

22-May-24	Geshe Michael Roach	GMR
	Gyalwa Gendun Drup	GGD
Version 5 resized 3/22/24	Kedrup Tenpa Dargye	KTD
	Je Tsongkapa	JTK
	Master Vasubandu	MV
	Pabongka Rinpoche	PR
	Kyabje Trijang Rinpoche	KTR
	Lord Buddha	LB
	Master Asanga	MA
	Gampopa	GP

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
1 day vows	Four primary: refraining from sexual activity (adultery is most serious); refraining from stealing; refraining from killing human or human fetus; refraining from lying; secondary: refraining from using or enjoying big comforts; refraining from using intoxicants; refraining from dancing, singing, playing music, wearing flower garlands, perfumes, jewelry, cosmetics; refraining from eating after noon time.	GMR	ACI IX Class 4 Student Notes	10
1 non-virtue brought to completion by ignorance of things	Mistaken views	GGD	ACI V Reading 7	135
1 ultimate antidote	Understanding emptiness	GMR	ACI X Class 5 Student Notes	10
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

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
10 bodhisattva bhumis	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

Title	Description	Author	Source	Page #
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	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. 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.	GMR	ACI I Reading 5	99
12 links of dependent origination	1. ignorance, elderly blind person; 2. making new karma, potter making a new pot; 3. untamed consciousness, monkey mind; 4. form and name, two guys in a boat; 5. empty building representing six organs of sense; 6. contact, man and woman kissing; 7. feeling, guy with an arrow in his eye; 8. craving, guide drinking a beer; 9. taking, grasping, monkey picking fruit; 10. birth, pregnant woman; 11. rebirth, woman giving birth; 12. old age and death, one person leaning on a cane, person being buried in sky burial.	GMR	ACI IV Class 10 Student Notes; Reading 10	20;63

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13 bhumis	Two lower (path of accumulation, path of preparation); 10 bodhisattva bhumis; higher (path of no more learning)	GMR	The Jewel Ornament of Liberation	259
16 aspects of the 4 Arya Truths (14 are listed in ACI VI Class 6, 17-18)	The Arya Truth of Suffering: impermanent, suffering, empty, selflessness; Truth of the Cause of Suffering: cause, origin, arising, condition; Truth of the Cessation of Suffering: cessation, pacification, excellence, freedom; Truth of the Path: path, correctness, achievement, and deliverance	PR	Liberation in the Palm of Your Hand	342
18 pledges for developing the Good Heart	Keep to the three laws (three sets of vows); never endanger yourself; don't discriminate between people; change your mind and stay the same; speak not of what was broken; never worry about what they're doing; rid yourself of the biggest affliction first; never hope for any reward; stop eating poison food; do not let the stream flow smooth; forget repaying criticism; give up laying ambushes; no going for the jugular; load your own truck, no passing the buck; don't get fixed on speed; don't feed the wrong face; don't turn the sweet angel into a devil; don't look for crap to make yourself happy.	GMR	ACI XIV Class 6 Student Notes	27-28

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2 additional ways to lose vows	Commit one of the defeats; if the Dharma disappears from the land	GMR	ACI IX Class 7 Student Notes	19
2 another list of beings to save	Beings with physical bodies, desire realm and form realm; beings with no physical bodies, formless realm beings	GMR	ACI VI Class 2 Student Notes; Reading 2	2; 19, 21
2 benefits taking keeping individual freedom vows	Avoid rebirth and lower realms; you will reach the three Enlightenments	GMR	ACI IX Class 7 Student Notes	19
2 bodhichittas	Apparent, wanting to become a Buddha to help all beings; ultimate, the direct perception of emptiness	KTD	ACI II Class 4 Student Notes; Reading 2	9, 11
2 causes of all suffering	Mental affliction obstacles; obstacles to total knowledge	GMR	ACI X Class 6 Student Notes	14
2 collections	Merit, first four perfections; wisdom, fifth and sixth perfections	GMR, MV	ACI V Class 8 Student Notes; Reading 8	16; 150-160
2 definitions of non-duality	Non-duality means that because you are focused on perceiving emptiness, which is a different type of reality, you cannot perceive yourself with your mind, there is a division between subject and object, but you just cannot be aware of it; You have an emptiness and all other objects have emptiness, all those emptinesses are equal to yours	GMR	ACI VI Class 6 Student Notes	16

