

Dizigui 35 Bilingual

Hello, my friends. We have entered the fifth chapter on “Loving All Broadly.”
諸位朋友，大家好！我們進入第四個單元「泛愛眾」，

也提到孩子的這一分愛心，仁厚之心可以從孝順父母推衍到敬一切人的父母、親屬；
We also mentioned that children’s love and kindness can be extended from being filial to their own parents to respecting the parents and relatives of all people.

再延伸到對各行各業的尊重，尊重他們的付出，他們的辛勞；
Furthermore, it can be expanded to respecting the effort and contributions of all walks of life.

也要愛護很多屬於社會比較弱勢的團體，
We should also love and care for disadvantaged groups in society.

剛剛也提到「鰥寡孤獨廢疾者皆有所養」，
We have just mentioned, “Widows and widowers, orphans and the childless, the sick and disabled are all well cared for.”

而且確實在這種行善的風氣也愈來愈興盛，這是我們很值得欣慰的地方。
In fact, the current atmosphere of doing good is increasingly thriving, this is something that we felt very gratifying.

而當我們在行善之中，一來會提高自己的仁慈之心，二來也能夠真正了解到很多社會不為人知的一些事情，一些地區。
When we are doing good, we not only can improve our sense of compassion but also get to know the neglected issues and areas in society.

當我們是帶著孩子一起去行善，那絕對又長養了他這一顆仁厚之心。
When we bring our children along to do good deeds, we can definitely foster their sense of kindness.

那我們在做善事的前提，一定要把家庭照顧好。
Before we engage in virtuous acts, we must first take good care of our family.

不能出來做好事，然後家裡亂成一團，這樣可能就會有副作用。
If we left our family in chaos while doing good deeds outside, it may create adverse effects.

所以先要修身然後齊家，
So, we must first cultivate ourselves and then regulate our family.

齊了家才能夠發揮影響力去治國、去影響社會，所以這個次第我們也要謹慎去對待。
Only after we have properly managed our family can we exert positive influences on the nation and society. We should carefully follow in this order.

除了弱勢團體要尊重，壞人要不要愛？

Other than respecting the disadvantaged groups, should wicked people be loved?

要，我們之前也有提到在去年發生一個案件很嚴重，就是馬加爵事件。

We mentioned earlier about a very serious case that occurred last year: the Ma Jia Jue incident.

他因為同學笑他，長期譏毀他、瞧不起他，覺得他很窮，後來萌發殺機，殺了好幾個同學。

Due to being laughed at, ridiculed, and despised by his classmates over a long period of time for his poverty, he initiated a murder spree and killed a few of his classmates.

而在這個過程當中，有一個同學本來應該也會受到傷害，結果後來逃過一劫。因為這位同學曾經幫他拿過餐盤，幫他裝過一次飯，所以這個同學才化解了這一個危難。

During the incident, one of the injured classmates managed to escape this crisis because he had once helped and served Ma a meal. This classmate had thus resolved this crisis!

所以確確實實人有善心，自然就會有善的回報。

Indeed, one's kind-heartedness will naturally have good return.

不管對方是多麼惡的人，只要我們有善心，只要我們有德行，都能夠慢慢喚醒他的良知。

No matter how bad the other party is, we can slowly awaken his intrinsic nature as long as we are kind and virtuous.

那假如我們去攻擊他，可能會兩敗俱傷，所謂「揚人惡，即是惡；疾之甚，禍且作」，很有可能他會惱羞成怒就不好。

If we were to attack him, it might cause destruction to both sides. As stated in *Dizigui*, "Publicizing others' wrongs is in itself evil, they will resent more and be driven to act even worse." Very likely, he will fly into a rage out of humiliation, which is surely not good for both parties.

那為什麼他們會走向歧途？諸位朋友，為什麼？

Why do people go astray? Dear friends, what is the reason?

沒有好的家庭教育，沒有好的學校教育。

There is no proper education at home and in school.

所以一個人之所以會誤入歧途是他的人生過程沒有遇到真正愛護他的人，所以可惡之人必有可憐之處，我們要去同情。

The reason one deviates from the right path is because he has not encountered someone who truly loves and cares for him. Those who are wicked must have something pitiful. We must empathize with them.

剛好我在海口遇到一個長官，他是管監獄的。

I met a prison officer in Haikou.

他知道因為我已經長期不在海口，剛好那一天回去幾天，他一知道就趕過來跟我們中心的老師一起吃了一頓飯。

He knew that I had not been in Haikou for quite a while, one day when I went back for a few days' visit, he rushed over to have a meal with us as soon as he learned the news.

他說他有一個心願，希望把監獄變成一所學校。

During the meal, he expressed his wish, "I hope to turn the prison into a school."

我聽到這裡很感動，真的，一個政府領導人真有心做善事，那就有非常非常多的人可以得大大的利益。

I was deeply moved when I heard this. Truly, if a government leader genuinely has the intention to perform good deeds, many people will benefit greatly.

我記得在海口辦第一次的課程，辦了五天，海口市教育局長親自來聽課。

I remember when we held the first five-day prison program in Haikou, the Director of the City Education Bureau attended the class in person.

當然我比較沒見過世面，所以局長在底下，我也滿緊張的，後來局長整個下午課都聽完。

I was not sophisticated, so I was rather nervous with the director sitting in the audience seat. The director attended the entire afternoon class.

聽完下課了，我們幾位老師就送局長離開。

When the class ended, several of our teachers sent the director off.

當這個局長離開以後，我突然很感動，眼淚嘩啦嘩啦就掉下來。

After he had left, I was suddenly so moved that I broke down in tears.

因為我們常常看《德育故事》，每一位好的官員都可以利益一方，都可以讓這些人民生活、思想得到很好的發展，他們的家庭都會有深遠的影響。

Many examples in *Moral Education Stories* depict that every good official could benefit people in his region. They could help people have a very good development in their minds and lives, so that their families would also beget a far-reaching influence. A good social atmosphere would ensue as long as there are good officials.

