, would you dare to let him handle important tasks?

相信小事都這麼忽略，大事的時候也不可能突然變謹慎。

Surely when one is so negligent in small matters, it's impossible that one would suddenly become very prudent in big matters.

所以「勿以善小而不為，勿以惡小而為之」。

As the saying goes, "Don't stop doing the good deed just because it is insignificant; don't commit the bad deed just because it is small."

一個人大的能力也都是從小地方開始紮起，一個人不好的行為也都是從生活細節開始忽略掉的。

a person's ability to do big things is nurtured from small things, and his bad behaviors are attributed to neglecting the details of everyday life.

下一句「勿箕踞」。

Next, "Do not sit with legs apart."

箕是畚箕。畚箕，因為它那個口開得很大，

In the text, the wicker scoop with a wide opening signifies one's improper sitting posture.

所以勿箕踞的意思就是坐下去兩腳不要開得很開，這我就不要示範了。

We must not sit with our legs sprawled out just like a wicker scoop with its wide opening. I'm not going to demonstrate this.

你開得很開，看起來就很不文雅，

When you sit with two legs wide open, it will look very inelegant.

假如又是女性，可能就要惹人非議，人家講我們的閑話就不好。

If ladies were to sit like this, they would invite criticism from others; it's not good when others gossip about us.

「勿搖髀」，就是坐下來的時候會晃腿，有的還不是左右晃，還會怎麼樣？上下晃。

"Do not rock legs while sitting down" means shaking the legs when one sits down. Some people not only rock their legs horizontally but also vertically.

我們曾經去參加會議，旁邊有一些主管從頭晃到尾，我們頭都有點暈了。

We used to join a meeting where some of the managers next to us kept shaking their legs from the beginning to the end until we felt a little dizzy.

假如你在上課的時候，前面的人也是在那裏一直晃，你可能會很難受。所以這個習慣要改掉。

If during a class, the person in front of you does the same, you may feel very uncomfortable. This habit must be changed.

人的行為為什麼會這樣？為什麼一個人講話要必須在那裏晃？

Why do people behave like this? Why must a person rock his legs while talking?

他的內心狀態怎麼樣？焦躁不安。

How is his inner state? Restless!

當他內心焦躁不安，跟你在談話的時候，其實都是在應付，不得不做。

When his mind is unsettled, he is actually merely coping with you when talking to you.
而很多他覺得很重要的事，比方說孩子的教育或者家庭夫妻關係，他都沒有辦法解決，所以一直都掛在心上，

Many things are important, such as his children's education or the relationship with his wife, yet he has not been able to solve them and they are always on his mind;
但是每天又不得不把這些必須要趕快去忙的事情去做，他的心就一直沒有辦法完全專註在當下去用心，
when facing the work that needs to be done everyday, he thus cannot fully concentrate on the tasks at the present moment.

所以他一焦躁，身體就開始晃動了。

Feeling anxious, he would start rocking his body.

所以現在的人確實也是生活得很不簡單，因為要讓心安下來，這是一個很大的工程。

It's true that people today are living rather complicated lives because it takes supreme effort to calm down the mind.

所以，一來要提升我們的智慧，二來也要從外在的行為時時保持警覺性，

Firstly, we must grow our wisdom and secondly, we must stay vigilant in our external behavior.

常常觀照自己的言語還有自己的肢體、動作是不是有不恰當之處，

By constantly watching if there is any inappropriateness in our language or bodily actions, 久而久之，你的這些言語行為就會內化，時時保持一個恭敬，保持禮節的分寸。

we can gradually internalize and maintain these respectful and courteous attitudes.

所以「勿踐闕，勿跛倚，勿箕踞，勿搖髀」。

So, "Do not step on doorsills or lean on one leg; do not sit with legs apart and do not rock legs while sitting down."

經文裏面還有提到『揖深圓，拜恭敬』。

This passage also mentions, "I will always give a deep bow to show my reverent salute."

鞠躬的時候，我們要鞠下去，這叫九十度鞠躬。

When bowing, we must bend down. This is called 90-degree bowing.

有一位朋友他第一天來上課，看到別人都互相問候，他也是跟人家點一個頭。

There was a friend who came to class the first day and gave others a nod when he saw them greeting each other.

後來第五天上完課要回去的時候，他就到我們老師前面來，

After the class ended on the fifth day, he wanted to give us teachers three very formal bows, 他說他前面鞠的躬都不算數，因為不是打從內心的恭敬，所以現在要很正式對我們講課的老師行三鞠躬禮。

he said that his previous bows were considered invalid since they were not done out of inner respect.

所以我們這個鞠躬的動作是不是從內心出來，自己知道，別人也感受得到。

Whether or not our bow comes from our inner heart, we know it and others can sense it too.

禮節確確實實不是做表面的，而是要「誠於中，形於外」。

In fact, propriety isn't a superficial act, but must be "sincerely harbored within and then it will naturally exhibit outwards."

這是提到我們整個威儀的部分。

This part teaches us to maintain a dignified manner.

Cultivate Cautious Manner in Daily Life

接下來我們就下一段經文，先讀誦一遍：

Let's recite the next phrase once:

【緩揭簾。勿有聲。寬轉彎。勿觸稜。

"I will lift up curtains slowly without making noise, and I will always make turns widely so as not to bump into anything.

執虛器。如執盈。入虛室。如有人。

I will hold empty containers carefully as if they were full and enter an empty room as if someone is there.

事勿忙。忙多錯。勿畏難。勿輕略。

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.

鬥鬧場。絕勿近。邪僻事。絕勿問。】

I must stay away from rowdy places, and I must not ask about things that are heretical or unusual."

我們看這一段經文，它大體上就是讓我們養成一種心細膽大的態度，

This paragraph basically helps us to develop a careful yet bold attitude.

