

# Building A Happy Life (25)

- a foundation for Mahayana Buddhism practice

細講弟子規 第二十五集

## Confucius Teachings On

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從小培養吃苦耐勞的品格

*Fight Fatigue With Responsibility*

諸位朋友，大家好。

Hello my friends!

很多朋友他會問我：蔡老師，你累不累？

Many friends ask me, "Teacher Tsai, do you feel tired?"

在這幾個月當中，有很多的老師他跟著我們到各地去演講，

These past few months, many teachers who have followed me to various places as I give lectures,

他都會看到我的身體愈講愈有精神，

have seen that the more I lecture, the more energetic I am.

所以很多擔心是怎麼樣？是不必要的。

A lot of worries are therefore unnecessary.

我也跟這些朋友講，我說人不怕身累就怕心累。

I also told these friends that people aren't afraid of physical fatigue, but of mental fatigue.

身累，躺下去七個小時以後又是生龍活虎。

If we feel tired physically, we'll feel revived again after getting a seven-hour rest.

但是心累，很多事知道很重要，應該去做，

When we know that a lot of things are imperative and ought be done yet we are unable to do them,

可是卻沒有能力去做，那時候的心是很辛苦、很煎熬。

this kind of mental fatigue will cause us stress and torment.

所以，當我們能夠盡心盡力去做重要的事情，事實上內心是很寬慰的。

When we can put in our best effort to do important matters, we actually feel very comforted.

我記得在高中時代曾經讀過孟子的一篇文章，

I remember reading an article by Mencius in high school that states,

裏面提到「天將降大任於是人也，必先苦其心志，勞其筋骨，餓其體膚，

"When Heaven is about to place a great responsibility on a man, it always first frustrates his will and spirit, exhausts his muscles and bones,

空乏其身，行拂亂其所為」，為什麼？「所以動心忍性，增益其所不能」

exposes him to starvation and poverty, harasses him with troubles and setbacks so as to stimulate his spirit, toughen his nature, and enhance his abilities."。

我在高中時代讀這篇文章有什麼心得？

What did I gain from this article back then?

絕對不要當聖賢人，會累死，還要動心忍性，還要餓其體膚。

I told myself that I mustn't become a saint or a sage because it's so tiring and tormenting to have to endure so many tests.

那時候老師又沒有把這些氣節跟我們講，所以我們依文解義，絕對不要往君子聖賢走。

At that time, we only interpreted its literal meaning since our teacher didn't tell us about the beauty of moral integrity.

但是後來真正去弘揚中國文化，突然對這一句教誨有不同的感受。所以我批了一個橫批，

But later, when I really started to promote sages' teachings, I suddenly had a different feeling for Mencius' words and wrote down this phrase:

叫「甘之如飴」。

"Take the bitter with the sweet."

因為當我們知道這個事情太重要了，心裏面怕的是自己能力不足，

Because, when we know that this matter is too important but are afraid that our ability is insufficient,

所以當考驗來的時候，都會很歡喜接受，趕快這樣就可以提升能力。

we would gladly accept all the tests to quickly improve our abilities.

所以，我們有這個態度，也跟所接觸的老師也建立了這樣的共識。

Having this attitude, we also established such a consensus with all the teachers we met.

所以當我要從海口到深圳去講課，我本來的課就必須交給其他老師。

When I had to leave Haikou for Shenzhen to give lectures, my original classes had to be handed over to other teachers.

當其他的老師接到我的通告說：從下一節課開始換你。他們會怎麼想？

When they received my instructions to take over the next classes, what would they think?

他們不會：不要！不會。

They wouldn't dodge it!

他們會突然冒出一句話：責任的承擔是成長的開始。

They would utter this sentence: "Taking on responsibility is the starting point for personal development."

所以，雖然我離開海口，課程都沒有斷，

Even though I have left Haikou, the classes there have continued uninterrupted.

連大年初一、春節期間的課都沒斷。

Even on the first day of Lunar New Year the lessons are still on.

因為他們說，學習智慧刻不容緩，

The teachers said that we can't afford to delay acquiring wisdom.

假如緩下來了，我們少一天學習，對孩子可能就是很大的影響，

If we had slowed down by taking a day off, the children might have been greatly affected.

所以他們也堅持，這個課也辦了一年多。

So, they persevered and this class has run for over a year.

所以在海口、在深圳很多的老師，除了在學校、在他的工作當中之外，

In Haikou and Shenzhen, on top of their work at other schools or jobs,  
其餘晚上、禮拜六、禮拜天的時間，都義務出來幫我們中心講課，去承擔。  
many teachers would volunteer to teach at our center at night and on weekends.  
他們也在學習了四個多月以後，就開始跟著我到很多地方講學。  
After learning for over four months, they began following me to many places to give lectures.  
所以就從修身，然後把班級帶好，齊家；  
Through self-cultivation, we further manage a class, this is similar to "harmonizing a family."  
然後把海口照顧好，治國；  
Then we take good care of Haikou, which is like "governing a country."  
然後到北京、到深圳，到很多不同的省分去講課，叫什麼？  
And if we further expand our lectures to Beijing, Shenzhen, and many different provinces,  
what are we doing?  
平天下。

We are "realizing world peace." (\*audience's answer)

所以這四件事其實是什麼？一件事。

What are these four matters actually? They are one thing.

只要你真心發出來，自己不斷砥礪，自己不斷超越，

As long as we bring forth our true heart, keep forging ahead, and surpassing our  
inadequacies,

自然而然我們的影響、我們的奉獻就會水到渠成，所以要：  
our influence and dedication will naturally meet with success.

【勿畏難。】

"Do not be afraid of difficulty."

### ***Transform Losses Into Lessons***

所以當應該給孩子承擔的事都被父母做了，這是剝奪了孩子學習、歷練的機會。

When parents do everything that should be undertaken by children, this is depriving them of  
opportunities to learn through experience.

剛剛也提到，盧叔叔他沒有幫女兒拿筆記本去。

We also mentioned before that Uncle Lu didn't bring the notebook for his daughter.

假如這一個筆記本拿去了，會是另外一個結果，什麼樣的結果？

Had he helped her then, the result would have been different. What kind of result would he  
expect?

女兒很高興：爸爸，你真好！有求必應，真是觀世音菩薩。

His daughter would be elated and say, "Dad, you are really great! My prayer was answered!