一想到只要有好官出來，就會有好的社會風氣，所以想到這裡就很感動，旁邊的人也不知道我在哭什麼，都被嚇壞了。我說：沒事！沒事！

I was deeply moved at the thought of this. The people next to me were frightened to see me crying as they didn't know why I wept. I told them, "Nothing, nothing, I am fine."

又看到這個監獄長這麼有心，當他這麼有心，我們一定兩肋插刀，我說：只要安排好，我們中心的老師一定去支持，甚至於書本我們都願意提供。

When I saw this prison official was so sincere, we must give our full support. I said, "As long as you have arranged, we will surely give our support. Even with books, we will completely provide what is needed."

確實在這個時代，只要你想做善事，一定會有人來幫助你，所謂「人有善願，天必從之」。

It is true that people will give you a hand as long as you wish to do good deeds. As the saying goes, "When one has a good intention, Heaven will grant it."

所以面對惡人，我們也引導孩子要先把自已演好，自然而然可以去感化他人。

When we face wicked people, we must guide children to first set a good example, then others will be transformed naturally.

那孩子有這樣的態度，他就常保一種對人和善的態度，就不至於跟人起衝突。

When children have this attitude, they would always maintain a kind attitude towards people and would not have conflicts with others.

除了人要愛，動物要不要愛護？

Other than loving human beings, do we need to love and care for animals?

動物也要愛護。因為動物跟我們一樣都有靈知、都有感覺，牠也會痛，牠也會傷心、也會難過。

We have to love them too because they have spirituality and feelings like us; they would feel pain and sadness.

在西藏有一個獵人，剛好一天早上起來看到遠方有一隻藏羚羊，這獵人一看到獵物下意識做什麼動作？

There was a hunter in Tibet who happened to see a Tibetan antelope in the distance when he got up in the morning. What would a hunter subconsciously do when he saw a prey?

趕快槍就舉起來，已經瞄準這個藏羚羊。

He quickly raised his gun and aimed at this antelope.

結果出現了一幕讓他很驚訝，因為他從來沒有看過，因為這一隻藏羚羊看著他，然後雙膝向他下跪，他覺得很奇怪，但是還是把牠射殺了。

This antelope looked at him and then knelt down before him. He felt it was very strange but he still shot the antelope.

射殺完後，隔天他把牠剖開來準備把牠的肉切開，結果一看肚子裡面有一隻小藏羚羊。

The next day when he cut it open, preparing to slice its flesh, he saw a baby antelope in her belly.

這個獵人突然了解到這隻藏羚羊為什麼要下跪，求他饒了牠孩子一命。

The hunter suddenly understood why this antelope was kneeling yesterday. She was begging him to spare her child's life.

所以這位獵人他也是為人父親，看到藏羚羊為自己的孩子都能夠做出這樣的行為，他也很感動、也很慚愧，就體會到所有的動物都有親情。所以他從此就把獵槍放下，沒有再去打獵。

Being a father himself, this hunter was very moved and ashamed when he saw the antelope protect her child like this. Realizing that all animals have familial affections he put away his gun and stopped hunting ever since.

另外有一個獵人，他是專門夾黃鼠狼，都是用獵具把牠夾住。

There was another hunter who was specializing in trapping weasels, clamping them with a hunting gear.

剛好有一天，他發現他的獵具抓住一隻黃鼠狼，他就近一看只有黃鼠狼的皮，身體不見了。

One day he found that his hunting gear caught one weasel. When he took a closer look, he only saw the weasel's skin but her body had been missing.

這個獵人就順著黃鼠狼留下的血跡一直跟過去，跟到黃鼠狼的窩裡一看，這隻黃鼠狼是使盡全力把牠的皮脫掉，然後自己跑回窩裡面，正在給牠的小孩哺乳。

This hunter followed the bloodstains left by the weasel until he came to its den. When he looked into the den, he realized that this weasel had made every effort to take off her skin and run back into the den to breastfeed her babies.

其實這一隻黃鼠狼已經去世了，牠的小孩還在吃牠的乳水。

Actually, this weasel had already died but her babies were still drinking her milk.

所以你看一隻黃鼠狼縱使在生命攸關，牠的念頭還是為孩子，牠那分母愛不輸給我們人類。

Look! The weasel's mind was still on her children even though her life was at stake. Their maternal love doesn't lose to us human beings.

所以獵人看到這樣的情景，他也從此不再打獵。

When this hunter saw the scene, he also gave up hunting since.

所以我們從這裡也去想到了白居易那一首詩，「莫道群生性命微，一般骨肉一般皮，勸君莫打枝頭鳥，子在巢中望母歸」。

These stories remind us of Bai Juyi's poem, "Do not say animal's life is insignificant, they have flesh, bone, and skin just like you and me; please do not shoot the birds in the tree, the baby birds are waiting in the nest for their mother to return."

所以我們對於動物也要有那一分同理之心，絕對不能因為自己的喜好、自己的好惡而去拆散動物的家庭。

Hence, we should also have empathy for animals. We must not break up their families for our preferences—our likes and dislikes.

不只動物需要我們關懷，植物也跟我們是一體的，都在這個地球的生命共同體之中。

Not only animals need our care, plants also share the same entity with us. They belong to the life shared entity on this earth.

我還曾經看到小孩爬上樹就一直搖那個樹枝，一直要把它扯斷，他是覺得好玩。

I once saw a child climbing up a tree and kept shaking and breaking its branches. He thought it was fun.

但是假如孩子從小他就覺得想好玩的都可以去弄，那他可能會從傷害植物，再來他假如覺得很好玩，他可以打動物。

But, if children think they can do whatever they want for fun, he may start from hurting plants and then hitting animals.