我們常講要膽大心細，所以在做很多動作盡量要放柔和、放恭敬。

We often say that one should be courageous and prudent, we must try to be gentle and respectful in our actions.

但是面對一些挑戰的時候要不怕困難，所以『勿畏難』。

But don't be afraid of difficulties when facing some challenges.

因為心細，所以做事很謹慎，自然而然就不會出狀況，

When we are very careful with our work, naturally nothing unfavorable will happen.

所以膽大心細都是在生活的細微之處開始培養。

So, boldness and cautiousness are nurtured in the subtleties of our everyday life.

我們來看第一句『緩揭簾，勿有聲』。

Let's see the first line: "I will lift up curtains slowly without making noise."

當我們在揭簾子的時候要輕手輕腳，拉，不要發出太大的聲響。

When we open a curtain, we must do it gently and quietly.

因為人都是群居在一起，互相工作，互相生活，所以我們的一舉一動是不是造成別人的困擾、別人的煩惱？這我們要有這樣的敏感度去觀照。

Since humans live and work in groups, we must have the sensitivity to observe if our deeds and actions bring troubles and afflictions to others.

比方說，旁邊有人在睡覺，你開簾子的時候，噯！

For example, someone next to you was sleeping and you made a noise while drawing back the curtain.

他說不定已經兩三天沒睡好，好不容易入眠了，你這一個動作可能又讓他睡不著覺了。

Perhaps he hadn't been sleeping well for two or three days and could finally fall asleep but your action might have woken him again.

或者我們在圖書館裏面，你要去揭一個簾子，圖書館是看書的地方，大家都很安靜，你假如去拉簾子拉得很大聲，可能會有人被你嚇了一跳。

Or if you pull back a chair very loudly in the library, a place for reading where everyone is very quiet, you may startle others with this sudden noise.

所以「緩揭簾，勿有聲」，雖然是一個揭簾子的動作，也是告訴我們，我們處處每一個言語動作是不是會讓別人覺得不安？

Even though this phrase merely mentions drawing a curtain, it also tells us we must be cognizant of whether our every deed and speech will make others feel restless.

這個聲音會不會過大？

Are we making too loud a noise?

當我們時時會去想到，替別人著想，心也會愈來愈柔軟。

When we can always be considerate of others, our heart will become softer and gentler.

當你的心愈來愈柔軟，你就是真正在落實仁慈之心。

Then, we are truly implementing kindness.

在生活當中，還有哪些時候會因為我們的聲音過大而造成別人的煩惱？哪些時候？
In daily life, when else will our extremely loud voice cause others distress? When?

比方說我們這幾天都住在一起，晚上假如走路很大聲，必然會吵到別人。

For example, we're staying together these few days; if you walk very loudly at night, you will surely disturb others.

再來，晚上假如起來上廁所，一開門，你力氣很大，可能很多人都怎麼樣？吵醒了。

Let's say we wake up at night to go to the bathroom, if we open the door loudly, we may wake many people.

我記得在澳洲學習的時候，盧叔叔還告訴我，晚上起來上廁所一定要放輕，

I remember when I was in Australia, Uncle Lu even told me that when we get up at night to use the toilet, we must make sure our movements are light.

而且絕對在沖馬桶的時候要確定門是關著的，

We must ensure the lid is shut when we flush the toilet.

不然沖馬桶那麼大的聲響，會吵到很多人的安寧。

Otherwise, the loud flushing sound will disturb many people.

所以一個人是否有學問，在哪裏看？

How can you tell if a person is wise and knowledgeable?

我們說替人著想是第一等學問。而替人著想可不是用嘴巴說的，而是點點滴滴落實的。

We say that being considerate of others is the first level of knowledge; this is not done through words, but by practice, bit by bit.

除了走路聲、關門聲不可以太大，比方說大家一起吃飯，吃的時候不可以聲響太大。

Apart from not walking and closing the door loudly, we must also avoid making too much noise when eating together with everyone.

假如你吃飯很大聲，所有的人在吃的時候都覺得很不舒服。

If you eat very loudly, people will feel very uncomfortable while having their meals.

為什麼吃飯的時候聲響會特別大？嘴巴沒有閉起來。

Why do people make so much noise when eating? Their mouths aren't closed.

所以我也跟很多朋友提過，吃飯的時候嘴巴要閉起來，因為我們不只代表自己，

I've also mentioned to many friends that we must close our mouths while eating because not only are we representing ourselves,

我們是代表公司、代表團體，甚至於你到外面去旅遊，你是代表什麼？代表中國人，

but also our company, a group, and even the Chinese people when we go out traveling.

所以你的動作要處處提醒自己。

You have to constantly remind yourself of your behavior.

上一次我們也提過在巴黎的聖母殿寫了一行中國字，

In a previous lesson, we mentioned that there was a sentence in Chinese characters written inside Notre Dame Cathedral in Paris.

什麼中國字？「請勿大聲喧嘩」。

What were those words? "Please don't talk loudly!"

寫給誰看？人家是聲名遠揚，我們怎麼是這樣的結果。

For whom it was written? Our infamous reputation spreads far and wide; how did we end up like this?

所以今天中國人到公共場合上去會大聲喧嘩，也代表他在家裏也是。

Today, when the Chinese talk loudly in public areas, it means that they're doing the same at home.

所以一個人的修養絕對是在家中培養，絕對是在沒有人看到的時候就在落實。

A person's moral conduct is definitely nurtured in the family, and is certainly determined when no one sees it.

所以中國人特別強調「慎獨」的功夫，

That's why the Chinese place great emphasis on being watchful over oneself when alone.

當我們一個人的時候，我們的動作、我們的言語依然都是要放輕、放緩，

When dwelling in solitude, our movements and speech must also be light and gentle.

這樣習慣自然了，自然在公共場合都能夠做得出這樣優雅的行為動作。

When this habit becomes natural, we will be able to behave elegantly as such in public.

