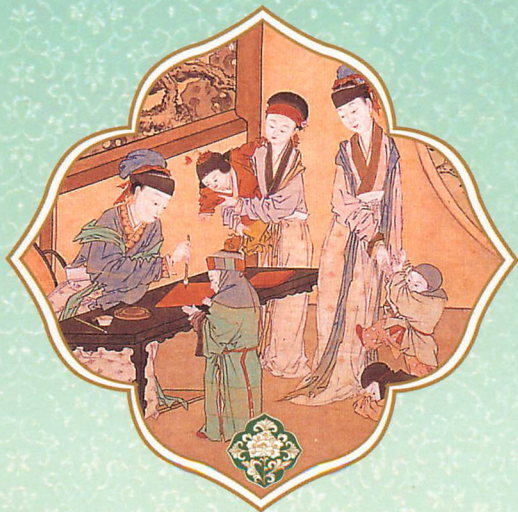


# 弟子規

Standards for Being  
a Good Student and Child

中英對照/漢語拼音



佛陀淨宗學會 恭印 免費敬送





至聖先師孔子

Confucius



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# **Dedication of Merits**

May the merit and virtues  
Accrued from this act  
Adorn the Buddha's Pure Land,  
Repay the Four Kindnesses above,  
And relieve the suffering of  
Those in the Three Paths below.

May those who see or hear of this,  
Bring forth the heart of  
Understanding and compassion  
And, at the end of this life,  
Be born together in  
The land of Ultimate Bliss.

## **弟子規**

*Standards for Being a Good Student and Child*

**With compliments of:**

**佛陀淨宗學會**

**Amitabha Educational Center**

“The Truth Education” 至善圓滿的教育

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## 題獻 Dedication

這本書獻給我們敬愛的師父上人  
淨空老和尚，恭祝他七十五歲生  
日。沒有他的教誨，我們永遠不知  
道做一個好學生好子女是做人的根  
本基礎。

This book is dedicated to our beloved and respected teacher, Master Chin Kung, on his seventy-fifth birthday. We are forever grateful, for without his teachings, we will never know that being a good student and child is the very foundation of our human existence.

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## 前 言

孔子是一位偉大的老師與教育學家，對中國的文化有很深很廣的影響。他的思想一直流傳和遠及到全世界的今天。他深信道德原理，品德與紀律是一個兒童的基礎教育，從小就應該落實在日常的生活。不像現代的父母親，反對體罰。古時候中國的父母親鼓勵以及感謝老師因子女的不乖而責罰他們。古時候的父母親認為一個兒童必須先把自己的品行道德修養好，才能更進一步學習其它科目。因為沒有好的品行道德做基礎，學習其它的科目也是枉然。在古代的中國，上學的目的在做聖做賢，為人民服務，而不是為了賺錢。

千百年來這本小冊子曾是一個做學生應有的標準。雖然依現代的標準來看似乎是很嚴格，但是很顯然的，那時候的人覺

得一個小孩應該從小就有紀律及品德的修養，是很重要的。他們覺得，沒有嚴格的紀律以及道德標準，一個小孩將來長大不可能會有成就。如果一個兒童從小就不知道應該如何孝順父母尊敬師長，長大後也不會聽從或尊敬任何一個人。今日的社會似乎就是如此。有些子女不聽從父母，反過來是父母聽從子女的。老師怕教及懲罰學生，因為怕違反法律保障下的兒童人權和被父母親控訴。

我們現在生逢亂世，人與人之間的關係，人與環境之間的關係，父母與子女之間的關係，夫婦之間的關係，君臣之間的關係已完全瓦解。父母不像父母，子女不像子女。我們的心理環境被污染，我們的家庭制度破裂，離婚率有史以來達到了頂點。地球似乎很快就不再適合人類居住了。我們對我們自己和下一代的未來感到擔心。

我們希望來介紹這本小冊子，用它給我們做參考，做為一個父母子女的指導方針，帶領下一代走向一個比較和平的社會與世界。

此冊子所有的註解是由我們的翻譯組為了幫助讀者對原文有更深入的理解而加的。漢字的意義無比的深廣，如果讀者覺得我們解釋的還不夠圓滿，我們先在此請讀者原諒。因為中國古代的社會是以男性為主，只有男孩才能上學，所以這本冊子所有的代名詞都是用男性的。對現今的社會來講，此冊子適用於所有的兒童，男性和女性都包括在內。

澳洲淨宗學院翻譯組

## Foreword

The Chinese culture has been deeply influenced by Confucius, a great Chinese teacher and educator. His influence extends throughout the world even today. He believed that moral principles, virtues and discipline should be the very first lessons to be taught to a child, and that children need to practice them daily. Unlike modern day parents who disapprove of physical punishment, ancient Chinese parents actually encouraged and thanked the teacher when their children were punished for misbehaving. It was most important to the ancient Chinese parents that their children learned moral principles and virtues first before any other subjects, because without these as a foundation, the learning of all other subjects would be futile. In ancient China, the purpose of going to school and studying was to become saints and sages, not to make financial gains.

For thousand of years, this book contained the recommended standards for students. Even though

they seem stringent by today's standards, it is apparent that the people of that time felt it was important that the child should be well disciplined and taught moral principles and virtues when still very young. They felt that without strict discipline and moral standards, a child would amount to nothing. Without knowing what it meant to be dutiful to one's parents and respectful to one's teachers, a child would grow up not listening to or respecting anyone. Ironically today, many parents listen to the child instead of the other way around. Additionally, teachers are afraid to teach and discipline children because they are fearful of violating the children's legal rights and being sued by the parents.

Currently, we live in a tumultuous world where the relationships between people, people and their environment, parents and children, husbands and wives, and employers and employees are disintegrating. Parents do not act like parents. Children do not act like children. Our minds are polluted and our family system is disintegrating as

evidenced by an ever-increasing divorce rate. Soon the planet Earth will no longer be fit for us to live on. We are fearful for our futures and the futures of our children. We hope by reintroducing this book, it will serve as reference material and provide guidance for parents and children. In this way, future generations will benefit from it and society and our world will be more at peace.

All the footnotes are added by our translators to help the readers understand the text more. Chinese characters have extensive and profound meanings. If the readers feel we have not yet fully explained the text, we want to use this opportunity to apologize beforehand. These standards were used in ancient China, at a time when the society was centered on the male and only the male child was allowed to enter a school. Therefore, all the pronouns used in the translation are of the male gender. For today's society, it applies to all children, both male and female.

Pure Land Learning College Translation Group

dì zǐ guī  
弟 子 規

**STANDARDS FOR BEING  
A GOOD STUDENT AND CHILD**

做一個好學生好子女應有的標準

總敘 OUTLINE 總綱領

dì zǐ guī  
弟 子 規

"Standards for Being a Good Student and  
Child" <sup>1</sup>

做一個好學生好子女應有的標準是

shèng rén xùn  
聖 人 訓

- 
- <sup>1</sup>. Selected from *Analects of Confucius*, Book I, Chapter 6. It was taught by Confucius, Mencius, and other Chinese saints and sages of the ancient past. 摘自於《論語》——學而第一篇第六章，是孔子、孟子以及其他中國古聖先賢所教導的。

Was taught by Chinese saints and sages of the ancient past.

