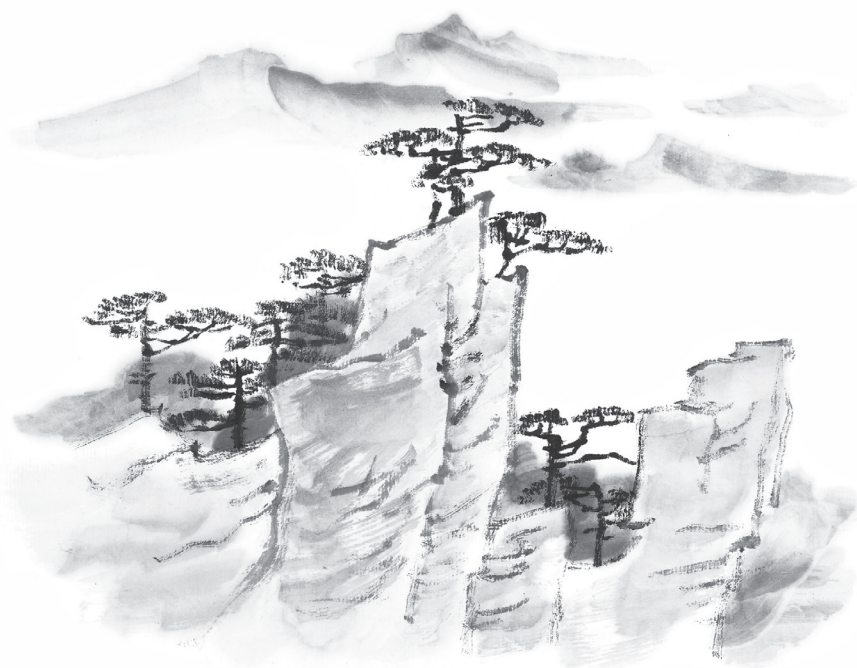


長者之道

The Way of the Elders

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諸佛菩薩、上人、各位法師、各位長輩、各位居士還有各位小朋友，阿彌陀佛！

今天有一些想法想跟各位長輩分享。首先請問各位長輩，現在心中最擔心的是什麼事情？根據統計，老人家最擔心的大部分是：身體是否健康？年老、生病的時候，是否有家人照顧？操心兒孫，擔心是否有人陪自己？

關於身體健康，根據醫院的統計，百分之八十的內科疾病都跟心情有關。因此，身心是合一的，心理的狀態會影響身體的健康。請問在

Buddhas, Bodhisattvas, Ven. Master, Dharma Masters, elders, laypeople and our young friends, Amitufo!

I have some insights to share with the elders today. First of all, I would like to ask the elders this question, “What do you worry about the most right now?” According to statistics, the things that elders worry about the most are the following: Is my body healthy? When I get old or sick, will my family take care of me? I worry about my children and grandsons. I worry about whether someone can keep me company or not.

About physical health, according to hospital statistics, 80% of internal sickness is related to our moods and emotions. Hence, the body and the mind are one. Our psychological states will affect our physical health. I would like to ask those of you sitting here if you have ever felt dizzy, had blurry vision or had hypertension? These ailments have a lot to do with your moods. You could get sick because you are overly concerned about petty matters involving your sons, daughters, grandsons or granddaughters. If you always have something on your mind that you cannot let go of, your blood pressure will rise. Although you really care about your family members, you probably cannot solve all of their problems. Your feeling of powerlessness may make you angry. You may also feel as though you have something to say but cannot express it. These situations will also cause your blood pressure to go up.

I would like to ask everyone a second question. When you finish eating a meal or even before you finish, does your stomach feel bloated?

座有沒有頭昏眼花、高血壓這些問題？這跟自己的心情有很大的關係。因為你太關注生活週遭點點滴滴的事情，包括兒女、孫子、孫女。心裡面老是有一個東西懸著放不下，因此血壓就會飆高。還有，雖然你很關心家人，但是對他們的問題又無能為力，因此常常在心裡生悶氣，有話說不得，血壓也會飆高。

再請問第二個問題，你會不會吃飽飯或是還沒吃飽就開始脹氣？常常消化不良，有胃潰瘍、十二指腸潰瘍或其他的腸胃疾病？是什麼原因引起這種疾病呢？是因為心裡面有一些怨氣，怨什麼呢？第一個就是怨兒女不孝，不聽話。第二個就是怨自己給兒女添麻煩。所以這種疾病也是由自己的心情開始的。

