

Building A Happy Life (24)

- a foundation for Mahayana Buddhism practice

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Confucius Teachings On

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There is no student who can't be educated

諸位朋友，大家下午好。

Good afternoon my friends!

早上我們提到我在前年教的一個班級那一位學生，

This morning we mentioned the student whom I taught the year before last.

後來成績有很大的進步，也當班長當得很好，

He made great improvement in his grades and was a very good class monitor.

所以畢業典禮那一天，當我把最後一個禮物送給他，他眼淚就掉下來了。

During the graduation ceremony, when I presented him with the last gift, he burst into tears.

我站在臺上，心裏就想我是見過世面的人，畢業班我也帶過，

I was standing on the stage and thought to myself that since I've been exposed to people from all walks of life and taught graduating classes before,

所以應該不會再為傷心掉眼淚。

I wouldn't shed tears of sadness again.

因為我已經期許自己，這一生只為感動掉眼淚，不再為傷心掉眼淚，因為傷心掉眼淚對自己、對別人沒幫助。

I've already given myself the expectation that in this life, I will only shed tears from being moved, because weeping tears of sadness is of no help to ourselves or others.

所以後來我心裏就想，假如他等一下出校門還在哭，我要好好安慰他。

I thought to myself that if he still cried when we exited the school gate later, I would comfort him.

後來就整好隊伍，我就把他們往校門口帶。

When everyone was ready to leave, I took them to the gate.

走到一半，我就往後稍微瞄了一下，看到他還在哭，我就把隊伍停下來，走到他面前去。

Halfway to the entrance, I snuck a glance back and saw him weeping still. I asked everyone to stop and walked towards him.

我心裏想用我的左手握住他的手，然後用我的右手拍拍他的肩膀：別哭了！

I thought of holding his hand with my left hand and patting his shoulder with my right hand while asking him not to cry anymore.

所以當我把他的左手握住，右手正要去搭他的肩膀，

When I held his hand and was about to pat his shoulder with my right hand,

這個孩子抓住我的手，死命的就說：謝謝老師！謝謝老師！謝謝老師！

he grabbed my hands and desperately said, "Thank you teacher, thank you, thank you!"

我在那個當下，整個人好像被電到一樣，原來男生還會電男生。

At that moment, I felt as if I had been shocked by electricity. It turns out that males can stir up emotion in one another too.

學生這一分至誠讓我們很感動，我的那個淚水就在眼眶裏繞，但是不能失控，I was so deeply touched by the student's utmost sincerity that tears welled up in my eyes. 因為還要把隊伍帶出學校去。

But I couldn't lose control of myself because I still had to take the students out of the school. 後來我深呼吸兩次，然後把隊伍帶出去，然後跟他們道別。

I then took two deep breaths, brought them out, and said goodbye.

當我獨自一個人走回校園，突然有一個很深的感受，

When I headed back to the school alone, I suddenly had a deep feeling:

不是我教了這個學生，而是這個學生給我上了從教以來很重要的一課，

it wasn't me who had taught this student, but him who had taught me a very important lesson since I had become a teacher.

他告訴我，沒有學生不能教。

He taught me that there's no student who can't be educated.

一個被學校認為行為偏頗的孩子，都可以在短短的幾個月當中用我們的愛心，可以轉變得這麼大，

A child whose behavior was considered poor by the school, made such significant improvement in just a few months, simply because we gave him love and care.

所以確實也印證「人之初，性本善」。

It confirms that "primordially, people have an inherent good nature."

所以要問我們是否有這一分真誠之心。

We must ask ourselves whether we have this sincere heart.

透過這個學生給我的感受，我就體會到一點，

The feelings I received from this student made me realize one point:

當一個人他的生命當中讓他可以感受到有一個人真正愛護他、關懷他，這個孩子就不會變壞也不可能自殺。

when a child can feel that there's someone in his life who truly loves and cares for him, he would neither turn bad nor commit suicide.

諸位朋友，現在孩子自殺的比率怎麼樣？愈來愈高。

My friends, what's the suicide rate of children now? Higher and higher!

這是結果，原因在哪？孩子空虛，孩子覺得沒有人關懷他。

This is a result, what is the cause? Children feel empty, they feel nobody cares for them.

【寬轉彎。勿觸稜。】

So, "I will always make turns widely so as not to bump into anything."

我們提到了現在孩子飆車，與其讓警察不斷的去追逐、去逮捕，

We've mentioned that children are now involved in car racing. Instead of letting the police continue to chase and arrest them,

不如從根本我們把家庭經營好。

we should begin to take action from the foundation by managing the family well.

整個社會的安定或動蕩，家庭是基礎、是根基。

Family is the root cause of stability or chaos in the entire society.

所以我也自許在一個學校教書，從此以後就不要換了，就一直待在那裏。

I also promised myself to teach in one school and not change schools from then on.

我本來開始從教就是這個念頭，為什麼？

I've always had this thought since I started teaching. Why?

因為我只要待在那裏不動，比方說我教了二十年、教了三十年，所有的學生一定找得到

我。

Because as long as I could teach in that school for twenty to thirty years for instance, all the students could surely find me.

教育一個孩子是不是兩年就教得起來？必然是要長時間的引導跟提醒。

Is it possible to educate children in two years? We must spend a long time to guide and remind them.

所以只要他在這一、二年當中，深刻感覺到老師對他的付出是不求回饋的，

As long as they could deeply feel that their teacher never expected anything in return for his contribution in the past two years,

相信他以後人生遇到問題會找誰？

whom would they look for when they face problems in the future?

老師。絕對他不會走向不好的路，更不可能自殺。

His dedicated teacher! He definitely wouldn't tread the wrong path, let alone commit suicide. 因為只要一個人心中有愛，就不會這麼絕望。

This is because one would not feel hopeless so long as his heart could feel love.

結果教了兩年，人算不如天算。

However, "Man's plans are inferior to those made by Heaven."

因為體會到孩子的德行是根基，

After teaching for two years, I realized that children's virtue is the foundation,

所以我就希望趁著年輕趕快深入中國聖賢教誨，才辭去工作。

so I quit my job in the hope that I could quickly delve deeply into the Chinese saints' and sages' teachings while I was still young.

但是也由於辭去工作，才有機會到中國大陸去推展中國文化。

Owing to my resignation, I had the opportunity to promote sages' teachings in China.

也在這個過程跟很多的老師結識，也有把彼此之間對孩子的教育態度跟教育經驗可以做互相的切磋。

I also got to know many teachers in the process. We shared experiences and attitudes in educating children with each other.