中國古聖先賢所教導的。

shǒu xiào tì  
首 孝 弟

First it teaches you how to be dutiful to your parents, and to be respectful and loving to your siblings. <sup>2</sup>

- 
2. “*Xiao*” and “*Ti*” have been the very foundation of Chinese culture for five thousand years. *Xiao* “孝” means to be dutiful to one’s parents with affection, and to understand the basic relationship of grandparents, parents and self. In ideogram form, *xiao* has two components - the top part of *xiao* is the top portion of the word *elder* “老” and the bottom part is the word *son* 子. Combined, it implies that the older generation and the younger generation are one: that there should be no gap between them. In Buddhism the meaning is further extended. Outside the family, the child should treat every male and female of the parents’ generation as if they were the child’s own father and mother. *Ti* “弟” means sincere fraternal love. Here it is used more as the principle and standard of conduct of the



首先它教導你應該如何的孝順父母及尊重敬愛你的兄弟姐妹。

cì jǐn xìn  
次 謹 信

Then it teaches you how to be cautious with all people, matters and things in your daily life, and to be a trustworthy person,

然後它教導你要如何在日常生活起居上對所

---

younger brother towards his older brother when the younger brother is away from home. In Buddhism, its meaning also extends further to include conduct towards all persons who are older, but of the same generation.

孝、弟是中國五千年來固有文化的基礎。“孝”是孝順。孝的概念就是要瞭解祖父母、父母及自己的關係。“孝”字如果分開來看，上面與“老”字相同，下面是一個“子”字；表示老一輩的跟小一輩的是同一體，不像現代的人有代溝。佛法更深一步的要我們平時在外，遇見與我們父母親同輩份的人，我們要如我們的親生父母親同樣的對待他們。

“弟”是兄弟間彼此誠心相友愛的意思。在此用來表達在外一個做弟弟應有的標準原則。同樣的在佛法，我們對待同輩的長者要如同我們自己的兄長一樣的尊敬。

有人、事、物的態度要保持小心謹慎，做一個有信用的人，

To believe in the teachings of the ancient saints and sages.<sup>3</sup>

要相信古聖先賢的教誨。

fàn ài zhòng  
汎 愛 眾

Furthermore, it teaches you to love all equally,  
接著它教導你應該平等的愛護一切眾生和

ér qīn rén  
而 親 仁

Be close to and learn from people of virtue and compassion.

親近仁慈以及有德行的人，向他們學習。

yǒu yú lì  
有 餘 力

- 
3. “To believe in the teachings of the ancient saints and sages” means to actually practice and put the teachings of the ancient saints and sages into effect. “信”是要落實古聖先賢在經典裡所說的，要做到才算信。

When you have accomplished all the above duties,

當你把以上自己的本份都做到了，還有多餘的時間和精力，

zé    xué    wén  
則    學    文

You can further study and learn literature and art to improve the quality of your cultural and spiritual life.

你才可以更進一步，學習研究文學藝術，來提升你自己的精神生活品質。

rù zé xiào  
入 則 孝

CHAPTER 1 :  
At Home, Be Dutiful to Your Parents

第一章  
在家要孝順父母

fù mǔ hū  
父 母 呼

When your parents call you,  
當你父母呼喚你的時候，

yìng wù huǎn  
應 勿 緩

Answer them right away.  
要馬上回答他們。

fù mǔ mìng  
父 母 命

When they command you to do something,  
父母親命令你做的事，



xíng wù lǎn  
行 勿 懶

Do it quickly.

要趕快去做。

fù mǔ jiào  
父 母 教

When your parents instruct you,

當你的父母在教導你的時候，

xū jìng tīng  
須 敬 聽

Listen respectfully.

要恭敬的傾聽。

fù mǔ zé  
父 母 責

When your parents reproach you,

當你的父母親有責備你，

xū shùn chéng  
須 順 承

Obey and accept their reproach; try hard to  
change and improve yourself and start anew.

要順從他們，承受他們的責備，努力改進自新。

dōng zé wēn  
冬 則 溫

In the winter, Keep them warm,  
冬天要使他們的身體感到暖和，

xià zé jìng  
夏 則 清

In the summer, keep them cool.  
夏天要讓他們保持涼爽。

chén zé xǐng  
晨 則 省

Greet them in the morning to show them  
that you care,  
早上要跟父母親請安表示你的關心，

hūn zé dìng  
昏 則 定

At night be sure that they rest well.  
晚上要讓他們睡的安穩。

chū bì gù  
出 必 告

Before going out, tell your parents where you are going, as parents are always concerned about their children.

出門前要稟報父母，讓他們知道你去了那裡，知道父母時刻關心子女。

fǎn bì miàn  
反 必 面

After returning home, see your parents and let them know you are back, so they do not worry about you.

回家後一定要先見父母，讓他們知道你回來了，使他們安心。

jū yǒu cháng  
居 有 常

Have a permanent place to stay and lead a routine life,

居住的地方要固定，生活要規律化，

yè wú biàn  
業 無 變

Persist in whatever you do and do not change



your aspirations at will.

做事要有恆心，所立定的志向不要隨意更改。

shì suī xiǎo  
事 雖 小

Although a matter may be considered trivial, but if it is wrong to do it or unfair to the other person,

事情雖小，但如果是不合情理的，

wù shàn wéi  
勿 擅 爲

Do not do it thinking it will bear little or no consequence. <sup>4</sup>

- 
4. For example, in Buddhism it is considered breaking the precept of not stealing if you borrow a piece of paper or take someone's pen without permission. It is considered breaking the precept of not killing if you kill an ant or mosquito. If you lie or talk about someone behind his back, you have broken the precept of not lying, etc. 譬如在佛法，沒有經過同意拿別人一張紙、一隻筆就有犯盜戒。殺一隻螞蟻、蚊蟲就犯了殺戒。說謊，兩舌都是犯妄語戒等等。

不要任自己的意思去做。

gǒu shàn wéi  
苟 擅 為

If you do,

假如你任意的去做，

zǐ dào kuī  
子 道 虧

You are not being a dutiful child because parents do not want to see their child doing things that are irrational or illegal.

你就不是一個孝順的兒女，因為不合理不合法的事是父母不願見到的。

wù suī xiǎo  
物 雖 小

Even though an object may be small,

東西雖小，

wù sī cáng  
勿 私 藏

Do not hoard it.

不要私自收藏。

gǒu sī cáng  
苟 私 藏

If you do,

如果你私自收藏東西，

qīn xīn shāng  
親 心 傷

Your parents will be heartbroken. <sup>5</sup>

你父母親會感到悲傷。

qīn suǒ hào  
親 所 好

Whatever pleases your parents, if it is fair and reasonable,

父母親合情合理合法的愛好，

- 
5. Your parents will be saddened by your actions because if their child behaves in such a way when he is still young, then he will probably twist the law in order to obtain bribes and be a curse to his country and his people when he grows up. 你的父母親會感到悲傷，因為他們的小孩那麼小就會私藏東西，將來長大了，就會貪贓枉法，做禍國殃民的事。

lì wèi jù  
力 為 具

Try your best to get it for them. <sup>6</sup>

要盡可能的替他們準備好。

qīn suǒ wù  
親 所 惡

Whatever displeases your parents, if within reason, <sup>7</sup>

在合理的範圍內，當任何人事物令你的父母親感到厭惡，

jǐn wèi qù  
謹 為 去

Cautiously keep it away from them.

要謹慎的為他們除去。

- 
6. If what pleases your parents is illegitimate or is unreasonable, you should tactfully dissuade your parents and tell them the reasons why they should not have it. 不是合情理法的喜愛，要婉轉的去勸導父母。
  7. You should lead your parents to proper views and understanding of things. 要誘導父母走向正知正見。

shēn yǒu shāng  
身 有 傷

When your body is hurt,

當你的身體受傷了，

yí qīn yōu  
貽 親 憂

Your parents will be worried.