現在問第三個問題，請問有沒有常常發燒、感冒、咳嗽，有任何關於肺部疾病的長者？為什麼會感冒長年不好，有這些跟肺相關的疾病呢？這跟流感病毒並沒有直接的關係，因為病毒只是一種外緣把病引出來，主要是你身體本來就有這種因。這個病最主要的原因是什麼呢？操心。操心什麼？操心家人子女。肺主憂，你因為擔憂，因此肺就開始有毛病。這種病一開始只是感冒咳嗽，久了之後就變成肺病、氣喘。

根據統計，小孩子一天平均笑一百七十次以上，可是成人一天平均笑七次，東方人笑的就更少。所以今天大家要把握機會，開心的笑。因為笑就不憂傷，肺自然就會好。

以上這些疾病，都是因為跟家人相處的情緒所引起。老年人扮演的家庭角色按照四季來說，相當是邁入冬天的季節。若沒有把心態做好調整，就很容易產生疾病。

今天的題目是「長者之道」，長者道就像外面的道路一樣。比方說公車有公車行的道，汽車有汽車開的道，機車有機車騎的道，人有人走的道。人生也有春、夏、秋、冬四道，上了年紀的人就是走到冬天這個道。身為一個長者，為

Do you have any ailment involving indigestion, gastric ulcer, duodenal ulcer or other gastric or intestinal problems? What are the causes of these sickness? The causes are complaints. What might be some of the complaints? First, you probably complain about your sons and daughter who are not filial or do not listen to you. Second, you probably complain that your own children give you trouble. So, this type of ailment starts with your moods.

The third question I would like to ask is do you often have fevers, a cold, or cough? Any issues with lung disease? Why cannot elders get over their chronic cold, or sickness related to their lungs? These chronic lung diseases have no direct connection with flu viruses, which are external conditions that could trigger sickness. The main reason is that your physical body has already embedded the cause within. What is the main cause? Worry. What do elders worry about? They worry about family and children. Lung diseases are caused by excessive worries. Because you worry too much, your lungs begin to get sick. At the beginning, this sickness starts with a cold or cough. After a while, it turns into lung disease or asthma.

According to statistics, a child, on average, laughs more than 170 times a day. For adults, the number is seven. Asians laugh even less. Therefore, everyone should grab this opportunity to laugh happily today. When one laughs, one does not worry. Consequently, our lungs will naturally be healthy.

The above-mentioned ailments come from negative moods and emotions produced from family interactions. If the four seasons are used as an analogy to describe the roles elders play in a family, they are analogous to going into the winter. If elders' attitude and perspectives are not well-adjusted, it's easy for them to be sick.

Today's topic is "The Way of the Elders." Like the roads and the paths, buses run on bus lanes, cars on car lanes, motorcycles on motorcycle lanes and pedestrians walk on pedestrian lanes. Our life has the four seasons of spring, summer, fall and winter. People advanced in age would walk on winter lanes. As an elder, a parent, grandmother or grandfather, there are a few important points to pay attention to concerning "The Way of the Elders."

First of all, do not nag. When children are young, try your best to discipline and teach them. As soon as they are married and have their own career, you shall start to let go. Do not nag them anymore. Why not? When parents nag, children don't listen but feel annoyed. The more you nag, the further children will run away from you. If you would like to get closer to your children and have them share their thoughts with you, do not nag. You can care for them. But their age is past the stage of "discipline," so don't force anything onto them.

There are two opportunities for you to speak to them. The first is when your children come to ask you something. They will listen to your words then. The second one is if you cultivate and demonstrate virtue, your children will actually want to listen to you. Of course, there is an exception: that is, you are rich and have not yet distributed your wealth. In this situation, you need to understand that your children do not really want to hear what you have to say, but they listen to you because they want your money.