You are truly Avalokitesvara Bodhisattva\*!" (Buddhist Bodhisattva of Mercy.)

那對孩子的內心起了什麼變化？

What change in her thinking would there be?

只要我有事，我有爸爸，我有媽媽，我有爺爺，我有奶奶，我還有傭人。

She would think that whenever she's in trouble, her parents, grandparents, and even the maid  
would be there to help.

所以他背後有一大堆靠山，隨時可以幫他收拾殘局。

She has many supporters who can help her clean up a mess at any time.

所以我們現在往往看到很多年輕人，二十出頭，他講的話你會怎麼樣？

Nowadays, what impression do we have of the speech of youth in their early twenties?

氣死。會吐血，真的！

We'd be annoyed and driven mad! It's true!

皇帝不急，怎麼樣？急死太監。所有父母親友幫他忙得要死，他都覺得不關緊要。

As a proverb says, "The emperor is not worried, but his underlings are worried to death."

This means that all his parents and elders are so busy helping him, but he is still heedless.

我在海口就有遇到，父母都幫他透過很多關係找了工作，

I encountered a child in Haikou whose parents had been helping him find a job through many connections.

他還要去不去說：好，我就看你的面子去試試看。

He merely reluctantly agreed and said, "Alright, for the sake of your 'face,' I'll give it a try."

還有大學生，讀書被二一，被退學兩次。

There was also a college student who had dropped out of school twice.

結果朋友問他怎麼辦？他說：我也不知道。

When his friends asked, "What are you gonna do?" He replied, "I have no idea."

所以你看都快二十歲的人了，對自己完全沒有責任心。

You see, he was almost twenty years old, yet he had no sense of responsibility for himself.

這是結果，原因在哪？他很少為他自己做的事負全責。

This is a result, what is the cause? He seldom takes full responsibility for what he has done.

當我們幫孩子收拾他的過失，他就會覺得往後都會有人幫他的忙。

When we help a child clean up his mistakes, he would think that in the future someone will always be there to help him.

所以他以後要娶太太，你要幫他籌錢；

When he gets married in the future, you have to help him raise money;

他要買房子，你也要幫他張羅。你要幫他張羅到什麼時候？

when he buys a house, you must also help him raise the funds. How long do you intend to help him?

這樣的人生會怎麼樣？會累死。

How would you feel about this kind of life? Very exhausted.

可能你眼睛要閉上的時候，還在想要幫孫子買什麼東西。

Perhaps when you draw your last breath, you would still be thinking of buying something for your grandson.

在去年十月十九號深圳特區報，有一對父母發表了一篇文章，勸告這些年輕的爸爸媽媽絕對不要寵小孩。

On October 19<sup>th</sup> last year, a couple published an article in the *Shenzhen Special Zone Daily*, advising young parents not to spoil their children.

因為他們夫妻老來得子，年紀比較大的時候才生了一個兒子，對他百般呵護。

The authors didn't have a son until their old age, so they loved and cared for him in every possible way.

上了幼兒園，幼兒園老師說：你的孩子有哪些行為不好，你要注意。

When their son attended kindergarten, the teacher advised them to pay attention to their child's bad behavior.

他還會幫孩子解釋，還會幫孩子掩蓋。

The parents even helped him explain and cover his mistakes.

這樣一路上來，孩子要什麼就給什麼。

Along the way, they fulfilled his every wish.

等他大學畢業交了個女朋友，女朋友要求說：叫你父母搬出去，房子給我們住，我才要嫁給你。

After he graduated from college and got a girlfriend, the girl requested that his parents move out before she agreed to marry him.

所以他兒子當然會怎麼樣？因為他是小皇帝，對吧？所以號令天下，莫敢不從。

What would the son do? Since he had been a little emperor from a young age, he was used to "giving an order from above and expecting none to disobey."

他就直接叫他父母：你們出去！

Straightaway he ordered his parents to vacate the house.

他的父母已經感受到嚴重性，

Realizing the seriousness of this problem,

所以希望透過他切身的痛苦，能夠勸告更多的父母絕對不要寵愛孩子、溺愛了孩子。

the authors hoped to persuade more parents not to dote on their children through their painful experiences.

在一九二〇年代有一位十一歲的孩子，剛好玩足球把別人的一大片玻璃給打碎了，

During the 1920s, there was an eleven-year-old child who accidentally broke someone's large window while he was playing football.

要花十二點五塊美金。

He had to compensate that person twelve dollars and fifty cents.

當時的十二點五塊美金可以買一百二十五只可以生蛋的母雞，所以這一筆錢很大，不小。

At that time, this amount of money could buy 125 egg-laying hens. It was rather a huge sum.

他的父親就跟他說：這你要負全責，所以你要自己賺錢來還債。

His father said to him, "You have to take full responsibility for this incident. You must make money to pay off the debt."

這在中國的父母做不做得出來？很困難。

Would Chinese parents do this? Very difficult!

依照統計，中國的小孩零用錢最多，然後做家事的時間最少，

According to statistics, the children in China have the most pocket money but they spend the least time doing housework.

所以很沒有擔當。

They don't have a sense of responsibility.

結果，確實這十一歲的孩子就從那個時候開始打工，一點一滴把錢還給他父親，Indeed, this little boy started to work at that time and returned the money to his father bit by bit.

結果後來他的事業也很有成就，他就是前美國總統裏根。

Later, his career was also very successful. He was Ronald Reagan, the former US president.

所以你看，當你讓孩子去磨煉，增長了他正確的態度、責任心，

You see, when you let your child endure hardships, you're developing his proper attitude and sense of responsibility,

又增長了他做事的能力。

as well as boosting his working abilities.

所以養小孩要用理智，不可以只用情感、用溺愛，這就相當重要。

It's important to be rational rather than driven by emotion and becoming overprotective when raising children.

所以『勿畏難』，

"Do not be afraid of difficulty."

當為人父母面對很多事情都能夠很有勇氣，你這樣的態度一定會影響你的小孩。 When parents can be very courageous in facing many matters, their attitude will definitely affect their child.

『勿畏難』如何調解夫妻關係

### *A Happy Home Starts From Within*

我們俗話也常講「家家有本難念的經」，你們念通了沒有？

We often say that every family has their own set of problems. Have you found a solution to them?