會使你的父母親擔憂。

dé yǒu shāng  
德 有 傷

If your virtues <sup>8</sup> are compromised,

- 
8. Virtues are standards and principles of one's conduct. In China a man's conduct is ruled by “*Wu Chang*” 五常 and 八德 “*Ba De*.” “*Wu Chang*” are the five moral principles and they are kindheartedness 仁, personal loyalty 義, proper etiquette 禮, wisdom 智 and trustworthiness 信. “*Ba De*” are the eight virtues and they are duty to parents 孝, respect for elders 悌, loyalty 忠, credibility 信, proper etiquette 禮, personal loyalty 義, a sense of honor 廉 and a sense of shame 恥. “德”是一個人的道德修養。德有五常八德。五常是仁、義、禮、智、信。八德是孝、悌、忠、信、禮、義、廉、恥。

如果你的德行不好，

yí qīn xiū  
貽 親 羞

Your parents will feel ashamed.

你的父母親會因此而感到羞恥。

qīn ài wǒ  
親 愛 我

When you have loving parents,

你有愛你的父母親，

xiào hé nán  
孝 何 難

It is not difficult to be a dutiful child.

孝順他們不是一件難事。

qīn zēng wǒ  
親 憎 我

If your parents hate you and

但是如果你的父母親憎厭你，

xiào fāng xián  
孝 方 賢

You are still dutiful to them, only then will it meet the standards of the saints and sages for being a dutiful child.

你還是一樣的孝敬他們，那才符合聖賢人行孝的標準。

qīn yǒu guò  
親 有 過

When your parents do wrong,

當你的父母親做錯了事，

jiàn shǐ gēng  
諫 使 更

Urge them to change.

要勸他們改過。

yí wú sè  
怡 吾 色

Do it with a kind facial expression

勸他們的時候，臉上的表情要和藹，

róu wú shēng  
柔 吾 聲

And a warm gentle voice.

聲音要放柔和。

jiàn bú rù  
諫 不 入

If they do not accept your advice,

如果他們不接受你的勸告，

yuè fù jiàn  
悅 復 諫

Wait until they are in a happier mood before  
you dissuade them again,

等他們心情好一點的時候再勸他們改，

háo qì suí  
號 泣 隨

Followed by crying to make them understand  
why.

接著可以用哭的方法使父母親感到覺悟，

tà wú yuàn  
撻 無 怨

Do not hold a grudge against them if they resort  
to whipping you.<sup>9</sup>

即使被父母親鞭打，也不會起怨恨的心。

---

9. In ancient China when a child would not obey the parents, the parents were allowed to discipline the child.



qīn yǒu jí  
親 有 疾

When your parents are ill,  
當你的父母親生病了，

yào xiān cháng  
藥 先 嘗

Taste the medicine first before giving it to  
them. <sup>10</sup>

給父母親吃的藥，自己要先嘗過。

---

If a child refused to be disciplined, the parents had the right to ask the authority to have the child executed.

中國古時候如果小孩不聽管教，父母有權懲戒小孩，如果再不聽話，有權要求有關當局把他處死刑。

- <sup>10</sup>. Chinese people take herbal medicine prescribed by Chinese doctors. Herbs are boiled with water to make a liquid medicine. Before giving such medicine to one's parents, a child should taste it first to make sure it is not too hot or bitter. 中國人用草藥治病。一般都是把醫生開的藥方跟水一起煮，煮好後喝藥湯。要替父母親先嘗湯藥，知道湯藥的溫度與苦味，調理好後再給父母喝。

zhòu yè shì  
晝 夜 侍

Take care of them night and day,

早晚都要照顧到他們，

bù lí chuáng  
不 離 床

Do not leave their bedside.

不要離開他們的床邊。

sāng sān nián  
喪 三 年

During the first three years of mourning after  
they passed away,

替父母親守喪期間的頭三年，

cháng bēi yè  
常 悲 咽

Remember them with gratitude and often feel  
sad for not being able to repay them for their  
kindness of raising you.

常思念父母親養育之恩未報而感到悲傷。

jū chù biàn  
居 處 變

During this period you should arrange your home to reflect your grief and sorrow,

這段期間內，家裡的佈置要有哀泣的氣氛，

jiǔ ròu jué  
酒 肉 絕

Avoid festivities and indulgence in foods and alcoholic drinks.

避免遊樂場所以及大吃大喝。

sāng jìn lǐ  
喪 盡 禮

Observe the proper etiquette <sup>11</sup> in arranging their funerals,

依禮來辦理他們的喪事，

jì jìn chéng  
祭 盡 誠

Hold the memorial ceremony and commemorate their anniversaries with your utmost sincerity.

---

11. In ancient China, etiquette for the funeral was set by the emperor. 喪禮在中國古時候是由皇帝制定的。

用至誠心來辦理他們的後事。每逢忌日，應至誠紀念。

shì   sǐ   zhě  
事   死   者

Serve your departed parents

侍奉你過世的父母親

rú   shì   shēng  
如   事   生

As if they were still alive.

要如同他們在世的時候一樣。

chū zé dì  
出 則 弟

CHAPTER 2 :

Standards for Being a Younger Brother  
When Away from Home

第二章

在外做弟弟應有的標準原則

xiōng dào yǒu  
兄 道 友

Older siblings should befriend the younger ones,  
為人兄長的應該要友愛他們的弟弟和妹妹，

dì dào gōng  
弟 道 恭

Younger siblings should respect and love the  
older ones.

弟弟和妹妹應該要尊重敬愛他們的兄長。

xiōng dì mù  
兄 弟 睦

Siblings who keep harmonious relationships

among themselves,

兄弟姐妹們能和睦相處，

xiào zài zhōng

**孝 在 中**

Are being dutiful to their parents. <sup>12</sup>

就是孝敬父母。

cái wù qīng

**財 物 輕**

When siblings value their ties more than property and belongings,

當兄弟姐妹們知道重視同胞情義而不重視財物，

yuàn hé shēng

**怨 何 生**

No resentment will grow among them.

- 
12. Parents are happy when their children are getting along with each other. This is one of children's ways of showing they are dutiful to their parents. 如果父母親知道他們的兒女能和睦相處就會很高興，這就是兒女們盡孝道的一種方式。

他們之間不會產生怨恨。

yán yǔ rěn  
言 語 忍

When siblings are careful with words and hold  
back hurtful comments,

說話的時候要有耐心能容忍，

fèn zì mǐn  
忿 自 泯

Feelings of anger naturally die out.

忿恨的心自然就熄滅了。

huò yǐn shí  
或 飲 食

Whether you are drinking, eating,

在吃喝的時候，

huò zuò zǒu  
或 坐 走

Walking or sitting,

或走路坐著的時候，

zhǎng zhě xiān  
長 者 先

Let elders go first,

要讓長者在前面，

yòu zhě hòu

幼 者 後

Younger ones should follow.

幼者跟隨在後。

zhǎng hū rén

長 呼 人

When the elder is asking for someone,

當長者在叫喚一個人，

jí dài jiào

即 代 叫

Get that person for him right away.

立刻要代他去叫。

rén bú zài

人 不 在

If you cannot find that person,

如果那個人不在，

jǐ jí dào

已 即 到



Immediately report back and instead put yourself at the elder's service .