所以，當我們在機場看到很多孩子在那裏大吼大叫、跑來跑去，我們也要適時的製止這些孩子的行為。

When we see many children shouting and running hither and thither in the airport, we should also promptly stop them.

你就把這個巴黎聖母殿的故事講給他聽，告訴他，我們臉可不能丟到全世界去。

You can then relate the story of Notre Dame Cathedral in Paris to them and tell them that we can't tarnish our reputation worldwide.

你看這個機場上有這麼多的外國人，他一看你這樣，你們臺灣的孩子怎麼教育成這個樣子？你們中國人怎麼教育成這個樣子？這樣就很不好。

You see, there're so many foreigners in the airport! When they see us misbehaving, they would wonder how come the Taiwanese and Chinese children are educated to act like this!

That would be very bad on us!

當我們有這個敏感度，你可能會在生活點點滴滴當中，開始對這一句經文有更廣的體會。

When we have this sensitivity, we may gradually have a broader understanding of this phrase in every detail of our life.

比方說半夜回來拿鑰匙開門，你也會放輕。

For example, when you come home at midnight, you'll quietly get out the key to open the door.

當我們半夜開車回來，你也會趕快把引擎關掉，因為你對於那個聲音的敏感度已經愈來愈高。

When we drive home in the middle of the night, we would quickly turn off the engine too, because your sensitivity to sound has already increased.

這就是觀照的能力形成。

This is how the power of observation is formed.

「緩揭簾」，除了聲響不要影響到別人之外，也是一種愛惜物品。

For this phrase, "I will lift up curtains slowly without making noise," other than not letting sound affect others, we're also cherishing things.

因為你用東西的時候輕手輕腳，它就不容易壞掉。

Because when we use things gently, they won't easily break.

假如我們平常用東西都很粗魯、很大力，這樣本來這個東西可以有五年、十年的壽命，可能用不到一年就壞掉了。

In contrast, if we usually use things very roughly and forcefully, their original five to ten years' lifespan may be reduced to less than a year.

所以從這個惜物的觀念當中，我們也要時時提醒自己不要太粗魯。

From this concept of cherishing things, we must also constantly remind ourselves not to be overly clumsy.

比方說穿衣服，假如你很粗魯，衣服很容易就扯破了。

For example, if we put on clothes very roughly, they will get torn easily.

所以這都要提醒小孩，從小地方珍惜物品。

It is crucial to remind children to cherish the little things.

當你的動作都能輕柔，生活當中就不會常常發現扯壞東西、摔壞東西，或者是撞到東西這樣的情況發生了。

When your movements are very light and gentle, you won't wreck things by tearing,

dropping, or knocking them down.

我小時候也是常常受傷，不是這裏刮一條痕，就是牙齒又摔斷了，所以也是常常傷痕累累。

I was often injured too when I was little; if it wasn't scratches it was broken teeth, so I often had multiple wounds.

我還記得有一次是跑到廚房去，滑倒，好幾顆牙齒都撞壞了。

I still remember I once slipped and had several teeth broken when I ran to the kitchen.

一直到我在大學時候開始用功學習，然後讀了一些經典，這些情況就慢慢減少，

It wasn't until I started learning assiduously and reading some classics in college that this type of situation gradually lessened.

現在就很少會這邊破一個洞、那邊刮傷了。

Now I rarely get cut or scratched.

確確實實人為什麼會有這麼多的受傷？

Why do people have so many injuries?

最主要的原因在心，粗心大意才會表現出莽撞的行為。

The main reason is in the mind: carelessness gives rise to reckless behavior.

The Root for Children's Proper Behaviors and Habits

所以一個人要修正自己要從根本下手，就是從這一顆心開始調伏。

A person who wants to cultivate himself must begin from the foundation of rectifying his mind.

而這一顆心的調伏，又要從生活的點點滴滴事相當中去用心，善於學習。

To do this, he must strive hard to learn from every aspect of life.

所以「緩揭簾，勿有聲；寬轉彎，勿觸稜」。

So, "I will lift up curtains slowly without making noise, and I will always make turns widely so as not to bump into anything."

我們在學校裏面，這是孩子很常犯，常常一不小心，眼睛不知道看到哪兒去了，就去撞到桌角。

Children often do this in school. They don't watch where they are going and carelessly hit the corner of the table.

撞到桌角滋味怎麼樣？很痛，保證會黑青，會受傷。

How does it feel running into the edge of the table? Very painful! They are guaranteed to get bruises and injuries.

所以從這一句經文我們也可以引伸到，告訴學生處處要註意自己的安全。

From this phrase, we can also further tell students to watch out for their own safety at all times.

我們假如仔細去了解，現在的孩子意外死亡率愈來愈高，因為他們沒有那個敏感度。

If we carefully observe, the rate of children dying from accidents is now on the rise because they don't have the sensitivity to danger.

所以成人，老師也好、家長也好，都要時時提醒，不然到時候意外造成就為時已晚。

As adults, teachers, and parents, we must always remind children to exercise carefulness before it's too late.

現在很多孩子喜歡飆車，這都是對自己的安全都沒有一種敏感度。

For example, many youngsters today love to race cars. This is being insensitive to one's own safety.

我們再進一步去思考一下，孩子為什麼會去飆車？為什麼？

Let's think about it, why do youngsters race cars? Why?

我們確確實實不能在結果停留，要把原因找出來，才能把這些情況做改善，內心空虛。

Indeed, we can't remain frustrated at the effect, we must find the reason so that we can improve the situation. It's inner feelings of emptiness!

所以當他不知道人生的目標在哪，人生的本分在哪，他就很可能遊手好閑，到最後誤入歧途。

When one doesn't know his objectives and duties in life, he would very likely spend his time in idleness and go astray in the end.