所以現在離婚率很嚴重。婚姻走向離婚，對自己還有對小孩可能都是一個傷害。

The divorce rate is very serious now. Marriage ending up in divorce may harm you and your children.

所以面對人生、面對婚姻當中的挫折，我們也要勇於去克服。

We must have the courage to overcome all the setbacks in life and marriage.

剛好我在海口，有一天要去上課，

One day in Haikou, while I was on my way to class,

在途中有一位朋友打電話給我：我的同事她先生有外遇，該怎麼辦？

a friend of mine called and told me that her colleague's husband had had an extramarital affair and asked me what she should do.

諸位朋友，你有沒有接過這種電話？結果我一個沒有結婚的人接到了。

My friends, have you ever received such a call? And a single man like me received it!

雖然沒結婚，但是解決人生問題的答案保證在經典之中。

Even though I'm unmarried, the solutions to the problems in life are guaranteed to be found in the classics.

所以當場我就開始跟她說：行有不得，反求諸己，

I said to her on the spot, "When things don't accord with our wishes, we must turn inwards and examine ourselves."

在人生出現狀況的時候，絕對不可能都是別人錯，只有我對。

When things happen in life, it's absolutely impossible that others are always at fault while we're the only one who is right.

有沒有可能？不可能，

Is it possible? Impossible!

因為一個巴掌拍不響。

Because one-handed clapping will not produce sounds.

所以當夫妻面臨這樣的問題，我們頭一個念頭要先想到「我錯在哪裏」。

When spouses face such problems, they must first reflect: where did I go wrong?

當然，這個念頭不容易，可是只要我們不轉到這個念頭來，你的心絕對平息不下來。Of course, giving rise to this thought isn't easy, but if you don't, you definitely won't be able to calm yourself down.

當我們處處只想著對方哪裏不對、對方哪裏又錯，一定是情緒翻騰，

When we only focus on the other party's wrongs, we will surely be overwhelmed with emotional turmoil.

很有可能會意氣用事，會把事情搞得愈來愈糟。

Then we would very likely act irrationally and make matters become even worse.

所以我接著又說：比方說對方錯七、八分，我們錯一、二分，也要靜下來先想我這一、二分錯在哪，進而把它改過來。

I continued, "Let's say the other party is wrong by seven or eight points while we are wrong by one or two points, we must also settle our mind to think about where we've done wrong with these one or two points and further rectify them.

這是第一個重要態度，「行有不得，反求諸己」。

This is the first vital attitude of 'self-reflecting whenever things don't go our way.'"

接著我就跟她說：家火不燒，野火不起。

Then I told her, "When there's no 'fire' raging between a couple, outsider's won't be able to come between them."

諸位朋友，家火，什麼火？沖突、不寬恕、不包容就是火。

My friends, what does this "fire" imply? It refers to conflicts, unforgiveness, and intolerance. 家裏不先出狀況，外面的火能不能燒進來？

If no problem arises initially in the family, can the "fire" from outside destroy the house? 燒不進來。所以絕對不要去怪另外那個人，一定是我們自己先有過失，

No! Don't blame the other party; it must be us who have faults in the first place.

所以不要再把情緒又氣到另外一個人身上去，這是第二個重要態度。

We should never rage at others. This is the second important attitude.

第三個當先生對的時候，你要把他當父親看，平常要把他當朋友看；

Thirdly, when your husband is right, you must treat him as your father; on ordinary days, treat him as a friend.

先生錯的時候要把他當什麼看？

When he is at fault, how should you regard him?

小孩看，還不夠，要把他當兒子看。

Regarding him as a child is not enough, you must regard him as your son.

當你兒子犯錯的時候，你會不會跟他說：我這一輩子跟你沒完沒了。

When your son makes a mistake, would you tell him, "I will never forgive you"?

會不會？不會。為什麼？你這麼不公平，對你兒子都不會這樣，對你先生就這樣？

Would you? No! Why? Well that's unfair of you, you won't do that to your son but you treat your husband like that?

為什麼？有沒有看到人的不平等？

Why? Do you see the unfairness here?

所有的障礙煩惱不在外，在哪？在自己。

All the obstacles and afflictions aren't coming from outside but arise within ourselves.

所以誰讓你煩惱？

Who is the one bothering you?

打一個比喻，今天你走在路上，突然有一個陌生人走過來給你一巴掌，

Let's say you're walking on the street today and a stranger suddenly comes and slaps you.

你還沒有回過神來，他已經跑了，

Before you know what is happening, he has already left.

你在那裏摸著你的臉：怎麼這麼衰？算了、算了！你就走了。

Rubbing your face, you would think, "What bad luck! Ah forget it." You would just walk away.

突然那天回家禍不單行，

It never rains but it pours;

剛好你先生喝了一點點酒，回來看到你，同樣是一巴掌，結果不一樣？

when you go home that day, your husband happens to have drunk a little alcohol and slaps you too, but is it the same as the previous one?

我跟你沒完沒了。

"I'm never forgiving you!"

奇怪了，同樣一巴掌，效果不一樣，

That's strange! It's the same one slap but the effect is different.

誰造成的？苦都是自找的。

Who brought you the misery? Suffering is self-inflicted.

因為我們的心不夠寬容，沒有從對方的角度看，所以都是用好惡在解決事情。

As we are not forgiving enough and don't put ourselves in other's position, we use likes and dislikes to solve problems.

自己所好的什麼都可以，自己不高興的就都不行，

We accept everything that we favor and reject those things that we aren't happy with.

所以就造成自己很多心理上煩惱障礙。

We cause a lot of obstacles and troubles for ourselves.

所以很多人就說：他都這麼大了，連這一點做人的道理都不懂。

Many people say, "He's already so grown up yet he doesn't even understand this principle of self-conduct."

他都這麼大了，哪裏大？

In which area has he grown up?

身體大？是不是？對！

His physical body, right? Yes!

活了三四十幾歲、四十幾歲。身體大不代表智慧長。

Though he has lived for thirty to forty years, his big body doesn't represent great wisdom.

你說：他應該懂。他就是應該沒懂，

You may say, "He should know better!"

有沒有人教過他夫婦之道？諸位朋友，你念書念了十多年，有沒有看過一篇夫婦相處之道？哪一篇文章？



The fact is he doesn't understand; had anybody taught him how husbands and wives should get along? Having studied for over ten years, have you ever come across such an article? Any article?

夫婦相處對人生重不重要？重要！

Is this relationship important in life? It's important!

