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Pei Chun Public School

《弟子规》伴我行

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zǒng xù

总叙 Outline :

dì zǐ guī shèng rén xùn shǒu xiào tì cì jǐn xìn

弟子规 圣人训 首孝悌 次谨信

《弟子规》这本书，是依据古时候品格高尚、才智出众的圣人——孔子的教诲而编成的生活规范。首先，在日常生活中，我们要做到孝顺父母，友爱兄弟姊妹。其次，我们在一切日常生活言语行为中要小心谨慎，要讲信用。

"Standards for Being a Good Student and Child" was taught by Chinese saints and sages of the ancient past. First it teaches us how to be dutiful to our parents, and how to be respectful and loving to our siblings. Then it teaches us how to be mindful and cautious with our words and deeds in our daily life, and to be trustworthy.

fàn ài zhòng ér qīn rén yǒu yú lì zé xué wén

泛爱众 而亲仁 有余力 则学文

我们要以平等的心和无私的爱对待每一个人和所有的生物。我们要亲近有仁德的人，向他们学习；当我们跟随圣人的教导，做好自己的本分之后，还有多余的时间精力，再好好地追求学问。

Furthermore, it teaches us to love all beings equally and unconditionally, be close to and learn from people of virtue and compassion. When we have accomplished all these, we can further study and learn literature and art to improve the quality of our cultural and spiritual life.

rù zé xiào

◎入则孝：在家里孝顺父母

Chapter 1 At Home, Be Dutiful to Our Parents

fù mǔ hū yīng wù huǎn fù mǔ mìng xíng wù lǎn

父母呼 应勿缓 父母命 行勿懒

父母呼唤我们时，要马上回答，不要慢吞吞地，很久才反应。父母吩咐的事，要赶快去做，不可以拖拖拉拉或找借口拒绝(jù jué)。

We should answer our parents right away when called upon by them and follow their instructions promptly without looking for excuses and being unresponsive.

fù mǔ jiào xū jìng tīng fù mǔ zé xū shùn chéng

父母教 须敬听 父母责 须顺承

父母教导我们时，我们应该用心聆听(líng tīng)；当我们做错了事，父母责备(zé bèi)与教训我们时，我们要接受，并且认错、改过，不可以找借口推卸(tuī xiè)责任。

We should listen attentively and respectfully to what our parents have to teach us. When we have done something wrong, we should accept our parents' reprimand graciously and change accordingly.

dōng zé wēn xià zé jìng chén zé xǐng hūn zé dìng

冬则温 夏则清 晨则省 昏则定

天气转凉的时候，我们要关心父母是不是感到寒冷(hán lěng)；天气炎热(yán rè)时，我们要让父母觉得凉爽(liáng shuǎng)。早晨起床之后，向父母请安问好；每天回家的时间要固定(gù dìng)，使父母放心，晚上睡得安稳(ān wěn)。

We should make sure our parents feel warm when the weather is cold and cool during warm weather. We should show our care and respect by greeting our parents in the morning and always returning home at a fixed time to lessen their worries and anxiety.

chū bì gù fǎn bì miàn jū yǒu cháng yè wú biàn

出必告 反必面 居有常 业无变

外出离家时，要告诉父母我们到哪里去，什么时候回家；回家后还要当面告诉他们我们回来了，好让父母安心。平时生活要有规律(guī lǜ)，做事要有耐心，不要任意(rèn yì)改变，以免父母为我们操心。

Always keep our parents informed of our whereabouts when we are out and when we arrive home to allay their worries. We should lead lives of discipline and be focussed with our goals and aspirations rather than being fickle-minded about them.

shì suī xiǎo wù shàn wéi gǒu shàn wéi zǐ dào kuī

事虽小 勿擅为 苟擅为 子道亏

只要是不合情理的事，哪怕再小也不要任意去做；要是任意做了，损害(sǔn hài)了自己的人格，那就是不孝的行为。

No matter how trivial a matter is, when it is wrong or unfair to another person, it should not be done or acted on. If we do, we are damaging our personal integrity and honour. This also considered as being unfilial.

wù suī xiǎo wù sī cáng gǒu sī cáng qīn xīn shāng

物虽小 勿私藏 苟私藏 亲心伤

不是自己的东西，不管多小，也不可以偷偷地收藏起来，占为己有。如果我们这么做，父母亲知道了我们不诚实的行为，一定会很伤心。

We should not hoard even the smallest things for ourselves so that our parents would not feel hurt when they come to know about our dishonest act.

qīn suǒ hào lì wèi jù qīn suǒ wù jǐn wèi qù

亲所好 力为具 亲所恶 谨为去

父母亲合理的喜好，我们要全心全力为他们准备；父母所厌恶的事物，包括我们不正当的行为与习惯，要小心谨慎(jǐn shèn)地去除。

We should try our best to accede to our parents' reasonable request and wishes and avoid doing anything which might displease them.