那可能傷害植物、傷害動物，再大一點，可能他覺得喜歡的，他就可以打人。

So, from hurting plants and animals, they may hit people as they like when they get older.

所以我們要很謹慎，當孩子在面對所有的不管是動物、植物，都是他的心在對待。

Therefore, we must be very prudent about this. Regardless of encountering animals or plants, it is children's heart that is treating them.

假如對物不敬，往後對人能敬嗎？他看到食物說我不吃了。

If they don't respect these things, will they respect people in the future? When seeing food he doesn't like, he says, "I don't want to eat."

對食物都糟蹋，對人保證很難恭敬。

If they waste food readily, I guarantee they will hardly respect people as well.

因為「一真一切真」，這個一是什麼？

As Buddha sutra states, "Once one is truthful, all are truthful." What is this "one"?

這個一就是一個人的存心，他的恭敬、他的真誠假如是已經內化在心裡，他表現出來的行為自然都是恭敬真誠。

It is a person's intention. One's behavior will naturally be respectful and sincere if his respect and sincerity have been internalized.

當他對物都不真誠、都糟蹋、都為所欲為，那他這一顆心已經失去恭敬了，等到他面對人的時候，能夠馬上調回恭敬嗎？那是不可能。

When he is insincere, spoiling things, and does whatever he wishes, then his mind has become disrespectful. Can he attune himself to respect them right away when he faces people? That is impossible!

所以我們所穿、我們所吃都可能是父母的關懷，父母的辛苦錢買的，當他能珍惜這些物品，也就是珍惜父母的付出。這一些都不離一個人的心境。

Everything we wear and eat is bought by parents' care and their hard-earned money, we are valuing their efforts when we cherish these things. All these situations do not go beyond one's state of mind.

所以我看到孩子在傷害植物，我們也沒有當面去指責，是等到下一節課上課了，我們就跟孩子說：諸位小朋友，請問一個人缺乏什麼，只要缺乏五分鐘，他就活不了命？

So, when I saw that child hurting plants, I did not scold him directly. I waited until the next class to guide him. I said to the children, "Dear children, what will make a person die when he lacks it for even only five minutes?"

缺什麼？氧氣。

What is it? Correct! Oxygen.

你今天缺食物可能還可以撐個八天、十天都還活得好好的，你今天二、三天沒喝水，可能還沒關係。但是你只要五分鐘沒有氧氣就怎麼樣？

If you lack food, you may survive for eight to ten days. If you don't drink water for two to three days, it may not be a problem. But, what will happen if you are deprived of oxygen for five minutes?

死定了，可能就腦死了。請問氧氣從哪裡來？

You will die for sure, probably brain death. May I ask where does oxygen come from?

他們都會答得很快，因為他們都學過自然科，光合作用，就是從植物來的。
They answered every quickly because they all studied Natural Science. The oxygen comes from the photosynthesis of plants.

所以植物是你生命當中最重要東西，因為只要沒有植物，你五分鐘都活不成，所以植物是你的救命恩人。它給了你最需要的東西，那你拿什麼對待它？所以我們對植物要愛護。植物不止提供你氧氣，它還對你有很多很多的幫助。

I said, "Plants are the most crucial things in your life, because you can't survive for even five minutes as long as you live without them. Thus, plants are your life saviors. They give you the most essential thing, what should you give them in return? We must love and care for plants. Plants not only provide us with oxygen, they also help us a lot in many areas."

我們可以藉由這個機會點，讓他能夠觀到植物對於他的重要性，對於他生命的貢獻。
We grab this opportunity to guide them to observe the importance of plants as well as their contributions to our life.

而植物對我們這麼多貢獻，卻從來沒有開口說：請你給我三百塊，請你給我五百塊。
Plants have contributed so much to us but they never said, "Please give me three hundred or five hundred dollars."

它對我們的奉獻是無私的，更應該值得我們尊重。
Their contributions to us are selfless, they should deserve our respect even more.

因為人不尊重植物，所以產生了非常多的問題。
Due to people's disrespect to plants, many problems have arisen now.

比方說每一次下雨都會發生土石流。
For example, every time it rains, there will be landslides.

奇怪了，三十年前、五十年前哪有那麼多土石流，怎麼突然幾十年後都蹦出來了？
This is strange! There were not so many landslides thirty to fifty years ago. Why do so many of them suddenly pop out decades later?

有沒有發現我們這個時代特別多新名詞？
Do you notice that there are so many new terms in our era?

都是現在的人做了某一些事，才會產生這些新的現象。
All these new phenomena arise because people today have committed certain acts.

因為濫砍濫伐，本來植物這些大樹是可以抓住這些土壤，結果你把它砍了，這些土壤都鬆動了，結果一下雨，下得太大就會造成土石流、泥石流。
Originally, plants like big trees can grab the soil, but it has loosened due to deforestation. Consequently, heavy rain will cause landslides and debris flow.

所以現在所謂的天災，其實你細細去思考，都是人禍造成。
So, if we think carefully, the so-called natural disasters are actually manmade.

這個樹因為它有很大的樹蔭可以調節溫度，所以一個都市裡面只要樹木愈多，它的氣溫就愈穩定。

These trees can regulate temperature because of its large shade, the temperature of a city will be more constant if there are more trees.

假如樹都砍光了，這個都市陽光直接照射，溫度就怎麼樣？

When all the trees are chopped down and the city is exposed to direct sunlight, what will its temperature be?

特別高，人在這樣的環境居住，身體都會受傷害。

It will be extremely high. People who live in such an environment would suffer physical injuries.

所以樹時時調節我們的溫度。再來，這個樹因為讓陽光不會直接照射土地，所以溫度調節得很好。

Trees constantly regulate the temperature of our environment, the temperature can then be very well controlled because these trees would block the earth from direct sunlight exposure.