他為什麼覺得空虛？因為他覺得他沒什麼價值。

Why does he feel empty? Because he feels that he's worthless.

我們假如進一步去了解這些孩子的家庭，很多都是因為缺乏父母的關愛。

If we further tried to understand these children's family backgrounds, we would find many of them lack parental love and attention.

所以我們當老師就有一個深刻的體會，你對這個孩子愈關心，他的進步就愈大。

We teachers have a deep understanding: the more you care for a child, the greater his progress would be.

我記得我在兩年前帶了一個班級，這個班級是全校最吵的、最難管的。

I remember a class I was teaching two years ago. This class was the noisiest and most difficult to handle in school.

剛好他的老師教了四十年的書，覺得實在是太難帶了，

It happened that this class's previous teacher had taught for forty years and felt that this class was really too unmanageable.

六年級下學期他就不帶，他在六年級上學期就退休了，所以下學期就必須有一個代課老師來帶。

This was a sixth grade class, and this teacher retired after the first semester, so a substitute teacher was needed the second semester.

剛好我從澳洲回來，我南師的同學就打一通電話給我，他說：

I happened to return from Australia and a classmate of my Teacher Training College called me and said,

我們學校有一班很不好帶的班級，你要不要來帶？

"Our school has one class which is very difficult to handle. Would you like to come and teach this class?"

他不說最難帶的，我還不一定會去帶；他說最難帶的，我們馬上說好。

Had he not mentioned that the class was the most problematic, I might not have considered it.

When he said that it was the worst class to manage, I immediately agreed.

俗話說「不入虎穴，焉得虎子」，

As the saying goes, "How can you catch a tiger cub if you don't enter the tiger's lair?"

《弟子規》也說「勿畏難」。因為我們當老師就希望自己的能力能夠成長得愈快，往後自己的學生才能得到更大的利益。

Dizigui also says, "I must not be afraid of difficulty." As teachers, we hope to improve our abilities sooner, so that our future students can obtain greater benefits.

假如一帶就可以帶這麼難帶的，那我一定可以進步不少。

If I could successfully teach such an unmanageable class, then I would definitely make substantial progress.

所以透過這樣的一個機會，我就去帶這個班。

So I jumped at the opportunity.

結果，他的老師就開始給我介紹，從一號介紹到最後一號。

The teacher introduced the background of each student to me.

一號怎麼樣怎麼樣，二號奶奶帶的，不好管，三號，夫妻（爸爸跟媽媽）離婚了。

The first three students that he introduced were either taken care of by the grandmother or the parents had already divorced.

就一直這樣講過來，我們也感受到現在的家庭問題很大，可能四分之一都是單親家庭。

As he went on, I could feel that family problems today are very serious. Perhaps a quarter are children of single-parent families.

有一些不是單親家庭，也不見得能得到父母的關懷。

Some weren't from single-parent families, but they didn't necessarily receive their parents' care.

我就曾經打給一個家長，他就說：老師，我每天賺錢都忙不過來，

I once called a parent and he said, "Teacher, I have been extremely busy making a living every day.

早上比我兒子早出門，晚上比我兒子晚進門，我也不知道他在幹什麼。

I leave the house earlier than my son in the morning and at night, I come home later than him, so I don't know what he has been doing."

因為他的孩子上網路，已經學習到很多很汙染的東西了，父母都完全不知。

His son had been polluted by the internet, but his parents were still in the dark.

父母到底為什麼這麼努力賺錢？為的是什麼？

Why do parents work so hard to earn money? For what reason?

不就是為了有一個更好的家庭，更好的下一代。

Isn't it purely for having a better family and next generation?

你看，賺錢賺到最後真正的目的都忘記了。

You see, they're so immersed in making money that they have forgotten their real intention.

所以我們一邊聽也是覺得很心酸。

So, while I was listening to him, I felt very sad.

當這位老師把十九個同學介紹完，他就說（因為十九個是男生，十七個是女生）

When this teacher had finished introducing the seventeen girls' and nineteen boys' backgrounds,

男生就這麼四、五個比較乖一點，其它的都不好管。

he said that out of nineteen male students, only four or five of them were more well-behaved; the rest were hard to manage.

諸位朋友，假如你聽到這裏會怎麼樣？會不會覺得有點緊張？

My friends, what if you heard this? Would you feel a little nervous?

只剩下四個多月的時間而已，要帶這個班。

There was only a little more than four months left for me to teach the class.

就在這個時候，我就生起了一個念頭，孩子犯錯就是我們教他的好時機出現了，

At that moment, I had an idea: when children make mistakes, it's a good opportunity for us to teach them.

你要抓住，絕對不可以在那個當下亂發脾氣。

You must seize the opportunity and never lose your temper in that moment.

所以當我們有這個態度，自然而然就會歡喜的去接受這個因緣。

When we have this attitude, we can naturally and gladly accept such opportunities.

現在假如我們老師沒有這樣的心理狀態，比方說孩子又犯錯了，你的火氣就上來了：

Now if we teachers don't have this mental state, when students make mistakes we will fly into a rage,

你怎麼又這樣，給你講多少次了！

"How could you do this again, I've told you so many times!"

當你用這樣的態度，學生在他的心裏他會怎麼想？

When we use such an attitude, what would the students think?

他會想老師很兇；他會想，老師已經罵過我了，一筆勾消，

He would think that the teacher is very fierce, and since he had already been scolded, his faults had been written off.

所以下一次犯錯的時候，不要被老師看到就好。

He would just avoid letting the teacher see his mistakes the next time.

他就不是從這個錯誤當中去反省、去改過。

He wouldn't introspect his mistakes and correct them.

所以很多機會教育點，我們為人師要好好掌握住。

So, we teachers must grasp many golden opportunities to educate children.

The Moment Children Make Mistakes Is the Best Teaching Opportunity.

