

Dizigui 37 Bilingual

Praise Others' Good, Do Not Publicize Others' Bad

諸位朋友，大家好！我們看下一句經文：

Hello, my friends. Let's look at the next phrase,

【道人善。即是善。人知之。愈思勉。】

“Praising others' good deeds is a good deed in itself, people will be encouraged to do better when they hear about it.”

『道人善，即是善』。當大家聽到很多善人的行持，善人的風範，每個人心中都會生起這種效法之心，是絕對會這樣，因為「人之初，性本善」。

This phrase implies that, when people hear about the many deeds and demeanor of good people, everyone will give rise to the intention of emulating them because “Primordially, humans have an inherent good nature.”

我相信在這幾天當中，一定有人已經做到『愈思勉』，已經學到了，一定有。

I believe that in the past few days, some of you must have been “encouraged to do even better.” There must be some of you who have learned from these good examples!

從諸位朋友的臉上就看得出來有法喜。

Because I can see there is Dharma joy* on your faces. (*The kind of joy which springs from your inner heart, not stimulated externally.)

這個法喜絕對不是念經念出來，而是有落實在生活之中。

This joy is definitely not gained from reading the classics but from implementing the teachings in life.

所以這個道人善很好，因為會讓更多的人得利益。

That is why praising others' good deeds is very good because it can enable more people to receive benefits.

所以現在盧叔叔的名字已經到全中國去了，這也是我落實《弟子規》的結果，叫「道人善，即是善；人知之，愈思勉」。

Due to my implementation of this teaching in *Dizigui*, Uncle Lu's name has now spread throughout China. This is called, “Praising others' good deeds is a good deed in itself, people will be encouraged to do better when they hear about it.”

所以我們也要非常用心去把這些好的風範記在腦子裡，隨時都可以告訴別人，讓他們都可以得到一個效法的對象，甚至於從中找到一些很好的方法。

As such, we must seriously imprint these good demeanors in our mind and share with others anytime, so people can have a role model to emulate or even find some good methods for their own problems.

【揚人惡。即是惡。疾之甚。禍且作。】

Next, “Publicizing others’ wrongs is in itself evil, people will resent more and be driven to act even worse.”

當我們去宣揚別人的過失，對方假如知道了，可能會非常難受，所謂「背後之議」，背後的議論，說他的是非；「受撼者，常若刻骨」，你批評他這一些不好的言語，在他的心中就好像刻入骨頭裡面去了，時時想著報復你。

When we publicize others’ faults, the other party may feel very uncomfortable if he comes to know about it. As the classic reads, “The bad-talk is like something carved into the bones of the inflicted one.” And the inflicted one will always think of taking revenge on you.

這都是在意氣用事，這樣不可取。

This is “acting on impulse,” and it is inadvisable.

所以不要去『揚人惡』，可能會樹立敵人。

So, we must not “publicize others’ wrongs” as we may end up making enemies.

十個朋友不嫌多，一個敵人可以給你煩死了。

Ten friends are not considered many, but one enemy will make you discomposd.

所以我們存心仁厚，不與人起衝突。

We should brace a benevolent heart lest we have conflicts with others.

當假如別人有善我們都不稱揚，別人一有一點小惡馬上就到處傳，這樣不只折損了自己的福分，更大的罪過，它是影響了團體跟社會的風氣。

If we don’t praise the goodness of others but spread around a minor fault of theirs, then not only have we cut down our own blessings, but the greater offense is that our act will affect the atmosphere of the group and society.

你看假如每一個人都不講人家的善，都只宣揚人家的惡，那將造成很大的社會問題，人與人將會紛爭不斷。

If everyone does not talk about the goodness of others but only promotes others’ wrongdoings, we are bound to cause major social problems and endless disputes among people.

所以我們也要考慮到，一個人的言行舉止都是在影響整體社會的風氣，這個罪過不單是個人，還可能跟整個社會結罪。

Therefore, we must consider that a person’s speech and behavior are influencing the entire social ethos. One does not just create a bad affinity with the individual he affronts but may offend the whole society. So, we must be especially prudent with our speech.

所以言語不可不慎。

So, we must be especially prudent with our speech.

Mutual Exhortation and Dissuasion

【善相勸。德皆建。過不規。道兩虧。】

Next, “When we exhort each other to do good, both our virtues are established. When we do not dissuade each other from doing bad, both our morals will be undermined.”

『善相勸』。我們之前課程也提到，「善」必須先分辨真善假善、是善非善，還有很多的判斷在《了凡四訓》這一本書。

As we mentioned earlier, prior to exhorting each other to do good, we must first distinguish between good and bad as well as true and false goodness. There are many methods to judge good and bad taught in *Liaofan's Four Lessons*.

當你判斷正確才能夠去勸，不然到時候是非都沒搞清楚，那就不見得是利益到他人。

Only when our judgment is correct can we exhort others. Otherwise, you may not necessarily benefit others if you cannot clearly discern rights from wrongs yourself.

那古代人面對別人善的勸告，或者是聽到善的言語行為，他們是用什麼樣的態度去接受？

Ancient people, when faced with others' kind-intentioned advice, or when they heard of others' good words and acts, what kind of attitude did they adopt to accept it?

孔子讚歎顏淵「得一善則拳拳服膺，而弗失之矣」。

Confucius praised Yan Yuan* thus, (*Yan Yuan or Yan Hui 521-481 BC had the greatest achievement in virtues among Confucius' disciples) “After obtaining a virtuous teaching, he will embrace it firmly and will never lose it.”

就是顏淵只要聽到一個善，馬上時時刻刻放在心中，一定要去落實。

In other words, as long as Yan Yuan heard one single goodness, he would immediately imprint it to his heart and would strive to practice it.

所以只要提到賢德，孔子都會直接說到「有顏回者好學」。

As long as talking about virtuous students, Confucius would always mention, “There is Yan Hui (another name of Yan Yuan), he is keen to learn.”

對於顏淵這個學生，夫子非常歡喜，也因為他的學習非常紮實，只要老師說過的話、說過的善，他都會時時刻刻不忘去實踐。

Confucius was very pleased with Yan Yuan because his learning was very solid. As long as the teachings had been imparted by his teacher, he would never forget to put them into practice.