所以我們看到孩子有一些不好的行為，我們不要只顧著生氣，要再從原因去下手。

When we see children misbehaving, we must not just focus on getting angry, we should find out the reason and work on the cause.

當一個人他的存心很恭敬、很謹慎，他出意外的可能性就下降了。

When a person's intention is very respectful and prudent, the chances of him having an accident will decrease.

而這個恭敬心絕對不是在開車的時候才謹慎、才恭敬，而是在一切時、一切處去提升謹慎恭敬的態度。

And this attitude of respect and prudence shouldn't just be present when he is driving a car, this attitude should be implemented at all times and in all places.

所以，我自從那一次坐了摩的頭髮翹起來之後，「不經一事，不長一智，」

Ever since that time my hair was sticking up after riding the motorcycle taxi, what would I do before going on stage? As the saying goes, "Wisdom comes from experience."

所以現在要上臺以前都要先怎麼樣？我本來是很不喜歡照鏡子的人，現在也學得比較謹慎一點。

I was originally a person who disliked looking at myself in the mirror, but I've learned to be a little more cautious now.

【執虛器。如執盈。入虛室。如有人。】

Be cautious in solitude

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

我們從這一個動作來看,『執虛器』,

Let's take a look from this action: "I will hold empty containers."

比方說端一盤已經吃完菜的盤子,當然在重量上就比較輕,為什麼好像端得像已經有盛著東西的那種態度?

For example, when holding an empty plate with no more food, of course it's lighter in weight but why should we hold it as if it contains something?

意思就是說,有時候我們拿的東西輕,你會比較不小心,會比較輕忽,很有可能就打破、摔破了。

It implies that when what we hold is light, we tend to be more careless and negligent and very likely we would drop and break it.

這也是要我們多謹慎。

This phrase also requires us to be more cautious.

很多的高科技產品拿起來都很輕,但是每個東西可能都要上千上萬都有。

Many high-tech products are very light but they may cost tens of thousands of dollars.

所以當我們或者孩子對於這些小動作不夠謹慎,很有可能一不小心一個月的薪水就泡湯了。

So, when we or our children are not careful enough, with one wrong move, one month's salary could be lost.

所以這也是要相當註意,從這些小細微之處去提醒自己。

We must pay close attention and remind ourselves of these small details.

『入虛室,如有人』。

Next, "Enter an empty room as if someone is there."

意思就是到一個都沒有人的地方,也要當作旁邊有人的態度。

It means when we go to a place where no one is around, we must act as if someone is next to us.

這也是提到了,《中庸》提的,要有「慎獨」的態度

The *Doctrine of the Mean* mentions that we must have the attitude of "being cautious in solitude."

一個人處世做人的態度,絕對不會因為沒有人看到而有所疏忽、有所怠慢,這就很重要。

We should absolutely not be frivolous or negligent in dealing with matters when no one sees us. This is very important!

所以這也是告訴我們,為人處世要有一貫性,絕對不能說一套做一套。

This also tells us that we must be consistent in our conduct and speech; we must never say one thing and do another.

有一個老師,剛好他跟學生說不可以隨地吐痰。

A teacher happened to tell his students not to spit everywhere.

有一天他看到四下無人,他就想應該是萬無一失,他就吐了一口痰。

One day, when he saw nobody was around, he spat out a mouthful of phlegm, thinking that nothing would happen.

突然遠方傳來聲音說:老師,你怎麼可以吐痰?

Suddenly, a voice from afar said, "Teacher, why did you spit?"

那個老師馬上全身起雞皮疙瘩,無顏見江東父老。

That teacher immediately had goosebumps all over his body and was too ashamed to face the student.

有一個班級他的老師很兇，常常都罵學生。

There was a teacher who was very fierce and often scolded his students.

剛好全校安排他做教學演繹，就是要他講課給全校甚至於其它學校來參觀的老師看。

One day, the school arranged for him to give a presentation for the school faculty and visiting teachers from other schools.

因為平常學生都被他罵習慣了，跟他都很有距離，

Since the students had gotten used to being scolded, they always kept their distance from the teacher.

結果平常都是兇巴巴的，突然那一天變得和顏悅色，

He was usually very fierce, but that day his expression unexpectedly became very gentle and amiable.

結果那一堂課上起來，後面的人雞皮疙瘩也都掉一地，我看學生也很不舒服。

During his presentation, I saw the audience and students looking very uncomfortable.

這樣做人累不累？太累了。

Isn't it too tiring to act like this? It is too tiring!

所以做人的一貫性，一般人會覺得說這樣會不會太累？

Yes, most people would probably feel it is too tiring to conduct themselves consistently.

其實做人一貫會愈做愈輕鬆，愈做愈贏得別人對你的尊敬。

In fact, when we behave consistently in life, we will feel more and more relaxed and others would also respect us even more.

小孩往往在旁邊四下無人的時候，他的聲音就會特別大。

Children often talk very loudly when no one is around.

像我們在一些旅遊地方，在爬山的時候，很多孩子也都大吼大叫。

Like when we go to some tourist attractions, such as hiking, many children would scream and shout.

像我就會跟學生講，我說我們今天到大自然去爬山，請問這一座山的主人是誰？

When going hiking in nature with students I would ask them, "Who are the hosts of this mountain?"

是誰？當然是上面的樹，上面的動物、植物，因為它們長年都住在那裏，它是主人。

Who? Of course, they are the trees, animals, and plants because they've been residing up here for years.

那你是什麼？你是客人，你是偶爾去它們家走一走。

"Then, who are you?" You're the guest who occasionally goes to their home for a walk.

有沒有客人到人家裏面大吼大叫的？有沒有？

"Do guests yell while in someone's house?" Yes or no?

那就太丟臉了，一定會被這些山上的動物笑「這個人真沒修養」。

It would be an embarrassment to do so. You'd surely be laughed at by the animals on this mountain for being an uncultivated person.

我們要尊敬一切萬物，所以爬山的時候不可以大吼大叫，影響到很多動物的安寧。

We must respect all beings, so we can't scream when we go hiking as we will affect the peace of many animals.

而且當一個人聲音太大聲，這個音波可能會震動石頭，

Furthermore, when a person's voice is too loud, the sound waves may shake the stones.

到時候剛好有一顆石頭比較松落，這個聲音太大了，把它震下來都有可能。

If one of the rocks happened to be relatively loose, your booming voice may cause it to fall.

