

Title	Description	Author	Source	Page #
8 attainments	The sword, allows you to travel anywhere; the pill, which enables you to become invisible or assume any other outer form; eye ointment, allows you to see minute or very distant objects; Swift feet, the abilities for travel at high speeds; taking essence, ability to live off nothing but tiny bits of sustenance; skywalk, the ability to fly; underground, the power to pass through solid ground.	GMR	ACI I Reading 2	47
8 categories of individual freedom(pratimoksha) vows	One day(8); lifetime layman(5); lifetime laywomen(5); novice monk(36); novice nun(36); intermediate nun(42); fully ordained nun(364); fully ordained monk(253)	GMR	ACI IX Class 3 Student Notes	9
8 chapters of the Abhidharmakosha	Categories of existence; the powers; the suffering world; karma; mental afflictions; person and path; wisdom; balanced meditation	GMR,	ACI V Class 1, Student Notes	2
8 cold Hells	You are naked and cold, with icy winds blowing, as the cold gets worse your body blisters and splits open as you go lower in the cold hells.	GMR	ACI VIII Class 7 Student Notes	18
8 corrections to problems of meditation	Attraction to the good quality of meditation; you want to meditate; make efforts; practiced ease; recall the object; watchfulness; taking action; not taking action	GMR, KTR	ACI III Class 5 and 6 Student Notes	8-9

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8 great benefits	Coming close to Buddhahood, pleasing the Buddhas, overcoming evil influences, avoiding improper activities and thoughts, reaching high realizations, always meeting teachers, never fall into the lower realms, attaining temporary and ultimate goals with ease	GMR, PR	ACI I Reading 3	61
8 hot Hells	Hell called revive; black line hell; gather and smash; screaming hell; great screaming hell; heat; extremely hot; no respite (Avici)	GMR	ACI VIII Class 6 Student Notes	17-18
8 levels	Includes meditative levels of form and formless realms	GMR	ACI I Reading 9	208
8 one-day vows	Four primary; four secondary	GMR	ACI IX Class 4 Student Notes; Reading 4	10; 38
8 point posture	Legs (lotus or half lotus, whatever is comfortable);eyes relaxed focused on the tip of the nose; straight spine; relax shoulders, level; head relaxed; lips and teeth natural normal position; tongue should be close to the roof your mouth; breath should be relaxed, slow barely noticeable	GMR	ACI III Reading 4	41
8 qualities of a Buddha	Uncaused, spontaneous, realized by no other way, knowledge, love, power, fulfills my needs, fulfills his needs	GMR	ACI II Class 2 Student Notes; Reading 1	4; 4

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8 result of ignorant pride	Drag you to the three lower realms; destroy your mental happiness; will turn you into a beggar; will make you lose your authority and power; make you stupid; make your physical appearance ugly to others; lose your confidence; make others abuse you	GMR	ACI XI Class 6 Student Notes	15-16
8 Sufferings	Being born, getting old, getting sick, dying, encountering things that are unpleasant, losing what is pleasant, trying and failing to get what you want, and the suffering of simply being alive and having all the impure heaps of ourselves that we do	GMR	ACI I Reading 8	148
8 types of giving	Giving to close ones; giving out of fear; giving because they gave to you; giving because they will give to you; giving because one's parents and ancestors used to give; giving with the hope of attaining one of the higher rebirths; giving to gain fame; giving to achieve the ultimate goal	GMR	ACI V Class 11 Student Notes; Reading 10	23;161-180
8 ways of lacking opportunity	Taking birth in a hell, taking birth as an animal, taking birth as a craving spirit, taking birth as a long life pleasure being, taking birth in a barbaric land, having some kind of handicap, maintain wrong views, living in period when an Enlightened One has not yet come	GMR	ACI III Class 9 Student Notes	15

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8 worldly thoughts	Being happy when we acquire something, and unhappy when we don't; being happy when we feel good, and unhappy when we don't; being happy when we become well-known, and unhappy when we don't; being happy when someone speaks well of us, be unhappy when someone speaks ill of us	GMR	ACI I Reading 5	97