你馬上要回來報告，並且代替那個人為長者服務。

chēng zūn zhǎng  
稱 尊 長

When you address an elder,

稱呼一位尊長，

wù hū míng  
勿 呼 名

Do not call him by his given name, <sup>13</sup> this is in accord with ancient Chinese etiquette.

不可以稱他的名，這是中國的古禮。

- 
13. In ancient China, a male person had at least two names. The first name was the “given name,” which was given to him by his parents when he was born. A second name was given to him by his friends when he reached the age of 20 at a “Ceremony of the Hat” given in his honor to announce his coming of age. After that only his parents called him by his “given name.” Everyone

duì zūn zhǎng  
對 尊 長

In front of an elder,

在尊長的面前，

wù xiàn néng  
勿 見 能

Do not show off.

不要賣弄自己的才能。

lù yù zhǎng  
路 遇 長

---

else, out of respect, including the emperor, could only call him by his second name. The only exception was if he committed a crime. During sentencing he would be called by his “given name.” 中國古時候男子有“名”有“字號”。“名”是指父母取的名。男子到了二十歲就要行【冠禮】表示他已經成人了，朋友們另外給他一個“字”就是“冠字”。以後只有父母才可以稱他的“名”，所有其他的人包括皇帝在內也只能稱他的“字”，這是對他表示尊重。唯一的一個例外，就是如果他犯了罪，在判刑的時候可以直稱他的名。

If you meet an elder you know on the street,  
在路上如果遇到一位你認識的長者，

jí qū yī  
疾 趨 揖

Promptly clasp your hands and greet him with  
a bow.

要快速的向前跟他鞠躬行禮。

zhǎng wú yán  
長 無 言

If he does not speak to you,  
如果他沒有跟你開口說話，

tuì gōng lì  
退 恭 立

Step back and respectfully stand aside.

就恭敬的退立在一旁。

qí xià mǎ  
騎 下 馬

If an elder you know is on foot while you are  
riding on a horse <sup>14</sup>, you should dismount and  
pay respect to the elder.

如果你認識的長者在路上走而你剛好是在騎馬，就應該下馬致敬。

chéng xià jū  
乘 下 車

If you are riding in a carriage <sup>15</sup>, you should stop, get out of the carriage and ask if you can give him a ride.

如果是乘車，你應該要停下車來問尊長是否可以載他一程。

guò yóu dài  
過 猶 待

If you meet an elder passing by, you should stand aside and wait respectfully,

遇到長者走過，你應該恭敬的在一旁站立等待，

bǎi bù yú  
百 步 餘

---

14. In ancient China most people used horses or carriages as their means of transportation. 中國古時候一般老百姓用馬或馬車為交通工具。

15. See footnote 14. 請參考註解 14。

Do not leave until you can no longer see him.

直到他走遠了，你看不見時才離開。

zhǎng zhě lì  
長者立

When an elder is standing,

當尊長還站著，

yòu wù zuò  
幼勿坐

Do not sit.

你不要坐下。

zhǎng zhě zuò  
長者坐

After an elder sits down,

等長者坐下了以後，

mìng nǎi zuò  
命乃坐

Sit only when you are told.

長者叫你坐，你才能坐。

zūn zhǎng qián  
尊長前

Before an elder,

在尊長的面前，

shēng yào dī  
聲 要 低

Speak softly.

說話的聲音要放低。

dī bù wén  
低 不 聞

If your voice is too low and hard to hear,

聲音如果低的聽不到，

què fēi yí  
卻 非 宜

It is not appropriate.

那也不是適宜的。

jìn bì qū  
進 必 趨

When meeting an elder, walk briskly towards  
him,

遇到尊長，要快速的走到他面前，

tui    bi    chí  
退    必    遲

When leaving, do not exit in haste.

離開的時候，行動不要倉促。

wèn    qǐ    duì  
問    起    對

When answering a question,

回答問題的時候，

shì    wù    yí  
視    勿    移

Look at the person who is asking you the question.

要正視著問問題的人。

shì    zhū    fù  
事    諸    父

Serve your uncles

侍奉你的伯叔或堂伯叔

rú    shì    fù  
如    事    父

As if you are serving your parents. 16

要如同你侍奉你自己的父母一樣。

shì zhū xiōng  
事 諸 兄

Treat your cousins

對待堂兄弟表兄弟。

rú shì xiōng  
如 事 兄

As if they are your own siblings. <sup>17</sup>

要如同你對待你自己的兄弟姐妹一樣。

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16. See footnote 2. 請參考註解 2。

17. See footnote 2. 請參考註解 2。



jǐn  
謹

CHAPTER 3 :

Be Cautious in Your Daily Life

第三章

每日的生活行為要小心謹慎

zhāo qǐ zǎo  
朝 起 早

Get up in the morning before your parents,  
早上要比你父母起的早，

yè mián chí  
夜 眠 遲

At night, go to bed only after they have gone  
to sleep.

晚上父母上床睡了以後你才能去睡。

lǎo yì zhì  
老 易 至

When you realize that time is passing you by  
and cannot be turned back, and that you are

getting older year by year,

當你察覺到時間一去不回，一年一年的變老了，

xí cǐ shí  
惜 此 時

You will especially treasure the present moment. <sup>18</sup>

你就會格外珍惜目前的光陰。

chén bì guàn  
晨 必 盥

Wash your face when you get up in the morning,  
早上起床之後要洗臉，

jiān shù kǒu  
兼 漱 口

- 
18. There is an old Chinese proverb: "A unit of time is as precious as a unit of gold, but you cannot buy back one unit of time with one unit of gold." It means that time is precious, and a person cannot buy time with money. 中國有一句諺語，所謂的一寸光陰一寸金，寸金難買寸光陰。這意思是說時間是非常的珍貴，不是用錢可以買到的。

And brush your teeth.

要刷牙。

biàn niào huí  
便 溺 回

After using the toilet,

上完廁所，

zhé jìng shǒu  
輒 淨 手

Always wash your hands.

一定要洗手。

guān bì zhèng  
冠 必 正

You must wear your hat straight, <sup>19</sup>

帽子一定要戴正，

niǔ bì jié  
鈕 必 結

---

19. *Guan* “冠” means hat. In ancient China when a male wore a hat, it meant he had passed the age of becoming an adult. “冠”是帽子的意思。中國古時候當男子頭上帶帽，表示他已經成年了。

And make sure the hooks <sup>20</sup> of your clothes are tied.

衣服的鈕鈎要打好結，

wà yǔ lǚ  
襪 與 履

Make sure socks and shoes

要確定襪子跟鞋子

jù jǐn qiè  
俱 緊 切

Are neatly and correctly worn.

都整齊正確的穿在腳上。

zhì guān fú  
置 冠 服

Place your hat and clothes away

把帽子和衣服要放在

yǒu dìng wèi  
有 定 位

---

20. In ancient China, in place of buttons, people used hooks. When dressed, hooks had to be tied. 中國古人穿衣服用衣鈎，需要打結。

In their proper place.

一個固定的地方。

wù luàn dùn  
勿 亂 頓

Do not carelessly throw your clothes around,  
不要把你的衣物亂放，

zhì wū huì  
致 污 穢

For that will get them dirty.  
這樣衣物會被弄髒的。

yī guì jié  
衣 貴 潔

It is more important that your clothes are clean,  
穿的衣服要乾淨，

bú guì huá  
不 貴 華

Rather than how extravagant they are.  
是否華麗並不重要。

shàng xún fèn  
上 循 分

When with an elder or people of importance,  
wear what is suitable for your station,

跟尊長或高位的人在一起，你的穿著要適合自己的身分和地位，

xià chèn jiā  
下 稱 家

At home, wear clothes according to your family traditions and customs.