我這個態度是從哪裏學習來的？

Where did I acquire this attitude?

我很幸運在這幾年當中遇到非常多好的長者、好的老師。

I'm very fortunate to have encountered so many virtuous elders and teachers in the past few years.

為什麼我會遇到這麼多好的長者、老師？遇到是結果，原因在哪？

Why was I able to meet these elders and teachers? Being able to meet them is a result, what are the causes?

原因是不是拜拜拜得多？

Is it because I've been praying a lot?

原因在有恭敬的態度，原因在我們有一分心希望能夠在教育這個領域當中利益學生、利益社會。

It's attributed to a respectful attitude and our sincere hope to benefit students and society in the teaching field.

俗話說「人有善願，天必從之」。

There's a saying which goes, "When one has a good aspiration, heavenly beings will surely bless and support him."

當我們有善良的存心，一定會得到上天的垂愛，會有很多很有道德的長者來幫助你。

When we have wholesome intentions, we'll certainly be loved by heavenly beings and assisted by many virtuous elders.

我那時候還在補習班補習，都還不是正式老師。

At that time, I was still taking classes in a cram school and wasn't a formal teacher yet.

剛好我的一個小學同學他來找我，他跟我說他交了一個女朋友。

It happened that an elementary school classmate of mine came to tell me that he now had a girlfriend.

我這個同學很老實，二十幾歲才交女朋友，第一個女朋友。

This classmate is very honest; he didn't have his first girlfriend until his twenties.

因為我已經跟他十多年的交情，快二十年了，他說要帶到我們家來，我說好，好！就一起認識一下。

As we've been friends for almost twenty years, he told me that he wanted to bring his girlfriend to my house. So I agreed to meet her.

結果在跟他女朋友交談的過程當中，她女朋友左一句我們老師說，右一句我們老師說。

In the process of talking to his girlfriend, she kept citing what her former teacher had said.

假如她是幼兒園或者小學生，我還不意外。

If she were a kindergarten or primary school student this would not be surprising to hear.

我們來看一下，三、四歲的孩子他的很多言語當中都會夾「我爸爸說、我媽媽說」，

Let's think about this: a three or four-year-old child would often quote his parents by saying, "My dad said" or "My mom said."

所以在幼兒園以前，他最尊敬的人是父母，

So, before kindergarten, he respects his parents more than anyone else.

所以這個時候你把很重要的做人做事態度教給他，他就終身受用。

At this time, by teaching him important attitudes for how to conduct himself and handle

matters, he will benefit for a lifetime.

上了小學，孩子的話變成「我們老師說」。

After attending primary school, the child's speech would change to: "My teacher said."

上了初中、高中，「我同學說」。

When he enters junior high school and high school, he would say, "My classmate said."

所以你看，一個人生命當中對他影響最大的會隨著年齡層而不同。

You see, throughout a person's life, the people who have the greatest impact on a person will change with age.

出了社會以後，可不要某一個歌星說。

After entering society we must not say, "So and so singer said."

可能是上師，或者我們懂得趕快深入聖賢經典，

We may cite the words of our spiritual advisors.

那可能就是「孟子說」、「孔子說」，

Or if we could quickly delve deeply into the sages' classics, we could even cite Mencius and Confucius.

這樣透過聖哲人的提醒，我們就可以不斷成長。

By reminding ourselves of their virtuous teachings, we can constantly grow our wisdom.

因為他女朋友也已經二十多歲了，都能夠時時提到老師，讓我很驚訝，

His girlfriend was already in her twenties, yet still always mentioned her teacher.

好像這個老師的地位跟她父母是一樣的。

This surprised me because it was as if the teacher's status was on par with her parents'.

我愈聽愈感動，所以就提出要求說：我可不可以認識你們老師？是她的小學老師。

The more I listened to her, the more I was touched. Thus I made a request to get acquainted with her primary school teacher.

結果她也很歡喜，就答應說：好，我跟我們老師說一說。

She was elated too and said that she'd let her teacher know.

結果當天晚上我就覺得自己太匆促了，人家不知道老師有沒有空，我馬上就提出要求，太唐突了。

That night, I felt my request was too abrupt because her teacher might not be free to see me.

所以我就打一通電話跟她說：我看算了，改天比較有時間再說。

I gave her a call and said, "I think we can just forget about the meetup and make it another day when your teacher has more time."

結果他女朋友就說：我已經跟我們老師講了，我們老師說要跟你見面。他說像你這樣的人要趕快進入教育界來服務。

But she said that her teacher wanted to meet me and said that people like me must quickly join the academic world to serve society.

她老師教書已經教三十多年，

Her teacher had been teaching for over thirty years.

我們從她老師的言談可以了解到，他不只自己在作育英才，他時時還希望能夠有更多的人才來投入教育，

We can understand from his words that he was not only involved in nurturing talented people, but always hoped that more talented people could serve in the field of education.

他也非常願意去提拔後進。

He was also more than willing to promote the younger generation.

所以，那個禮拜我的同學跟他女朋友就開著車先接上我，就再去接她小學的老師。

That weekend, my classmate and his girlfriend drove to pick me and her teacher up.

結果，她小學老師跟我們家住的只有五百公尺。

It turns out that her teacher's house was only a half kilometer away from mine.

所以人生的緣很難說，人生的緣絕對不是在外在距離的遠近，而在哪？在心。

The affinities of life are very unpredictable; it's certainly not dependent on external distance,

but on one's heart.

心很切，所想人生的目標都相同的時候，縱使在萬裏之外也會來相會，

By sharing sheer determination and the same goal in life, even if we had been separated by thousands of miles, we still would have met.

所謂有緣千裏來相會。

As the Chinese idiom goes, "Affinities bring people together no matter how far apart they are."

所以人與人的距離不在外在內。為什麼我這麼講？

The distance between people isn't on the outside but is in one's heart. Why do I say so?