所以當我們有這樣學習善的態度，自然就能夠『德皆建』。

When we have such an attitude to acquire virtuous teachings, we can naturally establish our virtues.

在古代所有當官的，我們都稱他是「父母官」，為什麼叫父母官？

In ancient times, all officials were addressed as “parent-like officers.” Why were they called “parent-like officers”?

因為比方說一個縣令，他與整個人民相處得很密切，而且整個縣的教育方針、教育內容都是由縣長在負責，所以他也有責任把他這一縣的人民教育好，能夠「愛民如子」的這種態度，所以也稱為父母官。

For example, a county magistrate who interacts very closely with all the people in his county and is responsible for the education policy of the whole county; he has the obligation to educate the people in his county well. With the attitude of “loving his people as much as loving his own children,” he was thus addressed as “parent-like officer.”

那當然這一些地方領導人，他也有要落實「善相勸，德皆建」，讓整個社會風氣能夠愈來愈好。Of course, the local leaders must implement the teaching of “exhorting each other to do good so that both parties’ virtues can be established.” This will allow the whole social ethos to become better and better.

那我們現在當官的有沒有這個態度？
Do our current officials have this kind of attitude?

還是有，我們要隱惡揚善。
They do! We must “conceal badness and spread goodness.”

但是為什麼比例沒有像以前那麼高？
But, why is the proportion not as high as in the past?

這也不能怪他們，因為我們錯了，我們也沒有把《弟子規》跟他們講，現在又功利主義這麼熾盛，所以重利輕義。

They cannot be blamed because it is all our fault, we did not tell them about *Dizigui*. As the society flaming with utilitarianism now, people tend to be interest-oriented and neglect righteousness.

只要他能夠有這個機緣看到《弟子規》，應該會喚醒他那種為官的責任心。
As long as one can have the opportunity to learn *Dizigui*, his sense of responsibility as a “parent-like officer” will be awakened.

How Can a Name Influence a Life?

在隋朝時代，有一個讀書人叫辛公義，這個姓比較少。
In the Sui Dynasty (581-618), there was a scholar named Xin Gongyi (it means righteousness in Chinese language). This given name is not very common.

諸位朋友，這個父親取的名字好不好？
My friends, wasn't this name given by his father good?

他取這個名字，他兒子絕對不可能作奸犯科，因為每天人家都喊他公義。
By giving him this name, it was absolutely impossible for his son to commit evil and break the law because people were calling him Gongyi (righteousness) every day.

他一定全身都是浩然正氣。
His entire body must be full of awe-inspiring righteous energy.

所以我爸爸給我取這個名字，我不得不有禮貌。
Similarly, I have to be courteous since my father has given me this name.

當他到了岷州一帶，這個岷州是現在的甘肅，在岷州當刺史，剛好當地有一個風俗，就是只要家裡面有人染上疫病就把他拋棄，讓他自生自滅。

Xin Gongyi was a governor of Min State, which is now in Gansu Province. According to the local custom, one would be abandoned and left to fend for himself once he caught an infectious disease.

他去以後覺得太嚴重了，這是孝跟義全喪了。

Gongyi viewed this as an extremely serious problem since both filial piety and righteousness were completely lost.

所以他就主動把這一些丟在路旁的生病的人，統統把他接到他的衙門來照顧，也找了很多醫生來治療。

He took the initiative to bring those abandoned sick people back to his yamen* and took care of them. (*government office in feudal China) Furthermore, he had many doctors come to treat them.

等到這些病人恢復健康了，就趕快請他的家人來接回去。

When these sick people regained their health, Gongyi immediately asked their families to bring them home.

接的時候又跟他說：我跟你爸爸都相處這麼久，你看我也沒病。

He would then say to the family members, "I've been staying with your father for so long, and I'm still fine."

那這一些為人子女的就會覺得很慚愧，都是以德來喚醒這些人民的慚愧心，就趕快把家人接回去奉養，把這個沒有孝義的風氣整個扭轉過來。

The children would feel deeply ashamed. Gongyi had awakened people's sense of shame with his virtue. Those people quickly took their family member home and attended to them. He had completely changed the ethos of neglecting filial piety and righteousness.

所以當地的人都稱他為慈母，把他當母親一樣看待。

The local people called him "a loving mother" and treated him like their own mothers.

這個慈母不只挽救了他親人的健康，還挽救了什麼？

Not only had this "loving mother" helped their family members regain health, but what else had he also saved?

每一個人的良心。

Everyone's conscience.

人的良心喪了，縱使還有命在，也是行尸走肉。

Without conscience, one would be a walking corpse even if he is still alive.

所以古代的人寧可死也不願意違背道義。

As such, the ancient people would rather die than violate moral righteousness.

我們在這幾天的課程也舉了不少例子，像之前也舉到一個孩子叫庾袞，不願意拋棄他的哥哥，所以自己留下來；村落所有的人都離開了，他獨自照顧哥哥。

We have cited many examples in these past few days' lessons. For instance, we quoted a child named Yu Gun who was unwilling to abandon his older brother. So, he stayed while all villagers had left. He took care of his brother alone!

吉人天相，後來哥哥還身體好了。

As the idiom goes, "A good hearted person will be blessed by Heaven," his brother regained his health later.

這確實是「精誠所至，金石為開」。

This is indeed an example of, "Utmost sincerity can move a heart of stone."

所以善相勸才能德皆建。

Thus, when we exhort each other to do good, both our virtues can then be established.

『過不規，道兩虧』。

"When we do not dissuade each other from doing bad, both our morals will be undermined."

假如該規勸的時候不規勸，那我們就失去，比方說當朋友、或者當先生、或者當兒子的本分就沒有盡到。

If we do not dissuade others from doing bad when we can, we have not fulfilled our duty as a friend, a spouse, or as a child.

所以這個何時規勸，我們也要抓對時機，還要有正確的方式態度，這我們之前也已經很深入來研究過，在這裡我就不再多說。

In regards to when to exhort others, we should catch the right time and opportunity as well as employ the correct method and attitude when we give advice. Since we have studied this in depth before, I will skip it here.