在家穿著也要合乎家裡固有的傳統和習慣。

duì yǐn shí  
對 飲 食

When it comes to eating and drinking,

在飲食方面，

wù jiǎn zé  
勿 揀 擇

Do not pick and choose your food.

不要挑剔你的食物。

shí shì kě  
食 適 可

Eat only the right amount;

吃食物要適量；

wù guò zé  
勿 過 則

Do not over eat.

不要吃的過多。

nián fāng shào  
年 方 少

You are still too young,

你的年紀還輕，

wù yǐn jiǔ  
勿 飲 酒

Do not drink alcohol.

不可以喝酒。

yǐn jiǔ zuì  
飲 酒 醉

When you are drunk,

喝醉酒以後，

zui wéi chǒu  
最 為 醜

Your behavior will turn ugly.

你會變得非常醜陋。

bù cōng róng  
步 從 容

Walk composed, with light and even steps.

走路的時候步伐要整齊穩重輕鬆。

lì duān zhèng  
立 端 正

Stand up straight and tall.

站立的時候身體要端莊正直不要歪斜。

yī shēn yuán  
揖 深 圓

Your bows should be deep, with hands held in front and arms rounded.

拱手作禮時，身體要彎的深，手臂要圓。

bài gōng jìng  
拜 恭 敬

Always pay your respect with reverence. 21



禮拜他人要有恭敬心。

wù jiàn yù  
勿 踐 闕

Do not step on doorsills.

腳不可以踏在門檻上。

wù bì yǐ  
勿 跛 倚

Do not stand leaning on one leg.

不要倚靠在一隻腳上站著。

wù jī jù  
勿 箕 踞

Do not sit with your legs apart or sprawled out.

不要張開兩腿或者是伸展兩腿而坐。

- 
21. *Bai* “拜” means paying respect. In ancient China, people paid their respect to other people by bowing, holding one hand over the other which is closed, or prostrating on the ground. “拜”是敬禮的意思。中國古時候屈身，拱手，跪下以頭叩地的禮節都稱為拜。

wù yáo bì  
勿 搖 髀

Do not rock the lower part of your body while sitting down.

坐時身體的下部不要搖動。

huǎn jiē lián  
緩 揭 簾

Lift the curtain slowly, <sup>22</sup>

掀開門簾的時候要緩慢，

wù yǒu shēng  
勿 有 聲

Do not make a sound.

不要出聲音。

kuān zhuǎn wān  
寬 轉 彎

Leave yourself room when you turn,

- 
22. In ancient China, the curtains was made of bamboo strips woven together. They were used to shelter a room from view. 在中國古時候“簾”是用切細的竹子編製成的，放在屋內可以拿來遮蔽房間。

轉彎時要給自己空間，

wù chù léng  
勿 觸 稜

Make sure you do not bump into a corner.

不要去碰觸到稜角。

zhí xū qì  
執 虛 器

Hold carefully empty containers

握著空的容器時要小心，

rú zhí yíng  
如 執 盈

As if they were full. <sup>23</sup>

要如同握著一個滿的容器一樣。

rù xū shì  
入 虛 室

- 
23. Even though a container may be empty, out of reverence to things, whether living or not, one should treat it with respect and handle it with care. 雖然這只是一個空的容器，也要愛惜它，無論它是不是一樣活的東西，要對它存有恭敬心，所以操作時要小心謹慎。

Enter empty rooms as if

進入一個空的房間要如同

rú yǒu rén  
如 有 人

They were occupied. <sup>24</sup>

進入一個有人在的房間一樣。

shì wù máng  
事 勿 忙

Avoid doing things in a hurry,

不要匆忙的去做一件事，

máng duō cuò  
忙 多 錯

As doing things in haste will lead to many mistakes.

做事匆忙會導致許多的錯誤。

---

24. In ancient China, a virtuous man always behaved properly, regardless of whether he was alone or with others. 一位有德行的人士不會因為有人在或無人在而改變他的行為、舉止、態度。

wù wèi nán  
勿 畏 難

Do not be afraid of difficult tasks,  
不要怕擔任艱難的工作，

wù qīng lüè  
勿 輕 略

But do not become careless when a job is too  
easy.  
但也不要輕視及草率的去做一件容易的工  
作。

dòu nào chǎng      jué wù jìn  
鬥 鬧 場      絕 勿 近

Keep away from rowdy places,  
避免去鬥爭或胡鬧的場所，

xié pì shì      jué wù wèn  
邪 僻 事      絕 勿 問

And do not ask about things that are abnormal  
or unusual.  
絕對不過問不正常或者是平常不會發生的  
事。

jiāng rù mén  
將 入 門

When you are about to enter a main entrance,  
進入房子大門以前，

wèn shú cún  
問 孰 存

Ask if someone is inside.  
要先問裡面是否有人在。

jiāng shàng táng  
將 上 堂

Before entering a room,  
進入房間以前，

shēng bì yáng  
聲 必 揚

Make yourself heard so that those inside know  
someone is approaching.

一定要把聲音提高，讓別人知道有人來了。

rén wèn shéi  
人 問 誰

If someone asks who you are,  
若是有人問是誰，

duì yǐ míng  
對 以 名

Give your name.

告訴他你的名字。

wú yǔ wǒ  
吾 與 我

To answer "It is me" or "Me"

回答【是我】，

bù fēn míng  
不 分 明

Is not clear.

別人還是不能確定你是誰。

yòng rén wù  
用 人 物

Before borrowing things from others,

借用別人的物品，

xū míng qiú  
須 明 求

You must ask for permission.

必須得到別人的許可才可以使

tǎng bú wèn  
倘 不 問

If you do not ask,  
如果你不問，

jí wéi tōu  
即 為 偷

It is stealing.  
那就等於是偷竊。

jiè rén wù  
借 人 物

When borrowing things from others,  
借用別人的物品，

jí shí huán  
及 時 還

Return them promptly.  
要按時歸還給別人。

hòu yǒu jí  
後 有 急

Later on, when you have an urgent need,  
以後你如果有急需，



jiè    bù    nán  
借    不    難

You will not have a problem borrowing from them again.

再向他們借就不會困難了。



xìn  
信

CHAPTER 4 :  
Be Trustworthy

第四章

要做一個值得別人信賴的人

fán chū yán  
凡 出 言

When you speak,  
每當你開口說話的時候，

xìn wéi xiān  
信 為 先

Honesty is important.  
誠信是很重要的。

zhà yǔ wàng  
詐 與 妄

Deceitful words and lies  
用欺騙的言語或者妄語

xī kě yān  
奚 可 焉

Are not allowed.

是不可以的。

huà shuō duō  
話 說 多

Rather than talking too much,

話說得太多

bù rú shǎo  
不 如 少

It is better to speak less.

不如少說一點。

wéi qí shì  
惟 其 是

Speak the truth,

要說真話，

wù nìng qiǎo  
勿 佞 巧

Do not twist the facts.

不可以歪曲事實。

jiān qiǎo yǔ  
奸 巧 語

Cunning words,  
狡猾的言語，

huì wū cí  
穢 污 詞

Foul language and  
污穢的言詞以及

shì jǐng qì  
市 井 氣

Bad habits  
不好的習氣

qiè jiè zhī  
切 戒 之

Must be avoided at all costs.  
一定要避免。

jiàn wèi zhēn  
見 未 真

What you have not seen with your own eyes,  
如果不是你親眼所見，

wù qīng yán  
勿 輕 言

Do not readily tell to others.