Second, "The Way of the Elders" is that you should absolutely not intervene

人父母或是爺爺奶奶、外公外婆，在這個「長者之道」裡面，有幾個重點：

第一就是「不要嘮叨」，孩子還小的時候，應該盡量管他、教他。孩子一旦成家立業之後，你就應該要開始放手，不要再嘮叨了。為什麼不要再嘮叨了呢？因為你嘮叨，孩子也聽不進去，只會覺得煩。你講得越多，孩子離你越遠。你如果想讓孩子靠近你，願意跟你講心裡的話，就不要嘮叨。你可以關心孩子，但是這個時候你已經過了「管」的階段，時間過了就不能再強求了。

有兩種機會你可以講話：第一、孩子有問題來請教你，這個時候你的話他們才聽得進去。第二、你有修行、有德行，孩子會想聽你的話。當然還有一種例外，那就是你很有錢，財產還沒分配。但是你心裡要明白，孩子不是真的想聽你說話，而是為了錢才聽你的話。

第二個「長者之道」，就是兒女他們夫妻之間的事，千萬不要插手。絕對不能管，但是可以幫助他們。有時候父母一插手管這些事情，只會把情況變得更糟。兒子娶誰，女兒嫁誰，都有各自前世的因緣。你要幫助孩子在這輩子把這個緣圓滿了，而不是居中讓孩子產生很多的怨氣，甚至還跟孩子成了冤親債主，這對後代子孫也會有很大的影響。

曾經有一個居士說她女兒要結婚的時候，女兒的婆婆看到這個媳婦，第一句話就說：「你不適合嫁到我們家！」這句話深深地嵌入媳婦的心裡，多年始終無法釋懷。媳婦第一胎懷的是個男孩，但因為心中有怨恨之氣，母子連心，所以孩子一出生身體就是紫黑色，有先天性心臟不良的問題，需要馬上開刀。我看過這個小男孩，現在大概已經國小了，體型很瘦小，長不大。所以說，長輩去插手管子女的事情，對自己的後代、自己的子孫很不好。長輩就應該盡「慈」道，兒子、媳婦、女兒、女婿有什麼不好，我們應該盡量去幫他們圓滿，而不是推波助瀾。

第三個「長者之道」就是不要溺愛子孫。現在的長輩都捨不得讓自己的兒孫幫自己做事情。也常聽到一些長輩會對兒女說：「將來我老了，就把我送到養老院，不用操心我，你把自己顧好就好。」各位要記得，今天之後千萬不要講這句話。你覺得你是為孩子好，但其實是錯的，因為兒女奉養父母是盡天地間的孝道。

in the family affairs of your sons and daughters. You can help them, though. Sometimes, when parents intervene, situations would only get worse. Whoever your son or daughter marries, it is due to causes and conditions from their past lives. What parents shall do is to help children perfect the conditions their children have with their spouses instead of creating more grief between them or even become their karmic creditors, which would have great impact on future generations.

A lay person said that when her daughter got married, the mother-in-law saw the wife and said, "You are not suitable to marry into our family!" This was the first thing she said to the wife, who carved these words deeply in her heart. She was not able to forgive and forget. When she was pregnant with the first child, she harbored so much resentment in her heart. As the mother was connected to the child, the child was born with a purplish-black body and congenital heart problems that required immediate surgery. I have seen this little boy, who is now in elementary school. His body is very small and he cannot really grow well. That's why I said when elders intervene in their children's affairs, it is not so good for their future generation, their offspring. The elders shall practice the way of compassion. Even if their sons, daughters, daughters-in-law or son-in-law have certain shortcomings, elders should try to help them smooth things out instead of adding fuel to the flames.

Third, "The Way of the Elders" is not to spoil your offspring. Elders nowadays are reluctant to let their children and grandchildren help. I have often heard some elders say to their children, "In the future, when I am old, send me to a nursing home. Don't worry about me. Just take care of yourself." Remember not to say these words to them after today. You may think what you do is good for your children. But, in fact, you are wrong. When children take care of their own parents, they are practicing universal filial respect.

If a person is not filial to his own parents or does not take care of his parents, he would have neither blessings nor virtue. It doesn't matter however much money parents save for the children. They won't be able to keep it in the end because they lack virtue. A person without virtue is like a rootless tree. From today onward, I hope you will change your perspective. It's children who should be filial to parents instead of parents being filial to children. Practicing filial respect is truly good for them.

