

# 如何啟發孩子的領導力潛能（續）

## How to Activate the Leadership Potential of Children

(continued)

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我們每個人，五個手指形狀不一樣，長短也不一樣。我們可不可以說，哪個手指實在是不需要的？常常少掉一節我們都有很多不方便，更不要說整個手指沒有了，對不對？每個孩子不管是你覺得他好還是不好，其實他都有他的長處。所以我們一定要啟發他的潛能。

這個是一個「借力」的故事。我們常常看到加拿大的大雁，牠們每年冬天要從北方飛到南方，然後夏天飛回北方，在空中飛，常常飛個「人」字形。為什麼這些鳥那麼聰明，每一隊都是「人」字形？科學家做過實驗，當第一隻鳥翅膀在那裡煽動的時候，牠後邊那兩隻鳥，可以省很多力；當後邊的兩隻鳥翅膀在煽動的時候，牠們的後邊省更多力。因為這樣一個隊形，牠們每一天可以多飛71%的哩程。所以牠們很聰明，大家都借別人的力。

我相信裡邊一定有一隻不乖的鳥，「我為什麼要這樣飛，我偏不要。」可是，牠這樣一跑出去，馬上發現，「哎呀，前面那個力量沒有了，我簡直是不行了，我要用力用力飛。」牠不願意，馬上跑回來。所以呢，這是借力的一個很好的例子。我們千萬不要說，我自己做快，不用別人。借力，你試試看，一定是有很大的好處。

The sizes and shapes of each of our five fingers are different, and each has its unique functionality. Would we ever say, 'This finger really is too short, and I don't really want it!' We find it very inconvenient when a small section of one of our finger is missing, let alone a whole finger is missing. Agree? The same goes for our children. It does not matter whether a child is considered to be talented or not, each child is unique in his/her own way. Therefore, it is essential that we must inspire each of them to develop to their full potential.

Here is a story on leveraging. Have you ever wondered why geese, when heading South for winter, fly along in 'V' formation? Consider what science has discovered about the reason they fly that way. As each bird flaps its wings, it creates uplift for the bird immediately following. By flying in 'V' formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own. So, these geese are very smart, they leverage on the uplift created by the geese in front of them.

I'm sure that there must be one goose who does not want to conform, and falls out of formation. It suddenly feels the drag and resistance of trying to go it alone and quickly gets back into formation. This is indeed a good example of leverage. For this reason, it is very unwise to think it's much better and faster to go it alone instead of leveraging. Try to leverage every chance you get and you will discover the great benefit of leveraging.

Now let me share with you some family scenarios regarding whether there is a trusting culture in the family. Family builds trusting culture by having good communications among family members. As an example, well before school starts, family members already begin discussing when the school starts, how they want to interact with each other. Parents will ask their children, 'Who is responsible for getting the homework done every day?' Do you think the children will say that it's parents' responsibility? I'm pretty sure that children will not think it is parents' responsibility. However,

現在我給你們講一個有關信任文化的故事，在一個具有信任文化的家庭裡面，父母跟子女之間，有非常好的溝通。在開學之前，就已經坐下來討論，問孩子：「把功課做好是誰的責任呢？」我想孩子們不會覺得是父母的責任。可是在不具信任文化的家庭裡面，父母都把它拿來當自己的責任；一回來先催，「趕快做，趕快做。」他們被催得煩的時候，當耳邊風，根本不聽，對不對？



第二，做完了也不讓他自己負責，對不對？他假如做得不對，分數很低，那個時候再跟他討論，要怎麼辦？如此孩子才會學會如何解決問題與負責。何必去檢查他呢？累得要命。

現在看看下面一幕是怎麼樣。在有信任文化的家庭裡，父母會跟孩子討論：一、是不是回家以後，就趕快先做功課；做完了以後，你可以玩，你喜歡看書也可以，或去玩一下電腦遊戲，什麼都可以。功課做完了，做對了，都可以。在做完該做的事以後是自由時間，孩子們可以做他們愛做的事。這對孩子學習掌握時間管理技能是非常良好的激勵。

二、而且做作業的時候一定要專心，不要一邊聽音樂，一邊做功課；有時同學打電話來，又在講電話。這個心是四分五裂，結果處處是錯。所以就是說，做一件事情要專心做，做功課特別的事情都不要做。

in the family lacking a trusting culture, parents usually make it their own responsibility by nagging children constantly to get their homework done. The children are so used to their parents' nagging, it is as if all the nagging falls on the deaf ears, and there is absolutely no response. Correct?