那人類又會排放這一些一氧化碳、二氧化碳，還有一些髒空氣，都必須透過植物來把它吸收、把它轉化，結果現在都砍光了，這些不好的空氣就一直在空氣層凝聚。

Moreover, the carbon monoxide, carbon dioxide, and dirty air emitted by mankind must be absorbed and transformed by plants. Now that the trees have been cut down, the bad air has been condensed in the air layer.

當一氧化碳、二氧化碳過多以後就會形成溫室效應，所以地球的溫度都排不出去，就愈來愈高，造成全球性的氣候異常，熱帶地區還下雪。

When carbon monoxide and carbon dioxide are excessive, the greenhouse effect will be formed. Since there is no way to discharge the heat of Earth, the temperature will keep increasing, leading to global climate abnormalities such as snowing in tropical areas.

這些現象是天災嗎？是不是天災？都不是。

Are these phenomena natural disasters? Are they? No, they are not.

所以人要好好來思考，跟大自然是共存的。我們能夠保護它們就可以共存共榮，我們假如傷害它們，絕對是兩敗俱傷。

So, mankind must think meticulously! We coexist with nature, we can live and prosper together if we protect it. On the contrary, if we hurt plants, both humankind and nature would be ruined for sure.

所以老祖宗才期許我們要做天、地、人三才。

That is why our ancestors expected us to behave in accordance with the virtues of Heaven and Earth.

有一個數字提到，在一萬年前，每一百年有一種物種消失；一千年前，每十年有一種物種消失；一百年前，每一年有一種物種消失；二十年前，每一年有五百種物種消失；五年前，每一年有一萬種物種消失。

There is a figure which illustrates, “Ten thousand years ago, one animal species had become extinct in every one hundred years. One thousand years ago, there was one animal species disappearing every ten years. One hundred years ago, there was one species disappearing every year. Twenty years ago, there were five hundred species disappearing every year. And five years ago, ten thousand species had become extinct every year.”

我們看看這個數字非常觸目驚心，短短幾十年當中，全球的萬物都瀕臨浩劫，快速滅絕。誰的傑作？人類。

Let's take a look at this figure, it is ghastly astonishing. In just a few decades, myriad of beings on Earth are on the verge of catastrophe, facing a rapid extinction. Who are the culprits? Human beings!

所以當地球上有一種動物滅絕以後，其他的動物會開party，會開慶祝會，連開七天七夜不睡覺，哪一種物種？人類。

When one animal species on Earth becomes extinct, other animals will throw a party and celebrate for seven consecutive days and nights without taking a rest. What species is that? Human beings! (Audience reply)

你們怎麼知道？所以確確實實人類該是好好省思的時候。
How do you all know?! Indeed, it is time for humans to think deeply.

假如用癌症來做比喻，人類就是地球的癌細胞，你看癌細胞是不是快速擴展去壓迫到其他的內臟？

If we use cancer as an analogy, human beings are the cancer cells on Earth. Don't cancer cells expand rapidly to compress other internal organs?

它快速擴展，它以為它愈來愈壯大，結果突然有一天身體垮了。
They think they are becoming stronger and bigger until the patient suddenly collapses one day.

癌細胞的下場是什麼？死了。
What is the fate of cancer cells? Death!

它雖然不斷擴展，到最後整體這個人體也會死掉，它還是瀕臨死亡，它還是得死。
Even though they continue to grow, the whole human body will die in the end. So do the cancer cells.

人類也是，掠奪了這麼多動、植物的生存空間，人類好像愈來愈大了，是吧？
The same applies to human beings, they have plundered the living space of so many animals and plants, seemingly growing bigger, right?

等整個地球破壞了，不能生存了，地球不能生存，人類照樣要滅亡。
When the whole planet is ruined and cannot survive anymore, human beings will also cease to exist.

所以人不可以短視近利，一定要從對人的關懷，再擴展到對一切萬物的尊重。
So, we should not be shortsighted, focusing on only immediate effects. From caring for people, we must further extend our respect to all beings and all things.

而當我們懂得對萬物尊重，也教給我們的下一代懂得尊重所有的生命，也長養了孩子的仁慈之心。

When we know how to respect myriad of things, we are imparting children to respect all lives and nurture children's sense of compassion.

而當下一代有仁慈之心，誰的受益最大？

When our next generations are benevolent, who will benefit the most?

那當然是他的父母、家庭。

Of course, their parents and families will enjoy the greatest benefits.

所以人要明理，不明理可能會做出很多讓自己一生後悔的事情。所以要「泛愛眾」。

So, people have to be sensible, or else they may do a lot of things to cause them regret for life. That is why we must "Love All Beings Broadly."

我們接著看經文，我們先念一段：

【凡是人。皆須愛。天同覆。地同載。】

Let's look at the classic texts and recite one phrase first, "All who are human, I must love. We are all sheltered by the same sky and we all live on the same planet Earth."

『凡是人，皆須愛；天同覆，地同載』。

"All who are human, I must love. We are all sheltered by the same sky and we all live on the same planet Earth."

所以我們都是生存在同一個地球，同一個天地之間，應該要休戚與共。

Since we all live on the same planet Earth, and are sheltered by the same sky, we should share weal and woe together.

所以有一個老師他就跟我說：能夠愛護所有的萬物，就是力行孝悌之道。

A teacher said to me, "Being able to love all things is earnestly practicing filial piety and fraternity."

他接著又說：天為父，地為母，每個人都是大地的子女，都是大地長養我們。假如今天沒有大地，我們吃什麼？因為大地長養我們，我們念這個恩德。地為母親，而母親所長養出來所有的萬物都是兄弟姐妹。所以我們不應該去殘害動物，這樣就沒有孝悌的態度。

He continued, "Heaven and Earth can be likened to one's father and mother. Everyone is a child of the Earth since we are nurtured by it. If there is no Earth today, what shall we eat? We are supported by the Earth, so we must bear in mind its kindness as if it is our mother. Therefore, all things that are nurtured by this "mother" are brothers and sisters. We should not kill animals as this is unfilial and un-fraternal attitude."