不要輕易的跟別人去說。

zhī wèi dí  
知 未 的

What you do not know for sure,

你不確定的事，

wù qīng chuán  
勿 輕 傳

Do not easily pass on to others.

不可以輕易的傳說給別人聽。

shì fēi yí  
事 非 宜

When asked to do something that is  
inappropriate or bad,

當別人要求你做的事對你不適合或者是一件  
壞事，

wù qīng nuò  
勿 輕 諾

Do not promise lightly.

不要輕易的答應。

gǒu qīng nuò  
苟 輕 諾

If you do,

如果你輕易的答應，

jìn tuì cuò  
進 退 錯

You will be wrong either way.

做或不做你都錯了。

fán dào zì  
凡 道 字

When speaking,

只要你說話，

zhòng qiě shū  
重 且 舒

Make the words clear and to the point.

要有重點並且要說的清楚。

wù jí jí wù mó hú  
勿 急 疾 勿 模 糊

Do not talk too fast or mumble.

說話時不要太快或模糊不清。

bǐ shuō cháng  
彼 說 長

Some like to talk about the good points of others,

有些人喜歡說別人的長處，

cǐ shuō duǎn  
此 說 短

While some like to talk about the faults of others.

有些人喜歡說別人的短處。

bù guān jǐ  
不 關 己

If it is none of your business,

不關自己的事，

mò xián guǎn  
莫 閒 管

Do not get involved.

不要去管。



jiàn rén shàn  
見 人 善

When you see others do good deeds,  
當你看到別人做善事，

jí sī qí  
即 思 齊

Think about following their example.  
就要想到向他們看齊。

zòng qù yuǎn  
縱 去 遠

Even though you are still far behind,  
雖然現在跟他們還差的很遠，

yǐ jiàn jī  
以 漸 躋

You are getting closer.  
你已經開始慢慢的跟上了。

jiàn rén è  
見 人 惡

When you see others do wrong,  
看到別人做惡，

jí nèi xǐng  
即 內 省

Immediately reflect upon yourself.

就要馬上自己反省。

yǒu zé gǎi  
有 則 改

If you have made the same mistake, correct it.

若你曾犯過同樣的過錯，就要把它改正。

wú jiā jǐng  
無 加 警

If not, be extra cautious not to make the same mistake.

如果沒有，就要更加警惕自己不要去犯。

wéi dé xué  
唯 德 學

When your morals, conduct, knowledge,

唯有當你的道德、品行、學問

wéi cái yì  
唯 才 藝

And skills

和你的才能、技藝，

bù rú rén  
不 如 人

Are not as good as others,

不如別人的時候，

dāng zì lì  
當 自 礪

You should encourage yourself to be better.

你要勉勵自己努力的去改進。

ruò yī fú  
若 衣 服

If the clothes you wear, and

如果你穿的衣服

ruò yǐn shí  
若 飲 食

The food you eat and drink

和你的飲食，

bù rú rén  
不 如 人

Are not as good as others,  
不如別人，

wù shēng qī  
勿 生 慚

Do not be ashamed.  
你不要因此而感到慚愧。

wén guò nù  
聞 過 怒

If criticism makes you angry and  
如果別人的批評會使你生氣，

wén yù lè  
聞 譽 樂

Compliments make you happy,  
讚美能使你高興，

sǔn yǒu lái  
損 友 來

Bad company will come your way and  
壞朋友會接踵而來，

yì yǒu què  
益 友 卻

Good friends will shy away.

好朋友會遠離你而去。

wén yù kǒng  
聞 譽 恐

If you are uneasy about compliments and  
如果聽到別人對你的稱讚使你感到恐慌，

wén guò xīn  
聞 過 欣

Appreciative of criticism,  
別人的批評反而使你高興，

zhí liàng shì  
直 諒 士

Sincere and understanding, virtuous people  
有誠信又能諒解的道德人士

jiàn xiāng qīn  
漸 相 親

Will gradually be close to you.  
會逐漸跟你親近。

wú xīn fēi  
無 心 非

If your mistake is not done on purpose,  
如果你的過失不是故意犯的，

míng wéi cuò  
名 為 錯

It is only an error.

那只能說是一個錯誤。

yǒu xīn fēi  
有 心 非

If it is done on purpose,  
如果是你有意犯的過失，

míng wéi è  
名 為 惡

It is evil.

那就是罪惡。

guò néng gǎi  
過 能 改

If you correct your mistake and do not repeat it,  
如果你能把過失改正不再造，

guī yú wú  
歸 於 無

You no longer have the mistake.

你的過失就消失了。

tǎng yǎn shì  
倘 揜 飾

If you try to cover it up,

如果犯了過失你還想要去掩飾它，

zēng yì gū  
增 一 辜

You will be doubly wrong.

那你就是錯上加錯。





fàn ài zhòng  
汎 愛 衆

CHAPTER 5 :  
Love All Equally

第五章  
平等的愛護一切眾生

fán shì rén  
凡 是 人

Human beings regardless of nationality, race,  
or religion -

只要是人類，不分國家、不分種族、不分宗  
教，

jiē xū ài  
皆 須 愛

Everyone - should be loved equally.

都應該平等的愛護。

tiān tóng fù  
天 同 覆

We are all sheltered by the same sky and

我們同為一個天空所庇護，

dì tóng zài  
地 同 載

We all live on the same planet Earth.

我們同住一個地球。

xìng gāo zhě  
行 高 者

A person of high ideals and morals

有崇高理想及道德水準的人

míng zì gāo  
名 自 高

Is highly respected.

名望自然而然的就會高。

rén suǒ zhòng  
人 所 重

What people value

人們所重視的

fēi mào gāo  
非 貌 高

Is not based on outside appearance.

並非在一個人的外表。

cái dà zhě

才 大 者

A person's outstanding ability

才能出眾的人

wàng zì dà

望 自 大

Will naturally honor him with a good reputation.

名望自然會大。

rén suǒ fú

人 所 服

Admiration from others does not come from

人所服從的

fēi yán dà

非 言 大

Talking big or praising oneself.

絕對不是因為一個人會說大話。

jǐ yǒu néng  
己 有 能

If you are a very capable person,  
如果你是一個有能力有才幹的人，

wù zì sī  
勿 自 私

Use your capabilities for the benefit of others.  
不要把你的能力才幹佔為私有，要服務於人  
群。

rén suǒ néng  
人 所 能

Other people's competence  
對別人的才能，

wù qīng zī  
勿 輕 訾

should not be slandered.  
不要輕易的毀謗。

wù chǎn fù  
勿 諂 富

Do not flatter the rich,  
不要諂媚有財富的人，

wù jiāo pín  
勿 驕 貧

Or despise the poor.

不要瞧不起貧苦的人。

wù yàn gù  
勿 厭 故

Do not ignore old friends and

不要厭棄舊朋友，

wù xǐ xīn  
勿 喜 新

Take delight in new ones.

而只喜歡新交的朋友。

rén bù xián  
人 不 閒

When a person is busy,

當別人在忙，

wù shì jiǎo  
勿 事 攪

Do not bother him with matters.