那當我們都可以「人有短，切莫揭；人有私，切莫說」，這樣就能形成一個很祥和的風氣，又能「道人善，即是善；人知之，愈思勉」。

When we are able to "never expose others' shortcomings and never reveal others' secrets," further to "praise others' good deeds to encourage them to do better," then a harmonious atmosphere will be formed.

所以一個團體假如能夠非常的和睦、和諧，這個團體一定會非常興旺。

If a group can be very harmonious, this group is bound to be prosperous.

所以我們處眾當中必要以和為貴，然後在該規勸的時候再抓住機會，要「揚善於公堂，規過於私室」，也要顧及他人的面子。

So, we must place harmony as priority when we associate with a group. Then we can seize the opportunity to exhort others when the timing is right. As the saying goes, "Praise others' goodness in public, exhort their wrongs in private." This is to take care of others' self-esteem.

我們接下來看下一句經文，一起把它讀一遍：

Let's look at the next verse and recite it together once,

【凡取與。貴分曉。與宜多。取宜少。將加人。先問己。己不欲。即速已。恩欲報。怨欲忘。報怨短。報恩長。】

“Regarding taking and giving, the most important thing is to know the difference between the two. It is better to give more and take less. When I am about to do something unto others, I will ask myself if I would like others to do it unto me; if not, I will stop it immediately. I must repay the kindness of others and let go of resentment towards others. I will hold grudges less and repay kindness more.”

Do Not Be Afraid Of Ceding

下一句經文『凡取與，貴分曉』。

“Regarding taking and giving, the most important thing is to know the difference between the two.”

這個取、與就是比方說家裡、家族在分東西，我們也要視情況而定，當對方比較困難，我們應該多給，自己少拿。

What is "taking and giving"? For instance, when our family distributes something, we should consider the situation to determine everyone's share. If some members are financially more distressed, we should give more to them and take less for ourselves.

當人有這種禮讓的態度出來，那家庭的風氣就會處處體諒，處處相讓，而不會處處相爭。

When people have this kind of conceding attitude, family members will always be mutually considerate and courteous ceding, and will not have disputes over all matters.

當家庭有這個和氣，確實整個家族都會興旺。

When a family is so harmonious, the whole clan is bound to thrive.

但是只要染上爭奪，像我們之前也有提到「居家戒爭訟」，假如因為分不平，到時候告上法院，可能都不會有好的結局，甚至於會有壞的榜樣留給子孫，到時候縱有家財萬貫也會敗喪掉。

However, once having the habit of contention... As we mentioned in an earlier class, “Within the family interactions, the contention and lawsuit is prohibited.” If family members were to take legal action for unfair wealth distribution, they may not have a good ending, and it will leave a bad example for future generations. At that time, even if your family's wealth is counted in the millions, it will eventually be squandered.

所以盡量能夠讓，我們就去讓。

So, try to concede if we can.

周朝也因為泰伯跟仲雍把天下讓給了弟弟，讓給了自己的侄子，也能夠造了他們周朝八百年的盛世，也能夠讓全國人民起而效法孝悌的精神。

he Zhou Dynasty, because Taibo and Zhongyong had intentionally let their younger brother inherit the throne, was able to create 800 years of prosperity and enabled the people of the whole country to emulate the spirit of their filiality and fraternity.

其實人都很怕讓，覺得讓了以後自己就怎麼樣？沒了。
Generally speaking, people are afraid of ceding. Because, they think they will have nothing left if they do so.

人不能只看眼前，當你一讓，成全了德行，成全了家庭的和睦，而這一讓也積累了自己的福分。
We should not be short sighted. As a matter of fact, when you concede, you have established your virtue and brought harmony to your family. Besides, your blessings will also be accrued because of your conceding action.

當你有這麼多的福分，自然在往後就會有所回報，「天道無親，常與善人」，這是亙古不變的道理。

When you have so much blessings, you will naturally be rewarded in the future. "The way of Heaven is impartial, it often favors the kind-hearted people." This is an eternal truth.

所以人不能隨順煩惱對應事情，不能隨順自己的習性，要隨順天理、隨順人心去做。
So, we should not deal with matters in accordance with our afflictions. Instead, we should act by the law of nature and the innate nature of all beings.

所以「凡取與，貴分曉；與宜多，取宜少」。『將加人，先問己；己不欲，即速已』，
So, "Regarding taking or giving, the most important thing is to know the difference between the two. It is better to give more and take less. When I am about to do something unto others, I will ask myself if I would like others to do it unto me; if not, I will stop it immediately."

就是當我們不願意別人批評我們、別人侮辱我們，或者別人傷害我們，我們都不願意別人這樣對待我們。

When we don't want others to criticize, insult, and hurt us, we should not treat people likewise.

那我們同理，人同此心，心同此理，也不應該去傷害、不應該去批評、不應該去指責他人，用這一分心去體諒別人。

Since the sense of justice and rationality is the same with everybody, we should not hurt, criticize, and blame others either. We should understand and feel others' sentiment with this kind of empathy.

Do Unto Others

乾隆皇帝有一個聯璧裡面提到「願天下翁姑捨三分愛女之情而愛媳」，愛他的媳婦；「望世間人子以七分順妻之意而順親」。

Emperor Qian Long of Qing Dynasty had a couplet which reads, "May all parents-in-law take thirty percent of their love for their daughter to love their daughters-in-law; may all the sons in the world use the seventy percent's obedience to their wives to obey their parents."

這一句對聯也很有人生的哲理，給我們很大的省思。我們看第一句，願天下翁姑，是指公公婆婆，因為千古有一個比較難解開的矛盾，叫婆媳之爭。

This couplet is very philosophical. It gives us a great reflection! Let's look at the first line, "May all parents-in-law..." Through the ages, there is one kind of conflict that is more difficult to solve, it is called "the disputes between mothers-in-law and daughters-in-law."

這個婆媳之爭因為沒有讀過《弟子規》，「將加人，先問己」，因為媳婦也是別人的女兒。
This conflict arises because they did not learn *Dizigui*. "When I am about to do something unto others, I will ask myself if I would like others to do it unto me."