我們古代不是說孟姜女哭倒萬裏長城。

In ancient times, it was said that Lady Meng Jiang's cries caused a part of the Great Wall to collapse.

這是有一點誇張，但是確實人的聲音那個音波能量會震蕩石頭掉下來，這是可能的。

This is a bit exaggerated but it is possible that the sound wave energy of the human voice can shake the rocks to fall down.

所以入虛室如有人，也要謹慎。

So, "Enter an empty room as if someone is there." We must be cautious.

很多孩子現在到人家家裏，可能主人到廚房去忙，小孩就四處參觀。

Nowadays, when children go to other people's houses, many of them would look around while the host has gone to the kitchen to do something.

這樣對不對？這不正確，這對主人不夠尊敬。

Is it correct to do so? This is improper because it's disrespectful to the host.

尤其主人的臥房更不可以亂進。

We especially can't just arbitrarily walk into the host's bedroom.

所以這些都要給孩子提醒，

We must remind children of these matters.

比方說很多房間他都走過了，到時候主人發現有東西不見了，那誰是第一嫌疑？

Otherwise, let's say he goes into many rooms. When the host finds that something is missing, who will be the first suspect?

我就有一個朋友，他小時候就是到他的同學家去玩，

I have a friend who went to his classmate's house to play when he was a child.

結果他爸爸的房間裏面一筆錢不見了，

Then, a sum of money disappeared from the room of his friend's father.

隔天他的同學就指著他說是他偷的。

The next day, his classmate pointed at him and said that he had stolen the money.

全班的同學就給他貼了一個標籤。

All the classmates gave him a bad label.

這個時候你要辯白、辯駁也是百口莫辯，因為你也沒有辦法證明你沒拿，因為你確實走進去一段時間才出來。

At this time, it would be useless for you to argue and refute because there's no way for you to prove your innocence, since you did enter his father's room for a while.

所以也是要時時警惕，也要避免嫌疑，不要被人家誤會。

We must always stay vigilant to avoid any unnecessary suspicions and misunderstandings.

入虛室如有人，這是避嫌。

"Entering an empty room as if someone is there" can help prevent such occurrences.

Avoiding possible suspicion

我們中國，在《常禮舉要》也有一句話叫

The General Etiquette Essentials for Daily Life states,

「瓜田不納履，李下不整冠」。

"Don't bend down to fix your shoes when you pass through a melon field; don't raise your hands to adjust your hat when you walk under a plum tree."

這個意思就是說，你走過人家種瓜的田地，不要綁鞋帶，

This means that when we walk through someone's melon field, don't crouch down to tie your shoelace,

因為他遠遠一看，你剛好在他的瓜田蹲下來，他遠遠看好像什麼？在偷他的瓜；

because when the owner sees you squatting there from afar, what would it look like? Like you're stealing his melons.

假如是在種李子的樹下，然後你在那裏戴帽子，那個手就好像要摘他的李子一樣，這也要避嫌。

If you put your hat on under someone's plum tree, it may look like you are picking his plums.

Such possible suspicion must be avoided too.

所以後面《弟子規》說「將入門，問孰存；將上堂，聲必揚」。

The later part of *Dizigui* states, "Before passing through a door, ask who is there. Before entering a hall, I must call out."

你到人家的家裏面去，可不要進去到處參觀，

When you're in someone's house, don't go in and explore the place.

看沒有人，一定要先喊一聲有人在嗎？

If you see no one is there, you must first call out to check if anyone is inside.

這個進退的分寸我們也要謹慎。

We must be cautious with these norms of advancing and withdrawing.

這是入虛室如有人。

This is "Entering an empty room as if someone is there."

接下來：【事勿忙。忙多錯。】

Next, "I must avoid doing things in a hurry, as acting in haste will lead to many mistakes."

『忙』，就會亂。所以對治亂的方法是什麼？要緩和。

The word "haste" here implies "disorderliness." How do we tackle this problem? We must use moderation.

緩可以免悔，退可以免禍，

Being slow can avoid regrets, retreating can avoid misfortunes.

所以常常有條不紊就不容易做錯一些事情。

By being methodical at all times, we would not make mistakes easily.

然後懂得進退，該退的時候不要強出頭，可以免掉禍患上身。

We should also know when to proceed and retreat. Don't fight to show off your abilities when you should back off, you'll avoid trouble this way.

這個『事勿忙』也是需要跟很多「謹」這方面教誨結合在一起，你才能把事情做得好。

This phrase, "Avoid doing things in a hurry" also needs to be combined with many teachings on the aspect of "cautiousness" so that you can accomplish a task well.

比方之前提到的「置冠服，有定位；勿亂頓，致汙穢」，

As aforementioned, "I will always place my hat and clothes away in their proper places; I will not carelessly throw them around for that will get them dirty."

這就是動物歸原的習慣。

This is the habit of returning a thing to its original place.

「動物歸原，物有定位」，

"Whatever is moved must be returned to its original place; everything has its own place."

東西都放在固定的位置，什麼時候拿你就不會亂；

By placing a thing in a fixed position, you won't get confused when you need it.

縱使拿了以後，也要再放回原來的位置。

Even after you've taken it, you must return it to the original position.

舉個例子，比方說我們洗完澡，你是用蓮蓬頭，洗完之後一定要怎麼樣？

For instance, after using the shower head, what should you do?

把它調回水龍頭那個位置。

You must return the diverter back to the faucet position.

不然，可能過幾個小時另外的人去使用，他水一打開，就會聽到一聲尖叫，他的身體怎麼樣？淋濕了。

Otherwise, when someone uses the washroom a few hours later and turns on the tap, you would hear him screaming because his body is drenched.

所以很多事我們要慎終，謹慎，

Thus, many things should be taken seriously until the end.

你要離開的時候要把它檢查清楚，才不會造成自己跟別人的困擾。

When we have finished using something, we must properly check it so as not to create troubles later for yourself and others.

我們說慎始也要慎終。所以你用過的東西，都跟它檢查一下，有沒有回歸原來的位置，自己要用跟別人要用才不會找不到。

We mentioned "making a cautious start" before, we also must "make a cautious ending." We must check to make sure that everything we've used is returned to its initial position.

當我們要離開家，比方說一出去要一個禮拜再回來，這個時候就要把家裏面的瓦斯、電源都要把它檢查一遍。

Then we won't have any problem finding the items whenever we or others want to use them. For instance, when we need to leave our home for a week, we must go around and check the gas and power supplies in our house.