Furthermore, a lot of parents make checking the correctness of their children's homework their own responsibility, instead of the responsibility of their children. If the quality of a child's homework is constantly low, and hence the grade is low, that is the time the parents and the child should have a serious conversation discussing the causes of the low grades

and the possible solutions for solving the problem. This way the child will learn how to solve problems as well as becoming responsible. Otherwise, parents will have to check homework endlessly.

Now let's take a look at a totally different scene from a family with trusting culture. In this family, the parents and the children will have some very important discussions. The parents and children will discuss:

1) Whether it will be a good idea to get the homework done first, after coming home from school. After all the homework is done, then they can do things that they love to do, such as read an interesting novel, play a little bit of computer games, and go play with friends, etc. As long as the homework is done well, the children will have time and freedom to choose what they like to do with their free time. This is an extremely good incentive for children to learn the time management skill in order to have more free time.

2) Why it is very important to be fully focused while doing the homework, instead of listening to the music or talking on the phone while doing homework. With a scattered mind, the child is much more likely to make mistakes in the homework. Then, checking homework for correctness becomes a necessary step (to be done by the child, not the parents) instead of doing it right the first time.

3) Asking for help when needed, instead of getting stuck and wasting time.

4) Studying hard is not just for getting good grades. Studying is for learning and digesting the knowledge. For this reason, it makes absolutely no sense to beg teachers for a better grade or to score a good grade on the test, and soon forget all that has been learned.

5) Previewing the material before each class to help better understand the lecture as well as knowing the right choices, how to be like to discuss

三、有困難的時候，別在那邊一直呆著看那個題目。需要幫忙的時候，是不是可以找人幫你的忙。

四、而且，學習不是為了分數；學習是為了學問，是腦袋裡要裝東西，絕不是分數考好了，就把它都忘記了；甚至於去跟老師討分數，這都沒有用。

五、假設每一堂課之前，都可以先自己預習，試試看。這樣做的孩子們，他們的功課一定非常好，而且非常省力。為什麼要事先預習呢？那樣你才知道，你有哪些不懂。所以老師講到那裡的時候，你才可以問問題。對不對？你事先預習，老師再講，你都懂了。這些東西都裝進腦子以後，都是你的了，不會不見的。所以呢，假設我們可以事先預習，一定是事半功倍。我是有親身經驗的。



所以，各位假設有機會，可以在你的學生，你的孩子身上試試看，讓他們自己負責功課，你不用去擔心，去檢查他。這也說明，如要「把事做對」，你一定要有個方法；要不然的話，他一直到念高三，你還在催他的功課；將來去大學的時候，誰催他呢？大學教授才不管你呢，父母也不在身邊！我們認識很多朋友的孩子，在高中的時候是優秀生，到了大學以後，要留級；因為沒有爸爸媽媽在邊上叫，所以功課都沒有做，就不行了。

現在講「事前做好應變的準備」。我們知道，在這個世界裡「變是一個常數」。佛教講無常，什麼叫無常？就是天天都在變，小孩子會長大，中年人會變老，這些都是在變；有些變是意料之外，有些變是意

in the class. This way, by the end of the class, you will have a thorough understanding of the material. Try it. By studying this way, getting straight A is an easy thing to accomplish.

So, try this on your students or your children, teach them to take responsibility for their own homework. Refrain from worrying about it, nagging them or checking their homework for them. Otherwise, doing homework will be the daily battle between the parents and children until the day they graduate from high school. Who is going to continue doing this when they go to college? You will not be around, and the professors certainly will not do that. I know many children of my friends, who were excellent students in high school, but almost flunked out in the first year in college because their parents were not around to nag them anymore, and the homework just did not get done. Some of them really had to learn the lesson the hard way.

Now let's talk about 'changing before it is necessary'. We all know that 'change' is a norm in our world. In Buddhism, we talk about 'impermanence'. What is 'impermanence'? It means that nothing is permanent, and everything is changing constantly. We are all changing, right? Children grow up and adults grow old; these are all changes. The only difference is some changes are expected changes, while some other changes are surprises. Since changes happen all the time, we must be prepared for all kinds of changes. The following story is about change that was a total surprise. Yet such surprises happen daily.