這一位老師他把那個心量擴得很寬。

This teacher has broadened his mind greatly.

那也確實大地為母，我們人類不懂得尊重動物的時候，這整個家庭氣氛非常的混亂。

It is true that the Earth is similar to a mother. When we humans do not know how to respect animals, the atmosphere of the entire Earth family will become very chaotic.

所以你看這麼多的動物在滅絕，當這些動物看到人類的時候都馬上就跑掉了。
You see, so many animals are becoming extinct now. When these animals see human beings, they will quickly run away.

聽說是遇到中國人的時候跑得特別快，這我們要反省。
I heard that they ran particularly fast when they saw the Chinese; we need to reflect on this.

因為中國人天上飛的、地下爬的、水裡游的，這口腹之欲要節制，不然不知道會荼害多少的生靈！

The Chinese eat anything that flies above the skies, crawls on the ground, and swims in the water. We have to control our gastronomic desire. Otherwise, no idea how many more creatures will be slain.

很多的動物都是被人吃了滅絕掉了。所以「天同覆，地同載」。
A lot of animals were eaten by people and become extinct. "We are all sheltered by the same sky, and we all live on the same planet Earth!"

我們接著看下一句經文：

【行高者。名自高。人所重。非貌高。才大者。望自大。人所服。非言大。】

Let's look at the next phrase, "People with high conduct naturally have high reputations; what people value is their virtues, not their good looks. People with great talents naturally have great fame; what convinces people is their capability, not their big talk."

『行高者，名自高；人所重，非貌高』。

"People with high conduct naturally have high reputations; what people value is their virtues, not their good looks."

一個有德行的人，自然而然他的名聲會傳遞開來，是不是坐著宣傳車去講的？絕對不是。
A virtuous person's reputation will naturally spread far and wide. Is it spread by talking about his own virtues in a publicity car? Absolutely not!

因為德風會吹出去。
The wind of virtue will naturally blow out.

所以孔老夫子在《論語》裡也提到「君子之德風，小人之德草，草上之風，必偃」。
As Confucius mentioned in *The Analects*, "The virtue of a gentleman is like wind, while the virtue of people is like grass. When the wind blows over, the grass will bend."

君子之德風，小人之德草。這個「小人」是指一般的平民老百姓；草上之風，必偃。這個「偃」是指草低下身來，代表這德風一吹過去，所有這些平民老百姓都會受到教化，都會跟著學習、跟著效法。

"People" here refers to civilians. "Bend" refers to the grass bowing down. It implies that the ordinary people would be edified when the wind of a virtuous leader blows over. They will follow suit to learn and emulate the leader.

所以當然最重要的，這有德行的人一定要有真實的道德學問，自然而然會達到桃李不語，下自成蹊的效果。

Of course, the most important thing is that this virtuous person must have true virtue and wisdom. Then, there will be the effect of “Though peaches and plums do not speak, a path to pick the fruit naturally forms.”

所以孔夫子這時候在講學也是快速的發展，很多各國的讀書人都要來跟夫子學習。

Likewise, Confucius' teaching career developed rapidly as many scholars from various countries went to learn from him.

諸位朋友，夫子時時刻刻在想著哪一些事？那我們又時時在想著什麼事？

My friends, what was Confucius thinking all the time? And what do we constantly think about?

因為「相由心生」，心所想一定會表現在處事做人日常生活之中。

Since all manifestations arise from the mind, whatever we think would surely be reflected in our dealing with daily affairs.

當我們可以去理解到，聖賢人他的所想跟我們之間的距離有多大，我們就知道如何趕上來，「縱去遠，以漸躋」。

When we can understand the big distance between our thinking and that of the saints and sages, we will know how to catch up. “Even if I am far behind them, I am getting closer gradually.”

諸位朋友，我們平常都想什麼？有沒有想股票是要上還是要下？還是在擔心兒子這一次數學會考得怎麼樣？

My friends, what do we usually think about? Are you thinking of the stock market's ups and downs? Or are you worrying about how your son performs in his math exam this time?

夫子在《論語》裡面有提到，他每天所憂慮的四件事「德之不修，學之不講，聞義不能徙，不善不能改，是吾憂也」。

Confucius mentioned in *The Analects* that he had been worrying about four things every day. He said, “Not cultivating virtue, not imparting what I have learned, not following righteousness after having learned, and not rectifying one's faults, these are my worries.”

夫子每天非常積極的修養自己的德行，所以他擔憂的是一天空過，所以不能德之不修，不能學之不講。

Confucius cultivated his virtues enthusiastically every day, he was worried about himself letting one day pass by in vain. So, he would not let himself not cultivate virtue and impart what he had learned.

自己有所領會的這一些道理，一定要把它講出來，讓更多的人受益，讓更多人的慧命得以長養。He resolved to impart the truths that he had comprehended so that more people could benefit from it and their wisdom could be developed.

聞義不能徙，只要知道正義的事，一定當仁不讓去做；不善不能改，時時想著自己還有哪一些缺點要趕快修正，不能懈怠。

As long as he knew that a matter is right, he would proactively undertake the task. He would always think about what shortcomings needed to be corrected, and he would quickly rectify them and never slack off.

所以夫子有這樣的存心，所以他的德行，他對於人群的貢獻，自然而然愈來愈大，自然而然贏得所有這些平民百姓對他的尊敬，對他的愛戴。

Since Confucius bore these in mind, his virtues as well as his contributions to the people naturally became greater and greater. And he naturally won the respect and love of all people.

所以「行高者，名自高；人所重，非貌高」，

So, "People with high conduct naturally have high reputations; what people value is their virtues, not their good looks."

絕對不是因為他長得很帥，絕對不是從容貌，容貌決不可能讓一個人打從心裡佩服，那是不可能的。

It is definitely not because he looks handsome, as appearance can never make people admire him from the bottom of their hearts. That is impossible!