五倫只要夫婦倫正了，其它倫自正。

In the Five Ethical Relationships, as long as the spousal relationship is proper, the other four will follow suit.

你看，這麼重要的東西沒教。

You see, such important lessons aren't taught in school.

所以我跟一位長者聊天，他就說：我們教育什麼都教了，就缺一個東西。

An elder once told me that our education system has taught everything except one subject. 缺什麼？你們不知道？缺「德」。

What is it? You don't know? Moral education.

什麼都有，真的，跳舞、唱歌統統都有，就最缺這個東西，

It's true that they have all sorts of lessons including dancing and singing, but they lack the thing needed most:

最缺如何與人相處。

how to get along well with others.

所以你先生是受害者，我們有責任幫助他。

Therefore, her husband is a victim and we have the responsibility to help him.

「人非聖賢，孰能無過」，

As the classic *Commentary of Zuo* states, "Not everyone is a sage, who can have no faults?"

所以你也要把他當兒子看，你馬上就能包容他。

When you regard him as your son, you can immediately embrace him.

也由於你有這樣的態度，他才知道迷途知返，因為外面都是逢場作戲、都是虛妄的。

With your embracing attitude, he will return from his lost path due to realizing the outside temptation is merely a delusional amusement.

人往往要犯了錯，才知道什麼是真的。

People often have to make mistakes before they come to know the truth.

所以外面第三者絕不可能是一個好女人，

The outside third party is definitely not a good woman.

好的女人絕不可能破壞別人的家庭。

A good woman will never break up someone else's family.

因為這個先生的定功不夠，也容易被花言巧語騙了。

Since this husband has poor cultivation, he was easily deceived by the woman's enticing speech.

### ***Women's Secret Weapon***

楊老師她從事讀經教育差不多十年左右的時間，

Teacher Yang has taught classics for about ten years.

除了教小孩，她往往教讀經、教書法教到十點多。

Apart from teaching children, she often teaches classics and calligraphy until past ten o'clock.

小孩都回去了，換誰上課？大人上課。

After the children have left, it's the adults' turn to attend the class.

因為很多家庭問題，這些婦女都找不到方法，很痛苦。

As these women were troubled by many family problems and couldn't find a solution, they felt much pain.

楊老師常跟我講女人真不容易，所以要多關愛她們。

Teacher Yang often told me that being a woman is really not easy, so we must give them more care and love.

所以很多家長有家裏的問題、教育問題都會來問楊老師，楊老師也會盡心盡力幫助她們。

Many parents with family and education problems would seek Teacher Yang's advice and she would try her very best to help them.

所以楊老師常常回到家裏都是半夜一點多，

Teacher Yang often arrived home after one o'clock in the middle of the night.

所以她都穿大衣，然後衣服裏面都放一支雨傘，以備什麼？不時之須。

She always wore a coat and put an umbrella inside her clothes. What was it for? To use it whenever it was needed.

半夜比較危險，所以要全副武裝，

It's more dangerous at midnight, so she must be fully armed.

然後要包起來，讓人家看不出來她是男的還是女的。

She also had to wrap herself up so that other people couldn't tell whether she was male or female.

從這麼一個小小的動作可以看得出來，在楊老師的價值觀當中，什麼擺第一位？

It can be seen from such a small action that among Teacher Yang's values, what is her main emphasis?

幫助別人擺在第一，置個人死生怎麼樣？當然沒有那麼嚴重。

Her top priority is to help people while her own issues of life and death are secondary.

就剛好有一位太太她就說到她先生外遇了，怎麼辦？

There was a woman who asked Teacher Yang what to do about her husband's having an affair with another woman.

楊老師沈靜了一下，

Teacher Yang first calmed herself.

當你沉靜一下，對方也會怎麼樣？把心靜下來。

When she did that, what would the other party do? She would also settle her mind.

楊老師接著就說：你是真的要解決問題嗎？

Then Teacher Yang asked her, "Do you really want to solve the problem?"

要看看她決心下得夠不夠。這個太太就說：真的！

She wanted to see if the woman was determined enough. She answered, "Yes!"

你既然下了決心，我再告訴你。好，你就要真去做。在這樣的情況，你一定要拿出女人的法寶。

Teacher Yang said, "Now that you have made up your mind, I will tell you, you must genuinely implement it. In such a situation, you must use the 'precious weapon' of a woman." 叫什麼？溫柔。你們怎麼知道？

What is this weapon? Tenderness. (\*audience's reply) How do you all know it?  
要拿出你的溫柔。

Correct, amenability and tenderness must be applied.

所以從今天開始, 他做什麼錯事擺在第二位,

Teacher Yang said, "From today onwards, whatever wrongs that he does are secondary.

你自己有沒有做對, 有沒有把孩子照顧好, 有沒有把公婆侍奉好, 這最重要。

Most importantly, you should reflect on whether you've done things correctly, such as taking good care of your children and parents-in-law.

先把自己的本分做好, 以你的德行喚醒他的慚愧之心。

You should first carry out your duties well and let your virtues awaken his heart of remorse."

所以隔天, 這位女士也穿得整整齊齊。

The next day, this woman dressed herself neatly and tidily.

可不可以穿得邋邋遢遢? 很多男人是被女人嚇出去的,

Could she dress sloppily? Many men are actually scared away by a woman's displeasing appearance.

我們還是端莊。她就打扮得很端莊,

So, we still have to look dignified.

然後把孩子的這些功課都打理好, 該睡覺的時候也都去睡覺了,

She dressed very elegantly and took good care of her children's homework. After the children had gone to sleep,

她就坐在那裏等先生回來。

she sat there waiting for her husband to come home.

看著一秒一秒的時間過去了,

She continued watching every second tick by.

十一點多了, 十二點多了。突然在這個時候體會到一句道理, 叫一切法得成於忍。

When it was already past twelve, she suddenly experienced one truth: all accomplishments are attributed to patience!

假如這個時候你火氣都上來了, 可能就前功盡棄了,

Had she seethed with rage at that time, all her previous efforts might have been futile.

所以她繼續等。一點多, 聽到開門的聲音進來, 怎麼辦?

She continued waiting until past one o'clock when she heard the sound of someone opening the door to come in. Now what?