不然假如這個水龍頭沒有關好，再回來的時候，不知流掉多少，浪費多少水源。

Otherwise, if the faucet isn't properly turned off, we won't know how much water would be wasted when we return home.

所以使用完東西把它回歸到原位，才不會造成無謂的浪費。

We must return everything that we've used to its original position so as not to cause unnecessary waste.

記得有一次剛好停電，我使用的是電熱水器，

I remember once there was a temporary power failure.

因為臨時停電，我就順手試一些按鈕，就把這個電熱水器按下去。

So I pressed the buttons on the electric water heater to test the water.

這麼一按有沒有把它按回來？就忘了，因為沒有歸原。

Then I forgot to press it back, I didn't return it to its original position.

後來我出去演講，演講了應該也有三個多小時，

Later, I went out to give my lecture for over three hours.

再回來，因為後來電來了，因為我已經把它按下去了，所以那個水就一直流。

When I returned home, the power supply had been restored, and because I had pressed the button down, water was flowing non-stop.

我回來一看到那個景象，內心很心痛，因為自己一個小小的疏忽，給我們子孫浪費了那麼多水。

When I saw that scene, my heart ached. Due to my minor negligence, I had wasted so much water for our future generations.

所以這個謹慎，「事勿忙，忙多錯」。

"Cautiousness" means "I must avoid doing things in a hurry, as acting in haste will lead to many mistakes."

所以按過的按鈕也要把它歸原，才不至於浪費，甚至於才不至於造成電線走火的危機。

Whatever buttons we've pressed must be returned to their original position so as to avoid waste or even a crisis where the electric cable catches fire.

這是事勿忙，忙多錯。

This is "I must avoid doing things in a hurry, as acting in haste will lead to many mistakes."

當我們常常能運用一些工具，也可以讓事情不至於會東忘西忘。

When we can often use some tools to help us remember, we will be able to avoid forgetting a lot of things.

所以當我們答應別人的事，馬上登記在行事歷上面。

Whatever matters we've promised others, we must quickly record them on the calendar.

每天起來看一下，哪些事有做了，打勾；哪些事還沒做，再次提醒，趕快去做。

Every day when we get up, we should look at it and tick those things that have been done. If they're still undone, we should remind ourselves once again and do them quickly.

假如孩子從小有這個態度，他就很謹慎也很有責任心。

If children have this attitude from childhood, they will be very prudent and responsible.

諸位朋友，您的小孩現在是小學一年級的有沒有？

My friends, do any of you have a child in the first grade now?

假如你的小孩小學一年級，這一天剛好打電話回來跟你說：媽，我的語文作業簿忘了帶。

昨天我都寫完了，下一節老師要檢查了，你趕快幫我拿過來。

If he is, let's say he calls you and says, "Mom, I forgot to bring my language workbook. I finished writing it yesterday. The teacher will be checking our homework in the next class.

Please bring it quickly for me."

諸位朋友，你會怎麼做？

My friends, what would you do?

你們當爸爸、當媽媽。媽，你還在考慮什麼？趕快幫我拿過來。

You're the mother or father. "Mom, what are you still thinking about? Get it for me quickly."

很多家長就送過去了。

Many parents would send it over.

雖然是一個小小的動作，做對跟做錯對於孩子的心態可能就天壤之別了。

Even though this is only a small action, the right or wrong move may make a world of difference to the child's mentality.

盧叔叔他就曾經跟我講過，他說他女兒第一次作業本沒有帶，結果打電話回家請父親幫她拿去，

Uncle Lu once told me that the first time his daughter forgot to bring her workbook, she called home to request her father to bring it over.

結果盧叔叔就說：自己沒有帶是自己犯錯，所以要為自己的行為負責，該處罰就處罰。

Uncle Lu said, "It's your fault if you didn't bring it. You must be responsible for your own actions. You deserve the punishment."

就把電話喀！掛了。

He then hung up the phone!

諸位朋友，你掛得下去嗎？

My friends, would you have the heart to hang up?

所以教育孩子要恩威並濟，

Strictness and gentleness must be used accordingly when educating children.

該有威嚴、該有原則的時候，動都不能動。

When it's necessary for you to act sternly and with principles, you should remain unaffected.

後來下午他女兒回家了，臉色怎麼樣？你怎麼知道？

Later, when Uncle Lu's daughter returned home from school, how was her appearance? How do you know?

不大好看。這個時候女兒進門，要不要繼續罵？

She didn't look so good. When the daughter gets home, should he continue scolding her?

要不要？再訓一頓，這就太過了。

Yes or no? Teach her one more lesson! It will be too much if you do that.

掛了電話，已經很有威嚴了，接下來要施恩德。

Since it was already very austere of him to hang up the phone, he should be more accommodating now.

所以盧叔叔就跟他女兒說：有沒有被老師罵？有沒有被處罰？

So, Uncle Lu asked her, "Were you scolded and punished by the teacher?"

小女孩點點頭：有。

She nodded her head yes.

接著盧叔叔就說：爸爸教你一個方法，從此以後就不會因為作業本沒有帶而被處罰。

Uncle Lu said, "Dad will teach you a method which will prevent you from being punished again for not bringing your workbook."

本來還有一點失落，突然聽到這一段話怎麼樣？精神都來了。

The little girl initially was a bit lost, but suddenly her spirit rose when her father said that.

所以就馬上跟她說：只要你利用聯絡簿，明天有什麼課，該帶什麼要記錄下來。

He immediately told her, "You can use a contact book to record whatever should be brought for the class tomorrow.

睡覺以前收拾書包，已經放進去了，打勾。

When you pack your schoolbag before going to bed, you can tick off those items which you've already put inside your bag.

統統都帶了，就可以安安穩穩睡覺。

After everything is in the bag, you can then sleep with ease."

所以當孩子犯錯，往往也是教育他很好的時機點。

When children make mistakes, it's often a good time to educate them.

你假如只是發脾氣，這個機會就喪失掉了。

If you only get angry, you'll lose this opportunity.

所以讓孩子從小就懂得用記事簿常常去提醒自己哪一些東西應該帶，他就不容易東忘西忘，

By training children since young to use a notebook to constantly remind them of the things to bring, they won't easily forget.

臨時要出去的時候還在那裏找東西，那可就很多事會搞砸了。

If they're still looking for something when they're about to go out, many things will be messed up.

