



今日《論語》

「在邦無怨， 在家無怨」 ——《顏淵·論語》

仲弓問爲仁的方法。孔子說：「出門如見大賓；使民如承大祭。己所不欲，勿施於人。在邦無怨，在家無怨。」這句話的意思是：在外面，態度要像進見尊貴的賓客那樣恭敬；役使人民時，要像迎接盛大的祭祀那樣鄭重；自己所不喜歡的事情，也不要拿去加到別人身上；這樣，無論在國中家中，自然沒有人怨恨。仲弓聽了就说：「我雖然不聰敏，卻要盡力奉行這幾句話了！」

孔子儒學是「爲己」之學，君子求諸己，他自己就「不尤人」（不埋怨、不責怪於他人）。可見，不怨於外，是養成之道，是爲仁之方。

句中的「不怨」二字，對我們來說是有指導意義的。這不僅符合仁，同時也是處世應物的智慧。

被叔本華盛讚爲「絕對獨一無二」的奇書、葛拉西安《智慧書》中說：「抱怨總是使你喪失名譽。這樣做不會引來憐憫與安慰，反會煽起激情衝動和傲慢無禮，並促使那些聆聽我們抱怨的人仿效我們所抱怨的人。一旦將抱怨流露於人，似乎別人對我們的損害與污辱就變得可以原諒。抱怨過去的損污從而導致未來的損污。我們想獲得幫助和撫慰，聽的人卻只有快意，甚至輕蔑聰明人應該從不張揚恥辱或輕侮，而僅僅宣傳別人對他的尊敬。」

如此，我們將會擁有朋友並使我們的敵人減少一半。」雖然講得層次不如孔子高，但對我們現代人也可算是「因材施教」了。



10分鐘小練習

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The Country Mouse and the City Mouse

Characters

Nathan the country mouse and Simon the city mouse

Setting

In the city

Nathan is a country mouse. He did not like his village. He wanted to live in the city. One day, he received an email. Simon the city mouse invited Nathan to visit the city.

Hi Nathan,

How are you, my cousin? It was a long time ago when my brother and I visited your family. How is Auntie May now?

I want to invite you to come to the city. You can stay with me for a week! It's so much better here. Here's a map for you to find the way to the city. See you soon!



Love,
Simon

When Nathan arrived at Simon's home, Simon showed him around. "Welcome to my home! I have a big bedroom and a big living room."

Then they **sneaked** into the kitchen to look for food. They climbed up onto the table. Simon saw a chicken, many hamburgers,

soup and jelly. They found mountains of mouth-watering food. As they were about to take it, an angry dog barked! It ran after the mice. They were very scared.

Nathan packed his **suitcase** and told Simon, "I want to go home... because I want to live a simple life in the countryside."

Language Corner



sneak :

to walk secretly

We use :

"mountains of"
to describe a
large amount.

suitcase :