不要用事去打攪他。

rén bù ān  
人 不 安

When a person's mind is not at peace,  
當別人的心感到不安，

wù huà rǎo  
勿 話 擾

Do not bother him with words.  
不要用話去打擾他們。

rén yǒu duǎn  
人 有 短

If a person has a short coming,  
別人的缺點短處

qiè mò jiē  
切 莫 揭

Do not expose it.  
絕對不要去揭穿。

rén yǒu sī  
人 有 私

If a person has a secret,  
別人的私事祕密

qiè mò shuō  
切 莫 說

Do not tell others.

你不可以去說給別人聽。

dào rén shàn  
道 人 善

Praising the goodness of others

稱讚別人的善，

jí shì shàn  
即 是 善

Is a good deed in itself.

就是一件善事。

rén zhī zhī  
人 知 之

When people approve of and praise you,

當別人認知你而被稱讚時，

yù sī miǎn  
愈 思 勉

You should feel encouraged and try even harder.

你應該受到勉勵而更加精進。

yáng rén è  
揚 人 惡

Spreading rumors about the wrongdoings of others,

宣揚別人的過失，

jí shì è  
即 是 惡

Is a wrongdoing in itself.

這種行為就是一個過失。

jí zhī shèn  
疾 之 甚

When the harm done has reached the extreme,

當傷害達到了極處，

huò qiě zuò  
禍 且 作

Misfortunes will surely follow.

災禍就跟著降臨了。

shàn xiāng quàn  
善 相 勸

When encouraging each other to do good,

互相勸勉對方向善，



dé jī jiàn  
德 皆 建

The virtues of both are built up.

互相都能建立起自己的德行。

guò bù guī  
過 不 規

If you do not tell others of their faults,

如果別人有過失你不告訴他，

dào liǎng kuī  
道 兩 虧

You will both be wrong.

你們雙方都是錯的。

fán qǔ yǔ  
凡 取 與

Whether you take or give,

無論是“拿”還是“給”，

guì fēn xiǎo  
貴 分 曉

You need to know the difference between the two.

要知道它們有什麼不同。

yǔ yí duō  
與 宜 多

It is better to give more  
給的多比較好，

qǔ yí shǎo  
取 宜 少

And take less.  
拿的要少。

jiāng jiā rén  
將 加 人

What you ask others to do,  
你要求別人做的事情，

xiān wèn jǐ  
先 問 己

Ask yourself first if you will do it.  
要先問自己願不願意做。

jǐ bú yù  
己 不 欲

If it is not something you will do,  
自己不願意做的事，

jí      sù      yǐ  
即      速      已

Do not ask others to do it.

不要要求別人去做。

ēn      yù      bào  
恩      欲      報

You must repay the kindness of others and

別人的恩惠一定要報答，

yuàn    yù    wàng  
怨      欲      忘

Let go of your resentments.

對別人的怨恨一定要忘記。

bào    yuàn    duǎn  
報      怨      短

Spend less time holding grudges and

對別人懷怨恨的時間要短，

bào    ēn    cháng  
報      恩      長

More time paying back the kindness of others.

想報答別人恩惠的時間要長。

dài   bì   pú  
待   婢   僕

When you are directing maids and servants,  
對待侍女和僕人，

shēn   guì   duān  
身   貴   端

You should be respectable and dignified.  
要顯得有品格而且要端莊。

suī   guì   duān  
雖   貴   端

Even though you are respectable and dignified,  
雖然你尊貴又端莊，

cí   ér   kuān  
慈   而   寬

Treat them kindly and generously.  
待他們要慈祥要寬厚。

shì   fú   rén  
勢   服   人

If you use your influence to make them  
submissive,

如果你利用你的權勢使他們服從，

xīn    bù    rán  
心    不    然

Their hearts will not be with you.

他們心裡會不以為然。

lǐ    fú    rén  
理    服    人

If you can convince them with sound reasoning,

如果你用理來勸服他們，

fāng    wú    yán  
方    無    言

They will then have nothing more to say.

他們才會無話可說。



qīn rén  
親 仁

**CHAPTER 6 :**  
**Be Close to and Learn from**  
**People of Virtue and Compassion**

**第六章**  
**親近仁慈以及**  
**有德行的人向他們學習**

tóng shì rén  
同 是 人

We are all human,  
我們都是人

lèi bù qí  
類 不 齊

But we are not the same.  
但是不同類。

liú sú zhòng  
流 俗 眾

Most of us are ordinary,  
大多數人都是很平凡的，

rén zhě xī  
仁 者 希

Only a very few have great virtues and high  
moral principles.

只有極少數的人有至大至善的品行道德。

guǒ rén zhě  
果 仁 者

A truly virtuous person

一位真有品德的人，

rén duō wèi  
人 多 畏

Is greatly respected by others.

人們會很敬畏他。

yán bú huì  
言 不 諱

He will not be afraid to speak the truth and  
他不怕說真話，



sè bú mèi  
色 不 媚

He will not fawn on others.

也不會去奉承或討好別人。

néng qīn rén  
能 親 仁

If you are close to and learn from people of great virtue and compassion,

能親近以及跟一位有德行的人學習，

wú xiàn hǎo  
無 限 好

You will benefit immensely.

你會得到無限的好處。

dé rì jìn  
德 日 進

Your virtues will grow daily and

你的德行日日會長進，

guò rì shǎo  
過 日 少

Your wrongdoings will lessen day by day.

你的過失會天天減少。

bù qīn rén  
不 親 仁

If you are not close to and learn from people  
of great virtue,

如果你不親近也不跟有德行的人學習，

wú xiàn hài  
無 限 害

You will suffer a great loss.

你的損失會很大的。

xiǎo rén jìn  
小 人 進

People without virtue will get close to you and

沒有德行的人會越來越跟你接近，

bǎi shì huài  
百 事 壞

Nothing you do will succeed.

你做什麼事都不會成功。

yú lì xué wén  
餘 力 學 文

**CHAPTER 7:**

**After All the Above Are  
Accomplished, Further Study and Learn  
Literature and Art to Improve your  
Cultural and Spiritual Life**

**第七章**

**當本份的事情做好了  
再學習研究文學藝術  
來提升自己的精神生活品質**

bú lì xíng  
不 力 行

If you do not actively make use of what you  
have learned,

如果你不積極的去落實你所學的，

dàn xué wén  
但 學 文

But continue to study on the surface,

但是你還是繼續不斷的在學習外表的，

zhǎng fú huá  
長 浮 華

Your knowledge is increasing but it is only superficial.

表面上你的學問在增長但是那只是一個浮而不實。

chéng hé rén  
成 何 人

What kind of person will you be?

你會成為什麼樣的一個人呢？

dàn lì xíng  
但 力 行

If you do apply your knowledge diligently,  
如果你積極的去落實你所學會的，

bù xué wén  
不 學 文

But stop studying,  
但是你不再念書了，

rèn jǐ jiàn  
任 己 見

You will only do things based on your own opinion, thinking it is correct.

你聽憑自己的見解以為是對的。

mèi lǐ zhēn  
昧 理 真

In fact, what you know is not the truth.

其實你還不知道事實的真相。

dú shū fǎ  
讀 書 法

There are ways to study.

讀書有方法，

yǒu sān dào  
有 三 到

They involve concentration in three areas:

必須把注意力集中到三點：

xīn yǎn kǒu  
心 眼 口

Your mind, your eyes, and your mouth.