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2 desires	Desire for this life and desire for future lives	PR	ACI I Class 5 Student Notes	48,179
2 dividing bodhichitta by its basic nature	Bodhichitta as the wish; engaging bodhichitta	GMR	ACI II Class 4 Student Notes; Reading 2	8; 11
2 divisions of bodhichitta	The wish in the form of a prayer; acting for the sake of all living beings	GMR	ACI VII Class 3 Student Notes;	5
2 divisions of karma	Projecting karma, throws you into your next rebirth, the most powerful, strong karma throughout your life; completing or finishing karma decides the details of your next life	GMR	ACI V Class 8 Student Notes; Reading 8	17; 150-160
2 divisions of karma	Communicating; non-communicating	GMR, MV	ACI V Reading 2	32-37
2 divisions of negative things	A simple absence something (empty space); an absence where words imply that it is not something else	GMR	ACI XIII Class 6 Student Notes	29
2 kinds of bodhisattva vows	18 root vows; 46 secondary vows	GMR	ACI VII Class 2 Student Notes	4
2 kinds of emptiness	The lack of self existent nature of you; the lack of self existent nature of your parts	GMR	ACI XII Class 6 Student Notes	20
2 kinds of great compassion	Great compassion that wants to free all living beings from suffering; great compassion that wants to protect people from suffering	GMR	ACI XII Class 10 Student Notes	36-37

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2 kinds of mental afflictions	Manifest, active; dormant, inactive	GMR	ACI XII Class 4 Student Notes	11
2 kinds of people	A person who has undergone the direct perception of emptiness (pakpa, arya); A person who has not	GMR	ACI XII Class 2 Student Notes	4
2 kinds of relationships	Relationship of identity (to be one thing is automatically to be another, example, to be a changing thing and the thing which is made); relationship of a thing and thing which it came from (cause-and-effect, can only be one way)	GMR	ACI XIII Class 7 Student Notes	34
2 kinds of suffering	Sufferings of this life; sufferings which occur during and at the moment death	GMR	ACI VII Class 1	1
2 kinds of valid perception	Direct valid perception (awareness of an object or your own thoughts); valid perception involving conceptualization (example would be your first perceptions of emptiness)	GMR	ACI XIII Class 5 Student Notes	27
2 meanings of nirvana	Natural nirvana, doesn't mean nirvana, means the emptiness of all objects; real nirvana, permanent cessation of your mental afflictions	GMR	ACI XII Class 2 Student Notes	6
2 obstacles	Obstacle to eliminating all bad thoughts and obstacle to knowing all things	GMR	ACI I Reading 2	45
2 perceptions	Direct perception; correct perception	GMR	ACI IV Class 2 Student Notes	3

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2 realities	Deceptive reality; ultimate reality	GMR	ACI XII Class 1 Student Notes	3
2 refuges	Ordinary (refuge in worldly things); exceptional (refuge in the 3 Jewels)	GMR	ACI II Class 1 Student Notes. Reading 1	3; 5
2 refuges	Ultimate refuge (journey along the path has reached its final goal); apparent refuge (any refuge where the path has not reached its final goal).	GMR	ACI II Reading 1	5
2 sides of the cliff	Things exist the way they look, the extreme of existence; if things don't exist in the way they look to me now, therefore they don't exist at all, I can do anything I want.	GMR	ACI VI Class 9 Student Notes	23
2 specific causes to be born as an animal	Consistently breaking minor rules; disrespecting others	GMR	ACI VIII Class 3 Student Notes	8
2 things that can cut your root of virtue	Thinking the complete opposite about how something really exists; anger directed at a bodhisattva, each instant results in a kalpa in hell	GMR, MV	ACI V Class 8 Student Notes; Reading 8	16; 150-160
2 types of Abhidharma	Main Abhidharma (three higher paths, seeing, habituation, no more learning); accessories to knowledge (wisdom from life)	GMR, MV	ACI V Class 1 Student Notes	1
2 types of correct perception	Direct perception, does not require reasoning; deductive reasoning, good reasons which lead you to see something	GMR	ACI IV Class 3 Student Notes; Reading 3	6; 16

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
2 types of meditation	Preventative meditation, state of mind you have all day long, prevents mental afflictions from reaching you; demolish meditation, deep meditation with perfect concentration	GMR	ACI XI Class 7 Student Notes	17
2 Ultimate Bodies	Merit (Rupakaya) and wisdom (Dharmakaya)	JTK	ACI III Reading 10	229
2 vehicles	Hinayana; Mahayana	GMR	ACI VI Class11 Student Notes	26
2 ways to prove something	Scriptural authority; logical proof	GMR	ACI XIII Class 6 Student Notes	31-32
2 what death awareness is and is not	Death awareness is not about the panic and pain at death; it is about focusing on the things in this life which will affect you after you die.	GMR	ACI VIII Class 9 Student Notes	24
2 wrong ideas about ourselves	Things you learn to hold as being self-existent; tendency to see things as self-existent	GMR	ACI XII Class 5 Student Notes	14
20 secondary mental afflictions	Anger; retaining anger; irritation; malice; jealousy; insincerity; pretense; shamelessness; inconsideration; hiding your fault; stingy; conceited; lack of faith; laziness; carelessness; forgetfulness; losing watchfulness; dullness; distraction; scattering	GMR	ACI X Class 8 Student Notes	18