當然，要孩子「事勿忙，忙多錯」，做得到不忙、不雜亂，

Of course, when we demand our children to practice this teaching: "I must avoid doing things in a hurry, as acting in haste will lead to many mistakes,"

首先我們自己做事也要做好的榜樣才行。

we ourselves must first set a good example for them.

我記得常常搭我父親的車，那個時候年紀才十多歲，

I remember I often rode in my father's car when I was only a teen.

我父親就有一句很熟悉的言語，他在開車當中都會說：幹嘛去趕？趕也不會差那五分鐘。

My father had a very familiar phrase when he was driving, "Why rush? It won't make five minute's difference."

所以雖然是父親輕輕的一句話，對我來講影響就很大。

Even though my father said it softly, it made a great impact on me.

後來我會開車了，時時想要開快的時候，也會想到父親這一句話。

Later, when I learned to drive, these words would ring in my head whenever I wanted to drive fast.

我父親是從來不按喇叭，因為他覺得沒有那個必要去急，

My father never honks the horn because he thinks it's unnecessary to be in a hurry.

所以我開車也都不按喇叭。

When I drive, I also don't honk the horn.

當然有一些情況也要按，當對方你完全看不到來車的時候，要先示警一下，平常能讓別人就讓別人。

Of course, there are some situations where you need to honk. When you totally can't see the opposite car coming, you must first give them a bit of warning. You should give way to others whenever you can.

Direction trumps speed

下一句:【勿畏難。勿輕略。】

Next phrase: "I must neither be afraid of difficulty nor be perfunctory."

這『勿畏難』,就是不要害怕困難。在我們四書《中庸》有一句很重要的教誨,提到
There's a very important teaching in the *Doctrine of the Mean* in *The Four Books*, which states,

「人一能之,己百之;人十能之,己千之」。

"If another man can succeed by one effort, I will use a hundred efforts; if another man can succeed by ten efforts, I will exert a thousand efforts."

也就是說,人家做一次就會了,縱使我們比較駑鈍,我們就做一百次也要把它做到會;
In other words, when others can understand something by doing it once, even if we are relatively dull, we can understand it by doing it a hundred times.

人家十次就會了,我們縱使要做一千次才會,我們也要有所毅力去做。

When others can succeed by doing it ten times, even if we have to do it a thousand times before we understand it, we must still persevere with it.

假如人都抱持這樣的態度去面對事情,「雖愚必明」。

If people can adhere to such an attitude when facing matters, "though dull, they will surely become wise."

縱使本來的基礎是比較駑鈍,勢必也會大開智慧,雖愚必明,

Even though our initial foundation is somewhat dull, we can definitely uncover our great wisdom.

「雖柔必強」。

"Though dull, we can surely become wise; though weak, we can surely become strong."

當我們都用這樣去應對事情,很多時候就不會自己被自己打敗、嚇退了。

When we deal with things in this way, we won't defeat or scare ourselves away in many occasions.

楊淑芬老師她也常說,她說她會常常鼓勵自己。

Teacher Yang often said that she would always encourage herself.

孟子說「舜何人也,予何人也,有為者亦若是」。

Mencius said, "What kind of man was Shun? What kind of man am I? He who exerts himself will also become such as Shun was."

所以她就說:我一定可以!

So, she said that she can certainly do it!

因為一個人陪伴你最久的是誰?是你自己。

Because who will accompany you for the longest period? It is yourself!

所以時時要自我砥礪,自我鼓舞,這很重要。

It's utterly important to constantly improve and encourage ourselves.

我在教書這兩年也體會到德行是孩子一生的根基,

During the two years I was a teacher, I also came to realize that virtue is the foundation of a child's life.

所以要趁年輕深入中國文化,我就把工作辭掉。

So I quit my job to delve deeply into the study of sage teachings while I was still young.

我的父親就說:教育乃百年大計,做這件事很困難,你要考慮清楚。

My father said, "Education requires a long-term plan. You must think carefully because doing this job is very difficult."

後來我就跟我父親講,我就分析給他看。

Later, I explained my analysis to my father,

在歷史上真正很有貢獻的人，絕對都不是很有錢或者很有權勢。

"Throughout history, people who made truly vital contributions were definitely not those with enormous wealth or great power.

我們看看，孔老夫子有沒有錢？孔老夫子有沒有權勢？

Let's see, was Confucius rich and powerful?

沒有，憑的是一顆真誠心。

No, he wasn't. He relied on his sincere heart.

我的老師釋淨空教授他也是沒有錢、沒有權勢，

My teacher, Professor Chin Kung, also neither has money nor power.

但是由於一顆真誠，也把正法、把聖賢學問向全世界弘揚。

But owing to a sincere heart, he promoted the proper Dharma as well as the saints' and sages' wisdom to the whole world.

所以我們明白事情的成敗絕對不是外在的東西，而是真誠之心才是根本。

We can deduce that success and failure are definitely not caused by external factors, but the root lies in a sincere heart.

當我們有這一分明白，就不容易退卻。

When we have this understanding, we won't shrink back so easily."

後來我父親提到教育確實要做很久的時間，甚至於要一百年才會看到效果。

Later, my father mentioned that education really requires as long as a hundred years to see the effects.

後來，我接著跟父親講：我們這一代不是抱持著要看到中國文化開花結果。

I continued to tell my father, "Our generation does not harbor the thoughts of seeing sages' teachings blossom and bear fruits in our generation.

我們這一世，只要中國文化不要在我的面前斷掉了，那我就很安慰了。

In this life, as long as sages' teachings don't end before my very eyes, then I would be very comforted."

後來我就到澳洲去學習。

Later, I went to Australia to pursue my studies.

剛好起了兩個念頭，第一個念頭是希望有一個很好的中國文化老師，

I happened to give rise to two thoughts: first, I hoped to have a very good teacher of sages' teachings;

第二個念頭希望，因為自己德行太差，很多壞習慣，所以假如有一位長者、一位好老師剛好在我旁邊，那就太好了。

second, I hoped to have an elder to guide me because my virtue is too weak and I have many bad habits.

所以我到了澳洲，上課的時候，楊淑芬老師就坐在哪裏？

When I attended the lectures in Australia, where was Teacher Yang?

坐在講桌上，講《德育故事》給我們聽。

She was on stage telling us *Moral Education Stories*.

然後，盧叔叔就坐在我的旁邊，連空一個位置都沒有。

And Uncle Lu was sitting right beside me, separated by not even one chair in between.

所以諸位朋友，你所感來的境界、感來的人際關係，真正的根本在哪？

So my friends, what is the root cause of the environment and interpersonal relationships that you bring upon yourself?

