

Title	Description	Author	Source	Page #
7 ingredients	Three prostrations representing the teacher, the teaching, and those who follow the teaching; offerings; confession; rejoicing; request holy beings to teach; request holy beings to stay; dedication	GMR	ACI III Class 2 Student Notes; Reading 1- Reading 2	3-4;3-15
7 part instruction on how to draw the Wheel of Life	Five realms of existence; Bardo beings; three poisons; 12 links of dependent origination; draw everything in the clutches of impermanence; Lord Buddha should be outside the five realms pointing to a white heavenly body showing the way to nirvana; at the bottom add two verses	GMR	ACI IX Class 2 Student Notes	6-7
7 qualities of the giver	Concentrate on good qualities; avoid the 10 bad deeds; be generous, don't give from leftovers; understand the three spheres; don't do bad deeds for reasons relating to yourself; don't turn bad deeds for reason relating to what others will think; understand selflessness	MV	ACI V Class 10 Student Notes; Reading 10	20-21;161-180
7 types of people cannot take the vows	Beings who live on the northern continent, they do not have renunciation as they live for 500 years; eunuchs; impotent people; hermaphrodites; anyone who has committed one of the five heinous crimes; imposters; people don't believe in karma, rebirth, or the Three Jewels	GMR	ACI IX Class 7 Student Notes; Reading 6	18;49