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22 forms of the wish	Earth; gold; the first day's moon; fire; a mine; a cache of gemstones; the ocean; a diamond; the king of mountains; medicine; a spiritual guide; a wish-giving jewel; the sun; a song; a king; a treasure; a highway; a riding horse; a fountain of water; a sweet sound; a river; and a cloud	PR	ACI I Reading 8	179
3 additional kinds of liberating yourself	Totally go for it; entice others to the Dharma; keep others' faith	GMR	ACI X Class 10 Student Notes	25-26
3 additional ways to attract students	Prevent others from losing faith; have good manners; go to sleep properly	GMR	ACI X Class 10 Student Notes	26
3 attracting people to the Dharma with how you give the Dharma	Don't teach disrespectful students; teach at their level; recognize potential	GMR	ACI X Class 10 Student Notes	26
3 attracting people to the Dharma with material things	Share your resources; take care of your health; when the time comes give up your body and your life	GMR	ACI X Class 10	25-26
3 attributes of diamond	Diamond window is perfectly clear, like emptiness is all around you and you can't see it; diamond is the hardest thing in the universe, likewise emptiness is ultimate; pieces of diamond all have the same quality, totally pure, likewise emptiness is 100 percent emptiness	GMR	ACI VI Class 1 Student Notes	1
3 attributes of the turnings of the Wheel of Dharma	Emptiness (yongdrup); construct (kuntak); dependent thing (shenwang). Mind Only School	LB	ACI XV Class 4 Student Notes	17

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3 baskets	Vinaya, vowed morality; sutras; wisdom, Abhidharma	GMR	ACI VI Class 4 Student Notes	8
3 books, perfection of wisdom	100,000 verses; 20,000 verses; 8,000 verses	GMR	ACI II Class 1 Student Notes	1
3 categories of changing things	A physical thing; a mental thing; anything which is neither mind or matter is a produced thing	GMR	ACI XIII Class 2 Student Notes	8
3 checking for accuracy	Statement cannot be disproved by any direct perception you have or have had; statement cannot be contradicted by airtight reasoning; nothing the person said before contradicted what he said later	GMR	ACI IV Class 4 Student Notes	7
3 close recollections	Buddha Jewel (I am going for the ultimate goal); Dharma Jewel (direct perception of emptiness); Sangha Jewel ( think of those who have seen emptiness)	GMR	ACI X Class 9 Student Notes	21
3 collections	Vowed morality, concentration, and wisdom	GMR	ACI I Reading 4	79
3 conditions for human rebirth	A woman capable of giving birth; father and mother have desire make sexual contact; a bardo being must be in the immediate vicinity when they are having sex	GMR	ACI VIII Class 5 Student Notes	12
3 different meanings of words Sutra	The open teachings of Lord Buddha; a short book; one of the three great collections of Buddhist scriptures	GMR	ACI IX Class 1 Student Notes	2

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3 distinguishing features of the Lam Rim	The lam rim includes all subjects of both open secret teachings, is easily put into practice and has come down to us through the Masters of the two great traditions, Pabongka Rinpoche and Je Tsongkapa.	GMR, PR, JTK	ACI I Reading 4	80
3 dividing bodhichitta by way one thinks	King-like, I will get enlightened first and then lead others; Shepherd-like, I will make sure others achieve enlightenment and then I will do it; ferryman-like, we will do it together.	GMR, KTD	ACI II Class 4 Student Notes	8
3 division of deeds	Merit, virtuous deeds of the realm of desire; nonmerit, non-virtuous deeds in the desire realm; unshifting deeds, from form and formless realms	GMR	ACI V Reading 4	50
3 elements of a good deed	The giver, seeing the one doing the deed is empty; the recipient, they created the karma to receive the gift; the active giving, see the act is empty it's a good deed which will cause a good outcome	GMR	ACI VI Class 5 Student Notes	10
3 elements of emptiness (three spheres)	The object you're jealous about; a person who is jealous; the act of jealousy	GMR	ACI XII Class 9 Student Notes	35
3 enlightenments	Listener; Self-made Buddha; Mahayana	GMR	ACI IX Class 7 Student Notes	19

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3 examples of negative things	thing-ness or selflessness (logic school's term for emptiness, is a negative thing because you must eliminate all things which are not it to perceive it); empty space (absence of any physical obstruction); Jon Smith the chubby guy you never see eat during the day	GMR	ACI XIII Class 6 Student Notes	29-30
3 explanations of dependent origination	Things exist because they depend on their causes and conditions (functionalists); things exist because they depend on their parts (independents); things exist merely in dependence upon you thinking of the collection of their parts in a certain way (consequence)	GMR	ACI XII Class 8 Student Notes	32
3 extraordinary trainings	Ethical living (vinaya); meditation (sutras); wisdom (Abhidharma)	GMR	ACI VI Class 4 Student Notes; Reading 8	8; 117
3 hardships	Learning to detect the start of a mental affliction; learning to stop it; learning to stop the habit	GMR	ACI Course XIV Reading 3 and 4	24
3 Jewels	Buddha Jewel (the Buddha), ultimate protection; Dharma Jewel (the teachings); Sangha Jewel (anyone who has perceived emptiness directly)	GMR	ACI II Class 1 Student Notes; Reading 1	2; 3-5
3 Jewels	Buddha jewel, Dharma jewel, Sangha Jewel	GMR	ACI I Reading 6	147