在你的心。

It's within your heart.

所以心是能感，境界是所感。

Our heart can elicit a response, while our external world is its elicited response.

假如我們的心有很多對立，有很多紛爭，我們的人際關係就會怎麼樣？沖突不斷。

If our heart is filled with a lot of opposition and strife, what will happen to our interpersonal relationships? There will be endless conflicts.

但我們的心中假如是念念希望能有所奉獻，自然就會感來很多人對你的幫助。

On the contrary, if we constantly harbor thoughts of making contributions, we will naturally attract many people to help us.

所以不要怕困難，只要你有這分真誠的心，助力就會接踵而至。

Don't be afraid of difficulties, as long as you have a sincere mind, you'll continuously receive much support and help.

後來在前年的九月，楊老師帶著我到海口去。

Later, in September of the year before last, Teacher Yang brought me to Haikou.

結果去了一個禮拜，我們去了山東曲阜，

After being there for a week, we went to Qufu, Shandong.

因為推展中國文化，我們一定要先禮拜孔夫子，

Since we're promoting sage teachings, we must first pay respect to Confucius.

因為孔夫子是中國文化貢獻最大的聖人。

Confucius was a great sage who made the most significant contributions to sage teachings.

當我們去了這一趟山東曲阜，楊老師非常感慨，因為看到三孔裏面很多的古跡都被破壞掉了，

On this trip to Qufu, Shandong, Teacher Yang lamented when seeing much destruction at The Three Historical Sites of Confucius.

所有贊頌孔夫子的墓碑幾乎都砸壞了。

All the tombstones praising Confucius had been almost completely smashed.

所以楊老師就跟我說，她說她一看才更深刻體會到中國文化的敗喪如此嚴重，

Teacher Yang told me that when she saw this scene, she felt even more deeply the seriousness of the decay of sages' teachings.

所以我們不得不做了。

We can't afford to be indifferent anymore.

她就決定要在北京架設一個全球性的中國文化網站，就是「大方廣文化公益網」，

As a result, she decided to set up a global sages' teachings website in Beijing called

"Mahavaipulya* Cultural Network for Public Welfare." (*A Sanskrit word meaning vast, boundless, and universal.)

接著楊老師就跟我說：你一個人回去！

Then she asked me to go back alone.

我要到海口的時候，我爸爸還特別交代，交代我一定要站在楊老師後面好好學習。

When I first went to Haikou, my father specifically reminded me to get close to Teacher Yang and seriously learn from her.

結果人算不如天算，去了一個禮拜，我就必須怎麼樣？

But Heaven had a different arrangement for me. After going there for a week, what did I have to do?

一個人做，而且舉目無親。

I had to do everything by myself, with no one to turn to for help.

所以當楊老師告訴我：你自己回去！我們的內心突然生起了一句孔老夫子的教誨

When she asked me to go back alone, one of Confucius' teachings suddenly arose in my mind:

「士不可以不弘毅，任重而道遠。

"A virtuous man must have broadmindedness and vigorous endurance. His responsibility is heavy and his course is long.

仁以為己任，不亦重乎。死而後已，不亦遠乎。」

He considers benevolence his to sustain--isn't this heavy? Only with death does his course

stop--isn't this a long way?"

其實我們做很多事不要先想太多的煩惱，

Actually, in doing a lot of things, don't think of too many troubles in the beginning.

「豈能盡如人意，但求無愧我心」，

"Not everything will follow our wishes, only hope to live without regrets."

只要是正確的方向，你就先盡心盡力做就對了。

So long as the direction is right, you just need to try your very best to accomplish it.

所以我自己回海口以後就開始到處演講。

After returning to Haikou by myself, I started to give lectures everywhere.

我問楊老師說：我要怎麼學習？

I asked Teacher Yang how I should learn.

楊老師講得非常簡潔，她說：你現在就一個目標先講三百場演講。

She replied to me very concisely, "Your only goal now is to first give 300 lectures."

所以很多人都問我：蔡老師，怎麼演講？我也會很簡潔的回答他：先講三百場，我就是這樣被楊老師訓練出來的。

When many people asked me how they should learn. I would also give them the same reply because this was how Teacher Yang trained me.

結果到海口去第一場演講，面對海口三百多個老師。

For the first lecture I gave in Haikou, I had to face over 300 teachers.

看得出來我很容易緊張嗎？看不看得出來？

Can you tell that I get nervous easily? Can you?

你看我那麼瘦，怎麼可能不會緊張？

You see I'm so thin, how can I not be nervous?

瘦的人腸胃就不好。

Thin people have a weak stomach and intestines.

所以我記得我在大學聯考的時候，緊張得睡不著覺，還吃了兩顆鎮定劑還是沒效。

I remember when I sat for the college entrance exams, I was so anxious that I couldn't fall asleep. I took two sedatives but they weren't effective.

其實不是沒效，隔天早上發生效用了，所以我那一次考得實在是暈頭轉向。

Actually, they weren't ineffective, they kicked in the next morning. During the exams I felt confused and disoriented.

後來因為有深入經典，所以知道「理得心安」，

Later, because of delving deeply into the classics, I learned that, "knowing the truth will ease one's mind."

很多事強求不來，慢慢調整自己的性格。

Many things can't be forced, I thus slowly adjusted my character.

所以要演講前一天我趕快在孔老夫子的聖像前面給他頂禮三拜，然後請古聖先賢要保佑我今天好好睡一覺，明天才有精神講課。

The day before I gave the lecture, I quickly made three prostrations before Confucius' image and requested the ancient saints and sages to help me have a good night's sleep so that I would feel refreshed the following day to give my speech.

結果很有感應，一覺到天亮。

My request was answered as I slept like a log till dawn.

所以就從那一場開始，就一連馬不停蹄的，只要有機會我們就去講。

From then on, I gave lectures unceasingly. Whenever there was an opportunity, I would go for it.

因為確實在家庭也好，在團體也好，在學校也好，最缺乏的就是德行教育。

Because it is moral education that is most lacking in a family, group, or school nowadays.

也由於這一場一場的磨鍊，我們才得以能力有所進步。

Owing to this endless training, I was able to improve my abilities.

所以我在八月份在海口講了一個主題，叫「中國的遠祖四千五百年前是如何教導他的後裔」。

In August, the theme I talked about in Haikou was: "Forty-five thousand years ago, how did China's distant ancestors teach their descendants?"