shēn yǒu shāng yí qīn yōu dé yǒu shāng yí qīn xiū
身有伤 贻亲忧 德有伤 贻亲羞

要爱护自己的身体，不要使身体轻易受到伤害，让父母亲忧虑(yōu lǜ)；要注重自己的品德修养，不可以做出有损道德的事，使父母亲感到耻辱(chǐ rǔ)。

Just as our parents will be worried when we are injured, they will be ashamed of us if we do not lead our lives with virtue.

qīn ài wǒ xiào hé nán qīn zēng wǒ xiào fāng xián
亲爱我 孝何难 亲憎我 孝方贤

当父母亲喜爱我们的时候，孝顺他们并不难；当父母亲不疼爱我们，或者对我们管教严厉的时候，我们还能对他们很孝顺，这种孝行才是最可贵的。

It is easy to be dutiful and filial to parents who are loving to us. However, it would be extremely gracious and generous of us if we can still be likewise to parents when they frown upon us.

qīn yǒu guò jiàn shǐ gēng yí wú sè róu wú shēng
亲有过 谏使更 怡吾色 柔吾声

父母亲做错事的时候，我们要正面劝告他们改正，不过我们劝告时的态度要诚恳(chéng kěn)，声音要柔和(róu hé)。

When we recognise some faults in our parents, we should urge them to change for the better. However, we should do so with an appropriate tone and approach that shows our sincerity and respect towards them.

jiàn bú rù yuè fù jiàn háo qì suí tà wú yuàn
谏不入 悦复谏 号泣随 挹无怨

如果父母不听，我们要耐心等待父母心情好的时候，再继续劝告；如果父母仍然不接受，我们虽然难过得痛哭流涕，也要恳求(kěn qiú)父母改过；即使父母生气而责打我们，我们也不要有怨言。

Should our parents ignore our words of advice, we should wait for another opportunity to bring up the subject to them again and not to take offence even when we are scolded or punished for urging them to change for the better.

qīn yǒu jí yào xiān cháng zhòu yè shì bù lí chuáng
亲有疾 药先尝 昼夜侍 不离床

父母亲生病时，我们应当尽心尽力的照顾他们，留意他们吃药的时间、份量；不论是白天还是晚上，不可以随便离开床边。

When our parents are ill, we should take care of them through day and night and nurse them back to health by keeping track of their medication and dosage.

sāng sān nián cháng bēi yè jū chù biàn jiǔ ròu jué
丧三年 常悲咽 居处变 酒肉绝

父母去世之后，古人要守孝三年。子女在守孝期间，要常常追思、感怀父母养育之恩；生活也要过得简朴(jiǎn pǔ)，不可以贪图享受，不饮酒，不吃肉。

Even after our parents have passed away, we should be grateful to them for raising us up and what they have done for us. We should respect our parents by observing the solemnity of their passing by living simply, not indulging in extravagance including wine and meat.

sāng jìn lǐ jì jìn chéng shì sǐ zhě rú shì shēng
丧尽礼 祭尽诚 事死者 如事生

父母的丧礼要庄严(zhuāng yán)适当，祭拜(jì bài)时要诚心诚意；对待已经去世的父母，要如同生前一样恭敬。

We should arrange and hold our parents' funerals and memorial services in respectable manners and commemorate their anniversaries sincerely. We should always cherish memories of our parents as if they were still alive.

chū zé tì
◎ 出则悌：兄弟姐妹恭敬友爱

Chapter 2 Standards for Brothers At Home or Away from Home

xiōng dào yǒu dì dào gōng xiōng dì mù xiào zài zhōng
兄道友 弟道恭 兄弟睦 孝在中

当兄姐的要友爱弟妹，作弟妹的要懂得恭敬兄姐，兄弟姐妹和睦相处(hé mù xiāng chǔ)，这就是孝顺的行为了。

Siblings need to maintain harmonious relationships and treat one another with love and respect. This dutiful act would please their parents.

cái wù qīng yuàn hé shēng yán yǔ rěn fèn zì mǐn
财物轻 怨何生 言语忍 忿自泯

对于钱财不斤斤计较，怨恨(yuàn hèn)就无从生起；大家说话时，能够包容忍让，怒气与怨恨自然会消失。

Those who view little of monetary remunerations will not have their relationships strained. Those who are careful with their words and hold back hurtful comments will be able to allow feelings of anger to naturally die out and avoid straining relationships.

huò yǐn shí huò zuò zǒu zhǎng zhě xiān yòu zhě hòu
或饮食 或坐走 长者先 幼者后

吃喝、就座、排队或行走时，都要以长辈为先，对长辈谦让(qiān ràng)，晚辈则排在最后；千万不可以认为自己年纪最小，而要长辈们迁就(qiān jiù)我们。

When we are having our meals, waiting in a queue or walking, we should respect our elders by giving them priority.