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3 karmic consequences	Ripening, how strong your emotions were when you did the deed, what was the motivation, and how bad was the deed; corresponding result, similar experience, similar habit; environmental correspondence, sexual misconduct leads to a place that smells	GMR	ACI V Class 4; Reading 4	8; 49-72
3 kinds of compassion	Compassion that focuses on people's parts; passion that focuses on nothing, highest form of compassion in that it will lead you to teach people will to create the true causes for their future happiness; compassion that focuses on just plain old people, conventionally	GMR	ACI XII Class 6 Student Notes	22-23
3 kinds of conceptual valid perception	Deductive, logical conceptual valid perception (sound is a changing thing); valid conceptual perception based on convention, consensus or agreement (Uncle Sam means the federal government); rational belief (unquestionable authority says something is true)	GMR	ACI XIII Class 5 Student Notes	27

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3 kinds of correct reasons	A correct reason that involves a result (cause and effect relationship); A correct reason that involves a nature (consider sounds, they are changing things because they are made, to be a thing which is made is automatically a changing thing); a correct reason to prove the absence of something.	GMR	ACI XIII Class 5 Student Notes	28
3 kinds of deductive reasoning	Logical, used to perceive hidden things; belief in authority; based on convention	GMR	ACI IV Class 3 Student Notes; Reading 2A	6; 11
3 kinds of ethical behavior	Keeping your vows; behavior which collects good energy; behavior aimed at liberating yourself and other beings	GMR	ACI X Class 10 Student Notes	25
3 kinds of karma	Black karma, its essence is black and its result black, collected in the desire realm; White karma is virtuous karma of the form realm; black-and-white mixed, refers to virtue in the desire realm. black-and-white karma refers to both the result of the deed and the nature of the being doing the deed.	GMR	ACI V Class 7 Student Notes; Reading 7	14; 128-129
3 kinds of karma	Body; speech; mind	GMR, MV	ACI V Reading 2	31-32
3 kinds of karma	Virtuous; non-virtuous; neutral	GMR, MV	ACI V Reading 3	48

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3 kinds of kindness	Granting personal instruction, oral transmissions, and informal explanations of Scripture	GMR	ACI I Reading 10	249
3 kinds of meditation	Put your mind on the object; review meditation; analytical meditation	GMR, KTR	ACI III Class 8 Student Notes; Reading 5-6	13; 47
3 kinds of offerings	Offering things that no one owns; putting yourself at the service of the 3 Jewels; offerings you send out with your mind	GMR	ACI X Class 1 Student Notes	6-7
3 kinds of patience	I am glad this happened, I will turn this situation into something better; I will restrain my anger out of respect for the Dharma; I choose not to respond.	GMR	ACI XI Class 1 Student Notes	2-3
3 kinds of pretas	Beings with obstacles outside; beings with obstacles on the inside; obstacles to food and drink	GMR	ACI VIII Class 3 Student Notes	7
3 kinds of suffering	Suffering of suffering; suffering of change; pervasive suffering	GMR	ACI VII Class 1 Student Notes	1
3 lands	Below the earth, on the earth, and the sky above the earth	GMR, PR, JTK	ACI I Reading 2	46
3 levels of reality	Normal shapes, colors, sounds; things that are hidden, that you deduce; deeply hidden such as the workings of karma.	GMR	ACI IV Class 2 Student Notes;	3,11

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3 levels of rejoicing	Being happy about anything good you're doing to get to a higher realm, mostly involves avoiding the 10 non-virtues; being happy about you or another doing good things to get to Nirvana; being happy about things you or others have done to reach total enlightenment	GMR	ACI X Class 5 Student Notes	12
3 levels of the perfection of wisdom	Perfection of wisdom of the Path; perfection of wisdom of the result; perfection of wisdom books and teachings	GMR	ACI II Class 1 Student Notes	1
3 locations of the turning of the wheel of Dharma	Varanasi; Vulture's Peak; Vaishali	GMR	ACI XV Class 5 Student Notes	20-23
3 lower realms	Animal, hungry ghost, hell being	GMR	ACI I Reading 2	47
3 main aspects of death awareness	Death is certain (nothing can stop it, can't add time to your life, you have no time to practice); time of death is not certain (lifespans are not fixed, lots of things can kill you, not much keeps you alive, body is extremely fragile); when you die nothing helps but the Dharma (friends and relatives don't help, material possessions don't help, your body does not help)	GMR	ACI VIII Class 9 Student Notes	25-27
3 moralities	Restraining oneself from bad deeds; collecting goodness; morality for the sake of helping all living beings (this is the first two with the motivation to help others)	GMR	ACI III Class 10 Student Notes	17