這位太太馬上跑過去, 笑得很燦爛, 雙手就把她先生的公文包拿起來:

This woman quickly ran towards her husband, smiling brilliantly, while picking up his briefcase with both hands and said,

真辛苦, 現在才回來。你一定肚子餓了, 我去幫你煮碗面。就進去煮面。

"You're back, what a hectic day for you! You must be hungry, I'll cook a bowl of noodles for you."

她的先生神魂未定, 不知道出了什麼事。

While she went inside to cook the noodles, her husband was in a daze, he wondered what had happened.

結果她就從那一天開始每天都等她先生回家。

From then on, she waited every day for her husband to come home.

諸位朋友，這位先生雖然出軌了，最起碼還有一點好，還知道什麼？還有一點羞恥心。  
My friends, even though this husband had gone astray, at least he still had a little sense of shame.

所以後來過了差不多一、二個月的時間，有一天她先生回來得特別早，  
After about one to two months, her husband came home very early one day.

結果一進門，話還沒講就跪下去，他就說：

Soon after he entered the house, before speaking a word, he knelt down and said,  
你饒了我！我都跟你招了。

"Please forgive me! I have to repent my wrongdoings to you.

她先生說：這一段時間我受到良心的煎熬，我都快撐不下去了。

During this time, I have been tormented by my conscience and I can hardly take it anymore."

所以要化解人生的挫折、人生的困境，要用什麼？

What must we do to resolve the setbacks and predicaments in life?

還是要用誠心，還是要用德行，才可以做得到。

We still have to use our sincerity and virtues to overcome.

不管人生面臨什麼樣的挑戰，我們一定要生起「勿畏難」，

No matter what kind of challenges we face in life, we must "not be afraid of difficulty,"

也要生起孟子說的「天將降大任於是人也」，

and remember Mencius' teaching: "When Heaven is about to confer a great responsibility on a man..."

也要生起責任的承擔。

We must also have the courage to take on responsibilities.

「責任的承擔是成長的開始」。

"Taking on responsibility is the starting point for personal development."

諸位朋友，您回想一下您的人生，在哪一些時期進步得特別快？

My friends, you can recall your own life: when did you make the greatest progress?

都是在挑戰當中、在逆境當中。

It was in times of challenges and adverse conditions.

所以我們要感謝挑戰、感謝逆境。

We must be grateful to tests and unfavorable situations.

這是勿畏難。下一句：

This is "I must not be afraid of difficulty." Next phrase:

恭敬的生活態度

***Be Proactive, Not Perfunctory***

【勿輕略。】

"I must not be perfunctory."

『輕』是指輕視，『略』是指忽略。當我們對某些事情很輕視、忽略，心已經失去了恭敬、已經失去了謹慎。

When we despise and ignore certain matters, our mind has already lost its respect and cautiousness.

我們在哪一些事情當中容易忽略、容易輕視？

What things do we easily neglect and despise?

比方說我們今天要送別人東西，縱使是送別人東西，我們也要保持恭敬。

Let's say we are going to give something to others today; even so, we must still remain respectful.

古代有一篇文章寫到，有一個人看到很多人挨餓，就拿了食物要去給他們吃。

In ancient times, there was a story about a person who saw many people going hungry, so he got some food for them.

結果他就隨口說：來來來，來吃！

He thoughtlessly said to them, "Come! Come and eat!"

結果那一位饑餓的人他說：不食嗟來之食。

As a result, one of the hungry men said, "I won't accept food that is rudely offered.

你這樣的態度根本不把我當人，

You aren't even treating me like a human being."

所以他寧可餓死也不吃。

He would rather starve to death than eat that food.

我們的態度會影響到別人的感受，

Our attitude will affect others' feelings.

所以今天縱使我們布施，我們施予，也不要忘失我們的恭敬、我們的謹慎，

So today, even if we give donations and do charity, we mustn't forget to uphold respect and cautiousness.

其實是對方在讓我們種福田、讓我們積陰德，

As a matter of fact, the other party is allowing us to cultivate fields of blessings and accumulate hidden merits;

我們要感謝他們。

we should be thankful to them.

就好像我在海口講了一百多場演講，

It's like my having given over a hundred lectures in Haikou;

有一些老婆婆七十幾歲了，還常常來聽我講課，

some elderly women in their seventies still often came to listen to my talks.

我都很懷疑她到底聽懂不懂？因為她們只會講海南話。

Since they only spoke Hainanese, I had no idea if they could really understand my speech.

但是很奇怪，我看她坐在下面常常也在那裏笑。

But strangely, I saw them sitting there often responding with smiles.

很多人他會覺得說，我們講的東西有利益到這些人。

Many people thought that our talks have benefited them.

我就跟所有講課的老師說，我說每位在底下聽課的人，我們都要感謝他，都是他在成就我們。

However, I said to all the teachers, "We have to be grateful to our audiences because they are helping us improve ourselves."

因為諸位朋友的眼神都非常慈愛、都非常仁慈。

Likewise, you all look very kind and compassionate.

假如你們坐在底下，臉色很難看，我可能就講不下去了。

If you were to show an unfriendly look, I might not have the courage to go on talking.

所以就是有這麼多人給我們機會，我們才得以成長。

Since so many people are giving us the opportunity, we can continue to grow.

所以講課的人、講經的人也要處處感謝，處處謙卑。

The speakers must always be grateful and humble.

這樣縱使我們是施予，也不忘守好我們這一顆心。

In this way, even if we are practicing giving, we would not forget to guard our mind well. 不然當心不恭敬，貢高我慢了，道業也就毀了。

Otherwise, when we're disrespectful and arrogant, the Dao we've been cultivating will be ruined.

在食物方面，甚至於在財物方面，

In terms of giving food and even belongings,

比方說我們要捐衣服給別人、送衣服給別人，能不能拿出來很臟就拿給人家？

let's say we are going to donate clothes to someone, can we just give them some dirty clothes?

所以送別人東西要有誠意，先把它怎麼樣？洗乾淨。

We must be sincere when giving things to others. Before giving away the clothes, what should we do? Wash them clean!

我記得我一臺車子送給朋友，我的父親就跟我交代，送別人東西一定要讓人家接得歡歡喜喜。

I remember when I intended to give my car to a friend, my father reminded me that we must make others happy when they receive our gift.

但是我們一般人會忽略，會想說：我送他，他應該要知足了。是不是？

But most of us would ignore this point, thinking that the other party should be contented when we give them things, right?