zhǎng hū rén jí dài jiào rén bú zài jǐ jí dào

长呼人 即代叫 人不在 己即到

长辈有事呼唤(hū huàn)人, 我们应该代为传唤(chuán huàn); 如果那个人不在, 自己应该主动代替那个人, 为长辈服务。

We should be prompt in helping an elder find someone he or she is looking for and readily volunteer our own services if the person cannot be found.

chēng zūn zhǎng wù hū míng duì zūn zhǎng wù xiàn néng

称尊长 勿呼名 对尊长 勿现能

称呼长辈, 我们不可以直接叫唤(jiào huàn)他们的姓名; 在长辈面前要谦虚(qiān xū)有礼, 不可以炫耀(xuàn yào)自己的才能。

We should be humble and courteous in front of elders and not show disrespect by addressing them by name or showing off in front of them.

lù yù zhǎng jí qū yī zhǎng wú yán tuì gōng lì

路遇长 疾趋揖 长无言 退恭立

路上遇见长辈, 要赶快上前敬礼问好; 长辈没有说话时, 我们应该恭敬地退后, 站立一旁等待。

Always greet an elder when we walk past them and stand respectfully to one side if the elder has no instructions for us.

qí xià mǎ chéng xià jū guò yóu dài bǎi bù yú

骑下马 乘下车 过犹待 百步余

不论骑马或乘车, 路上遇见长辈应该下马或下车问候; 等到长者离去约百步之后, 我们才可以离开。

If an elder you know is on foot while you are riding on a horse, you should dismount and pay respect to the elder. If you are riding in a carriage, you should stop, get out of the carriage and ask if you can give him a ride. If you meet an elder passing by, you should stand aside and wait respectfully. Do not leave until the elder disappears from your sight.

zhǎng zhě lì yòu wù zuò zhǎng zhě zuò mìng nǎi zuò

长者立 幼勿坐 长者坐 命乃坐

与长辈在一起时, 长辈站着, 我们晚辈不可以先坐下; 长辈坐好了, 在他们吩咐(fēn fù)之后, 我们才可以坐下。

To show our respect, we should not sit if an elder is standing and only sit when told to do so by an elder who is already seated.

zūn zhǎng qián shēng yào dī dī bù wén què fēi yí

尊长前 声要低 低不闻 却非宜

与长辈交谈时, 我们要适当地低声说话, 但声量太小而让人听不清楚, 也是不恰当的。

We should speak softly before an elder. However it is inappropriate, when our voice is too soft to be heard.

jìn bì qū tuì bì chí wèn qǐ duì shì wù yí
进必趋 退必迟 问起对 视勿移

有事要到长辈面前，应该快步上前，不让长辈久等；离开时，行动要缓慢(huǎn màn)些，才显得有礼。当长辈问话时，我们应当专注聆听，不可以东张西望。

We should show our respect by walking briskly towards an elder when they call upon us and not walking too abruptly upon leaving. We should answer an elder's questions respectfully and politely by maintaining eye contact and not get distracted by our surrounding.

shì zhū fù rú shì fù shì zhū xiōng rú shì xiōng
事诸父 如事父 事诸兄 如事兄

对待伯伯、叔叔等父辈尊长，我们要像侍奉(shì fèng)自己的父母一般，恭敬有礼；对待同辈，如堂、表兄姐，我们要像对待自己亲生兄姐那样尊敬他们。

We should be gracious in extending the same respect and love to our uncles and cousins as we would to our parents and siblings.

jǐn
◎ 谨：为人处世要谨慎小心

Chapter 3 Be Cautious in Our Daily Life

zhāo qǐ zǎo yè mián chí lǎo yì zhì xī cǐ shí
朝起早 夜眠迟 老易至 惜此时

每天早一点起床，晚上要在适当的时间睡觉（晚上九点钟至十点钟之间）；人的一生很短暂(duǎn zàn)，转眼间就从少年到了老年，我们一定要珍惜青春。

Observing the daily routine of rising early and retiring at a suitable time (9 p.m. – 10 p.m.) is good for our health and allows us to cherish our time.

chén bì guàn jiān shù kǒu biàn niào huí zhé jìng shǒu
晨必盥 兼漱口 便溺回 辄净手

早晨起床后，一定要洗脸、刷牙及漱口(shù kǒu)，使精神清爽，有一个好的开始。上厕所后，一定要洗手，养成良好的卫生(wèi shēng)习惯，就不容易生病。

We should always observe the habits of washing our face and brushing our teeth in the mornings and washing our hands after using the toilet.

guān bì zhèng niǔ bì jié wà yǔ lǚ jù jǐn qiè
冠必正 钮必结 袜与履 俱紧切

穿着要注意端正整齐，如：帽子要戴正，衣服的钮扣(niǔ kòu)要扣好，穿袜子不要一边高一边低，鞋带要系(jì)紧。

We should always be mindful whether our appearance is neat – with our hats worn straight, hooks on our cloths properly fastened and socks and shoes worn neatly and correctly.