所以可以用三分愛女兒的這種情對媳婦，那相信絕對不會跟媳婦有衝突。
Since daughters-in-law are someone else's daughters, if we can use thirty percent's love for our daughters to treat our daughters-in-law, then we will definitely not have conflicts with our daughters-in-law.

其實這人真的是很奇怪，比方說媽媽很氣她先生很懶惰，都不做家事也不幫忙。
Actually, people are very strange! For example, a mother is very angry with her lazy husband because he neither does the housework nor helps with chores.

她生不生氣？她很氣！
Is she angry? Yes, she is very mad.

但是她也跟她兒子說：你只要把書念好就好了，其他的你什麼都不用管。
Yet, she would tell her son, "You just need to study well. No need to worry about anything!"

她還在養出一個會讓另外一個女人氣死的男人，有沒有？
Isn't she raising a man who will drive another woman nuts, is she?

「將加人，先問己」。
"When I am about to do something unto others, I will ask myself if I would like others to do it unto me."

那很多人為什麼對媳婦比較嚴苛？
Why do people treat their daughters-in-law more harshly?

因為她也是熬過來的，可能這個婆婆也對她不好。
Because she had been through this. Probably, her mother-in-law did not treat her well either.

「己所不欲，勿施於人」，所以我們曾經窮過，應該看到窮人要倍加的關懷才對！
"Don't do to others what you don't wish to be done upon you." If we used to be poor, we should care even more for the poor.

「望世間人子以七分順妻之意而順親」。一般有一些男生娶了老婆以後，誰說的話算？
"May all the sons in the world use the seventy percent's obedience to their wives to obey their parents." Generally speaking, whose words would weigh the most after a man gets married? His wife. (Audience reply.)

所以這個態度有待商榷，因為這太親了以後就會意氣用事，對於他的做法利弊得失很可能都看不清楚。
This attitude is subject to discussion! We tend to act on impulse when we deal with matters related to our close ones. As a result, we will not be able to see the pros and cons of matters.

假如聽了老婆的話疏遠了父母，他的敗相已露。因為他的孩子必然學不到孝道。

If one is estranged from his parents after obeying his wife's words, the sign of his failure has already been revealed; his children will certainly not be able to learn filial piety.

那他這一生再怎麼努力，到最後可能是白忙一場。

No matter how hard he works in his life, all his efforts may be futile in the end.

所以不要用感情來經營人生，往往都會太偏頗。

So, do not manage your life with your emotions because you will often become too prejudiced.

要用什麼？理智來對應。

What must you use? Rationality.

What Is Genuine Love and Rationality?

那現在又常常說什麼IQ、什麼EQ、什麼CQ，還有HQ。
Nowadays people often talk about IQ, EQ, CQ, and HQ.

這外國的東西，他就是把簡單的東西怎麼樣？
What did they do to the simple things?

他不複雜他沒有版權可以拿。

They complicated them. They would not obtain the copyrights if they don't do so.

所以其實很多的道理只有一個，講成很多個，我們都不知道要往哪個方向抓回來。
Many principles are indeed one, but people have complicated it into so many that we do not know which one we should follow.

什麼是EQ？Daniel Goleman寫的EQ。什麼是EQ？
What is EQ as written by Daniel Goleman? What is EQ?

叫情商是吧？情商。
It is called Emotional Quotient, right?

IQ叫什麼？智商。
What about IQ? Intelligence Quotient.

這兩個怎麼分？
How do we differentiate between these two?

會講甜言蜜語叫情商，是不是？
The ability to say sweet words is called EQ, right?

那什麼叫智商？
Then what is called IQ?

智力很好叫智商。
Showing high intelligence is called IQ.

這兩個東西是兩個嗎？
Are they two different things?

比方說有一個男人：我很理智，我要努力賺錢，所以沒什麼時間陪兒子，我要睡在公司。
Let's say a man says, "I'm very rational, I want to work hard to earn money. So, I don't have much time to spend with my son because I need to work in the office overnight."

有沒有理智？有沒有？
Is he rational? Is he?

拍著胸脯，我是要為了家庭打拼。
He pats his chest and says, "I'm working hard for my family."

好像聽起來很有理智。這哪是理智？
It may sound very rational. But, how can it be so?

理智應該是可以讓人生全面發展。
Rationality is something that allows one's life to develop in whole.

你說這個人感情很豐富，疼兒子疼得要命，什麼事都不讓兒子做，這樣叫情商嗎？
If you say someone is full of love, he loves his son so dearly that he does not let his son do any house chores, is this called EQ?

愛之足以害之。
"To love someone improperly is actually to harm him."

你的情當中沒有智，那叫濫情；你的智當中沒有情，那叫什麼？那叫薄情。
When there is no rationality in your love, it is called "abuse of love". What would you become when your rationality does not include love? You will become affectionless.

很多企業家事業做得很大，妻子兒女去哪？
Many entrepreneurs are very successful in their careers, but where have their wives and children gone to?

連妻子跟他say bye-bye，他都搞不清楚妻子為什麼走了，有沒有這種人？
They are still in the dark, no idea why their wife says bye-bye and leaves them.

因為妻子覺得跟他講講不通。
Because the wife thinks it is impossible to communicate with him.

所以什麼是情？什麼是智？
So, what is "love"? What is "rationality"?

有真情者必有真智，有真智者必有真情，情智不二才是真情真智。
A person with genuine love will definitely have true rationality. And a person with true rationality will surely have genuine love. When "love" and "rationality" are not duality, they are then genuine love and true rationality.

所以明明是一個真實的真心，把它講得那麼多，讓我們都不知道往哪一條線拉上去。
Genuinely, it is clear that there is only one true heart (including love and rationality), but it has been interpreted into so many that we got totally confused, not knowing which way to go.

所以盧叔叔他每一個禮拜再怎麼忙，他都堅持禮拜天一定陪家裡的人吃飯。
No matter how busy Uncle Lu is, he will insist on having meals with his family on Sundays.

請問是情商還是智商？對！
Does he have EQ or IQ? Both. (Audience replies.) Right!

因為對妻子兒女有真感情、有真理智，他才能夠排除萬難來經營他的家庭。
He has genuine love and true rationality for his wife and children, he can then resolve all difficulties to manage his family.