因為我就是想要弘揚中國文化，所以就到澳洲去，結果就在澳洲遇到了楊淑芬老師。

Because of wanting to promote sage teachings, I went to Australia and met Teacher Yang as a result.

你看必須到萬里之外，結果相會了。

You see, we must travel thousands of miles to meet each other.

最主要的原因，還是那一分心。

The main reason still lies in our intention.

所以當我有這一分心要好好學習如何教導孩子，就能夠遇到這麼好的老師指導。

When I resolved to learn how to educate children, I could meet such good teachers to guide me.

所以，雖然家離得那麼近，一直都還沒有接上。

Even though we live so near, we had not met each other.

好不容易接上了，我也很珍惜跟這位老師學習的機會。

Since we've been connected finally, I also treasured the opportunity to learn from this Teacher Chen.

結果這位陳老師上了車，他坐前座，我們坐後座。

When he got into the car, he sat in front and we sat in the back.

這位老師回頭跟我講的第一句話，給我很深的印象，

He turned around, and the first sentence he spoke made a deep impression on me.

他說：我幾十年的教學生涯，我的學生教我很多東西。

He said, "My students have taught me a great deal in the past decades of my teaching career."

三十多年的教學經驗說出了一句真理，叫做教學相長。

with over thirty years of teaching experience, he uttered one truth: "Both teachers and students benefit from each other."

在《禮記·學記》裏面就提到

It's mentioned in the scroll of "Records on the Subject of Education" in The Book of Rites,

「學而後知不足，教而後知困，

"When we start to learn, we will know our deficiencies; when we start to teach, we realize that we are often stuck.

知不足而後能自反也，

Knowing deficiency, we will introspect ourselves.

知困而後能自強也」。

And after being stuck, we will then determine to work harder."

知道，比方說我們在上課當中，在闡述一些道理，底下的學生眼睛呆滯，快睡著了，就代表我們這樣講他們無法理解，

For example, when we are explaining some truths in class, and see the students staring blankly, about to doze off, it means that they can't understand what we said.

這個時候我們要自立自強，再研究應該怎麼引導，舉哪一些事例，才能讓他有所領會

At this time, we must strive for self-improvement by studying how to guide them and giving some examples to let them understand;

或者是學生有很多疑問、疑難來問我們，結果一問，我們還不會，

or when students ask us many questions but we don't know the answers, 就會激勵我們好好去查資料，好好再去跟人，其它長者、智者學習， we'll be motivated to search for more information and seriously learn from the elders and the wise.

所以就能夠不斷提升。

In this way, we can keep improving ourselves.

所以很多朋友也都很有心說：蔡老師，我也很想來弘揚中國文化，但是我很怕能力不夠。

Many friends said to me, "Teacher Tsai, I also want to promote sage teachings but I'm afraid my ability is limited."

諸位朋友，不要怕能力不夠，等我們都有能力了再來做，已經怎麼樣？來不及了。

My friends, don't fear that your abilities are not enough. If we wait until we are ready, it would be too late because the families and society would have become chaotic by then. 家庭社會都亂了，到時候你想做都沒機會了。

At that time, you wouldn't have the chance even if you wanted to.

所以我們要抱持著「做中學，學中做」，

We must hold fast to this mindset: "Learn while doing and do while learning."

因為我們都是失教的一代，不要再讓下一代有我們這樣的遺憾。

Since our generation has suffered the loss of sage teachings, we must not let the next generations have the same regrets.

當家長、當朋友來問我們一些問題，我們也不要緊張。

When parents and friends come to ask us some questions, we must not be nervous.

假如會的，我們就真誠回答他。

If we know, we can answer them sincerely.

假如不會的？像我，我就會說：我去問楊老師。

What if you don't know? For me, I would tell them that I will go and ask Teacher Yang.

楊老師假如不會的，她會怎麼說？我去問我的師長釋淨空教授。

If Teacher Yang doesn't know, what would she say? "I will go and ask our Venerable Master, Professor Chin Kung."

你還有什麼好怕的？

What else are you afraid of?

而當你面對別人的問題你不會，你又主動去幫他找答案，他會不會瞧不起你？

When you don't know how to solve someone's problems, but will take the initiative to help him find the answer, would he look down on you?

不會，他會更尊重你，他也會很感謝你，因為你處處幫他的忙。

No! He would respect you even more. He would also be very thankful to you because you've always been helping him.

所以在心理上不要有擔心，確確實實教學才會相長。

Don't worry about it. Indeed, only through teaching can both teachers and students grow together.

這位老師第一句話就讓我很震撼，

The first sentence Teacher Chen said really shocked me.

接著他又說：孩子犯錯就是我們教他的時候，所以不可以意氣用事，不可以發脾氣。

He continued, "The moment children make mistakes is when we should teach them. We can't be emotional and get angry."

因為我還沒教書，他就把這些正確的態度告訴我，

Since I hadn't started teaching, and he had already imprinted these proper attitudes on me, 所以我往後教學生就從來沒有發脾氣；

I've never lost my temper after becoming a teacher.

沒有說因為學生錯，我就惱羞成怒，從來沒有。

I've never flown into a rage when my students made mistakes.

其實這是一個很重要的方法，叫「禁於未發之謂豫」，

Actually, this very important method is stated in *The Book of Rites*, "Forbidding something before it happens is called prevention."

就是預防法，孩子還沒犯錯以前，你就要把正確的觀念告訴他。

This is a preventive measure. Before children make a mistake, we must tell them the proper concepts.

當我們還沒有從事這一份工作，就已經有這些正確的觀念，這也是慎於始，這也是禁於未發，預防的態度。

When we have yet to engage in teaching and already have these right concepts, this is "making a cautious start" and is also a preventive attitude.