zhì guān fú yǒu dìng wèi wù luàn dùn zhì wū huì
置冠服 有定位 勿乱顿 致污秽

我们穿戴的衣物都要放置在固定的地方，不要把住处弄得又脏又乱。

We should always take care of our belongings and ensure that we keep our attire in their proper places instead of carelessly tossing them around and soiling them in the process.

yī guì jié bú guì huá shàng xún fēn xià chèn jiā
衣贵洁 不贵华 上循分 下称家

穿衣服需要注意的是整齐清洁，不在于华丽；要考虑(kǎo lù)的是穿着(chuān zhuó)是不是得体，合不适合自己的身份、地位以及出席的场合。

We should put more importance on the cleanliness of our clothes rather than on how expensive they are and dress appropriately to suite the events and our statuses.

duì yǐn shí wù jiǎn zé shí shì kě wù guò zé
对饮食 勿拣择 食适可 勿过则

日常饮食要注意营养均衡(yíng yǎng jūn héng)，不要挑食，不可以偏食；三餐要吃得适当，避免过量，以免增加身体的负担(rù dān)，危害健康。

We should not be fussy with food, while making it a point to eat the right portions and not overeat.

nián fāng shǎo wù yǐn jiǔ yǐn jiǔ zuì zuì wéi chǒu
年方少 勿饮酒 饮酒醉 最为丑

青少年不要喝酒，喝酒有害健康；喝酒过量，丑态百出，也容易招惹(zhāo rě)是非。

Alcohol should not be consumed when under aged and drunken behaviour should be frowned upon.

bù cōng róng lì duān zhèng yī shēn yuán bài gōng jìng
步从容 立端正 揖深圆 拜恭敬

走路时应当不慌不忙，不急不缓(huǎn)；站立时要抬头挺胸，精神饱满，不要弯腰驼背，垂头丧气。问候他人时，不论鞠躬(jū gōng)或拱手(gǒng shǒu)都要真诚恭敬，不能马虎。

We should walk with grace and ease, keep upright postures as we stand and observe deep, respectful bows.

wù jiàn yù wù bì yǐ wù jī jù wù yáo bì
勿践阈 勿跛倚 勿箕踞 勿摇髀

进门时脚不要踩在门槛(kǎn)上，站立时身体也不要站得歪歪斜斜的；坐的时候不可以伸出两腿，腿更不可以抖动，这些都是很轻浮(fú)、傲慢的举动。

We should observe our mannerism – do not step on doorsills when entering doors, maintain a good posture while standing without leaning against walls, sit gracefully with our legs closed and do not shake our legs when seated.

huǎn jiē lián wù yǒu shēng kuān zhuǎn wān wù chù léng

缓揭帘 勿有声 宽转弯 勿触棱

进入房间时，不论拉开帘子、开门的动作都要轻一点、慢一些，避免发出声响。在室内行走或转弯时，应小心不要撞到物品的棱角(léng jiǎo)，以免受伤。

We should be considerate enough to lift curtains and open doors slowly without too much noise. Be mindful about our surroundings and leave ourselves enough room so that we can avoid bumping into corners when we turn.

zhí xū qì rú zhí yíng rù xū shì rú yǒu rén

执虚器 如执盈 入虚室 如有人

拿东西时，即使是拿着空的器具，也要像里面装满东西一样，小心谨慎。进入无人的房间，也要像有人在一样，行为举止还是要守规矩。

We should handle things with care - hold empty containers as if they were full. When entering empty rooms, we should be mindful about our behaviour as if they were occupied.

shì wù máng máng duō cuò wù wèi nán wù qīng lǚ è

事勿忙 忙多错 勿畏难 勿轻略

做事不要急忙、慌张，因为忙中容易出错。处理艰难的工作，不要害怕困难；面对简单的工作时，也不可以草率(shuài)，随便应付了事。

We should avoid doing things in a hurry as it could lead to many mistakes. We should not be too afraid of difficult tasks but on the other hand, not become careless when a job is too easy.

dòu nào chǎng jué wù jìn xié pì shì jué wù wèn

斗闹场 绝勿近 邪僻事 绝勿问

凡是容易发生争吵打斗的场所，绝对不要接近，以免受到牵连。对于那些邪里邪气、怪异不正常的事情与言论，都不要去追问，以免受到不良的影响。

We should keep away from rowdy places and refrain from asking about anything that is improper.

jiāng rù mén wèn shú cún jiāng shàng táng shēng bì yáng

将入门 问孰存 将上堂 声必扬

将要进入一间屋子之前，应先问：“有人在吗？”不要冒冒失失地跑进去；进入客厅之前，应先提高声音，让屋内的人知道有人来了。

We should observe proper etiquette - knock or ask if someone is inside before we enter a room or house. It is only polite that we should intentionally make ourselves heard when approaching a room before entering so that those inside know someone is approaching.