所以我們學習聖賢的這一些道理，這一些做人的態度，才叫真情、真義、真智來過一生。
Only by learning the principles and attitudes of self-conducting from the saints and sages, can we then live our life with genuine love, proper righteousness, and true rationality.

諸位朋友，你覺得我情商好還是智商好？
My friends, do you think I am good at EQ, or IQ?

所以我們不要再，還是「依法不依人」，好好的跟著《弟子規》、跟著四書學習，不要再鑽到這些專有名詞去，會跳不出來。
No need to struggle! Just follow what Dharma (sage teachings) teaches instead of following what people say. Just learn honestly the sages' teachings in *Dizigui* and *The Four Books...* etc., do not drill into the terminology, otherwise you will be lost in it and may not be able to get out.

「將加人，先問己；己不欲，即速已」，有這一分理智去體諒別人的感受，就不會強加於人。
“When I am about to do something unto others, I will ask myself if I would like others to do it unto me; if not, I will stop it immediately.” With this rationality to feel others' sentiment, we will not exert something forcefully to someone.

Stay Mindful Of Others' Kindness

我們看下一句『恩欲報，怨欲忘』。
Let's look at the next verse, “I must repay the kindness of others and let go of resentment towards others.”

這個「恩欲報」，其實當一個人能念念不忘恩德，不忘父母、不忘師長、不忘眾人對他的恩德，他的精神生活一定非常充實。
In fact, when one can constantly be mindful of the kindness of his parents, teachers, elders, and all people, his spiritual life will certainly be very fulfilling.

所以一個人幸福的根基就在愛與感恩之中。
The foundation of one's happiness lies in love and gratitude.

當他懂得愛、懂得付出，他會體認到自己的價值，施比受更有福。

When one knows how to love and give, he will appreciate his own value and realize that it is more blessed to give than to receive.

所以我們看到很多做義工的人每天都滿面笑容。
That is why we see many volunteers brimming with joy every day.

你看我們許哲居士已經一百零六歲了，我曾經見過她本人，在高雄的時候，她笑起來真的跟嬰兒沒什麼兩樣，真是一片赤子之心。
Look! Ms. Teresa Hsu Chih is already 106 years old. I once met her in person in Kaohsiung, Taiwan. She was really like a baby when she laughed, and her mind was utterly pure.

「恩欲報，怨欲忘」，所以她時時想著可以幫助別人，這是活在愛人的世界裡。
“I must repay the kindness of others and let go of the resentment towards others.” She is always thinking how she can help others; this is living in a loving world.

當一個人能處處念恩，他就活在報恩的這種心境之中。
When one can constantly be mindful of others' kindness, he is living in the state of repaying kindness.

當人在報恩的時候，他的內心會覺得非常充實。
When one repays the kindness of others, he will feel very fulfilled in his heart. It is very fulfilling!

像我這一年多來也走了這麼多地方，終於也有一點欣慰，覺得自己這一生很幸運，能夠跟著楊老師，跟著盧叔叔，跟著我的師長，跟著古聖先賢的教誨，我是很幸運的人，所以也希望做一點事能夠讓他們歡喜。
I have traveled to so many places over the past year and have finally gained a sense of comfort. I feel myself being very fortunate in this life, being able to follow in the footsteps of Teacher Yang, Uncle Lu, as well as our revered teacher, Master Chin Kung, to learn the teachings of ancient saints and sages. I am such a lucky person, so I hope to do something to make them happy.

這一年多來，雖然看起來很忙碌，但是整個精神狀況反而是愈來愈好，所以活在感恩當中確實不一樣。
In over one year, I seemed to be very busy, but my whole mental state is getting better and better. Living amidst gratitude is really different.

當回首來時路，覺得還有這麼一點充實的感覺。
When I look back, I feel that there is still such a sense of fulfillment.

How To Repay The Kindness Of Our Elders?

我記得楊老師有一次包了一個小紅包給我，上面寫著：蔡老師，你辛苦了。
I remember Teacher Yang once gave me a red envelope, on it she wrote, “You’ve worked so hard, Teacher Tsai.”

我看了以後，當場眼淚都掉下來。因為這一生能夠有這麼幸運，能夠走向中國文化的推廣這一條路，也是楊老師成就的。

After seeing it, I burst into tears on the spot because being so fortunate in this life to embark on the path of propagating sage teachings, it is all attributed to Teacher Yang's help.

而在這一路上，雖然她沒有在我的身旁，但是都是點點滴滴給我提攜照顧。

Despite not being by my side, she has been giving me support and care in every aspect.

假如沒有楊老師狠心把我放在海口，我就沒有這種歷練的機會。

Had she not conclusively left me in Haikou, I would not have this opportunity to forge myself.

而且因為老師已經以弘揚中國文化為己任，所以很多事情都是她運籌帷幄，把很多的前期發展的願景都規劃好，我只是做一個教學的工作而已。

Moreover, Teacher Yang regards promoting saints' and sages' teachings as her own duty, so she has mapped out a strategy. She has envisaged the early-stage development and planned it well. I only need to do my teachings.

而往後的這個安排，楊老師也是處處替我們這些晚輩著想。

For future arrangements, she has also put the best interests of us younger generation into consideration.

所以我們能夠就是跟隨這一些善知識學習，這些恩德要念念不忘。

Since we can learn alongside these good mentors, we must never forget their kindness.

那回報這一些長者最好的方式是什麼？

To repay the kindness of these elders, what is the best way?

依教奉行。

Respectfully practice based on the teachings.

所以我送盧叔叔禮物，他可能也不缺，最重要的他能夠看到我們這些晚輩，能夠聽從他的教誨去立身行道，將是帶給他最大的安慰。

If I am giving a present to Uncle Lu, for instance, he may not need it, the most important thing is that we can follow his advice to practice Dao and establish our virtues, this can then bring him the greatest comfort.

所以我們要時時念父母之恩，時時念師長之恩，時時要念幾千年來我們的聖賢之恩。

So, we must always bear in mind the kindness of our parents, teachers, elders, as well as the saints and sages of thousands of years.

