

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
5 heinous crimes	Killing your mother; killing your father; killing an arhant; creating a schism; trying to kill a Buddha with evil intent	GMR	ACI V Class 9 Student Notes; Reading 9	18; 161-181
5 clairvoyances	Supernormal powers of emanation, sight, hearing, perception of the past, and knowledge of other's thoughts	GMR	ACI I Reading 2	47
5 conditions of the environment	Conducive place; few needs; been satisfied; give up a lot of things; avoid harming; get rid of sense desires	GMR	ACI III, Class 3 Student Notes; Reading 3	34-36;4-6
5 good deeds by their very nature	Not desire; not hatred; non-ignorance; non-shame; non- consideration	GMR	ACI V Class 3 Student Notes	5
5 degenerations	Human life is very fragile; people not attracted to doing good; our bodies are not very good; food and medicine diminished and not very good; ordained people are not virtuous	GMR	ACI VIII Class 8 Student Notes	22

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5 different experiences that deeds bring about	An example of the first would be feelings, which are an experience or sensation by their very nature. Something like the mental function of contact represents the second type, or experience due to a mental link. And form for example is experienced by acting as the object of one's focus. Virtuous and non-virtuous deeds are cases where something is experienced by its ripening. And an example of the final type, of something that one experiences as it makes its appearance in a direct manner, would be feelings.	GMR	ACI V Reading 4	55
5 different kinds of taking refuge	Taking refuge shared with lesser scope; medium scope; greater scope; cause refuge and result refuge	GMR	ACI II Reading 1	6
5 elements of a conducive place	Physical needs; safe place; healthy environment; trusted assistant; isolated, no books or radio or computer	GMR	ACI III Class 3 Student Notes	4; 34

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5 factors that make breaking a vow more or less serious	Nature, primary versus secondary; instigator, not knowing the vows, temporarily distracted by bad thoughts, disrespect for them; having the three poisons; object; accumulation. Breaking 1 to 5, and do not confess is less serious; breaking a larger number is a medium seriousness; breaking too large a number to count, repeatedly, is heavy seriousness.	GMR	ACI VII Class 10, Student Notes;	24
5 fortunes (personal qualities)	Born as a human, born in a central land, have full use of your faculties, have not yet committed the five heinous crimes, have faith in the three collections of scripture (morality, concentration, wisdom)	GMR	ACI III Class 9	15
5 Fortunes (worldly)	An Enlightened Being has come into the world, the Being has taught the holy Dharma, the teachings have survived, there are people practicing the teachings, there is a necessary support for the practitioners	GMR	ACI III Class 9	15
5 general causes for losing your vows	Formally give them back; to die; if opposite sex organ emerges; if you change gender three times; if you destroy your root of virtue	GMR	ACI IX Class 7 Student Notes	18

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5 great texts	Perfection of wisdom ( <i>Prajnaparamita</i> ), middle way ( <i>Madhyamika</i> ); vowed morality ( <i>Vinaya</i> ), higher knowledge ( <i>Abhidharma</i> ), Buddhist logic and perception ( <i>Pramana</i> )	GMR	ACI III Class 8, Student Notes	13
5 heaps	Physical body; feelings; discrimination; other factors; main mind consciousness	GMR, KTD	ACI II Class 6 Student Notes	11
5 heaps	The physical body; feelings; discrimination; other factors; consciousness	GMR	ACI XII Class 7 Student Notes	24
5 heinous crimes in order severity worst first	Causing a schism; trying to kill a Buddha; kill an arhants; killing your mother; killing your father	GMR	ACI V Class 9 Student Notes; Reading 9	18; 161-181
5 lifetime layperson vows	Refrain from killing a human or healing fetus; refrain from taking anything of value, taking that which is not given; lying about your spiritual life; committing adultery; not taking intoxicants; additional consideration do not give up refuge	GMR	ACI IX Class 4 Student Notes; Reading 4	11;35
5 mental poisons	Liking things ignorantly; disliking things stupidly; ignorance; pride; jealousy	GMR	ACI XIV Class 3 Student Notes	12-13
5 minimum qualities of a good teacher	They should be devoted mainly to the Dharma; working toward future lives; take care of others before themselves; not careless in their physical, verbal or mental actions; they do not teach the wrong path	GMR, JTK	ACI III Class 8, Student Notes	13

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5 obstacles to meditation	Restless desire, sentimental daydreaming; feelings of malice or anger; dullness of body and mind, drowsiness; attraction to objects of the senses; destructive doubts	GMR	ACI XI Class 7 Student Notes	19
5 paths	Path of preparation, path of accumulation, path of seeing, path of the habituation, and path of no more learning	GMR, JTK	ACI I Reading 9	208
5 practices for charging positive energy needed to gain bodhichitta	Rejoicing; Asking holy beings to teach; request teachers to stay; dedicate; willingness to give up everything to help others	GMR	ACI X Class 5 Student Notes	12
5 problems anger causes	You'll never find peace; ruin your happiness; upset your body physically; prevent you from sleeping well; throwing off balance	GMR	ACI XI Class 1 Student Notes	1
5 problems of meditation	Don't want to meditate; losing the object; dullness and agitation; failing to take action; taking action when there's no need to	GMR, KTR	ACI III Class 7 Student Notes; Reading 4 and 5	44;229
5 proofs of emptiness	Emptiness of one or many; sliver of diamond; denial of the things which exist or do not exist could arise; denial that things could arise from any of the four possibilities; reasoning of interdependence	GMR, KTD	ACI II Class 8 Student Notes	15, 27-30
5 qualities of a good lama	Controls self with the three extraordinary trainings; has perceived emptiness directly or intellectually; love students	GMR	ACI III Class 8, Student Notes	13

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5 qualities of non-communicating karma	Not thinking about it, it's still there; in deep meditation it's still there; either virtuous or non-virtuous; it follows you through time and space; has all types of elements as it's cause	GMR, MV	ACI V Reading 2	32-37
5 sciences	Grammar, logic, Buddhist theory, fine arts and medicine	GMR, PR	ACI I Reading 2	47
5 steps to keep your vows	Respect the speech of the Buddha; have the three intentions, follow the vows because an enlightened being has made them available, intend to reach Buddhahood, intend to become enlightened; you take the vows based on the prior two steps; you respect them as the highest thing; avoid breaking them out of respect	GMR	ACI VII Class 10 Student Notes;	23
5 things to avoid when courting those of the opposite sex	Begging the person you're attracted to for a relationship; not avoiding bad deeds, unethical conduct while pursuing them; ruining your reputation by doing non-virtues; engaging in reckless behavior; using up all your money and resources in order to catch them	GMR	ACI XI Class 7 Student Notes	19
5 things which are not accurate	You see things completely wrong; you can't decide; memory perception is weaker; presuming to know something; it appeared to you but you don't ascertain it	GMR	ACI IV Class 3 Student Notes;	5

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5 ways to liberate others from suffering by having bodhichitta	Destroy the Lord of death for others; destroy spiritual and material poverty; destroy the mental afflictions physical illness of others; destroying the suffering of others in general; destroying the suffering of the three lower realms	GMR	ACI X Class 6 Student Notes	14
5 wrong world views	Perishable view (self existent me); extreme view, things that exist in the way they appear or nothing exists at all; wrong view; aestheticism; rejoicing in your own ignorance	GMR	ACI X Class 7 Student Notes	17