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3 names of the turning of the Wheel of Dharma	Turning of the wheel on the Four Arya truths; turning of the wheel and how nothing exists by definition; turning of the wheel of fine distinctions	GMR, LB	ACI XV Class 4 Student Notes	20-23
3 negative results of anger	Anger destroys good karma; ruins happiness and relationships; useless to get upset	GMR	ACI XI Class 1 Student Notes	1
3 non-virtues brought to completion by all three poisons	Lying; divisive speech; meaningless talk	GMR	ACI V Reading 7	135-136
3 non-virtues brought to completion by desire	Sexual misconduct; coveting; stealing	GMR	ACI V Reading 7	135
3 non-virtues brought to completion by dislike	Taking life; malice; harsh speech	GMR	ACI V Reading 7	135
3 Orderings of the Three Turnings of the Wheel of Dharma according to the Middle Way School	1st: Turning of the Wheel on the Four Arya Truths; 2nd Turning of the Wheel of Fine Distinctions; 3rd Turning of the Wheel Nothing Exists by Definition.	GMR, LB	ACI XV Class 6 Student Notes	25-26
3 perfection of giving	Giving material things; protection; the Dharma	GMR	ACI X Class 9 Student Notes	24
3 poisons	Ignorant liking; ignorant disliking; ignorance itself	GMR	ACI VII Class 10 Student Notes;	24
3 possibilities that cause the world	Original cause; primal energy; creator being	GMR, MV	ACI V Reading 2	30-31
3 preliminaries to purifying karma	Doing prostrations; taking refuge; making offerings	GMR	ACI X Class 1 Student Notes	5

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3 prerequisites to see emptiness directly	Path of accumulation, renunciation coming out of samsara and the lower nirvanas, leave the home and worldly life, devote maximum effort studying the Dharma; path of preparation, gain intellectual understanding of emptiness; must be able to concentrate well enough to leave this realm	GMR	ACI VI Class 6 Student Notes	12
3 Principal Paths	Renunciation, bodhichitta, correct view	GMR	ACI I Reading 2	45
3 Problems of the Pot	Pot with lid closed, pot full of grime, pot with no bottom	GMR	ACI I Reading 2	46
3 qualities of the giving that makes the deed most powerful	Have an attitude of respect; give what is really needed; what you give cannot cause harm	GMR	ACI V Class 10 Student Notes; Reading 10	21; 161-180
3 realms	Desire realm, form realm, formless realm	GMR	ACI I Reading 2	45
3 reasons about the six perfections	You don't have to practice the prior five perfections in order to learn about and gain an intellectual understanding of emptiness; you don't have to practice the prior five perfections perfectly to develop a profound intellectual understanding and conviction of the truth of emptiness; Listeners and Self-made Buddhas who do not practice the six perfections can perceive emptiness directly	GMR	ACI XII Class 1 Student Notes	2

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3 reasons to study logic	It allows you to see emptiness directly, the only people qualified to keep Buddhism safe in the world are those who understand and can logically prove the truth of Buddhism; if you are me or someone like me (a Buddha) you can judge other people, but other people (non-Buddha) should not judge other people or they will fall down.	GMR	ACI XIII Class 1 Student Notes	1-2
3 reasons to use the Four Forces of Purification	We don't understand what's right and what's wrong very well, so we should purify the bad deeds we do; we can't control ourselves to do the right thing; purification clears away the obstacles to loving each other as much as we love ourselves	GMR	ACI X Class 5 Student Notes	11
3 Reasons why at time of death nothing but your practice can help	You leave your possessions behind, your family and friends can't help you, your own body can't help you	GMR	ACI VIII Class 9, Student Notes	25-26
3 Reasons why death is certain	Nothing can stop death when it arrives, cannot add time to your life, don't have time to practice	GMR	ACI VIII Class 9, Student Notes	25-26
3 Reasons why the time of death is not certain	Lifespan is not fixed; things that can kill us are many but things that keep us alive are a few; our bodies are fragile	GMR	ACI VIII Class 9, Student Notes	25-26
3 resolutions to declare with death awareness	Begin to practice Dharma; quit your worldly work and begin to practice today; practice only Dharma	GMR	ACI VIII Class 9 Student Notes	27

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3 roots of non-virtue	Ignorantly desiring something; disliking something; ignorant of things	GMR, GGD	ACI V Reading 7	133
3 rules to determine if a statement is figurative	What was the true intent of the statement; does it contradict obvious direct reality/perception; compelling need to make the statement to achieve a certain purpose	GMR	ACI IV Class 4 Student Notes	8
3 schools of ancient India	Functionalists; Independent; implication	GMR	ACI XII Class 2 Student Notes	5
3 scopes	Lesser (escape rebirth in lower realms, medium (escape samsara), greater (which achieved total enlightenment for the sake of every living being)	GMR	ACI I Reading 2	47
3 specific causes for rebirth as a craving spirit	Failing to give the three types of giving: material thing protection, Dharma teachings; stinginess; jealousy	GMR	ACI VIII Class 3 Student Notes	6
3 subjects of the turnings of the wheel of Dharma	Four Arya truths; emptiness; the three attributes	GMR	ACI XV Class 5 Student Notes	20-23
3 Sufferings	Suffering of suffering, suffering of change, pervasive suffering	GMR	ACI I Reading 6	38-40
3 tests for figurative versus literal	Melt it (test it against your own direct experience); cut it (test it against your own logical analysis); rub it (does the teaching contradict an authority you reasonably believe to be speaking the truth)	GMR	ACI XV Class 1 Student Notes	4