往往這一念輕視忽略，可能你本來是好心要送他東西，

Due to this neglectful and discourteous attitude, even though your original intention was good,

可是因為這個東西出了很多狀況，到時候接收的人也會心裏不舒服。

oftentimes the gift might have a lot of problems, causing the recipient to become uncomfortable.

所以我聽了我父親的教誨，我就開始把它巡視一下，後來發現離合器已經開了十多年，不好開了。縱再送給他，

After listening to my father's instruction, I started to inspect my car and found that the clutch was no longer easy to operate because it has been used for over ten years.

我是已經開了好幾年才能夠征服這一個離合器，

I was only able to master the clutch after driving for several years.

到時候他一開，那麼難開。本來是一件好事，到時候又可能讓他生了很多煩惱，然後又要去修理，還花一大堆錢。

Despite my goodwill, he might have felt troubled had he found the clutch difficult to operate and needed to spend a huge sum of money to repair it.

他在經濟上已經困難了，所以我們要處處替人著想，

He was already having financial difficulties; we have to be considerate of others.

縱使在送別人東西也都要顧慮他的感受。

Even if we're giving people things, we must also consider their feelings.

所以都修整好了，把車送給他，

After repairing it, I gave the car to him.

他開了一、二個禮拜打電話給我，說這個車雖然十多年了，但是很好開。

One to two weeks later, he called me and said that the car was still in good running condition even though it was over ten years old.

後來過沒多久，我這個朋友就生小孩了。

Before long, this friend had a baby.

你生了小孩，假如騎個摩托車怎麼樣？很危險。

With the baby around, what would happen if you rode a motorbike? Very dangerous!

這個朋友就是跟我已經二十年的交情了，就是他把他女朋友的老師介紹給我的。

We have been friends for twenty years. It was he who introduced his girlfriend's teacher to me.

所以你看人與人之間這麼好的緣會愈來愈殊勝，只要我們用心去經營、用心去付出。

You see, such a good affinity between people will bloom more wonderfully as long as we seriously manage and put effort into it.

比方說朋友到家裏來作客，我們也要「勿輕略」，

For instance, if a friend comes to be our houseguest, we "must not be perfunctory";

要先設想到，他假如來我們家，可能需要哪些日常用品。

we must first think of what daily necessities he may need if he comes over.

縱使他有帶，我們也要準備一份。

Even if he does bring his own things, we must also prepare a set for him.

因為人難免會忘東忘西，

People tend to be forgetful;

到時候忘了帶一條毛巾，又不好意思跟你要，

in case he forgets to bring a towel and feels bad asking you for one,

這個時候可能身體沒擦乾淨，衣服就穿了，說不定就感冒了。

he may just wear his clothes without wiping his body dry and may catch a cold as a result.

所以當我們處處能替朋友設想，讓他賓至如歸，相信你們這一段情誼會愈陳愈香。When we can always think for our friend and make him feel at home, I believe your friendship will become firmer and closer.

所以我在澳洲曾經擔任一個職務，叫做寢室長，寢室，管一個寢室的生活用品。

I used to hold the position of dormitory head in Australia, whereby I was in charge of the daily necessities of a dorm.

所以也常常到廁所去看看衛生紙夠不夠，

I often went to the lavatory to check if the toilet paper was sufficient.

然後天氣變化，巡視一下棉被夠不夠。

When the weather changed, I would ensure that the comforters were adequate.

我們每一點點的謹慎付出，絕對都會讓朋友內心很溫暖、很歡喜。

Every bit of our cautious support will definitely make our friends feel warm and happy.

所以在食衣住行方面，我們也要盡心盡力去付出、去關懷，

We must also spare no effort to contribute and care for others' food, clothing, accommodation, and transportation.

這是勿輕略。

This is "not being perfunctory."

長輩如何向晚輩傳遞恭敬心

在教育孩子方面，比方說我們叫孩子拖地，他拖好以後應該要做哪一個動作？

In terms of educating a child, such as asking him to mop the floor, what should he do after he has finished mopping?

孩子可能有一個心理，「你叫我做，我做就是交代一下，

He may think to himself: "Since you asked me to mop the floor, I'm doing it just to please you.

我還要趕快去看我的卡通」，有沒有這個可能？

I have to hurry up so that I can watch cartoons." Is this possible?

所以當孩子第一次答應你做事，他是用應付、敷衍的態度做的，

The first time your child agreed to do something for you, he might have done it with a reluctant and perfunctory attitude,

而你沒有把它修正過來，他往後可能都是什麼？

and if you didn't correct him, what would he possibly become in the future?

敷衍塞責。

He would carry out his tasks irresponsibly.

所以孩子做事有沒有負責任、有沒有謹慎，這也要透過家長的耐性去追蹤。

Whether children are responsible and prudent in doing things also depends on parents' patience in tracking them.

所以第一次讓孩子拖客廳，你一定要去檢查他有沒有拖乾淨，

The first time you let your child mop the living room, you must check whether he mopped it clean.

這個稜稜角角，假如根本稜稜角角都還臟兮兮的，就代表他做事輕略。

If the corners are still very dirty, it means that he isn't serious in his work.

而且除了輕略以外，他做事有頭無尾。

Apart from showing his carelessness, it also means that he never completes tasks.

做一件事的尾應該怎麼結束？

How should he regard his job as completed?

應該請爸爸來檢查，請長官來確定。

By asking his father or supervisor to check his work.

不然你想「我做這樣應該就差不多了」，可能跟長官、跟父親的標準還差很多，Otherwise, he would think that what he has done should be quite satisfactory but it may still be far below the standards of his father or supervisor.

所以這也是一個負責任的態度。

This is also a responsible attitude.

所以應該父親一看不行，馬上要糾正：

Should the father feel that his son's work is unacceptable, he should correct him immediately by saying,

過來，兒子今天辛苦你了，拖得還不錯。

"Come son, you've worked so hard today and you've done pretty well."



人都喜歡聽鼓勵的話。

People love to listen to words of encouragement.

先鼓勵一下，再告訴他：

You should start by encouraging him a bit, then tell him,

你這個邊邊角角假如再仔細掃一下，那就不簡單了。

"If you could further clean the corners thoroughly, then your job would be perfect.

爸爸像你這個年紀的時候，一定幹不好這件事。

When I was your age, I didn't do this task so well."