A friend of ours, Irene, was not feeling well one day, and went to see her doctor.

After a few tests, doctor determined that she had melanoma, a very aggressive kind of cancer with no known cure. The doctor's report to her was a total shock like a lightning bolt on a clear day. She felt that the sky has fallen, and there were still tons of things she wanted to do, yet would not have a chance, such as going visit her daughter's new home in New York, being a grandma, etc. The doctor said that the first thing to do is to have a surgery. More bad news came after the surgery. Doctor discovered that they had not removed all the cancerous cells, so she would need to have another surgery after a month or two for her to recover from the first surgery. She became very anxious, agonized over her condition, and didn't know what to do with herself.

One day she came to see us. We chatted with her, talked about her past and counseled her.



料之中，只有這個差別。所以我們要學習應變，把應變的準備都做好。下面我跟各位講一個故事，是一個意料之外的故事。可是這種事情發生在太多人的身上了。

我們有個朋友，她的名字叫愛雲；她有一天不舒服，去看醫生。結果晴天霹靂，醫生說她得了黑色素瘤，是一種非常猛的癌症，幾乎是沒有辦法治的。她一聽到醫生這樣講，簡直嚇呆了。我們常常說「聞癌色變」，對不對？她一聽，簡直天都塌下來了，她還有很多事情想做，還沒做。她還想去看看女兒的新家，想等她的女兒生孩子。所以，簡直是天都掉下來了。醫生說第一件事是要開刀，她就去開刀。結果開了刀以後，她沒想到醫生跟她講壞消息。因為她開完刀，發現身體裡面還有癌細胞，又要開第二次刀。可是因為開了一次大刀以後，身體很弱，不能馬上再開第二次刀，必須再過一兩個月；在這一兩個月中間，簡直是不知道該怎麼過日子。

後來，她就來找我們。在我們家裡，我們慢慢開導她，慢慢跟她聊，談談她的過去。

她是一個在臺灣長大，非常非常開心的女孩子。後來，因為嫁到一個家庭，這個家庭非常特別。她的公公婆婆都是博士，都是教授，她的大姑小姑也都是博士，也都是在醫學方面的專業；只有她，她唸什麼？她念文學，她念戲劇。在他們一家科學家眼裡，認為她這行業實在是太不夠格了。所以，認為她做什麼都不對，做家事也不對，做什麼沒有一樣對的，整天被批評來批評去。

我們記得她年輕的時候看起來很開心啊，怎麼過了二十年以後變成，成天苦笑、眉頭緊皺？後來才了解這個狀況。所以我們去找她的病的根源，她這個病的根源是什麼，基本上就是「我不夠好」。「我不夠好」這個定義都是別人給她的，因為她的婆家認為她不好，所以她就認為「我不夠好」。

我們相信很多身體上的病，都有一個情緒上的根源，所以我們找到了她的情緒上的根源，就是「我不夠好」。我們了解她的問題以後，就來幫她改變。怎麼樣改變法呢？

我們就開始一直提醒她，她的優點，她的長處。她是一個非常好的媽媽，她有一個女兒，長得又漂亮、又有天分、又孝順，所以她是一個非常好的媽媽。她自己本身，也是一個非常好的女兒，她媽媽已經九十歲，她總是非常孝順，帶她出去逛街，走走。而且，她在一個地方工作，一工作就三十年。你不好的話，老板不會要你在這兒待三十年啊。而且她跟老板的關係非常好，老板幾乎像是另外一個媽媽。所以，在這

Irene was a very happy girl while growing up in Taiwan. Later on she married into a family where both her father-in-law and mother-in-law were professors with Ph.Ds. Her two sisters-in-law also had Ph.Ds. in the medical field. However, her degree was a B.A. in Theater, which was promptly looked down upon by a family of scientists. In their view, she did not know much and could not do anything right. As a result, she was criticized constantly by her in-laws. We remembered that she looked a lot happier while she was younger, and why now 20 years later, she always had a frown on her face. After having some understanding of her situation, we began to search for the



root cause of her illness, and we discovered the root cause was 'I am not good enough'. As usually is the case, 'I am not good enough' mostly come from the judgment of others. If all her in-laws thought that she was not good enough, then of course she considered herself not good enough.