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
3 three that should never be lost	Virtuous actions in your words; your thoughts; and your actions	GMR	ACI Course XIV Reading 3 and 4	24
3 time frame of karmic consequences	Ripen in this very life, very next life, any life after the next;	GMR	ACI V Class 4 Student Notes, Reading 4	7
3 times	Past; present; future	GMR	ACI XIII Class 10 Student Notes	45
3 types of <i>chi</i> (quality, general category)	<i>Rik chi</i> a type or kind which has individual things which are characteristic of it (the difference between a car, the car and "car;" <i>dun chi</i> , a mental image of something you've already perceived; <i>tsok chi</i> , a physical collection of parts	GMR	ACI XIII Class 3 Student Notes	10
3 types of craving	Desire craving, fear craving, existence craving	GMR	ACI IV c 10 Student Notes; Reading 10	21, 65
3 types of disciples at the Turnings of the Wheel of Dharma	Listeners; greater way (mind only also says for mind only practitioners because they know it is figurative); people of all ways	GMR	ACI XV Class 5 Student Notes	20-23
3 Vowed morality	Freedom vows; bodhisattva vows; Tantric vows	GMR, JTK	ACI VII Class 2 Student Notes	4
3 wrong ideas about emptiness	Emptiness is a the black void; pretending things aren't really there; nothing matters and morality is not important	GMR	ACI XII Class 2 Student Notes	5

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
4 activities ultimately important in our lives	Study the Dharma; daily practice; meditation; practice such as a job or family situation	GMR	ACI XI Class 1 Student Notes	1
4 Arya truths (also known as Noble truths)	Truth of suffering; truth of the cause of suffering; truth of cessation of suffering; truth of the path to the cessation of suffering	GMR	ACI VI Class 6 Student Notes	16
4 attachments	Anyone attached to this life is no Dharma practitioner; anyone attached to the three realms has no renunciation; anyone attached to their own needs alone is no Bodhisattva; if you grasp to things as self existent you have no worldview.	GMR	ACI XIV Class 10 Student Notes	47
4 attributes of Lord Bhuddha's speech	All things are impermanent; all impure things are suffering; all things are empty and lack self nature; Nirvana is peace	GMR	GMR teaching, translator class 23 Oct 2023	
4 benefits of taking vows	Taken from someone else, live up to their scrutiny; pure motivation, to become enlightened to help others; fixable, you can repair them; if you have the first two qualities strongly, you won't break the vows in the first place	GMR	ACI VII Class 2 Student Notes	4

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
4 black and white deeds	Knowingly deceiving your lama, never speaking a lie to any person even in jest; to get anyone to regret something virtuous they have done; say something unpleasant to a bodhisattva out of anger, see everyone as bodhisattvas; to be devious, dishonest, or deceitful to any being with a bad motivation	GMR	ACI VII Class 9 Student Notes;	22
4 bodies of a Buddha	<i>nirmanakaya</i> emanation body; <i>sambhogakaya</i> enjoyment body; <i>svabhavakaya</i> a essence body and <i>dharmakaya</i> wisdom body	GMR	ACI VI Class 3 Student Notes	5
4 causes for rebirth as a craving spirit	General cause, doing the 10 non-virtues with medium strength; three specific causes	GMR	ACI VIII Class 3 Student Notes	6
4 chains	Not to consider what you are doing or are going to do as wrong; be willing to do it again; enjoy doing it; don't have any shame or conscience	GMR	ACI VII Class 6 Student Notes	12
4 deep awarenesses	Body; feelings; mind; objects	GMR	ACI XII Class 7 Student Notes	25

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
4 eras	Results, many people become arhants, many people become non-returners, lots of people become stream enterers; practice (trying), people are training in wisdom, training in concentration; training in morality; physical Dharma (people talk, but have no practice or attainment), Abhidharma basket exists, Sutra basket exists, morality basket exists; era of just a trace, no one understands or practices Dharma	GMR	ACI VI Class 4 Student Notes	8-9
4 examples of powerful objects causing ripening in this life	Someone who has just come out cessation meditation for the first time; who has just come out of immeasurable love or no-mind meditation for the first time; someone who has just come out of the direct perception of emptiness for the first time; someone one who has just become an arhant.	GMR	ACI V Class 1 Student Notes; Reading 4	8; 49-72
4 experiences at the point of death	Tormented by memories of bad things you've done; you hear terrible sounds; you mess yourself; total loss of clarity	GMR	ACI XI Class 4 Student Notes	9
4 fold analysis	Identify what you deny, recognize the necessity, perceive it is not truly one, perceive it's not truly many	GMR	ACI I Reading 9	210