一個是心到、一個是眼到、一個是口到。

xìn jīe yào  
信 皆 要

To believe in what you read is equally important.  
相信書中古聖先賢所教誨的，願意照著去做，這是很重要的。

fāng dú cǐ  
方 讀 此

When you begin to read a book,  
剛開始讀一本書，

wù mù bǐ  
勿 慕 彼

Do not think about another.  
心裡不要想著另一本。

cǐ wèi zhōng  
此 未 終

If you have not completed the book,  
這本書還沒有讀完，

bǐ wù qǐ  
彼 勿 起

Do not start another.  
不要開始讀另外一本書。

kuān wéi xiàn  
寬 為 限

Give yourself lots of time to study,  
要給自己充份的時間讀書，

jǐn yòng gōng  
緊 用 功

And study hard.  
加緊用功。

gōng fū dào  
工 夫 到

Given time and effort, <sup>25</sup>  
當你的工夫成熟的時候，

zhì sè tōng  
滯 塞 通

You will thoroughly understand.

- 
25. If you do not understand part of book you are reading, read it again and again, even for a thousand times. Its meaning will come to you naturally. 讀書千遍其義自見，意思是說如果讀書有不明白的地方，要多念幾遍，念多了它的意思自然就瞭解了。

你自然就明瞭了。

xīn yǒu yí  
心 有 疑

If you have a question,

心裡如果有疑問，

suí zhá jì  
隨 札 記

Make a note of it.

隨手把它記錄下來

jiù rén wèn  
就 人 問

Ask the person who has the knowledge

向有學問的人請教，

qiú què yì  
求 確 義

For the right answer.

求取一個正確的解答。

fáng shì qīng  
房 室 清



Keep your room neat,

房間內要清潔，

qiáng bì jìng  
牆 壁 淨

Walls uncluttered and clean,

牆壁要乾淨，

jī àn jié  
几 案 潔

Your desk tidy and

你的書桌要整潔，

bǐ yàn zhèng  
筆 硯 正

Your brush<sup>26</sup> and inkstone<sup>27</sup> properly placed.

毛筆硯台要放的正。

- 
26. “Brush” here means Chinese writing brush. “筆”在此指中國人寫字用的毛筆。
27. “Inkstone” is a stone stand used for the preparing and holding the ink used in Chinese brush calligraphy. “硯”是硯台，拿來磨墨及裝所磨出來的墨汁用的文具，多數都是用石頭做的。毛筆用墨汁來寫字。

mò mó piān  
墨 磨 偏

If your ink block<sup>28</sup> is ground tilted to one side,  
如果墨條磨的偏向一邊，

xīn bù duān  
心 不 端

It shows you have a poor state of mind.  
顯示出你的心地不莊重。

zì bú jìng  
字 不 敬

When words are written carelessly, showing no respect,  
字寫的潦草不恭敬，

xīn xiān bìng  
心 先 病

It shows your state of mind has not been well.

---

28. “Ink block” is a solid ink piece. A person grinds it with water against the inkstone to make ink for writing Chinese brush calligraphy. “墨”是指墨條，加水在硯台上磨成墨汁，寫毛筆字時所用。

表示你的心地不正常。

liè diǎn jí  
列 典 籍

The books <sup>29</sup> should be classified, placed on the book shelves,

書籍要分類而有次序排放在書廚或書架上，

yǒu dìng chù  
有 定 處

And in their proper place.

有它們固定的位置。

dú kàn bì  
讀 看 畢

After you finish reading a book,

書讀看完畢後，

huán yuán chù  
還 原 處

---

29. Here “books” refer to books on laws, constitutions, and the structural systems of a nation. 法典章制之類的書籍。

Put it back in its right place.

要把它們放回原處。

suī yǒu jí  
雖 有 急

Even though you are in a hurry,

雖然你有急事，

juàn shù qí  
卷 束 齊

Neatly roll up and bind the open bamboo scroll<sup>30</sup> you were reading.

打開的書卷要捲起來捆綁整齊。

yǒu quē huài  
有 缺 壞

Any missing or damaged pages

---

30. Scroll, or *juan* “卷”, means a bamboo scroll. It is an ancient book in the form of a scroll made of bamboo slips with knife-carved or painted Chinese characters. It was used before paper was invented. 在此“卷”是指竹簡。發明紙以前，古人拿竹子削片，用尖刀在上面刻字或用漆寫字。

有殘缺損壞的地方，

jiù      bǔ      zhī  
就      補      之

Are to be repaired.

要把它補起來。

fēi      shèng      shū  
非      聖      書

If it is not a book on the teachings of the saints  
and sages,

如果不是聖賢的書籍，

bǐng      wù      shì  
屏      勿      視

It should be discarded and not even be looked  
at.

要把它丟掉不要去看。

bì      cōng      míng  
蔽      聰      明

These books can block your intelligence and  
wisdom, and

因為這一類的書籍會閉塞你的聰明智慧，

huài xīn zhì  
壞 心 志

Will undermine your aspirations and sense of direction.

破壞你的心志方向。

wù zì bào  
勿 自 暴

Neither be harsh on yourself

不要不知道愛惜自己，

wù zì qì  
勿 自 棄

Nor give up on yourself.

不要甘於墮落。

shèng yǔ xián  
聖 與 賢

To be a person of high ideals, moral standards and virtue

想做一個有至高無上的人格的人以及成為一位品德才能都優秀的人

kě xún zhì  
可 馴 致

Is something we can all become in time.

是人人漸漸的都可以做到的。

## 迴向偈

願以此功德 莊嚴佛淨土  
上報四重恩 下濟三途苦  
若有見聞者 悉發菩提心  
盡此一報身 同生極樂國

南無阿彌陀佛！

### Dedication of Merit

May the merit and virtues accrued from this work  
Adorn the Buddha's Pure Land,  
Repaying the four kinds of kindness above,  
And relieving the sufferings of  
Those in the Three Paths below.

May those who see and hear of this,  
All bring forth the heart of understanding,  
And live the teachings for the rest of this life,  
Then be born together in  
The Land of Ultimate Bliss!

**Homage to Amitabha Buddha!**



佛所行處 國邑丘聚 靡不蒙化 天下和順  
日月清明 風雨以時 災厲不起 國豐民安  
兵戈無用 崇德興仁 務修禮讓 國無盜賊  
無有怨枉 強不凌弱 各得其所

摘自於佛說大乘無量壽莊嚴清淨平等覺經

“Wherever the Buddha's teachings have been learned and understood, either in cities or countrysides, people would gain inconceivable benefits and do all that is good and nothing that is bad. The land and people would be enveloped in peace. The sun and moon would shine clear and bright. Wind and rain would appear accordingly and there would be no disasters. Nations would be prosperous and there would be no conflicts or wars. People would abide by morality and accord with laws. They would be courteous and humble, and everyone would be content. There would be no injustice, thefts or violence. The strong would not dominate the weak and everyone would get their fair share.”

Excerpt from *The Infinite Life Sutra*

持受誦讀及資出為普  
日偈迴者通轉輾

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下濟三途苦  
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## 弟子規

*Standards for Being a Good Student and Child*

印贈者：佛陀淨宗學會

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“The Truth Education” 至善圓滿的教育

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# A Path to True Happiness

看  
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**True Sincerity**

Towards others

**Purity of Mind**

Within

**Equality**

In everything we see

**Proper Understanding**

Of ourselves and our environment

**Compassion**

By helping others in a wise and unconditional way

**See Through**

To the truth of impermanence

**Let Go**

Of all wandering thoughts and attachments

**Attain Freedom**

Of mind and spirit

**Accord with Conditions**

To go along with the environment

**Be Mindful of Buddha Amitufo**

Following his teachings wishing to reach the Pure Land

With compliments of:

**佛陀淨宗學會**

**Amitabha Educational Center**

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