我在講這個課，總共講了八個小時，那是在七月中。

This talk in mid-July took eight hours, and I gave this talk almost ten times.

後來這個課程我也講了將近十次，講到十一月中的時候到香港去錄影。結果同一個主題，第一次是八個小時，三個多月以後講四十個小時，

In mid-November when I went to Hong Kong to record it, I spoke on the same topic for forty hours, while for the first lecture three months before that I only talked for eight hours.

整整幾倍？五倍。

Exactly five times longer.

所以人有很大的潛能，只在你要願意接受鍛煉、接受磨煉。

People have great potential, you just need to be willing to accept the practice and challenges.

我前年第一場講課是十月十一號。去年在海口又辦了五天的課程，是七月十三號。

My first lecture the year before last was October 11th. Last year on July 13th, another five-day course was held in Haikou.

有幾位朋友整整剛好快一年的時間沒看到我，

A few friends hadn't seen me for exactly a year.

所以當我在講課當中看到他們很熟悉的面孔，我就請他們說一下我第一次演講跟一年後有沒有差。

When I saw their very familiar faces during the lecture, I requested them to tell me whether there was any difference between my first talk and this one a year later.

結果那個老師馬上就說：差好多！他都不會保留一下。

The teacher immediately said, "A world of difference!" He didn't hold back.

所以我們人確確實實有很大的潛力，不要擔心。

Indeed, people have very great potential, so do not worry.

而且當你真正把這個決心、願心發出來，很多的助力自然而然就來。

Furthermore, when you really bring forth this determination and aspiration, much help will naturally come to you.

所以我在海口在找地方當我們的教學中心。

I went to look for a place to be our education center in Haikou.

第一次到一個汕頭人的家裏面去，是一位女士，我跟她聊了兩個小時。

The first time I went to a woman's house in Shantou, I chatted with her for two hours.

汕頭人很強調孝道，

Shantou people place heavy emphasis on filial piety.

所以她一聽我們是要弘揚中國文化，內心很歡喜，所以馬上答應場地就要免費給我們用。

So when she heard that we wanted to promote sage teachings, she was elated and immediately agreed to let us use the venue at no charge.

所以那天晚上我在回家的路上，眼淚都流下來。

As a result, on my way home that night, I was moved to tears.

確實我們要信真理，

Indeed, we must believe in the truth that:

「天道無親，常與善人」。

"The Way of Heaven is impartial; it often favors kind-hearted people who accord with the law of nature."

所以我一個人在那裏也從來沒有去接觸過當地很多官員，統統都是當地的很多朋友一起幫忙的。

I've never engaged with local officials there, it's all been local friends helping with everything.

所以，當我們有一顆真誠的心，就能夠去喚醒每個人的真心。

When we have a sincere heart, we can awaken everyone's true heart.

所以，在那裏幾個月的時間也發展得很快。

As a result, within a few months there was rapid development.

後來在去年的三月十五號，深圳有老師邀請我過去上課，

Later, on March 15th last year, a teacher from Shenzhen invited me to give a lecture there;

所以我們也到深圳，三月十五號開始講課。

we went and I started giving the talk on the same day.

在三月份以後，我就變成一個禮拜在深圳，一個禮拜在海口，就這樣坐飛機飛來飛去。

After March, I spent a week each in Shenzhen and Haikou, and had to fly back and forth between these two places.

到了去年的七月中，因為暑假到了，

In mid-July last year, in view of the coming summer holiday,

楊老師說暑假期間老師比較有時間學習，我們應該辦個四場大型的教師研習會，一次五天。

Teacher Yang said that because teachers were freer to study during this time, we should organize four large-scale teacher seminars, each lasting five days.

所以就在海口辦第一場，在七月十三號辦。

The first seminar was held in Haikou on July 13th.

七月十一號海口的天空出現了八顆星星，

On July 11th, eight stars appeared in the sky above Haikou;

而且那個星星讓你的感覺就好像掛在你們家房子的樓頂，感覺很近。

it felt as if those stars were hung on your house's rooftop, very near.

我沒看到。

I didn't see it.

隔天，我們中心的老師把這個報導拿給我看，

The next day, our center's teacher showed me the report.

說所有的這些天文學家都找不到這八顆星的來歷，因為過了幾個小時星星就不見了。

It said all the astronomers could not find the origin of these eight stars, because they disappeared after a few hours.

所以當我看到這個報導的時候，我的腦海裏馬上浮現八個字，

When I saw this report, eight words emerged in my mind at once.

哪八個字？「孝，悌，忠，信，禮，義，廉，恥」。

What were they? "Filial piety, fraternal love, loyalty, trustworthiness, propriety, righteousness, integrity, and sense of shame."

我們來思考一下，現在所有家庭也好，社會也好，國家也好，它的問題在哪？

Let's think about it, what problems do today's families, societies, and nations face?

都在缺乏這些德行的教化。

They lack these virtues in their education.

所以只要這些德行的教化得以張揚，相信可以再創一個中國人的盛世才對。

As long as these values can spread, I believe that we can recreate a prosperous age for the Chinese.

Spirit of Zi Gong

所以七月中那一場我們辦了五天，是在一個很高級的酒店辦的。

The five-day seminar in mid-July was held in a very high-end hotel.

為什麼會到這麼高級的酒店辦？

Why did we go to such a high-end hotel?

因為剛好我在六月底要回台灣一趟，當地的朋友請我吃飯，吃完飯隔天我就走。

Because I had to make a trip back to Taiwan at the end of June, so local friends treated me to dinner the previous day.

剛好在那個餐廳裏面老板來了，跟我們一起坐，吃飯，他也很喜歡中國文化。

While we were dining in the restaurant, the owner happened to come and had dinner with us.

那時候我在講《朱子治家格言》，

I was talking about *Zhu Bolu's Maxims on Family Management*, and the owner was very pleased as he listened to it.

他聽了就很高興。他說：下一次你來講一定要找我去聽。「德不孤，必有鄰」，

He said, "Next time when you come here to give lectures, please notify me, I really want to participate."

因為聊得很開心，他就說：今天晚上我送你回去。明天早上坐飛機也我送你去。

As Confucius said, "A virtuous man will never be alone, he will attract those who share the same pursuit." Since we talked happily he said, "Tonight, I will send you back, and tomorrow morning I will bring you to the airport."

才第一次見面。

This was only our first meeting.

