

本刊編輯部 文/譯

By Editorial Staff



## 盡量提早多讀經 Start Reading Classics As Early As Possible

—兒童讀經教育專家王財貴教授再訪萬佛聖城  
—Professor Wang Caigui visits CTTB Again



DHARMA REALM NEWS | 法界音

(續封面內頁)

王財貴曾於1998年造訪萬佛聖城，當時他介紹13歲以下的兒童「聽」、「讀」、「背誦」四書五經、老莊與唐詩宋詞元曲的好處。「從小就熟讀這些古書與詩詞，越長大越有用。」

相隔17年，王財貴如今更進一步，建議父母最好從胎兒時期，就開始給腹中的子女聽這些古文與詩詞，乃至西洋經典著作的原文錄音。出生後繼續聽，會說話後，若是看著經典跟家長學習反覆誦讀，「一年半之內，就能認會一千五百字至兩千五百字。小孩上學以後的學習能力會很強，進步快，而且很喜歡學習。」

王財貴並介紹「三百讀經法」：每天讀一百字、每百字讀一百遍、只要肯讀誦的小朋友一律給予一百分。

(Continued from the front inner cover)

Professor Wang first visited CTTB in 1998, and at that time he introduced the benefits of the “listening, reading, and reciting” method of teaching children under the age of thirteen to memorize and recite the *Four Books* and the *Five Classics*, *Zhuangzi*, the Tang poems, the *ci* poems of the Song Dynasty, and *qu* poetry. He said, “If you teach children to read classics and poems starting from a young age, it will be of great use to them when they grow up.”

Seventeen years later, Professor Wang has gone a step further and encourages parents to begin when their children are still in the womb. He suggests also letting babies listen to readings of Chinese and Western classics and poetry. Once children can talk, parents can read classic texts together with them. In about a year and a half of starting to read in this method, they will be able to recognize 1,500—2,500 Chinese characters. When they begin going to school, they will have developed a strong learning ability and will enjoy learning new things.

Professor Wang introduced the “three hundred” method, which means that when children are willing to recite a hundred words a hundred times a day, they all get a hundred points [full score].

Professor Wang said that most children will be able to recite a classic text from memory after reading it about fifty times. Even if they are unable to

王財貴表示，一般資質的孩子，反覆誦讀五十遍之後就能背會。如果誦讀一百遍還背不起來也無妨，總是對孩子有好處。以《論語》的兩萬兩千字而言，如果每天背一百字，並經常復習，大約一年可背完一整本。如果全天反覆誦讀《論語》，大約一個月即可熟記。他認為「兒童讀經教育」不僅能夠幫助小朋友「用讀經帶動閱讀，用閱讀帶動功課。而且古書中的智慧，能夠變化氣質，改變命運，走向聖賢之路，一輩子都受用不盡。」

兒童讀經教育的重點在於，不要等到孩子能夠理解時，才去教導他們古人的智慧；因為那時已過了記憶力最好的時期，很難「包本」一將整部古書都背起來。最好的辦法就是先求熟記，等到理解力足夠時，自能體會其中涵義。而且宜自《論語》、《大學》、《中庸》等經典入手，次及《孟子》選讀、《易經》、《詩經》與老、莊，接著背唐詩、宋詞、元曲，乃至蒙書《三字經》、《弟子規》、《千字文》等。

對於有興趣背誦佛經的小朋友，王財貴建議背誦《心經》、《彌陀經》、《金剛經》、《六祖法寶壇經》、《僧璨大師信心銘》、《永嘉大師證道歌》、《百法明門論》、《唯識三十頌》、《阿含經》選讀等。

王財貴表示，最好從大書開始背起，容易背的排在後面。他相信，受過讀經訓練的孩子，無論道德人品與學問，都將是可造之材。而且越早讀經，一生受益於經典智慧的時間越長久。因此，最高原則就是「盡量提早多讀經」。

王財貴自台灣台中師範大學語教系退休後，於2013年10月在北京成立「文禮



memorize it after reading it a hundred times, it's alright because the process will still be good for them. Since the *Analects* is composed of about 22,000 words, if a student is able to memorize a hundred words a day and review frequently, they would be able to memorize the entire text in about one year. If they spend most of the day reading and memorizing it, they would be able to memorize it in a month. Professor Wang believes that by doing so, "Children will be motivated to read and be able to improve their grades. In addition, the wisdom found in classical texts will change their character and thus change their lives. They can learn from sages and will find benefit from it their whole lives."