給他肯定一下。

You can give him some acknowledgement.

下次爸爸交代你做什麼事，做完了一定要先來通知爸爸去確定一下，

"Next time when dad asks you to do some work, you must first let me take a look after you've finished.

你才可以再去做你的事情。

Then you can go and do your own things."

所以讓孩子對一切人、對一切事、對一切物都懂得恭敬謹慎。

In this way, children will know how to treat everyone, every matter, and everything with respect and cautiousness.

我曾經在楊老師家住了半年的時間，老師對我很關懷。

I once stayed at Teacher Yang's house for half a year and she cared for me very much.

她很細膩，怕我在這段時間沒有錢花，

She is very meticulous. Afraid that I didn't have money to spend during that period,

所以她就在冰箱的上面放了一個錢包，裏面放一些錢。

she put some money in a wallet, placed it on top of the refrigerator,

她就隨口一句說：沒有錢自己拿。

and simply said, "Take money whenever you need it."

我們也可以感受到這個長者處處替你著想，

We can also feel that this elder has constantly been thinking about our needs.

怕你真的沒錢很難受，也不好開口，

She was afraid that I would feel uncomfortable without money and would hesitate to tell her, so she used this skillful method to let me solve the problem very conveniently.

當然，我沒有去拿。因為我在老師家住了一個多月，

Of course, I didn't take the money because after staying in her house for over a month,

馬上就去教這個學校了，又有錢了。

I went to teach in that school right away and had earned some money.

所以雖然我沒什麼錢，不過需要錢的時候就會有機會讓我獲得。

Even though I'm not rich, I would have the opportunity to obtain money whenever I needed it.

另外，我在跟盧叔叔相處的時候也體會到他處處對人很恭敬，不輕慢。

Furthermore, when I was interacting with Uncle Lu, I also realized that he always treats people with great respect.

我記得從澳洲回來，盧叔叔去臺中看我，他還拿了一盒有機的蒟蒻(黑糖蒟蒻)給我。

I remember when I returned from Australia, he came to Taizhong to visit me and even brought a box of organic brown sugar konjac for me.

一來，縱使我是他的晚輩，他對我也很客氣，絕對不會以一個長者的姿態，好像他比你高。

Even though I'm his junior, he treats me very politely and never acts as if he is of a higher level.

然後買這個黑糖蒟蒻，也是在不經意當中他聽到我以前差一點就去做有機事業，

He bought the brown sugar konjac because he inadvertently heard that I almost went into the organic business before.

所以他一看到這個是「有機黑糖蒟蒻」，他馬上就想到我

So, when he saw the organic brown sugar konjac, he immediately thought of me. 。

所以盧叔叔在與人相交往當中，都很細膩的去了解到別人的喜好、別人的需要所在。

When interacting with people, Uncle Lu is very careful about understanding their likes and needs.

只要有機會他一定會去付出。

Whenever there's an opportunity, he will surely contribute his efforts.

他也教誨我們這些晚輩，說我們很多的行為要減少別人的擔憂。

He also taught juniors like us that we should reduce the worries of others in many of our actions.

所以他也交代，比方說你從朋友家離開是晚上的時間，

He further explained that when we leave our friend's house at night,

只要你到了，一定要打一通電話給對方，說我已經到家了，您別擔心。

we must call to tell the other party that we've reached home safely and not to worry about us.

所以處處可以站在對方的角度，減少對方的擔心。

When we can always put ourselves in others' shoes, we can reduce their worries for us.

我們為人子更應該在，比方說晚上回家了，從父母家離開，

When we leave our parents' home at night for instance, as children,

到的時候一定記得打一通電話給父母、給親人，不要讓他們多替我們擔心，

we should remember to call our parents and loved ones when we've reached home so as not to let them worry about us.

這一些小事都要勿輕略。

We mustn't take these small things lightly.

我常常搭飛機，也常常跟楊老師一起搭。

I often take flights with Teacher Yang.

楊老師會有一個習慣，她在上飛機以前一定要跟對方確認飛機有沒有正常飛。

Before boarding, she has the habit of confirming with the other party whether the flight is on schedule.

而且一定會算時間，比方說七點半到，

And she would calculate the time: let's say the plane was scheduled to arrive at 7:30;

她會抓二十分鐘或者抓四十分鐘，假如是國際線就會比較久，國內線比較短，

she would give an allowance of twenty or forty minutes--longer for an international flight and shorter for a domestic flight.

她會請對方，比方說七點五十（有二十分鐘的空檔）再來接機，這樣就能夠讓人家不要等太久。

She would tell the other party to come and pick her up at 7:50, with a twenty-minute gap, so that people wouldn't have to wait too long.

當我們處處替人著想，他人就處處替我們著想。所以勿輕略。

When we're thoughtful of others, they will be considerate of us too. So, don't be perfunctory. 接下來：

Next phrase:

如何避免孩子結交壞朋友

### ***How To Avoid Becoming a Rowdy Heretic***

【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."

這個『鬥鬧場』是指比較復雜、比較奢華的地方，

"Rowdy places " refers to places which are more complicated and extravagant, 我們的小孩不要進去。

our children should not go to those places.

孩子為什麼會進去這樣的地方？為什麼？

Why would children go to these places? Why?

心理空虛，沒有人生目標。

They feel empty because they don't have a goal in life.

還有一個很重要的根本問題，他沒有判斷能力，

Another very important, root problem is he doesn't have the ability to judge,

他不知道交什麼樣的人，近什麼樣的環境，做什麼樣的事，才是對的，

so he doesn't know what kind of friends he should make, what kind of places he should go, 才是對他的人生有所幫助。

and what kind of things he should do, so that they are helpful to his life.

這個判斷力從什麼時候養成？

When would he develop this ability to judge?

所以很多的家長他會很緊張一件事，他會說：我很害怕我的孩子以後會交到壞朋友。

Many parents would be very nervous about one thing. They would say, "I'm afraid that my child will make bad friends in the future."

諸位朋友，你有沒有這個擔憂？有沒有？有！

My friends, do you have this worry? Yes or no? Yes!

繼續擔憂有沒有幫助？沒幫助。

Is it helpful to continue worrying? No!

所以我們要思考怎麼樣才能建立孩子的判斷力。

We must think of ways to help children establish their ability to judge.