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
4 forces that support joyful effort	Force of willpower; force of steadfastness; force of total delight in practice; force leaving off (take a rest)	GMR	ACI XI Class 6 Student Notes	14
4 great divisions of Source of All My Good	Root of the path; how to practice and purify the mind after taking a lama; requests for help in practice; prayer to meet lamas and achieve goals	GMR, JTK	ACI III Class 8, Student Notes	13
4 great facts	Nothing exists naturally, but it's not true that nothing exists at all;. everything exists in name only; but is not that everything exists naturally	GMR	ACI VI Class 9 Student Notes	24
4 Greatnesses	One comes to realize the teachings are all consistent, one perceives all the Scriptures as personal advice, one easily grasps the true intent of the Buddhas, and one automatically avoids a great mistake of disparaging any teaching	GMR, PR, JTK	ACI I Reading 4	80
4 immeasurables	May all living beings gain happiness and what causes happiness and may I help them achieve this; May all living beings escape suffering and what causes suffering and may I help them achieve this; May all living beings never be without the happiness free of every suffering and may I help them achieve this; May all living beings stay neutral, free of all like for their friends and dislike for their enemies and may I help achieve this.	GMR, PR, JTK	ACI I Reading 9	245

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
4 kinds of dedication	General dedication; dedicating virtue to help sick people; dedicating virtue to help hungry and thirsty people; dedicating for virtue so that all beings get anything they want	GMR	ACI X Class 5 Student Notes	12
4 kinds of eons	eon of the destruction; eon of formation; continuation eon; great eon	GMR	ACI VIII Class 8 Student Notes	20-21
4 kinds of giving	Giving for own benefit; giving for the benefit of others; help both self and other by giving; neither benefit by giving (Buddha to Buddha)	GMR	ACI V Class 10 Student Notes; Reading 10	18; 161-181
4 kinds of good karmic deeds	Nirvana; by its very nature; virtuous thought; virtuous verbal and physical action	GMR	ACI V Class 3 Student Notes	5
4 kinds of karma that must ripen rather than remain latent	Deed committed with strong emotion; deed committed to a very holy object; deed committed over and over again; deed done with extraordinary motivation, for instance tantra.	GMR	ACI V Class 4 Student Notes, Reading 4	7; 49-72
4 kinds of meditation cause rebirth in formless realm	Non-conceptual and not non-conceptual; limitless awareness; nothing at all; the peak of existence.	GMR	ACI VIII Class 2 Student Notes	4
4 kinds of perfection of wisdom	Natural perfection of wisdom; textual perfection of wisdom; path perfection of wisdom; result perfection of wisdom	GMR	ACI VI Class 9 Student Notes	23

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
4 kinds of sustenance	Portions (subtle doesn't produce urine or feces, gross what we eat); contact, just seeing the thing gives sustenance; movement of the mind sustains you to continue life; the mind itself sustains a beings existence	GMR	ACI VIII Class 6 Student Notes	14
4 levels of formless realm	Limitless space; limitless awareness/consciousness; nothing at all; the peak of (suffering) existence.	GMR	ACI VIII Class 2 Student Notes	4
4 methods of attracting disciples	Supply their physical needs, speak in a way that is familiar to them, teach to the level of the student, practice what you preach	GMR		
4 object of giving	Humans are better to give to than animals; giving to someone who is suffering is more powerful than someone who is not in great need; giving to those with high spiritual qualities; given to a special object like your parents	GMR	ACI V Class 10 Student Notes; Reading 10	21;161-180
4 parts death meditation	Disadvantages of not cultivating death awareness; advantages of cultivating death awareness; what death awareness is and is not; how to develop death awareness	GMR	ACI VIII Class 9 Student Notes	23
4 parts to a path of action	1) The object involved; 2) the thinking involved a. correct identification, b. bad thoughts, c. motivation or intention; 3) undertaking the deed; 4) completing the deed	GMR, GGD	ACI V Class 7 Student Notes; Reading 7	14-15; 145-150

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
4 points of virtue	Someone yells at you, you don't yell back; someone criticizes you and you don't respond; someone hits you and you don't respond; someone gets angry at you and you don't respond	GMR	ACI VII Class 8 Student Notes;	17
4 points of virtue	Responding to a scolding with a scolding; responding to criticism with criticism; responding to a beating with a the beating; responding to anger with anger	GMR	ACI VII Class 8 Student Notes; Reading 8	17;77
4 powers of purification	Foundation (refuge); regret, intelligent regret; restraint; remedy	GMR, MV	ACI V Class 11 Student Notes; Reading 10	23;161-180
4 primary one-day vows	No sexual activity; no stealing; no killing human or human fetus; no lying	GMR	ACI IX Class 4 Student Notes	10
4 principles of karma	Fixed content (good deed-pleasant result, bad deed-unpleasant result); results are greater than their deeds; if you don't do the karma, you don't get the result; it must ripen	GMR	ACI VIII Class 3 Student Notes	7
4 qualities that must go together	Functioning thing (does something); changing thing; caused thing (produced by the convening of cognitive); produced thing (something which is made)	GMR	ACI XI Class 2 Student Notes	5
4 requirements of a Buddhist book	Subject matter is meaningful; purpose; ultimate goal; relationship between the prior three	GMR	ACI V Reading 1	23-24