結果就在回家的路途上，這個企業家他就說：

On the way home, this entrepreneur said,

蔡老師，孔老夫子以前講課，就是因為有一個子貢，很有錢的弟子，他才能夠講學這麼樣無後顧之憂。

"Teacher Tsai, when Confucius was giving lectures in the past, he had a very rich disciple, Zi Gong, to support him. Only then was he able to teach without any worries."

他講這句話是什麼意思？我們聽了也很感動。

What did he mean when he said this? I was deeply touched by his words.

結果他就說：我的飯店樓上有一個專門的會議室，可以坐上百人，而且冷氣特別強。

He continued, "There's a special meeting room upstairs in my hotel. It can accommodate hundreds of people and the air-conditioner is very powerful."

因為海口很熱，我們中心又沒冷氣，我一直在那裏擔心，到時候辦，會不會每個人拿著手帕在那裏擦汗。

Because Haikou is very hot and our center wasn't air-conditioned, I had been worrying whether everybody would be wiping their sweat with a handkerchief during the seminar.

突然他那麼一講，我馬上說：那你的場地可不可以借給我們？他說：沒問題。

Upon hearing this, I immediately asked, "Can you lend the venue to us?" He said, "No problem."

所以我回台灣，心裏也沒有罣礙。

So I went back to Taiwan with peace of mind.

後來回去，七月十三號到十七號辦完了，

The seminar lasted from July 13th to 17th.

辦完以後我們要去付錢，

Afterward we went to settle the bill.

結果小姐就說：錢統統都付光了，不用付了。

The girl at the reception desk said, "All your bills have already been paid. You don't owe anything."

我們嚇一跳，白吃白喝五天，怎麼都不用錢？

We were shocked. "Didn't we consume meals and drinks for five days, how could that all be free?"

結果再深入了解，老板娘在後面聽了五天的課。

Later, we came to understand that the owner's wife had been at the back listening to our lectures for five days.

在聽的過程，這個老板娘內心很感動，

She had been deeply moved.

她說：我的孩子都十幾歲了，小學都沒有學到這個。

She said, "My children are already teenagers and they did not learn these noble teachings in primary school."

因為來上課的都是小學老師，

Since the attendees were all primary school teachers,

她希望把這個講座辦好，讓更多的學生能夠得到利益，

she hoped that this lecture could run well so that more students could benefit from it.

所以每天她都去把帳結了。

So she settled the bill for us every day.

所以我們要透過自己的人生去體驗真理，

We must verify the truth of life through our own experiences.

確確實實只要有這一分善心，一定會有更多善的力量來幫助你。

Indeed, so long as you have a kind heart, a lot of positive strength will surely come to your aid.

諸位朋友，你有這個信心嗎？怎麼那麼小聲？

My friends, do you have such confidence? Why are your voices so soft?

你有沒有這個信心？有！

Do you have confidence in this truth? Yes! (*audience's answer)

「信為道元功德母，長養一切諸善根」，

As the Buddhist sutra states, "Faith is the origin of Dao and the mother of all merits and virtues; it nurtures all good roots."

事情的成敗在信。

Faith determines the success and failure of all matters.

假如你不相信你的孩子「人之初，性本善」，你就很難把他教好；

If you don't believe that your children primordially have an inherent good nature, it will be very difficult for you to educate them.

假如你不相信你的先生「人之初，性本善」，你就可能會跟他有沖突；

Likewise, if you don't believe that your husband primordially has an inherent good nature, you may have conflicts with him.

假如我們不相信聖賢說「人之初，性本善」，我們跟經典也會隔一層膜。

If we don't believe in the saints' and sages' words that "Primordially, people have an inherent good nature," we will be separated from the classics too.

所以信很重要。

Faith is extremely important.

我們接連在深圳，在北京，在上海，在杭州，在安徽廬江，還有汕頭、廈門，還有到東南亞三個國家去辦課程。整個課程辦下來都沒花錢。

We conducted classes successively in Shenzhen, Beijing, Shanghai, Hangzhou, Anhui Lujiang, Shantou, Xiamen, and three countries in Southeast Asia without having to spend a cent;

因為都是在上課過程當中，很多人很感動，都主動希望拿錢出來辦這樣的課程。because many people were very touched by the lectures and actively took out money to set up such

courses.

還有拿錢給我們希望我們去印書、去推廣。

They also gave us money so that we could use it to print classics and promote the teachings.

所以我們本來只要辦四期，後來四期辦完，

Originally, we only planned to run the course four times, but soon after the last time ended, 各地都要求我們去講，整個緣就怎麼樣？打開來了。

people in all places started inviting us to give lectures. So what happened with the conditions? They were all in place.

所以當你有這一分心要做，你不要操心，

When you intend to promote sages' teachings, you need not worry at all.

我們就好好提升自己的能力，慢慢緣分就會自然而然去安排，

We just have to seriously improve our abilities and let fate take its natural course.

而且安排的事絕對不會讓你做不來。

Moreover, you'll definitely be able to cope with all the arranged tasks.

上天很慈悲，當他知道你只能扛二十公斤，他就會讓你扛二十公斤，

Heaven is very compassionate; when it knows you can only carry 20 kg, it will only give you 20 kg,

但是你要每天練體力才行。

but you must train your physical strength every day.

等你可以五十公斤了，他就給你五十公斤，不會把你壓死。

When you can carry 50 kg, it will give you 50 kg; it won't crush you to death.

你看我這麼瘦小，沒被壓死。可是我回過頭來一看，還真是如此。

You see I'm so thin, yet I'm still fine. Indeed, when I look back, it's absolutely true.

第一年沒有讓我當班主任，因為經驗尚淺，

I wasn't appointed as a homeroom teacher in the first year due to my insufficient experience.

所以帶了四個年級的科任。

Instead, I was assigned to teach multiple subjects to students of four different grades.

第二年就帶了一個六年級畢業班，程度又難了一點。

In the second year, I lead a sixth-grade graduating class, which was a bit more difficult.

後來又帶了全校不好帶的班，

Later, I led the most problematic class in the school.

所以難度怎麼樣？慢慢加高。

The degree of difficulty gradually increased.

後來，帶過了這一班以後就調到海口去了，也讓我慢慢磨鍊。

After leading this class, I went to Haikou where I was gradually tempered.

所以諸位只要有心，不要操心，

As long as you intend to promote sage teachings, don't worry about your skills,

上天自有安排。

because Heaven will arrange everything to suit your capacities.

好，這一節課先上到這邊，謝謝大家。

Alright, we'll stop here today. Thank you for listening.