所以當這位老師把學生都介紹完了，我的心裏就是出現了這一句話，所以也是以一個歡喜的心去面對這一班的學生。

When this teacher finished introducing all the students to me, this sentence appeared in my mind and I faced the students of this class with pure delight.

How Does a Teacher Drive a Student's Potential?

這一班學生有四大天王，不是劉德華也不是張學友，

There were "Four Heavenly Kings" in this class but they were neither Andy Lau nor Jackie Cheung Hok-yau;

是四個常常要去訓導處報到的學生。

four of them often had to report to the disciplinary office.

其實我們真正去接觸了以後，一般認為行為比較偏差的孩子其實也都很善良，

Actually, after we really connect with children who are generally regarded as ill-mannered, we see they are actually very kind-hearted.

只是疏於管教而已。

It's just that they have been neglected.

當你對他很好、很有義氣，他一定會也對你很有義氣。

When you treat him very well and faithfully, he would surely respond in the same manner.

所以其中有一個孩子，他剛好臉部表情很兇，就是沒什麼笑容，我就把他找過來。

There was a student among them who looked very fierce, without any smile at all, so I called him over.

跟學生還是要多接觸、多溝通才會親。

Only by connecting and communicating more with students can we become close.

我把他找過來，我就跟他說：你臉這麼兇，是不是老師有做什麼對不起你的事？

I said to him, "You look so fierce. Is it because I've offended you?"

他說沒有。我接著問他說：你這樣的表情什麼時候開始的？

He said no. I then asked him, "When did you start having this kind of expression?"

他跟我說：五年級上學期。

He replied, "In the first semester of fifth grade."

你看，他什麼時候臉變得這麼酷他自己都知道。

You see, he knew when he started to become so frosty looking.

所以我們當父母、當老師要常常能夠去感受到孩子內心的狀態，

As parents and teachers, we must always be able to feel a child's inner state.

不然你都不能適時的給他疏導。

Otherwise, you won't be able to give him timely guidance.

後來我就跟他說：你的臉部表情這麼兇，人家很容易誤會你，還以為你跟他過不去，所以你要把臉部表情放鬆。

Later, I said to him, "Since you look so unfriendly, people will easily misunderstand you and think you dislike them. So you must relax your facial expression."

他聽完以後就說：好！但是臉有沒有改？

After hearing it, he agreed to do so. But did he change his countenance?

所以教育一個小孩要有耐心。

We must exercise patience when educating a child.

你可不能跟他說：老師都跟你說了，你為什麼還沒改？

You mustn't tell him, "The teacher has already told you, why haven't you changed?"

馬上就要讓他變一個人，有沒有可能？不可能。

Is it possible for him to change instantly? Impossible!

後來我就會製造一些機會去給他鍛鍊。

Later, I would create some opportunities for him to practice.

比方說學校裏面要安排一些人去當糾察隊，站在走廊、站在校園，

For example, the school needed to place some hall monitors to stand along the corridors and around the school.

比方說低年級的同學在走廊上奔跑，這一些大哥哥就過去：不可以跑，太危險，還會撞到別人。你是幾班的？

When the younger students run in the corridors, these older students would go and ask them to stop racing around, as it's too dangerous and they may even run into others.

把名字記下來，下次不可以再犯。

They have to jot down the students' names and remind them not to do it again.

當一個人是警察的時候，他對自己的行為就會格外謹慎；當一個人是老師的時候他的行為相對的謹慎。

When a person becomes a policeman or a teacher, he would be extra cautious with his behavior.

所以我們就派他去當警察，他的行為自然就開始轉化過來，

So I sent him to be a hall monitor and his behavior naturally began to improve.

因為他很怕自己做出一些不好的行為，被一年級的小弟弟說：大哥哥，你怎麼自己也在犯？那他就很丟臉。

That's because he was afraid that his misbehavior would be caught by the little first grade students, causing him to lose face.

剛好在下課時間，我也聽到同學之間提到，這位同學曾經到菜市場裏面去幫他媽媽賣衣服。

After the class ended, I also heard his classmates mention that this student has helped his mother sell clothes at the market.

這個消息，諸位朋友，你假如聽了以後會有什麼想法？

My friends, if you heard this news, what would you think?

一個六年級的大男生肯去幫媽媽賣衣服，那也很難得。

It's rare that a sixth-grade boy was willing to help his mother sell clothes.

所以，一個孩子只要有孝心，他絕對很好拉拔、很好管教，所以我對他就更多的關懷。

As long as a child is filial, he would definitely be receptive to guidance and discipline. So I gave him further care and attention.

所以像一般在上課的時候，假如他數學答得很好，我會當場就給他肯定，我說：

During class, when this student gave a good answer in mathematics, I would praise him on the spot by saying,

你看，這一位同學的思慮非常敏捷，他能從這個角度去思考。

"Look at how quick he is, he could think from that perspective."

諸位老師、諸位朋友，我們不要小看自己的真誠的稱贊，都會留在孩子的心中。

Dear teachers and friends, don't underestimate our sincere praise, because it will be imprinted in the child's mind.

結果這個孩子第二次月考，考了全班第五名，

As a result, this student received the fifth highest score in class during the second monthly exam.

從四大天王一下子變成全班考試第五名。

He suddenly went from one of the "Four Heavenly Kings" to placing fifth.

而且在這個過程，我還找他來當班長。

During this process, I also appointed him as the class monitor.

我想他可能都沒有當過班長，所以一找他來，他嚇得半死，都一直不願意接受。

I thought he might never have led a class before, so when I proposed this position to him, he was very scared and refused to accept it.

後來我就跟他商量，我說：你就先當一個禮拜就好，一個禮拜。

Later, I suggested to him to assume the responsibility for only one week.

我這個叫學生當班長的方法，跟誰學的？跟我小學老師學的。

From whom did I learn this method of appointing the student as class monitor? From my primary school teacher.

