

論語淺釋 (續)

The Analects of Confucius

(continued)

宣化上人講

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【里仁第四】

Chapter 4: Living in a Benevolent Neighborhood

(十七) 子曰：「見賢思齊焉，見不賢而內自省也。」

(17) The Master said, "On meeting a virtuous person, think about how you can emulate him. On meeting a person who lacks virtue, look within and reflect on yourself."

【恒賢法師講解】

禮拜一我們已經開始研究這兩章《論語》，也有的人就講話，可是有的人就不在，所以這裡再略略地就說這些個道理。

「子曰」，孔子說。「見賢思齊焉」，就是說見到有德的人，就怎麼樣生想法，就用什麼樣的思想，因為人平時會有一個毛病，就是看人超過自己就生忌妒心，或者就在那兒想要比賽，在那兒爭，這是不對的。應該有這樣的思想，就是「思齊焉」，就是想一想，自己怎麼樣可以變成那麼好的一個人，一方面就是不要破壞

【Dharma Master Heng Hsien's Explanation】

We already began studying these two passages of the *Analects* on Monday. Some of you participated in the discussion but others were not present. Therefore, we shall briefly go through the main points again.

The Master said. Confucius said this. **On meeting a virtuous person, think about how you can emulate him.** This refers to the kind of thoughts that one should give rise to when one meets a virtuous person. People ordinarily have a bad habit of getting jealous when they see someone who is better than they are, or they may think of competing or contending with that person, which is wrong. Instead, one should think about how one can emulate that person's qualities and become as good as he is. On the one hand, don't ever think about sabotaging or undermining him; on the other hand, look at his good points and see how you can follow his example.

On meeting a person who lacks virtue, look within and reflect on yourself.

他，一方面就是看他的好處，看別人可以這樣子，自己也可以這樣子，拿這個人作一個榜樣。

「見不賢而內自省也」，有好幾個人那天就說，我們平時往往看別人有過錯，或者認為他是壞人，就對這個人生煩惱，看他的不對；或者自己有同樣的毛病，自己看不見。所以在那個情形之下，就要自己迴光返照，問一問自己：「是不是現在有這個毛病？」

有的人指出一種奇怪的情形，看別人的毛病很厲害的，久而久之，自己也會犯同樣的毛病。我想這個說法是很對的，因為我也有看人不對的毛病，這是很嚴重的問題。可是多年來看我自己也是，看不起別人是怎麼樣子，結果自己同樣被人看不起，所以這是很厲害的。怎麼樣對治？就是在當下即刻檢點自己，有沒有這個毛病？免得自己會有；已經有，就要改。

【恒持法師講解】

「子曰：見賢思齊焉，見不賢而內自省也」，我們看人，想知道他們的才能，會做什麼事情，聰明不聰明，或者有各種的能力。那我想今天也講這一段，就是人很容易生妒忌心。如果自己的德行不夠，自己也沒有那個才能，很容易就是怕別人有了。為什麼生妒忌心？因為自己也要和那個人一樣。所以對治那個妒忌心，就是自己去努力去學，去行。譬如說，看別人寫一手好字，自己發覺到有妒忌心，那就自己去學寫好字，沒有其它的話說；自己也可以寫字，那個妒忌心自然不需要有。

可是在開始的時候，發覺到妒忌心，也並不是容易的事情。妒忌其實是很毒辣的，在自己的裡邊，就把自己心都變成很壞的，自己一天到晚煩惱，都不知道那個煩惱從哪裡來的。發覺到妒忌心，也不一定就會立刻改，就是發覺到，也要忍耐。認識自己有不對的地方，那是開始可以修行，開始認識自己；就恐怕我們不認識，認識以後要忍耐。無論是哪一個毛病，在我的看法，妒忌是最不容易把它取消了，沒有了。就是因為不容易，更應該下功夫，想各種的辦法。

The other day, a number of attendees spoke about how we often have a tendency to notice other people's mistakes and get afflicted by them, thinking that they are bad individuals. It may turn out that we have the same faults ourselves but are simply not aware of them. Therefore, in such situations, we should turn the light around and reflect on our own behavior, asking ourselves: "Do I have the same shortcoming?"

Someone also pointed out a peculiar phenomenon whereby a person is so attentive to other people's faults that, after some time, he himself acquires the same shortcomings too. I think this is quite true, because I also have the habit of noticing other people's faults, which is a very serious problem. For many years, I have thought highly of myself while looking down on other people and it turns out that I am similarly looked down upon by others. Therefore, this kind of attitude is terrible. Now, how do we counteract it? The moment it happens, check yourself immediately to see whether you have the same shortcomings so that you can avoid them. If you already do, then you must correct your faults.

[Dharma Master Heng Chih's Explanation]

The Master said, "On meeting a virtuous person, think about how you can emulate him. On meeting a person who lacks virtue, look within and reflect on yourself." When we look at people, we are interested to know their talents, what they are good at, whether they are intelligent or not, and all sorts of other abilities. In my opinion, the passage that we are discussing today involves the topic about how easy it is to give rise to the mind of jealousy. If we lack virtuous conduct or certain talents, then it is very natural to worry that other people might possess them. Why does jealousy arise? It is because we want to be as good as the other person. Therefore, the way to counteract jealousy is to study hard and practice diligently. For example, if someone has beautiful handwriting and we find ourselves getting jealous, all we have to do is to learn how to improve our own handwriting. We can pick up good handwriting techniques ourselves without the need to get jealous.

At the beginning, however, it is not easy to detect our own jealousy. In fact, it is a very sinister emotion that internally transforms into such a nasty state of mind that we become afflicted the whole day long without knowing where the affliction comes from. Even if we could detect our feelings of jealousy, it is not for certain that we could correct them immediately and so we have to be patient. Once we know our own shortcomings, we can begin changing our conduct and the process of self-recognition. The only worry is that we are not aware of our own faults; if we are, then we must be patient. My view is that, among all the different shortcomings, jealousy is the most difficult to get rid of. Then again, the difficulty is precisely the reason why we should make an effort to think of various solutions.

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To be continued