rén wèn shuí duì yǐ míng wú yǔ wǒ bù fēn míng

人问谁 对以名 吾与我 不分明

如果屋里的人问：“是谁呀？”应该回答名字，而不是：“我！我！”让人无法分辨(biàn)到底是谁。

When someone from inside the room or house asks who we are, give our name. To answer 'It is me,' or 'Me' is not clear and can cause confusion.

yòng rén wù xū míng qiú tǎng bú wèn jí wéi tōu
用 人 物 须 明 求 倘 不 问 即 为 偷

借用别人的物品，一定要事先讲明，请求允许(yǐn xǔ)；如果事先没有经过物主的同意就自己拿来用，那就是偷窃(qiè)的行为。

Always seek permission first should we need to borrow things from others. To borrow without consent is considered stealing.

jiè rén wù jí shí huán hòu yǒu jí jiè bù nán
借 人 物 及 时 还 后 有 急 借 不 难

借来的物品，要爱惜使用，并准时归还，以后若有急用，再借就不难。

We should make it a point to return borrowed items to respective parties promptly such that we will not have a problem borrowing from these parties again should there be an urgent need to do so in the future.

xìn
◎ 信：信用

Chapter 4 Be Trustworthy

fán chū yán xìn wéi xiān zhà yǔ wàng xī kě yān
凡 出 言 信 为 先 诈 与 妄 奚 可 焉

我们开口说话，一定要真实、讲求信用；说谎骗人或花言巧语，都是不对的。

We always be trustworthy and honest with our words, for deceiving and lying are wrong.

huà shuō duō bù rú shǎo wéi qí shì wù nìng qiǎo
话 说 多 不 如 少 惟 其 是 勿 佞 巧

多说废话不如少说话；我们说话说话要恰当，内容要符合事实，不要虚华不实。

Speaking less is better than talking too much. We should always speak the truth without twisting facts.

jiān qiǎo yǔ huì wū cí shì jǐng qì qiè jiè zhī
奸 巧 语 秽 污 词 市 井 气 切 戒 之

奸诈瞒骗(jiān zhà mán piàn)、下流肮脏的话，以及粗俗(cū sú)的说话口气，我们都要避免不去沾染(zhān rǎn)。

Cunning words and foul language are for people who are rude and roughs and are what we should avoid at all costs.

jiàn wèi zhēn wù qīng yán zhī wèi dí wù qīng chuán
见 未 真 勿 轻 言 知 未 的 勿 轻 传

任何事情在没有看到真相之前，不要轻易发表意见；对事情了解得不够清楚明白时，不可以任意传播(chuán bō)，以免造成不良后果。

We should not readily pass and impose our judgements on what we have not seen with our own eyes. We should never spread rumours of what we are uncertain of.

shì fēi yí wù qīng nuò gǒu qīng nuò jìn tuì cuò
事非宜 勿轻诺 苟轻诺 进退错

不应该或者办不到的事情，我们不要随便答应人家；如果轻易答应了，就会使自己做也错，不做也错，进退两难。

Promising to do anything wrong or beyond our abilities is wrong either way.

fán dào zì zhòng qiě shū wù jí jí wù mó hú
凡道字 重且舒 勿急疾 勿模糊

讲话时要口齿清晰(xī)，咬字应该清楚，不要讲得太快，更不要模糊不清。

We should not speak too quickly or mumble and our words should be clear and precise.

bǐ shuō cháng cǐ shuō duǎn bù guān jǐ mò xián guǎn
彼说长 此说短 不关己 莫闲管

人前人后，不要说人是非；听见事不关己的闲话，不要介入，更不要多管。

We should avoid getting involved in gossip about others if it is none of our business.

jiàn rén shàn jí sī qí zòng qù yuǎn yǐ jiàn jī
见人善 即思齐 纵去远 以渐跻

看见别人做善事，要立刻想到向他们看齐，即使目前自己的能力和他们的相差很多，只要肯努力，一定可以渐渐赶上。

We should see others who do good as role models. We should not be disheartened if we fall short but instead aspire and work towards being like these role models.

jiàn rén è jí nèi xǐng yǒu zé gǎi wú jiā jǐng
见人恶 即内省 有则改 无加警

看见别人的不良行为，就要自我反省。如果自己也有那样做，就要改掉；如果没有的话，那就用它来提醒自己不要犯上同样的错误。

We should reflect upon ourselves when we see others doing wrong. If we have the same faults, work towards correcting them, be mindful not to not make similar mistake.

wéi dé xué wéi cái yì bù rú rén dāng zì lì
唯德学 唯才艺 不如人 当自砺

我们应当重视自己的品德、学问、和才能技艺的培养，如果感觉到有不如人的地方，应当发奋图强。

We should not be disheartened when our morals, conduct, knowledge, and skills do not measure up to others but instead spur ourselves to work harder to catch up.