我曾經也看過一個報導，剛好一位孩子犯了很重的罪，警察局打電話通知他媽媽。

I once saw a report of a child who had committed a very serious crime and the police station called to inform his mother.

媽媽接到電話，在電話裏就說：

When she received the call, she said,

絕對不可能是我兒子，不可能！我兒子不可能幹這種事。

"It's absolutely impossible that the criminal is my son. He wouldn't do such a thing."

結果後來到了警察局，還沒進去，還在那裏說：不可能，一定是同名同姓的。

Later, before she entered the police station, she was still telling herself that it must be someone with the same first and last name as her son.

結果等她打開門，看到坐在那裏錄筆錄的是她兒子。

When she opened the door, she saw her son sitting there recording his statement.

結果她馬上就說：都是被那一群朋友帶壞的。所以這句話把責任推得一幹二淨，

She denied any responsibility, blaming his son's friends for corrupting him.

這樣對不對？

Is it right for her to say so?

聖賢人教導我們「行有不得，反求諸己」。

The saints and sages teach us, "When things don't accord with our wishes, we must turn inwards, and introspect ourselves."

假如我們沒有這個態度，你人生犯了多少過失你完全不清楚，這個人生就真是活得太不值得。

If we don't have this reflective attitude, we won't know how many mistakes we've made in life, and such a life is really not worth it.

所以我就跟很多朋友講到，我說遇到好朋友跟壞朋友跟他自己很有關係。

I said to many friends that whether we will encounter good or bad friends depends very much on us.

我們不能順著自己的煩惱去思惟，常常在那裏擔心；

We shouldn't think and worry based on our afflicted mind;

要順著理智、順著真理去面對。

we should accord with rationality and the truth in facing matters.

在《易經》裏面有提到

*The Book of Changes* states,

「方以類聚，物以群分」。

"Things of a kind come together. People of a mind fall into the same group." (Birds of a feather flock together.)

意思就是善的人就會跟善的人在一起，惡的人就去吸引惡的朋友。

It means that kind-hearted people will stay together while evil people will attract immoral friends.

所以當我們的孩子非常善良、非常重德行，自然而然招感來的朋友就是好的。

In this respect, when our children are very virtuous and kind-hearted, they will naturally draw good friends to themselves.

所以最重要的一點要先長孩子的什麼？善心。

Most importantly, we must start to develop a child's goodness.

我的外甥，她的母親也三歲多就開始教他讀《弟子規》，

My sister started teaching her son to read *Dizigui* when he was just over three years old.

然後講解《弟子規》給他了解。

She also explained the meaning to him.

結果三、四歲帶他到外面去跟其它的小朋友交往，

She brought him out to interact with other small children when he was three or four years old.

當其它的小孩，比方說惡言對別人或者還動手打人，我的外甥看了就會拉拉他母親對她說：這個小孩不可以打人、這個小孩不可以罵人。

When he saw other children hitting or calling others names he would pull his mother's hand and say that these children shouldn't do that.

為什麼他會這樣判斷？

Why did he judge so?

當你有教《弟子規》。比方說，

After you have taught him *Dizigui*, for example,

你教孩子孝是對的，你教孩子孝是善，他知不知道什麼是惡？

when you teach him that filial piety is a wholesome and proper deed, will he know what unwholesome is?

不孝嘛！

Not being filial!

當你教他友愛兄弟、尊敬長輩，他知道是善，他知不知道什麼是惡？

When you teach him that loving siblings and respecting elders are virtuous acts, will he know what is wicked?

不敬、不悌。

Disrespectful and unloving toward siblings.

當他知道謹慎很重要，當他知道自己的事情要自己做是善，他同時也知道什麼是惡。

When he knows that cautiousness is very important and accomplishing his own tasks is good, he will also know what is bad.

當他知道愛人是善，他知不知道什麼是惡？

When he knows that loving people is good, will he know what is evil?

對，所以孩子就善惡分明。善惡分明，他會有所取舍。

Right, so children can discern right from wrong. Then, he will know how to make the right choices.

所以，當他常常心存善念，到鬥鬧場的環境，他保證怎麼樣？

When he always bears kind thoughts, how will he feel when he goes to a rowdy place?

渾身不舒服。

He will feel very uncomfortable.

所以現在假如叫我去歌舞廳站一分鐘，

So now, if you asked me to go to the dancing hall and stand for a minute,

我一定呼吸困難，頭都發痛，那個磁場很不好。

I would surely have difficulty breathing and a headache, as the magnetic vibration there is bad.

因為你「入芝蘭之室，久而不聞其香」，

"When we associate with virtuous people, we will blend in with them over time."

你已經接受聖賢的熏陶，心裏面想的、做的都是善，

After you have received the saints' and sages' teachings, whatever you think and do will be wholesome.

把你放在不善的環境，你馬上感受很不舒服，自然就會敬而遠之。

When put in an unwholesome environment, you will instantly feel very uncomfortable and will naturally avoid such places.

所以善惡分明他才有所抉擇。

Only when children can discern between right and wrong can they make wise choices.

現在家長有沒有教？

Do parents teach this now?

他小時候善惡不分明，

When children are not taught to distinguish between good and bad,

等上了初中、上了高中遇到一些不好的朋友，馬上就被帶過去了。

they will be corrupted at once when they encounter immoral friends in high school.

所以萬法因緣生，

"Everything arises from causes and conditions."

一個人會交到不好的朋友，原因是什麼？

What causes a person to make bad friends?

善惡不明。緣是什麼？緣才是惡友出現，才會結惡的果。

He can't differentiate between good and bad. It is the wicked friends appearing which leads to bad results.

所以人往往只重這個緣，沒找真正原因。

People often pay attention to the condition but overlook the real cause.

所以幾千年的歷史當中，多少的聖哲所處的都是亂世，

In thousands of years of history, many sages had lived in chaotic times,

但是他們都能做到屹立不搖，因為他們心中那把做人的尺清清楚楚、明明白白。

but they were able to remain unaffected because they knew the principles of self-conduct very well.

所以諸位朋友，您假如讓孩子善惡的根基紮穩了，

My friends, if you let your child firmly establish the foundation of discerning right from wrong,

你的中晚年才能夠高枕無憂，

you can then sit back and relax in your middle and old age.

所以我們的人生規畫要能夠深謀遠慮。

We must plan our lives by thinking deeply and planning carefully.

好，這一節課就上到這邊，謝謝大家。

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