所以每一次我在看《德育故事》，都看到哭得止不下來，就好像這一位聖哲人把我的心光點亮。

Every time I read *The Stories of Morality Education*, I could not help but cry uncontrollably as if they had lit up my mind.

那一天我在看著祖逖帶著他所有的這些親黨一起去避難，幾百個人他都照顧，然後自己都是徒步在走，這些車馬統統都讓給他人。

The day I read about Zu Ti, who took all his relatives and friends to seek refuge together, he took care of hundreds of people and was traveling by foot since he let the elders ride on carriages and horses.

做到讓他鄉里這些長者都說：我們雖然年紀這麼大了，但是在晚年還可以遇到他，遇到這個再世父母，死都無憾。

His actions had made the elders in his village say, "We are so old and can still encounter such a virtuous man, he is like our reincarnated parents. So, we will have no regrets even if we die."

我看到這裡相當感動，我們現在這個社會最缺的是什麼？

I was deeply moved when I read this part. What is most lacking in our society now?

就是愛、就是關懷。

It is love and care.

當我們肯追隨這些聖哲人，相信也會演出像祖逖這樣的好戲。

When we are willing to follow in the footsteps of these sages, I believe we are also able to perform a good show like Zu Ti did.

所以聖哲人點亮我們的心光，我們一定要起而效法他們。

Since the saints and sages have illuminated our minds, we must strive to emulate them.

How To Transform Bad Affinities?

「恩欲報，怨欲忘」。

"I must repay the kindness of others and let go of the resentment towards others."

人與人難免會發生衝突，但是我們之前也有說到「可惡之人必有可憐之處」，他也是沒學過做人才會跟我們發生衝突。

It is inevitable for people to have conflicts, but we have also mentioned that "Wicked men must have something pitiful." They come into conflicts with others because they have never learned how to conduct themselves.

那還是要先反省自己，假如自己沒有錯，要進一步包容別人。

We should first introspect ourselves! If we are not in the wrong, we should further tolerate them.

那你總不能把別人的過失放在自己心上，那是把別人最骯髒的東西放在什麼？

We should not take the faults of others to heart every day. If we do, where are we keeping others' dirtiest things?

自己最清澈的心靈，那是很傻的事。

In our cleanest minds. This is very silly!

所以當我們肯原諒別人，其實就是原諒了自己。

So, when we are willing to forgive others, we are actually forgiving ourselves.

當你把別人的過失每天都放在心上，那可不好受。

When you take the faults of others to heart every day, you will surely feel uncomfortable.

所以要能夠「不念舊惡，不憎惡人」。

So, we must “not recollect past resentments and not despise wicked people.”

對於已經發生的這些衝突，我們不要放在心上，因為當你把這個怨放在心上，對方能不能感覺到？

To the past conflicts, do not take them to heart! When we harbor resentment, can the other party feel it?

能不能？可不可以？可以。

Can they feel it? Yes, they can.

你看當你有怨氣的時候，會不會表現在眼睛？表情？一定會的。

You see, when you have grievance, will it show in your eyes and your expression? Certainly!

「誠於中，形於外」，那心不誠，當然也會表現在外。

“Inner sincerity will reflect in your outward appearance.” When you are insincere, of course it will appear outwardly as well.

所以當這個怨你放不下，兩個人的關係一定會愈來愈疏遠，這樣也不好；畢竟可能要朝夕相處，或者是常常在公司裡都還要相見。

When you cannot let go of grudges, the relationship between two of you will become increasingly estranged. This is bad! After all, you may have to interact with the other party frequently, or you will still see him often in the office.

所以當兩個人不能彼此接納，很可能又要影響一個家、影響一個團體的和諧，那又何苦來哉？

Hence, when two people cannot accommodate each other, they are likely to affect the harmony of a family or a group. Aren't you asking for trouble?

我有一個長輩，因為他很有才華，所以公司裡面很多的事都會拜託他做。

An elder of mine, who is very talented, was asked to undertake many tasks in the company.

因為表現得特別好，很多的這些獎勵都到他身上來，就會造成其他這些同事的嫉妒。

Due to his excellent performance, he has received many awards. This had provoked jealousy among other colleagues.

那我這一個長輩就說：給人家嫉妒是光榮的，因為有本事才會被人家嫉妒，所以不需要生氣。

This elder said, “It is an honor to arouse jealousy in others because, only when you are capable can you make others jealous of you. So, there is no need to get angry.”

接著他又說到：有一個朋友就是批評他特別嚴重，但是他也沒有放在心上。結果後來這個朋友有一件事沒有人要幫他，剛好我這個長輩又有這個能力，所以就主動去幫忙他。結果這個動作一做出來，對方怎麼樣？很慚愧，慚愧自己過去所作所為。

He continued and said, "One of them particularly criticized me seriously, but I did not take it to heart. Later, he had to do one project, yet nobody helped him. I happened to have that skill, so I took the initiative to help him. When I offered my help, how did he feel? He was deeply ashamed of his past deeds."

後來他們兩個就變成好朋友，「冤家宜解不宜結」。

Afterwards, they became good friends. "It is better to resolve an enmity than entwine it."

而且真正交往之後，才了解到一個人常常會批評別人，就是內心不平。

After befriending him, this elder of mine came to realize that the reason one often criticizes others is because he has indignation in his heart.

那他的心為什麼會不平？

Why did his colleague have indignation in his heart?

因為可能成長過程或者現在的家庭讓他的心無法平息，都是內心有很多苦沒有好好的處理掉。

Perhaps his growing up years or his current family has made his mind unable to settle down. He has a lot of pains inside which are not properly dealt with!

所以藉由我這個長輩不跟他一般見識，又主動幫忙他，這一分情義就化開這個瓶頸，進一步又可以在思想觀念當中引導他、幫助他。

As this elder of mine was broad minded, did not fuss about trifles, he further took the initiative to help this colleague. This righteous friendship has resolved the bottlenecks in his life. In addition, this elder has guided him to rectify his thinking and perspectives in life.

所以我們有緣千里來相會，不管善緣惡緣，只要我們的心保持平等、保持慈悲，相信縱使是惡緣也會轉成善緣。

Regardless of what affinities that have brought us together, as long as our mind remains impartial and compassionate, I believe any bad affinity will be transformed into good ones.