ruò yī fú ruò yǐn shí bù rú rén wù shēng qī
若衣服 若饮食 不如人 勿生戚

如果在衣着、饮食等生活条件比不上别人，我们没有必要感到自卑(bēi)、难过。

We should not feel sad and inferior if we do not measure up to others who enjoy better clothing and food.

wén guò nù wén yù lè sǔn yǒu lái yì yǒu què
闻过怒 闻誉乐 损友来 益友却

如果我们听到别人指出自己的过错就生气，听到别人称赞自己就欢喜，那么我们身边的坏朋友就会增加，而良朋益友就会逐渐和我们疏远(shū yuǎn)。

If we were too proud to take criticisms and only have ears for compliments, we will only be inviting bad company and turning good friends away.

wén yù kǒng wén guò xīn zhí liàng shì jiàn xiāng qīn
闻誉恐 闻过欣 直谅士 渐相亲

如果听到他人的称赞，会担心自己做得不够好；当别人指正自己的过错时，能够欢喜接受，那么正直诚信的人，就会渐渐喜欢和我们亲近了。

Accept criticism readily and do not be overjoyed with compliments will attract virtuous people around us.

wú xīn fēi míng wéi cuò yǒu xīn fēi míng wéi è
无心非 名为错 有心非 名为恶

无心犯下的过失，称为“错”，若是有意犯下的过失，便是“恶”。

An error is a mistake if it is not made on purpose, but an evil if something wrong is done on purpose.

guò néng gǎi guī yú wú tǎng yǎn shì zēng yī gū
过能改 归于无 倘掩饰 增一辜

知错能改，错误会慢慢消失，如果不认错，还要去掩饰(yǎn shì)，那就是错上加错了。

Our mistake is as good as erased when we are repentant and would not repeat it again. Any attempt to cover it up will be doubly wrong.

fàn ài zhòng

◎ 泛爱众：以平等的心和无私的爱对待每一个人和所有的生物。

Chapter 5 Love All Equally

fán shì rén jiē xū ài tiān tóng fù dì tóng zài
凡是人 皆须爱 天同覆 地同载

无论是什么人都应该爱护世上万物，因为我们都在同一个蓝天下，同一个地球上生长。

We should love all creatures in the world equally for we live on the planet Earth under the same sky.

xìng gāo zhě míng zì gāo rén suǒ zhòng fēi mào gāo
行高者 名自高 人所重 非貌高

德行高尚的人，名望自然高超；大家所敬重的是他的德行，不是外表容貌。

People with noble moral integrity are highly respected because we are judged by our conduct, not our looks.

cái dà zhě wàng zì dà rén suǒ fú fēi yán dà
才大者 望自大 人所服 非言大

真正有才能的人，声望自然很高；人们所佩服的，绝不是个人自夸才能了得。

Great ability and talents come along with prestige and good reputation. Self-praise is worthless and only those with genuine abilities are respected.

jǐ yǒu néng wù zì sī rén suǒ néng wù qīng zǐ
己有能 勿自私 人所能 勿轻訾

假如我们在某些方面有才能，不要自私自利，舍不得付出；对于他人的才华，应当学习、欣赏，而不是嫉妒(jí dù)、毁谤(huǐ bàng)。

We should not use the abilities we have to attain selfish goals and neither should we be jealous of the abilities of others by criticising and belittling them.

wù chǎn fù wù jiāo pín wù yàn gù wù xǐ xīn
勿谄富 勿骄贫 勿厌故 勿喜新

不要去讨好巴结富有的人，也不要轻视贫穷的人；不要喜新厌旧，要珍惜与老朋友的感情，不要交了新朋友就忘了老朋友。

It's not right to flatter the rich and despise the poor; it is also wrong to ignore old friends and only taking delight in new ones.

rén bù xián wù shì jiǎo rén bù ān wù huà rǎo
人不闲 勿事搅 人不安 勿话扰

当别人正在忙碌时，不要去打搅(jiǎo)他；当别人心情不好时，不要闲言闲语干扰(rǎo)他，增加他的不安。

We should not bother others with matters when they are busy and nor annoy them with idle chatter when they are troubled.

rén yǒu duǎn qiè mò jiē rén yǒu sī qiè mò shuō
人有短 切莫揭 人有私 切莫说

发现别人的短处，不可以当众揭发(jiē fā)他；对于他人的隐私(yǐn sī)，不可以去张扬。

We should be discreet about the shortcomings of people rather than criticising and highlighting them in front of others. We should take it upon ourselves to keep any knowledge about his privacy rather than make it the subject of talk.