We believe that there usually is an emotional root cause for every physical illness. And we discovered that the emotional root cause of Irene's illness was 'I am not good enough'. Knowing the cause of the problem, we started to help her to make necessary changes. How to change? We continuously brought to her attention her virtues and her strength. She was a very good mother. She raised a lovely, beautiful, talented, and filial daughter. She was also a very good daughter herself. Her mother was 90 years old. Irene would regularly take her out shopping, have a walk. She was also an extraordinary employee working for the same government agency for over 30 years. She

三方面來講，大家都認為她很棒啊；可是她家裡的人，就是因為她沒有學位，不是什麼博士，就認為她不好。整天左批評，右批評。這種情形我相信在世界各地都有很多，所以我們要注意，就是說，很多病都是這樣引出來的。

後來她在我們家住了兩個月以後，又回醫院去第二次開刀。可是非常驚訝的是，醫生割下來一點點以後，發現完全沒有癌細胞在上面；上次開完刀，說身體裡還有癌細胞，為什麼現在又沒有了？醫生也不能明白。醫生說，這個不是我們幫妳治療的，妳一定在這兩個月裡面做了些什麼事。所以，妳繼續做這一方面的事情就可以了，不用再開刀了。

後來，她就開始變成健康生活的鼓吹者，因為她在我們家開始吃素，所以，從那天開始，她就出去教其他的病友吃素，告訴他們怎樣吃健康。而且，她給病人很多支持，很多希望。說，「你看我，我也是病得醫生說沒有希望的，我現在沒有問題了。」這樣就給他們很多希望，很多正面的能量。我們從這個故事裡面可以看到，假設我們能夠改變我們的想法，改變我們對自己的看法，常常可以改變我們的生命。

只要常常從正面看每一樣事情，很多事情都會有不一樣的結果。愛雲是沒有辦法，她病到那個程度一定需要轉化。可是我們每一個人，不一定要等到有這種狀況。我們怎樣來轉？我們從今天開始，就可以自己回想一下，反省一下，我有哪些負面的情緒，每天都讓我過得很不開心？假設我們可以這樣子的話，我們的人生會是非常的不一樣的。

我們的結論是說，「日常領導力」讓孩子們在「變是一個常數的世界裡面」能夠應變自如。「日常領導力」可以教孩子們怎麼樣做對的選擇，怎麼樣可以在一個信任的環境裡面生活，怎麼樣可以在驚濤駭浪中應變自如。謝謝各位。✿

had an excellent relationship with her supervisor who was almost like another mother to her. We reminded her every chance we had that she did wonderfully well in all these areas, despite her family thinking otherwise. I am sure this kind of story happens everywhere in the world. Many medical conditions have similar root causes.

After staying with us for two months, it was time for the second surgery. To her surprise, the doctor told her that he did not find any cancer cells this time. The doctor said after the first surgery there were still cancer cells in her body, and why the second time did he not find any? The doctor could not understand and told her, "It is not what we have done that healed you; you must have done something in the last two months. Just keep doing what you have been doing. No more surgery."

Later, she became an advocate for Healthy Living. She became a vegetarian when she was staying with us. She taught many other cancer patients how to be a vegetarian, and how to live healthily.

Furthermore, she brought hope and support to them by saying, "I was a terminal cancer patient too, and look, I am fine now." She gave them a lot of hope and positive energy. From this story, we can see that if we change the way we think and change the way we see ourselves; we most certainly will change our lives.

If we try to see everything from a positive perspective, we will most likely have a different end result. Irene, being so seriously ill, had to change. But for you and me, we do not have to wait until we are in her predicament to change. We can start changing today. How do we change? We can reflect upon what are some of the negative emotions that prevent us from leading a happy life. If we can do that, our lives will turn out quite differently indeed.

In conclusion, Everyday Leadership teaches children how to make the right choices, how to be accountable in a trusting environment, and how to adapt with ease in this ever changing world. Thank you.

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若人欲了知 三世一切佛  
應觀法界性 一切唯心造

If people wish to fully understand, All Buddhas of the three periods of time.  
They should contemplate the nature of the dharma-realm,  
Everything is made from mind alone.

