

21. 我不見一法⁽¹⁾，比尚未修習好善法⁽²⁾的心更不柔順。尚未修習好善法的心是不柔順的。
22. 我不見一法，比修習好善法的心更柔順。修習好善法的心是柔順的。
23. 我不見一法，比尚未修習好善法的心會導致如此大害。尚未修習好善法的心會導致大害。
24. 我不見一法，比修習好善法的心會導致如此大利。修習好善法的心會導致大利。
25. 我不見一法，比尚未修習好善法、不明顯的心會導致如此大害。
尚未修習好善法、不明顯的心會導致大害。
26. 我不見一法，比修習好善法、明顯的心會導致如此大利。
修習好善法、明顯的心會導致大利。
27. 我不見一法，比尚未修習好善法、未培育好的心會導致如此大害。
尚未修習好善法、未培育好的心會導致大害。
28. 我不見一法，比修習好善法、培育好的心會導致如此大利。
修習好善法、培育好的心會導致大利。
29. 我不見一法，比尚未修習好善法、未培育好的心會導致如此大苦。
尚未修習好善法、未培育好的心會導致大苦。
30. 我不見一法，比修習好善法、培育好的心會導致如此大樂。
修習好善法、培育好的心會導致大樂。
31. 我不見一法，比尚未馴服好的心會導致如此大害。尚未馴服好的心會導致大害。
32. 我不見一法，比馴服好的心會導致如此大利。馴服好的心會導致大利。
33. 我不見一法，比未防衛好的心會導致如此大害。未防衛好的心會導致大害。
34. 我不見一法，比防衛好的心會導致如此大利。防衛好的心會導致大利。
35. 我不見一法，比未保護好的心會導致如此大害。未保護好的心會導致大害。
36. 我不見一法，比保護好的心會導致如此大利。保護好的心會導致大利。
37. 我不見一法，比未管束好的心會導致如此大害。未管束好的心會導致大害。
38. 我不見一法，比管束好的心會導致如此大利。管束好的心會導致大利。
39. 我不見一法，比尚未馴服好、未防衛好、未保護好、未管束好的心會導致如此大害。
尚未馴服好、未防衛好、未保護好、未管束好的心會導致大害。
40. 我不見一法，比馴服好、防衛好、保護好、管束好的心會導致如此大利。
馴服好、防衛好、保護好、管束好的心會導致大利。

【譯者簡註】

- (1) 不見一法：從未見過一樣東西。
- (2) 修習好善法：除了修習好世俗公認的良好品德與習慣外，還包括修習好佛教裡的三學——即增上戒學、增上心學（修定）與增上慧學。

【附錄】 [AN 1.21-40 Ekadhamma Suttas: A Single Thing](#) Trans. by Thanissaro Bhikkhu

- (21) "I don't envision a single thing that, when undeveloped, is as unpliant as the mind. The mind, when undeveloped, is unpliant."
- (22) "I don't envision a single thing that, when developed, is as pliant as the mind. The mind, when

developed, is pliant."

- (23) "I don't envision a single thing that, when undeveloped, leads to such great harm as the mind. The mind, when undeveloped leads to great harm."
- (24) "I don't envision a single thing that, when developed, leads to such great benefit as the mind. The mind, when developed leads to great benefit."
- (25) "I don't envision a single thing that, when undeveloped & unapparent, leads to such great harm as the mind. The mind, when undeveloped & unapparent leads to great harm."
- (26) "I don't envision a single thing that, when developed & apparent, leads to such great benefit as the mind. The mind, when developed & apparent, leads to great benefit."
- (27) "I don't envision a single thing that, when undeveloped & uncultivated, leads to such great harm as the mind. The mind, when undeveloped & uncultivated leads to great harm."
- (28) "I don't envision a single thing that, when developed & cultivated, leads to such great benefit as the mind. The mind, when developed & cultivated, leads to great benefit."
- (29) "I don't envision a single thing that, when undeveloped & uncultivated, brings about such suffering & stress as the mind. The mind, when undeveloped & uncultivated, brings about suffering & stress."
- (30) "I don't envision a single thing that, when developed & cultivated, brings about such happiness as the mind. The mind, when developed & cultivated, brings about happiness."
- (31) "I don't envision a single thing that, when untamed, leads to such great harm as the mind. The mind, when untamed leads to great harm."
- (32) "I don't envision a single thing that, when tamed, leads to such great benefit as the mind. The mind, when tamed leads to great benefit."
- (33) "I don't envision a single thing that, when unguarded, leads to such great harm as the mind. The mind, when unguarded leads to great harm."
- (34) "I don't envision a single thing that, when guarded, leads to such great benefit as the mind. The mind, when guarded leads to great benefit."
- (35) "I don't envision a single thing that, when unprotected, leads to such great harm as the mind. The mind, when unprotected leads to great harm."
- (36) "I don't envision a single thing that, when protected, leads to such great benefit as the mind. The mind, when protected leads to great benefit."
- (37) "I don't envision a single thing that, when unrestrained, leads to such great harm as the mind. The mind, when unrestrained leads to great harm."
- (38) "I don't envision a single thing that, when restrained, leads to such great benefit as the mind. The mind, when restrained leads to great benefit."
- (39) "I don't envision a single thing that — when untamed, unguarded, unprotected, unrestrained — leads to such great harm as the mind. The mind — when untamed, unguarded, unprotected, unrestrained — leads to great harm."
- (40) "I don't envision a single thing that — when tamed, guarded, protected, restrained — leads to such great benefit as the mind. The mind — when tamed, guarded, protected, restrained — leads to great benefit."