dào rén shàn jí shì shàn rén zhī zhī yù sī miǎn
道人善 即是善 人知之 愈思勉

把别人的优点、所做的善事告诉大家，就是一种善行；当对方听到你的称赞之后，必定会更加勉励(lì)自己去行善。

Being generous in praising others when they deserve it is a good deed in itself. Receiving praise is an encouragement which should spur one to try even harder to better oneself.

yáng rén è jí shì è jí zhī shèn huò qiě zuò

扬人恶 即是恶 疾之甚 祸且作

张扬他人的过失或缺点，就是在做一件坏事；如果指责批评太过分了，以后还会给自己招来灾祸(zāi huò)。

Publicising and spreading the wrongdoings of others is a wrongdoing in itself. Those affected will hold us with contempt and see us as nothing but trouble.

shàn xiāng quàn dé jiē jiàn guò bù guī dào liǎng kǔ

善相劝 德皆建 过不规 道两亏

人与人之间要互相劝导向善，这样彼此的品德修养就能一起提升；如果有错而不相规劝，这样彼此的品德都会有缺陷(quē xiàn)。

Among friends, we should urge one another to do good and develop virtues together. If we see our friends doing wrong and not advise them to do what is right, then we have also committed a wrong.

fán qǔ yǔ guì fēn xiǎo yǔ yí duō qǔ yí shǎo

凡取与 贵分晓 与宜多 取宜少

我们在处理钱财或物品时，一定要把物件和数量交代清楚明白；必要时，宁(níng)可多给别人，自己少拿一些。

Any instance of giving and taking has to be always clear and accountable. When necessary, we should give more to others and receive less from them.

jiāng jiā rén xiān wèn jǐ jǐ bú yù jí sù yǐ

将加人 先问己 己不欲 即速已

在要求别人为自己做事情之前，要先自问：换作是我，喜欢不喜欢，如果连自己都不喜欢，就要立刻停止那么做。

We should not practise double standards and expect others to do things we ourselves would never do.

ēn yù bào yuàn yù wàng bào yuàn duǎn bào ēn cháng

恩欲报 怨欲忘 报怨短 报恩长

受人恩惠要时时想着报答，别人有对不起自己的事，要把它忘掉；怨恨的心情要尽快消除，而对于别人施与的恩德，要永远记住。

We should focus on repaying the kindness of others rather than spend time bearing grudges.

dài bì pú shēn guì duān suī guì duān cí ér kuān

待婢仆 身贵端 虽贵端 慈而宽

对待工人或佣人，我们的行为与态度要端正庄重，除此之外，也要仁慈宽厚(hòu)。

We should carry ourselves in a respectable manner when dealing with our employees or maids and treat them with kindness and generosity.

shì fú rén xīn bù rán lǐ fú rén fāng wú yán

势服人 心不然 理服人 方无言

如果利用权势(quán shì)让别人服从我们，对方难免口服心不服；唯有以理服人，别人才会心服口服，没有怨言。

We should choose to convince others with sound reasoning rather than force so as to gain their respect and cooperation.

qīn rén

◎ 亲仁：要亲近有仁德的人，向他们学习。

Chapter 6 Be Close to and Learn from People of Virtue and Compassion

tóng shì rén lèi bù qí liú sú zhòng rén zhě xī

同是人 类不齐 流俗众 仁者希

同样是人，但是每一个人的品行都不一样；一般社会里，平凡的人众多，品德高尚的人却很少。

We are all human but with varying degrees of moral conduct. The vast majority of people are average in moral conduct; few possess great virtues and high moral principles.

guǒ rén zhě rén duō wèi yán bù huì sè bù mèi

果仁者 人多畏 言不讳 色不媚

一个真正具有高尚品德，充满爱心的人，人们都会敬畏他，因为他言行公正、真诚，也不会刻意去讨好别人。

Truly virtuous individuals are greatly respected because they are not afraid to speak the truth and do not flatter to please others.

néng qīn rén wú xiàn hǎo dé rì jìn guò rì shǎo

能亲仁 无限好 德日进 过日少

能够亲近有仁德的人，向他们学习，真是再好不过了，因为这样一来，我们的德行会一天天进步，所犯的过错也会一天天减少。

We should strive to be close to people of great virtue and compassion as we can learn from them and benefit by increasing our virtues and decreasing our wrongdoings.

bù qīn rén wú xiàn hài xiǎo rén jìn bǎi shì huài

不亲仁 无限害 小人进 百事坏

如果不肯亲近有仁德的人，那将会有无穷的祸害，因为品行不端的人会来接近我们，日积月累，我们会受不良影响，导致整个人生的失败。

It will be our loss not to be close to and learn from people of great virtue as we would attract the company of those without virtue and be led astray.

