

Title	Description	Author	Source	Page #
10 bad births in the desire realm	Eight levels of hell (eight hot and eight cold), craving spirit, animal	GMR	ACI VIII Class 1 Student Notes	2
10 bodhisattva bhūmis	Great joy; stainless; radiant; luminous; very difficult to train; obviously transcendent; gone afar; Immovable; good discriminating wisdom; cloud of Dharma	GP	The Jewel Ornament of Liberation	259-277
10 fortunes	See 5 fortunes (personal) and 5 fortunes (worldly)	GMR	ACI III, Class 9 Student Notes; Reading 9	15; 128-131
10 good births in the desire realm	Humans (four kinds depending on continent); pleasure beings (six different kinds in the desire realm)	GMR	ACI VIII Class 1 Student Notes	2
10 non-virtues	Body: killing any being, stealing, sexual misconduct; Speech: lying, divisive speech, harsh words, and idle talk; Mind: coveting other's things, ill will, and wrong views	PR	ACI I Reading 6	147-148
10 qualities of a lama	Practicing the 10 virtues; have mastered concentration; have mastered wisdom (deep understanding or direct perception of emptiness); know more than the student; willing to make great efforts on behalf of students; understand the Scriptures; should have perceived emptiness directly; skillful teacher; loves the students; doesn't tire of helping students.	JTK	ACI III Class 8, Student Notes	13

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10 results of doing the 10 non-virtues	Killing (personal result, your life is short and environmental result is that subsistence is not nutritious; stealing anything of value (personal result, you don't have enough to live on, what you do have is just common property with others, environmental result crops are few and far between); sexual misconduct (personal result people around you are unreliable, environmental result is that urine and feces all around, everything stinks); lying (personal result, no one believes what you say, environment result collaborative work fails, everyone is cheating everyone else); divisive talk (personal result, lose friends easily, environmental result, the ground you live in split up and uneven so travel is difficult); harsh talk (personal result, unpleasant sounds and people always want to pick a fight, environment result the ground is rugged, dreary); idle talk (personal result, no one respects what you say, environmental result, crops refuse to grow, and do not ripen properly); coveting (personal result	GMR	ACI IX Class 6 Student Notes; Reading 4	14-16; 69

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10 Ultimate Riches	<p>The four aims: aiming your mind ultimately to practice; aiming your practice ultimately to the beggar; aiming the beggar ultimately to death; aiming death ultimately to some dusty ravine.</p> <p>The three diamonds: sending the uncatchable diamond ahead of you; laying the unabashable diamond behind you; keeping the wisdom diamond at your side. The three that have been thrown out: being thrown out from the ranks of men; reaching the ranks of dogs; attaining the ranks of the gods.</p>	GMR	ACI I Reading 5	99