下一句『才大者，望自大；人所服，非言大』。

Next phrase: "People with great talents naturally have great fame; what convinces people is their capability, not their big talk."

一個真正有才華的人，他的聲望也會自然而然傳揚開來；「人所服，非言大」，一個人的才華絕對不是自己在那裡誇大，在那裡炫耀，而是因為才華讓人家打從心裡佩服，而這個「才」絕對都是建立在一個基礎上，哪一個基礎？德行。

The reputation of a truly talented person will naturally spread far and wide. "What convinces people is their capability, not their big talk." A person's talents definitely do not come from boasting and flaunting but from the admiration of the bottom of people's heart. And this "talent" is certainly built on one foundation. What foundation is it? Virtue!

假如有才無德，能不能讓人家佩服？不行。

Will people admire someone who only has talents but has no virtue? Of course not!

所以這一句的前面是講到行高者，一定要有德行。

That is why "people with high conduct" is mentioned before this phrase. One must have virtues.

由於他有德行，他所學的才華都是在一個目的出發，能夠利益家庭、利益社會，所以他這一些才華一定會讓人佩服、讓人受益，大家會對他很服氣。

Since he is virtuous, his talents are acquired for the sole purpose of benefitting his family and society. Therefore, his talents will surely earn people's admiration and benefit others. Everyone will be convinced by him.

絕對不是說拿了這個才華只為了一己之利，那就不可能贏得他人的尊重。

His talent is absolutely not developed for his own interests as this will make it impossible for him to earn others' respect.

我們往往看到很多人才華很好，都會心生羨慕。
Often we will be envious when we see others with excellent talent.

可能孩子也會這樣：怎麼這麼厲害！這個字怎麼寫這麼好！歌怎麼唱那麼好！
Even children will act the same way, “Wow! Why is he so talented! How can his writing be so good! How can he sing so well!”

能夠把字寫得很好是結果，原因在哪裡？
Being able to have good writing is a result, what is the cause?

所以我們要進一步引導小朋友，不能只羨慕他人，要看到他這麼好的本事的背後絕對不是一蹴可幾。
We must further guide children to not just envy others but see the cause behind their talent; it is absolutely not achieved overnight.

所以「若要功夫深，鐵杵磨成繡花針」，所有的本事決不是從天上掉下來的，要讓孩子建立這樣正確的態度，絕對是有恆為成功之本。
“With hard work and perseverance, an iron pestle can be ground into an embroidery needle.”
No talented skill ever falls from the sky. We must help children establish such a right attitude: persistence is no doubt at all the foundation of success.

所以我們看到《弟子規》書法寫得很漂亮，是楊淑芬老師親筆寫的，看了我們都會覺得寫得很好，很羨慕。
When we see the *Dizigui* calligraphy was so well written by Teacher Yang, we are very envious of her skill to write so well.

老師寫了多久？已經四十一年了，從五歲開始寫書法。
How long has Teacher Yang been writing calligraphy? Forty one years. She started writing calligraphy at the tender age of five.

老師說她們以前練書法，一天都是練一疊的紙，一疊紙，都是這樣一點一滴磨鍊出來，才能現在拿起筆來隨心所欲不踰矩。
Teacher Yang said that they used to practice calligraphy with a stack of paper every day. That was how she accumulated and trained her skill bit by bit until she can now write freely as she wishes.

所以確實都是要有用心、有付出，加上恆心，加上有那一顆為人服務的心，她的才華才能不斷的向上、不斷的突破。
Indeed, one must have motive, dedication, and perseverance on top of the intention to serve others, he can then increasingly improve his talents and make breakthroughs.

所以老師現在寫很多的字帖，往後都要出書，要掛到網上，然後寫著「歡迎翻錄，功德無量」。
Teacher Yang is writing copybooks to be published and posted online. The following words are printed on all her works, “Reproduction is welcomed, and it will create infinite merits.”

希望剛好自己有這麼好的家庭，因為老師的父親就是書法家。
Teacher Yang has such a good family! Her father was a calligrapher.

而她的父親也是二十七歲才開始學書法，所以父親給了老師一個很好的榜樣，只要好學都不會嫌太晚。

He only started learning calligraphy at the age of twenty-seven. He had set an excellent example for her that it is never too late as long as one is willing to learn.

諸位朋友，聽完之後，有沒有想要拿起書法來練？父親有這麼好的榜樣，有這麼好的家庭成就了她的才華。

Dear friends, having heard this, are you encouraged to practice calligraphy? Her father is her role model and her good family had achieved her talent.

所以要取之社會，要用之社會，決不能白來這一遭。「才大者，望自大，人所服，非言大」。
As a saying goes, "Take from society, give back to society." We must not let this life be in vain!
This is about "People with great talents naturally have great fame. What convinces people is their capability, not their big talk."

我們看下一句經文，我們把它念一遍：

【己有能。勿自私。人所能。勿輕訾。勿諂富。勿驕貧。勿厭故。勿喜新。人不閒。勿事攬。人不安。勿話擾。】

Let's look at the next phrase and recite it together, "If I have talents, I won't be selfish with them. If other people have talents, I won't lightly denigrate them. I will neither fawn on the rich nor despise the poor; and neither will I ignore the old nor favor the new. If people don't have time, don't bother them with matters. If people are restless, don't bother them with words."

我們看第一句『己有能，勿自私』。
Let's see the first sentence: "If I have talents, I won't be selfish with them."

自己有的才華能力，只要幫得上別人，不要自私，不要不伸出援手。
When we have talents and abilities, don't be selfish to lend a helping hand.

所以在這一點我的感受就很深，因為我在補習班那一段時間，只要同學來問我問題，我一定盡心盡力幫他。

I have a very deep feeling for this. I remember when I studied at the prep school for teacher training college, I always tried my very best to help my classmates who came to ask me questions.