yú lì xué wén

◎ 余力学文：做好本分之后，再用多余的时间精力好好地追求学问。

Chapter 7 After All the Above Are Accomplished, Study Further and Learn Literature and Art to Improve Our Cultural and Spiritual Life

bú lì xíng dàn xué wén zhǎng fú huá chéng hé rén

不力行 但学文 长浮华 成何人

如果不把所学的知识与道理应用到日常生活中，只会死读书，那所学得的知识也只是增长我们浮华不实的习气而已，不能使我们变成一个真正有用的人。

We have to actively apply what we have learnt to our lives, instead of merely acquiring superficial knowledge, in order to contribute and be a useful person to society.

dàn lì xíng bù xué wén rèn jǐ jiàn mèi lǐ zhēn

但力行 不学文 任己见 昧理真

如果只是一味地做，不肯读书学习，就容易依着自己的偏见(piān jiàn)做事，不能明白学问的真理，这也是不对的。

We should not stop studying and just work diligently based on our existing limited knowledge as we will then be bound by our own narrow views which may hinder our sense of judgement.

dú shū fǎ yǒu sān dào xīn yǎn kǒu xìn jiē yào

读书法 有三到 心眼口 信皆要

读书的时候必须要很专注，方法要注重三到：眼到、口到、心到。即眼要看，口要读，心要记。这是读书的要领，三者缺一不可，这样才能收到事半功倍的效果。相信圣贤的教诲，愿意照着去做，对自己也要有坚定的信心，读书自然会有好的效果。

Studying involves three aspects: our minds, eyes and speech. The combination of these three aspects is essential to fruitful studying.

fāng dú cǐ wù mù bǐ cǐ wèi zhōng bǐ wù qǐ

方读此 勿慕彼 此未终 彼勿起

求知要专一，一本书才开始读没多久，不要想看其他的书；这本书读还没有读完，不要开始读另外一本。

Once we have taken up studying of something, we should be focused and not be side-tracked easily. We should make sure that we have finished one project before starting on another.

kuān wéi xiàn jǐn yòng gōng gōng fū dào zhì sè tōng

宽为限 紧用功 功夫到 滞塞通

拟(nǐ)定读书计划时，可以制订宽裕(yù)一点的时间表；但学习时一定要抓紧时间，只要下足苦功，原先有困惑(kùn huò)不懂的地方，自然会通透(tòu)明白。

We can set ourselves a generous time frame to study hard provided that we make full use of the time without wastage. With the time and effort put in, we will be able to clarify any areas of doubts or uncertainty.

xīn yǒu yí suí zhā jì jiù rén wèn qiú què yì

心有疑 随札记 就人问 求确义

学习时心中有疑问，就要随时做笔记，找机会向人请教，以求明白它真正的意思。

When learning something, we should take note of our doubts and clarify them with someone so as to make our learning meaningful.

fáng shì qīng qiáng bì jìng jī àn jié bǐ yàn zhèng

房室清 墙壁净 几案洁 笔砚正

书房里和墙壁上都要保持干净，书桌要整理清洁，桌上的文具要放置整齐。

We should always take pride in keeping our room neat and uncluttered; with our walls and floors clean and desks tidy and well-arranged.

mò mó piān xīn bù duān zì bú jìng xīn xiān bìng

墨磨偏 心不端 字不敬 心先病

磨墨时不专心，墨就会磨偏了，写出来的字不整齐，就表示我们学习态度不正确，精神不集中。

Unevenly ground ink blocks reflect our lack of concentration while sloppy and careless writings show our lack of presence of mind.

liè diǎn jí yǒu dìng chù dú kàn bì huán yuán chù

列典籍 有定处 读看毕 还原处

书籍课本应该分类，排列整齐，放在固定的位置；每次把书读完之后，一定要放回原来的地方。

Books should be classified, organised and properly arranged. We should always put a book back in its designated place after reading it.

suī yǒu jí juǎn shù qí yǒu quē huài jiù bǔ zhī

虽有急 卷束齐 有缺坏 就补之

在读书的时候，虽然有急事要办，也要先把书本收好再离开。书本如果有缺损(quē sǔn)，要赶快将它修补(xiū bǔ)好。

We should always handle books with care and place them away properly though we may be in a hurry to rush off. If we come across damaged pages or book covers, we should take the initiative to repair them.

fēi shèng shū bǐng wù shì bì cōng míng huài xīn zhì

非圣书 屏勿视 蔽聪明 坏心志

如果不是有益身心的好书，千万不要阅读；如果看了内容不健康的书本，我们的良知、智慧都会被蒙蔽(méng bì)，甚至会学坏。

We should not read books that do not possess positive beneficial influence as doing so will undermine our morality, knowledge and even lead us astray.

wù zì bào wù zì qì shèng yǔ xián kě xún zhì

勿自暴 勿自弃 圣与贤 可驯致

我们不要看轻自己，不要觉得自己是一个没有用的人而放弃努力；圣人和贤人都是通过不断地努力才有所成就的。

We should never look down or give up on ourselves. Even the most virtuous and knowledgeable person needs to work hard towards his success with determination, hard work and resilience.

— 终 —

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