所以要做到「怨親平等」。

So, we must "treat our resented ones and loved ones equally."

真做到怨親平等，才會讓人打從心裡佩服。

Only when we can truly "treat our resented ones and loved ones equally," can people be convinced deeply from the bottom of their hearts.

我們看這一句成語，誰排前面？

Let's take a look at this idiom, which ones is placed in front?

怨，怨親平等，所以要擴寬心量。

The resented ones! "Treat our resented ones and loved ones equally." So, we must broaden our mind.

「恩欲報，怨欲忘」。

“I must repay the kindness of others and let go of resentment towards others.”

其實我們很多的執著只要轉一個念，當場從執著就變成智慧，所以人要會轉念。

In fact, once we can transform one single thought, our attachments will become wisdom right away. So, we must learn how to transform our mindset.

所以我們要感謝傷害我們的人，因為他們磨鍊了我們的心智；感謝欺騙我們的人，因為他們增進了我們的見識。

Thanks to those who have hurt us as they have strengthened our mentality. Thanks to those who have deceived us for they have deepened our insight.

Live In Gratitude, Turn Afflictions Into Wisdom

我們來想一想，一個人進步最多的時候在什麼時候？逆境。所以感謝傷害我們的人，因為他們磨鍊我們的心智；感謝欺騙我們的人，因為他們增進了我們的見識，俗話說「不經一事，不長一智」；感謝絆倒我們的人，因為他們強化了我們的能力；感謝遺棄我們的人，因為他們教導我們應該獨立。

Thanks to those who have made us stumble as they have intensified our ability. Thanks to those who have abandoned us for they have taught us to be independent.

你人生能靠誰靠到終老？不可能！

Whom can you rely on until the end of your life? Impossible!

這個「靠」不是肉體上的靠，一個人要有心智的成長，你的一生最重要要靠的是自己的真實智慧。

This “rely” does not mean physical reliance. We must develop our spiritual mentality because the best thing we can rely on in life is our genuine wisdom.

所以感謝斥責我們的人、罵我們的人，因為他增加了我們的定慧。

So, thanks to those who have reprimanded us because they have increased our concentration and wisdom.

所以「父母教，須敬聽；父母責，須順承」。

So, “When my parents instruct me, I must listen respectfully. When my parents reprimand me, I must accept submissively.”

這不只是父母，所有的人當他們對我們斥責的時候，我們都能虛心洗耳恭聽，你在這當下道德學問都在提升。

Not only parents, but anyone who scolds us, if we can be all ears to listen respectfully, our virtues and wisdom have improved at that very moment.

所以當一個人轉一個念，所有的煩惱都可能變成智慧。

Therefore, when one transforms a single thought, all his afflictions may turn into wisdom.

也由於你能轉得過來，這些傷害、欺騙，這一些絆倒你的人，會突然對你怎麼樣？
When you are able to transform your mind, how will those people who have hurt, deceived, and made you stumble feel?

很驚訝，進一步又對你很佩服，人的修養可以到這樣，你到底跟誰學的？
They will be very surprised and further admire you. Amazed by your cultivation, they will be eager to know from whom you learned it?

那你《弟子規》又可以介紹出去了。
Then, *Dizigui* can once again be introduced.

所以我們要讓聖賢人的臉上貼金！
We must bring glory to the saints and sages. We must bear the adversity!

可不能撐不過去，還是跟他一般見識，到最後對方又說：還說學什麼弟子規？
If we lower our level to be the same as others, causing them to lose confidence in *Dizigui* and say, “What kind of *Dizigui* are you learning?!”

那就麻煩了。所以怨欲忘。
That would be troublesome! So, “let go of resentment towards others.”

『報怨短，報恩長』。
“I will hold grudges less and repay kindness more.”

「報怨短」不是真去報，是把這個怨恨的念頭要趕快轉過來。
“Hold grudges less’ does not mean that you really bear a grudge but quickly turn that thought around.

「報恩長」，這個長不是時間，是指長長久久。
“Repay kindness more” does not only refer to more time but eternally.

哪有報父母恩報得完的，哪有師長恩報得完的，我們對於這些恩德都要抱持「鞠躬盡瘁，死而後已」。
How can we finish repaying the kindness of parents, teachers, and elders? To repay these kindnesses, we must hold fast to the attitude of “devoting ourselves until we draw our last breath.”

我在講這句話的時候，你們有沒有突然放光明？
When I utter this verse, did you feel your mind suddenly emit light?

因為我高中就放過兩次光明，跟諸位講過了？
As I told you before, my heart had illuminated twice in my high school days.

第一次就是聽到范仲淹《岳陽樓記》「先天下之憂而憂，後天下之樂而樂」，突然閃了光明，差不多五到十秒鐘，繼續又開始昏沈，因為我對文言文都沒開竅；又在讀《出師表》的時候，突然看到孔明那句「鞠躬盡瘁，死而後已」，突然又放了光明。

The first time was when I heard the sentence written by Mr. Fan Zhongyan in *The Reminisce of Yue Yang Tower*, “Be the first to worry about world affairs and the last to enjoy happiness.” The light in my heart suddenly flashed for about five to ten seconds, but I continued to doze off again because I had not opened my mind to Wen Yan Wen (the ancient Chinese literary style). When I read the verse of Kong Ming’s* *Petition for Northern Expedition*, (*A statesman and strategist during the Three Kingdoms Period, 220-280) “Never cease to devote oneself wholeheartedly until one’s last breath.” I suddenly emitted light again.

但是光明要能夠持續才行，所以遇到聖教不要再當面錯過。

However, the light must be able to last, so we should not let the sages’ teachings slip again.

我可不再錯過了，錯過很難受，一繞回來十多年。

I would not let it slip again! When I missed it, I felt very uncomfortable, for it took over ten years for me to encounter it again.

雖然那時候才十幾歲，但是十幾歲的年輕人還會「為賦新詞強說愁」，還會抓一大堆很痛苦的感受。

I remember when we were teenagers, very often, “for creating new poetries, we distress ourselves purposely.” We immersed ourselves in many painful feelings.