而當一個人用能力去幫助別人，他已經把三種布施都修了，我們知道天地之間，你要如理如法去求都會有求必應。

When a person helps others with his abilities, he is already practicing three kinds of dana (Skt., giving). We know that our prayers will be granted as long as we seek them based on the principles of *truth*.

所以世間人喜歡財，但是卻不知財要種什麼因才能有財富？世間人也想要聰明智慧，那因在哪？

Worldly people desire wealth but they do not know what seed to sow to reap it. They also want to be intelligent and wise, but what is the cause?

因在法布施；世間人希望健康長壽，但是要先種什麼因？

Dharma-dana* is the cause. (*The giving of sages' wisdom.) People in the world hope to enjoy good health and long life, but what cause should they plant in the first place?

無畏的布施，時時去減少他人、甚至減少眾生的一種苦痛，自然而然因為他自己就做到上天有好生之德，時時都能夠去關懷到別人的痛苦，他就能夠得到健康長壽的果報。

Fearlessness dana. By constantly reducing and caring for the sufferings of all beings is to practice heavenly virtues of cherishing lives, one will naturally reap the fruits of excellent health and longevity.

當一個人他去教導別人，把他的這些經驗告訴他，是用勞力、是用經驗，所以就做到了內財布施。

When a person using his labor and time teaches and shares his experiences with others, he is practicing the first dana: inner wealth dana.

再來，因為在指導別人的過程，自己也做了法布施，所以聰明智慧會日漸增長。

And in the process of guiding others, one has cultivated the second dana: Dharma dana, his intelligence and wisdom will gradually grow.

因為你告訴他這些方法，他可能往後可以用在他的工作，用在他的家庭生活，那他就不會因為沒學到一些好方法，而搞得手忙腳亂。他假如沒本事，可能常常要擔心我都沒有辦法有好的收入，那我的妻子、我的兒女心裡面都沒有安全感，常常都要擔心受怕。

These methods you told him, he can use them in his work and family in the future, this will prevent him from getting flustered due to not learning some good approaches. If he is incapable, he may often worry that he cannot make a good income, making his wife and children constantly feel insecure and apprehensive.

而當我們把這些做人做事的道理給予了他，他有所成長，就能夠安定一個家庭，所以這也屬於無畏布施。

When we tell him these principles of dealing with matters and self-conducting, he will then be able to stabilize his family as he has grown accordingly. This belongs to the third dana: fearlessness dana.

其實一個人做法布施的時候，同時具足三種布施。

Therefore, when a person practices Dharma dana, he has simultaneously practiced three kinds of dana in reality.

而且法布施是根本解決一個人的問題，我們之前也提到「救急不救貧」，你可以幫助他一時，但是他假如思想觀念沒變，可能你愈幫他，他愈依賴，那可能就有副作用。

Moreover, Dharma dana is solving a person's problem from the root. We have previously mentioned that we should "help an urgent situation, not the poor." You can help one for a while but if he does not change his thinking, perhaps the more you help him, the more dependent he will become, and side effects may follow later.

所以最根本的幫助一個人，還是要讓他接受正確的教育，從思想觀念去改正，生命才能根本解決問題。

So, the most fundamental way to help a person is to let him receive proper education. Rectifying from his thinking! Only then can his life problems be solved from the root.

所以我們也要告訴孩子，「己有能，勿自私」，量大福才會大。

So, we must tell children, "If I have talents, I won't be selfish with them." As the Chinese often say, "With broad-mindedness, can we have vast fortune."

我們有一位老師，他從小就很會幫父母做家事，這些弟弟、妹妹也是他在照顧，看起來好像很辛勞，但是後來他念小學、念初中、念高中，念到大學，很自然他沒有想要去當幹部、當領導，但是往往機會都會到他的面前來。

There is a teacher who has been helping her parents do housework since childhood. Her younger brothers and sisters were also taken care of by her. It looks like she worked hard! But later, when she studied in primary, middle, and high school, as well as college, opportunities to be a leader often came to her even though she didn't seek them.

像在大學，學生會主席這些工作都拋給他，因為從小做事磨鍊，所以辦事能力特別強。

For instance, positions like President of Student Council were thrown to her when she was in college. The training from her childhood had made her highly organized and efficient.

想要名，名也到眼前來。

She never wanted to become famous but fame would appear before her.

當孩子願意接受很多的工作，很多的磨鍊，這一些付出絕對都不可能白費，而紮實了他這一些本事。

Therefore, when children are willing to accept a lot of work and training, their endeavor would not be in vain but their abilities will be strengthened instead.

剛好有一次，這些老師一起在包餃子，結果有一位老師看著這個崔老師，他很驚訝，他說：我包一個餃子，他已經包五、六個餃子。

Once, teachers in our center were making dumplings together. One of the teachers was very surprised by this Teacher Tsui. Teacher Tsui made five to six dumplings while she only made one.

因為從小做事很多，所以工作效率就特別好。

Teacher Tsui has been doing a lot of work since a young age, her work efficiency is superb.

所以人絕對不要怕付出，不要怕吃苦，因為到頭來誰得的利益最大？自己的利益。

Thus, people should never be afraid of giving and enduring hardship because in the end, who will benefit the most? Oneself.

所以「己有能，勿自私」。

So, "If I have talents, I will not be selfish with them."

『人所能，勿輕訾』。

“If other people have talents, I will not lightly denigrate them.”

當我們看到別人很有才華、很有能力，絕對不可以輕視他，不可以詆毀他，這樣子對自己很不好。

When we see that someone is very talented and capable, we must never despise or slander him as this is very bad on us.

當一個人嫉妒心起來了，他的德行就下去了，當嫉妒心起來，我們人的善良就被他控制了，那你每天可能都鬱鬱寡歡。

When jealousy arises in a person, his virtue will go downhill; his kindness will be controlled by it and he may feel unhappy and depressed.