The emphasis of classical education is to begin before children are even able to understand the meaning of the text. Otherwise, one will have missed the period when memory peaks in childhood and it will be very difficult for them to memorize an entire text easily. The better method is to teach them to memorize the text thoroughly first, and as their comprehension skills improve, they will be able to understand the meaning naturally. It is best for students to begin with the *Analects*, *Great Learning*, and the *Doctrine of the Mean*, and then move on to *Mencius*, the *Book of Changes*, the *Classic of Poetry*, *Laozi*, and *Zhuangzi*, before moving on to the Tang poems, the *ci* poems of the Song dynasty, *qu* poetry, the *Three Character Classic*, *Standards for Students*, and the *Thousand Character Classic*.

For those interested in memorizing the Buddhist canon, Professor Wang suggested texts like the *Heart Sutra*, *Amitabha Sutra*, *Vajra Sutra*, the *Sixth Patriarch's Platform Sutra*, *Great Master Sengcan's Xin Xing Ming*, *Great Master Yongjia's Song of Enlightenment*, *Hundred Dharmas Shastra*, *Thirty Verses of Vasubandhu*, *Agama Sutras*, etc.

Professor Wang said that it is best to start with the long texts and leave the easier ones for last. He believes that not only will children who have been trained in this way have outstanding morals and knowledge, they will also become talented people. The earlier children start to read the classics, the longer they will retain the benefit of the wisdom found in the texts. Therefore, the most important principle is to let children start reciting classical texts as soon as possible.

In October 2013, Professor Wang retired from his position at National Taiwan

書院」。今年3月初，遷至浙江泰順的深山裏。這所書院招收13歲以上的住宿學生，入學條件是已經背會20萬字的中文經典與10萬字的外文經典著作，例如莎士比亞的作品。目前計有18名學生就讀，年齡在13歲至24歲之間，課程以解經為主。學生每晚9時就寢，清晨4時起床。王財貴笑說：「這比黃帝內經所說的作息時間還晚一小時起床。」

王財貴自1994年開始推動「兒童讀經教育」至今，全球參加讀經班的兒童已超過千萬人。王財貴訪問團成員之一的楊帽博士，是德國漢堡中華經典文化協會暨致謙學堂創辦人。她表示從小在中國大陸不曾讀過四書五經，兒女在德國出生成長，她跟孩子以及學堂小朋友一起讀經。

楊帽說：「經過讀經訓練後，女兒五歲就能看懂中文教科書，七歲自己看原版《西遊記》。她在同學中，德語成績最好。又能自己看中文的數學和科學教科書，結果她的數學和科學程度也比同學都高。兒子現在六歲，已能自己讀懂（中國）僑辦提供到12歲的教科書。」

王財貴教授在萬佛聖城大殿的演講全文，本刊將於近期内整理刊出。✽

Normal University in Taichung. He then established the Wenli Academy in Beijing. In March of this year, it was moved into the mountains at Taishun County in Zhejiang Province. The academy takes students who are thirteen years and older, and requires that they have memorized twenty thousand characters' worth of Chinese classical texts and ten thousand words' worth of foreign classical texts, such as Shakespeare's plays. Presently there are eighteen students enrolled, ranging from the ages of thirteen to twenty-four. The curriculum focuses on reading and understanding Chinese classics; students go to bed at 9 PM and wake up at 4 AM in the morning. Professor Wang commented, laughing, "They actually get up one hour later than the time recommended in the *Medical Classic of Emperor Huang*."

Professor Wang began promoting education based on the classics in 1994. There are now over ten million children who attend classes on Chinese classical texts around the world. One member of Professor Wang's delegation, Dr. Mei Yang, founder of the Hamburg Association and School of Classical Chinese Culture in Germany, did not read the *Four Books* and *Five Classics* when she was growing up in China. Her children were born in Germany, and now she reads the Chinese classics with her children and with her students in class.

Dr. Yang said, "After my daughter was trained in reading the classics, she was able to read and understand Chinese textbooks from the age of five. When she was seven she could read *Journey to the West* (another Chinese classic) by herself. She has the best grades in her class in German. Since she can read Chinese math and science textbooks by herself, she is doing advanced math and science. My son is now six years old can read seventh-grade Chinese textbooks all by himself."

Professor Wang's speech at the City of Ten Thousand Buddhas will be published in coming issues of *Vajra Bodhi Sea*. ✽



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