因為班長等於品學兼優，所以好的方法要傳承下來。

Because a class monitor represents someone who excels in both studies and morality. Such a good method must be inherited and passed on.

他就勉為其難答應了。結果當了一個禮拜以後，從此都是他當班長，一直當到學期末。

He reluctantly agreed. After holding that position for a week, he persevered with the role until the end of the semester.

所以一個人的潛力透過磨鍊就會出來。

Thus a person's potential can be developed through practice.

我在海口跟很多老師一起研習中國文化，

I studied sage teachings together with many teachers in Haikou.

經過一、二個月我就會跟這些老師說：下次上課，你可不可以上去講十分鐘、上去講十五分鐘？

After one or two months, I said to these teachers, "In the next lesson, could you speak for 10-15 minutes on stage?"

這些老師都怎麼樣？不要！不敢！都推來推去。

How did these teachers respond? They kept pushing each other forward and refused to take on the challenge.

我說：拜托！十分鐘就好了。

I said, "Please, just ten minutes will do!"

他們就勉為其難：好！

They reluctantly agreed.

結果一上去，都滔滔不絕，還要我在後面跟他比時間到了，下來了。

When they went up on stage, they talked fluently and endlessly until I had to signal to them that time was up and they could come down.

為什麼？當一個人有承擔責任，他就會進步得特別快。

Why? When a person has a responsibility to shoulder, he would make rapid progress.

而且，因為是用心學習，用心教學生，

Furthermore, due to their earnestness in learning and teaching the students,

真感情就是好文章，所以一上去以後，就不由自主的把這些感受、感動都講出來。

they couldn't help but express their feelings and touching experiences on stage because true affection makes for a great speech or article.

所以這個學生當了班長以後，也把他的責任心、把他辦事的能力都激發出來。

Becoming class monitor had stimulated this student's sense of responsibility and capacity to handle tasks.

剛好他考了第五名，我們也以示鼓勵。

Since he had placed fifth in class, I also showed him encouragement.

所以要多請客、多送禮。

We must often practice "giving" by treating others to meals or giving gifts.

我就邀了一些對班上、對學校比較有貢獻的同學，還有他，一起去吃飯。

I invited him and some other classmates who had contributed to the class and school to have a meal together.

結果，他的母親騎了一臺摩托車把他接過來，剛好我們已經在校門口了，

His mother rode a motorcycle to pick him up when we were already at the school gate.

他的母親就對我說：老師，我這個孩子讀了五年半的書，從來沒有老師看到他。

His mother said to me, "Teacher, my son has been studying in school for five and a half years, but no teacher has ever noticed his potential."

我們聽到一個家長這樣的話也是於心不忍，因為每個孩子都是父母的心上肉。

I couldn't bear to hear such words from a parent, because every child is the flesh of their parents' heart.

這五年半相信對他的父母也是一種煎熬。孩子不是不能教。

I believe the past five and a half years were a torment to his parents. It's not that children cannot be educated!

所以他母親就感慨說了幾句話，我馬上把她的話轉過來，

His mother said a few words with emotion and I immediately turned them around.

我就跟她說：吳媽媽，這個孩子非常聰明，他的學習狀況很好，

I said, "Mrs. Wu, your son is very intelligent and he performs well in his studies.

他的領導才華也很好，然後做事很負責任。

He also has exceptional leadership quality and talents. He's also very responsible in his work.

上次我交代他去辦啥事，都辦得很仔細。

Last time, I delegated some tasks to him and he handled them very carefully."

我就舉了一些最近發生的事例跟他母親做報告。因為我們稱贊別人也要具體，

I gave some recent examples to his mother because we must be specific when we praise others.

你很具體，對方就會覺得真有這麼回事。

Only then would the other party believe it.

假如你才只是說不錯、很好。他媽媽可能也會很懷疑。

If you only said that the son was very good, his mother might also be very skeptical.

所以我就這樣稱贊了這個學生的很多優點，足足在那裏站了好幾分鐘。

So, I stood there for several minutes, just commending the many positive points of this student.

雖然我是在講給他媽媽聽，事實上在講給這一個學生聽，

Even though I was talking to his mother, I was actually telling this student.

相信我們老師至誠的稱贊，會留在他的心中一輩子。

I believe that my utterly sincere praise would stay in his heart for a lifetime.

後來學期結束了，我們學期結束的時候有一個規定，要把整個班的學生帶出校門，親手把他們送出去。

Later, when the semester ended, as per the school's rule, we teachers personally sent off all the class's students at the school gate.

結果就頒了很多禮物，頒完以後還剩一個禮物，怎麼辦？

After presenting many gifts to all the students, there was one more left. What to do?

頒這個禮物也不可以白頒，還可以做一個機會教育點。

This gift couldn't be given in vain, it could be an opportunity to educate the students.

我就說：最後這個禮物，我們頒給這個學期在德行上、在學習上進步最多的同學。由你們來推舉。

I said, "Let's award this final present to the student who has made the greatest progress in his

studies and morality this semester. I'll leave it to you to recommend someone."

結果怎麼樣？這個班長就當選了，就把這個禮物頒給他。

What happened then? This class monitor was elected and the gift was presented to him.

結果這個同學拿到，回到他的座位一坐下來，一個大男生就開始掉眼淚了。

After receiving the gift, he returned to his seat and broke down in tears.

因為我們當老師站在講臺，底下的學生任何一個動作都怎麼樣？一目了然。

Because we teachers stand on the podium, we can clearly see every action of the students below.

所以我當了老師以後才知道，

I didn't know this until I became a teacher.

以前當學生在底下做什麼，還以為老師沒看到，真是自欺欺人。

When I was a student, I thought the teachers didn't see what we students were doing down there. I was really deceiving myself and others.

好，我們這一節課先上到這邊，下一節課再繼續。

Alright, we will stop here today and continue next time.