因為不明理，所以唱著那些情歌也唱得痛苦萬分，沒人指導，把這麼好的青春都浪費掉。

For not understanding the truth, we also sang those love songs very painfully. As no one was there to guide us, we had wasted such good youth.

Act Nobly and Decorously Towards All

所以人都有因緣，跟這些聖哲人也是很深的緣。

There are causes and conditions in everything, I must have a very deep affinity with those ancient sages.

所以我就跟朋友講，我說假如有前世，我一定是幫孔明端飯的那個士兵，因為看到丞相愈吃愈少，所以就特別心痛。

I told my friends, “If there were past lives, I must have been the soldier who had served meals to Kong Ming. Because I felt heartache seeing Kong Ming ate less day by day.

因為我在看《三國演義》，看到孔明在那裡筆都拿不穩了，士兵端飯給他吃，他都不吃，我看到那一幕痛哭流涕。

In the movie, *Romance of the Three Kingdoms*, when I saw that Kong Ming could not hold the pen firmly, and he did not eat the meals served by his soldier, I broke down in tears when I saw that scene.

所以聖哲人用他的真誠演出這些好戲，我們一定好好跟他們效法。

Since the saints and sages had performed these good shows with their sincerity, we must earnestly emulate them.

所以報恩長。

Hence, I will repay kindness more.

因為就是有這一些恩德，才能夠讓我們的人生走向這麼樣美好的方向。
It is because of these kindnesses, we are able to steer our life into such a promising direction.

只要沒有他們，就沒有我們。
Without them, we would not be the same.

所以抱持著這樣的態度，我們會盡心盡力盡我們的本分，讓這些對我們有恩之人都能歡喜看到我們的成長，我們的人生。
Holding on to this attitude, we will then spare no effort to fulfill our duties, so those who have bestowed kindness upon us will be happy to see our personal development in life.

我們接下來念下一句經文：

【待婢僕。身貴端。雖貴端。慈而寬。勢服人。心不然。理服人。方無言。】
Let's read the next verse, "Treating maids and servants, I should act nobly and decorously; even so, I still look after them kindly and generously. Using force to make people submit will not make their hearts agree. Only using reason to make people submit, can there be no complaint."

『待婢僕，身貴端』。
"Treating maids and servants, I should act nobly and decorously."

這個「婢僕」我們讓它廣泛解釋，比方我們家裡請的這一些員工都算是在這個範圍之內。
The "maids and servants" here has their extensive meaning. For instance, the employees hired by our family are considered to fall under this range.

那當然他們是用他們的勞力付出，我們也應該同樣尊重他們的付出。
Since they serve us by means of labor, we should also respect their effort equally.

所以當家裡有請僕人，也應該教育孩子對這些僕人要當長輩看待，不可以從小就讓孩子看人大小眼，那他的這種平等心、這種恭敬心就建不起來。
So, when we have hired employees in the family, we should also educate children to treat them as their family elders. We must not let children become snobs from an early age, or else their impartial and respectful mind will not possibly be established.

所以要謹慎。
We must be prudent!

縱使是開車的司機，孩子也要稱他什麼？叔叔、伯伯。不失恭敬。
Even if he is a chauffeur, children should still address him "uncle." In this way, children will then not lose a respectful mind.

How To Be Considerate and Caring

能夠在一個家庭當中都是難得的緣分，我們都應該多多體諒，互相照顧。

It is a rare affinity to be able to stay under one roof, we should be more considerate and take care of each other.

比方說要過年了，大部分這些媳婦、兒子、孫子都會回來，那現在因為很多都是職業婦女，所以她平常也忙得不得了。

For example, during the Chinese New Year, most of daughters-in-law, sons, and grandchildren will go back to parents' home. The daughters-in-law are usually very busy with their lives because many of them are working women.

所以已經忙得很累了，結果好不容易過年放假，回來又要怎麼樣？

They are so busy and tired with their work, finally New Year comes, but how do they feel during the family reunion?

要更累。

Even more tired!

甚至於那個工作量還比平常上班還多。

The workload is even heavier than that at work!

縱使我們是為人婆婆也要能夠體恤到媳婦的辛苦，不能說她是媳婦就該做，也要視情況而定。

As mother-in-law, we must be able to empathize with the toil of the daughters-in-law. We should not say that it is the job of a daughter-in-law, she ought to do it. We must assess the situation before delegating work to her.

現在比方說請人家做個年夜飯也很方便，假如媳婦確實已經很累了，那去叫個飯菜一起來圍爐，那大家都很輕鬆愉快。

It is now very convenient to order a New Year's Eve dinner. If the daughter-in-law has been really busy and tired, we can order some dishes so that everyone can get together for a reunion meal. Then, a happy and relaxing reunion for everyone can be achieved.

那媳婦也會覺得這個婆婆真替她著想，你愛她，她就會愛你，「愛人者人恆愛之，敬人者人恆敬之」。

The daughter-in-law will feel that her mother-in-law is really thoughtful of her. When you love her, she will love you too! As the saying goes, "Those who love others will always be loved; those who respect others will always be respected."

其實人跟人相處融洽，難不難？

As a matter of fact, is it difficult to get along with others?

哪有那麼複雜，只是我們太鑽牛角尖。

How would it be so complex?! It is just us who get ourselves into a blind alley.

當然當婆婆做出這些很體諒媳婦的事情，這個媳婦也應該怎麼樣？

Of course, when the mother-in-law did something thoughtful to the daughter-in-law, what should the daughter-in-law do?

嘴巴要甜一點。

She should respond with some sweet and appreciative words.

你走在外面，剛好婆婆也在，你就跟這些親朋好友說：我婆婆真好！都幫我做什麼、做什麼、做什麼。

For instance, when you walk out of the house, it happens that everyone is there, you can say to everyone, "My mother-in-law is superb. She helped me with this and that..."

那婆婆聽了以後怎麼樣？

How will the mother-in-law feel when she hears this?

很高興，這叫「好話一句」。

She will be elated! This is called "Utter sweet and appreciative words."

大家是好話的話就會互相歡喜，互相幫忙。

When everyone can utter sweet and appreciative words, everyone will be happy and help each other.

今天的課我們就上到這邊，謝謝大家。

We will stop here today. Thank you everyone.