何不放開心量，做到「道人善，即是善，人知之，愈思勉」。

Why don't you broaden your mind to cultivate the teaching of "Praising others' good deeds is a good deed in itself; people will be encouraged to do even better when they hear about it"?

所以以前讀書人都抱持著英雄惜英雄，因為難得有好的人出來利益社會。

In the past, scholars upheld the attitude of "Heroes cherish heroes," because it was rare to encounter virtuous people coming out to benefit society.

而成事不易，要把很多好事辦起來，容不容易？不容易！

Moreover, it is not easy to achieve something. Is it easy to accomplish good deeds? Not easy!

我們應該成人之美，有多少能力也要盡心盡力幫他，一起把好事做起來。

We should gladly help others attain their aims. In other words, we must try our best to assist others to achieve their virtuous act.

所以當我們處眾，在群體之中，很可能都是要面對大眾的事情，假如沒把事情做好，很可能影響的不是一個人，不是一個家，而是什麼？很多的人群。

When we are in a group, it is very likely that we have to deal with public affairs. If things are not done well, it will most likely affect not just one person or one family but lots of people.

所以我們有機會替眾人服務，絕對不能起嫉妒心。因為這個嫉妒心不只障礙自己，還有可能把眾人的事搞砸了，所以我們應該抱持著「不求有功，但求無過」。

When we have the opportunity to serve others, we must never give rise to jealousy because it will not only hinder ourselves but may also mess up public affairs. We should hold on to not seeking any credit, only hoping to make no mistakes.

團體當中要能隨喜別人的善行，要能成就別人的善事，用這樣的心胸去做，去成就他，那我們跟他的功德也是無二無別。

In a group, we must be able to rejoice others' kind acts and help others accomplish them. When we help them with this kind of broad mindedness, then our merits will be no different from theirs.

『勿諂富，勿驕貧』，不要諂媚。

Next phrase, "I will neither fawn on the rich nor despise the poor."

對於有錢人，我們不需要去諂媚；對於貧窮的人，我們也不應該驕傲、瞧不起。

To the rich people, we do not need to flatter them; to the poor, we should not be arrogant and look down on them.

子路曾經問孔夫子：貧而無諂，富而無驕，何如？

Zilu once asked Confucius, "What do you think of someone who is poor but does not flatter, and someone who is rich but is not arrogant?"

就是問夫子，貧窮的人不會去諂媚有錢人；有錢人也不驕傲，這樣算不算有修養？

He asked the master whether such people are considered well-cultivated?

夫子說還行，但是應該要再上一層，要能夠「貧而樂，富而好禮」。

The master replied, "Yes, but they should further improve their cultivation by remaining joyful when they are poor and taking delight in etiquette when they are rich."

就是縱使貧窮，他不去諂媚，他清楚為什麼他現在貧窮，他應該好好再種富有的因，種財布施，之後自然就能夠命由我作。

Despite being poor, he does not flatter the rich because he knows well why he is poor now. He knows that he should seriously cultivate the seed of wealth: wealth dana. Naturally, he can create his own destiny later.

讀書人明理，所以他可以貧而樂，可以樂得做君子。

A scholar understands the *truth*, so he can remain joyful despite living in poverty and happily be a virtuous person.

富而好禮，就是一個人縱使很有財富，但是他還是謙恭有禮，不會因為有錢就讓他以前對人的態度整個都一百八十度轉，不會這樣；而好禮，也當然懂得救濟一些貧苦之人。

"To be rich but love propriety" implies that he remains humble, respectful, and courteous even when he is affluent. He will not completely change his previous attitude to people just because he has become wealthy. Since he loves etiquette, he certainly knows how to help the poor and suffering ones.

所以我們不管處於富、處於貧，其實都可以心安理得去生活。

Therefore, whether we are rich or poor, we can practically live with peace of mind due to understanding the principles.

在《朱子治家格言》裡面有一句話說道「見富貴而生諂容者」，看到有錢人就巴結的人，見富貴而生諂容者，最可恥，最讓人家看了怎麼樣？很不舒服，真是丟臉！

There is a sentence in *Zhu Bolt's Maxims for Managing the Family* which states, "People who fawn over the rich are most shameful." How would others feel about them? Very uncomfortable! What a shame!

「遇貧窮」，看到窮人，「而作驕態者，賤莫甚」，看到貧窮人就擺一付很了不得的樣子，去欺壓別人，那是賤莫甚。

“People who display an arrogant manner when they see the poor are most ignoble.” When seeing the poor, those who put on a pompous look and oppress the poor are most despicable.

雖然他有錢，但是他的行為並不高尚，而是很卑下的。
Even though he is rich, his behavior is very low instead of noble.

很有意思，我給我的學生念這篇《朱子治家格言》，所有的句子他們都念得很平常，但是只要念到這兩句都會慷慨激昂，見富貴而生諂容者，最可恥！遇貧窮而作驕態者，賤莫甚！

Interestingly, when I let my students read this article, they read all the other sentences with a regular tone but would become very enthusiastic when reading these two sentences. “People who fawn over the rich are most shameful.” “People who display an arrogant manner when they see the poor are most ignoble.”

當他們念得這麼大聲，相信在他们的心中一定留下深刻印象，在他们往後為人處事，應該就會遵循這個教誨，不至於去瞧不起窮人，去巴結有錢人。

Since they read it so loudly, I believe these two sentences would leave a deep impression in their mind. They should be able to abide by this teaching when they deal with people and matters in the future; they would neither despise the poor nor flatter the rich.

而說實在的，巴結有錢人，人家未必會接受，因為當他有見地，你這些面諛之詞、這些諂媚，他反而會覺得瞧不起你。

Honestly, the rich may not accept your flattering words. On the contrary, he would look down on you if he is an insightful person.

好，這一節課我們先上到這邊，謝謝大家。
We will stop here for today. Thank you!