Even including those who are in their forties and fifties, you need to remember to tell your children in the future, "When I get old, you will take care of me!" If children give you money, don't say to them, "I do not need it. Keep it for yourself." Keep the money and if you really do not need it, you can also use it to create some merit and virtue on their behalf. For example, you can donate the money to the poor. This is one of the ways to leave your offspring some virtue. Whatever

一個人如果不孝順自己的父母，不奉養自己的父母，就沒有福報，沒有德。你留再多的錢給他們也留不住，因為沒有德。沒有德就像樹沒有根，所以從今天開始要改變自己的觀念，是兒女孝順我們，不是我們孝順他們，這才是真正為他們好。

包括現在四十幾歲、五十幾歲的人都要記得，以後要跟孩子說：「我老了就是你養！」如果小孩拿錢給你，不要跟他說：「我不需要，你拿去用。」要把錢收起來。即使你真得不需要，也可以用這個錢幫孩子做功德，幫助貧困的人，這些都是留德給子孫。所以孩子給你什麼東西一律收下，不要拒絕。你要讓他有機會對你盡孝道，這樣他們才能累積福報。將來你不在人世了，你也不用擔心他們，因為他們有福報。

以前小的時候，母親都會要我去幫外婆買燒餅豆漿當早點，記得當時腳踏車要騎蠻遠的一段路去買；可是現在，反而是母親幫自己的兒子女兒、孫子孫女去買早點。說實話，這樣兒孫的福報就會不夠，所以長輩們千萬不要捨不得。記得我二十幾歲剛出社會，那時候的薪水大概是兩、三萬塊，你看看現在的年輕人出來做事，薪水也是兩萬多塊，為什麼會這樣子？因為福報不夠。這跟經濟、政治沒有關係，那是因為現在的長輩什麼都幫孩子打點好，不讓他們有機會來盡孝道，福報不夠，薪水當然就領得少。所以千萬不要溺愛孩子。

第四點是最重要的，要做到以上三點，你心裡必須能夠放下。中國有一位著名女作家楊絳，她活到一百零五歲，寫了一些感想。在她一百歲的時候，她說：「人生最曼妙的風景，竟是內心的淡定與從容。」相信在座的長輩，什麼大風大浪都經歷過了，人生既然邁入了冬天的道，冬天就應該是冬藏。內心要收藏一些東西是給自己的，而不是繼續為家庭的事情操心付出。我希望各位長輩都能有這種淡定的心，很多事情不要太執著，不要太強求，自在從容。

還有一個更重要的東西，那就是佛告訴我們的念佛法門。念佛，才是心的皈依處，是讓內心光明、安定的力量。過去的已經過去了，可是未來呢，還有希望可以改變。在座的各位或許有很多煩惱，或許覺得人生很苦，但是不管苦不苦，我們都必須要走完。當心裡面有佛號，我們就能走得更有光明，更有希望，更有前途。阿彌陀佛！❀

your children give you, accept them; don't refuse. Give them an opportunity to practice filial respect so that they can accumulate blessings. In the future, when you pass away, you will not have to worry about them because they already have blessings.

When I was young, my mother would ask me to buy soy milk and Chinese sesame pancake breakfast for my grandmother. I remember I had to bike quite a long way to the breakfast stand. However, now, parents themselves will go out and buy breakfast for their children or grandchildren instead. Honestly, if parents "serve" their children this way, they will not receive blessings. Elders, please do not be reluctant to ask your children to help you. I remember I started working in my early twenties. My annual salary was about 20K or 30K. So many years later, young people fresh out of college nowadays still earn the same little salary I did, 20K. Why? It's because they don't have enough blessings. Their low income has nothing to do with economy and politics. It does have to do with parents always overly taking care of their children and leaving no opportunity for them to practice filial respect. If one has scanty blessings, he naturally earns little salary. So, please do not spoil your children.

The fourth point is the most important one. If you wish to practice the three points mentioned above, you must first practice letting go. A famous writer, Yang Jiang, lived to be one hundred and five years old in China. She shared and wrote this insight at the age of one hundred, "The most beautiful scenery in one's life is the heart of calm and ease." I believe the elders sitting here today have experienced many ups and downs in life. Since life has brought you into the winter lane, you should save and store as you would in the winter. Save and keep something for yourself in your heart instead of keep on hustling and bustling for the family. I hope all elders will practice to have a calm heart. Don't be too attached; don't be demanding. Be at ease.

There is also a more important thing, that is, the Buddha recitation Dharma-door spoken to us by the Buddha. Being mindful of the Buddha is where the mind returns and relies as well as an energy that will brighten and stabilize the mind. What's passed has passed. As for the future, there is still hope to change. You probably have many afflictions or feel life is a lot of suffering. But whether it's suffering or not, we still have to finish walking on this path. When you have the Buddha in your mind, you will walk a brighter, more hopeful and more promising path. Amitabha! ❀