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
4 results of Buddhist path	Stream-enterer; once-returner; non-returner; arhant	GMR	ACI II Class 7 Student Notes	12
4 Schools of Ancient Buddhism	Functionalist schools, (Hinayana, Abhidharma or Vaibhashika, Sautranitka or Sutrism, logic), Mahayana Chittamatra or Yogachara, Mind Only); Independent school, Mahayana, Madhyamika, Svatantrika, independents; Implication School, Mahayana; Madhyamika Prasangika, Consequence.	GMR	ACI VI Class 11	26
4 secondary one day vows	No luxurious furniture; no use of intoxicants; no frivolous activities like dancing and singing; do not eat after noon	GMR	ACI IX Class 4 Student Notes	10
4 special qualities of the Lam Rim teaching	Realize all the teachings are free of any inconsistency; every teaching strikes you as personal advice; easily grasp the intent of the Buddhas; saves you from the great abyss	GMR	ACI IX Class 8 Student Notes; Reading 8	21;83
4 steps for collecting negative karma	Think things exist independent of your projections; you want the object; you are willing to do something unethical to get it; you collect bad karma	GMR	ACI X Class 5 Student Notes	11
4 things which nourish the body	Eating food; taking care of your body; sleep; concentration	GMR	ACI VIII Class 6 Student Notes	14-15

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
4 types of bodhichitta (spiritual understanding)	Has Mahayana bodhichitta, but hasn't seen emptiness yet, occurs on paths of accumulation and preparation; has Mahayana bodhichitta, has seen emptiness directly, still sees things as deceptive reality, occurs on path of seeing and habituation; has Mahayana bodhichitta, doesn't see or think things are self existent but still has seeds to see things are self existent, bodhisattva bhumis 8-10; Mahayana bodhichitta, doesn't think things are self existent, doesn't see them as self existent, has no more seeds to see things as self existent, this is a Buddha	GMR	ACI II Class 4 Student Notes	7
4 types of grasping	Grasping to the desirable, grasping to views, grasping to self-nature, grasping to mistaken forms of morality and ascetic practices	GMR	ACI IV Class 10 Student Notes; Reading 10	65
4 types of karmic results	Ripening (big bad deed hell realm, medium bad deed preta, small bad deed animal realm); Consistent with cause (if you kill, your life will be short); consistent with result (Tendency to repeat the same misdeed); environmental (how you experience the physical world)	GMR	ACI IX Class 6 Student Notes	17

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
4 types of nirvana	natural nirvana; nirvana was something left over; nirvana with nothing left over; nirvana that does not stay in the extreme of samsara or the extreme of lower peace	GMR	ACI II Class 5 Student Notes; Reading 3	10-11;12
4 types of sexual misconduct	Sex with someone else's wife, or with a woman too closely related to oneself; sex with a woman using an improper part of her body, mouth or anus; sex in improper place, out in the open or in a shrine or temple; sex at an improper time, while the baby is still nursing, while she is pregnant, or during the period she is observing the one day layman's vows	GMR	ACI V Reading 7	141
4 ways of looking at mental images	<i>Tsok chi</i> , the whole or collection of parts; rik chi quality, breaking the whole down to concepts and ideas, "car" is a quality or rik chi, Chevrolet is a characteristic, it is a subset of cars; <i>dun chi</i> mental image of something you have seen; <i>dra ch i</i> , mental image of something you have not seen	GMR	ACI VI Class 6 Student Notes	13-14
4 ways of seeing self	Conventional me; seeing self as self existent and believing I'm self-existent; someone who has seen emptiness directly doesn't believe in self-existence but sees self as self-existent; someone no longer sees or believes self to be self-existent	GMR	ACI IV Class 10 Student Notes;	21-22

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
4 ways of taking birth	Womb; egg; miraculous; warmth and moisture	GMR	ACI IV Class 9 Student Notes;	18
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

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
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

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
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

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
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

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
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

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
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

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
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
50 verses on lamas	see reading	PR	ACI I Reading 3	64
6 Sufferings	Nothing is fixed, never satisfied, shed body over and over, reborn again and again, high and then low, no companion you die alone	GMR, PR	ACI I Reading 6	139
6 advantages if you do meditate on death	Your practice is pure; your practice gains power; helps you get started; keep going strong; gets you to the end; you die with satisfaction	GMR	ACI VIII Class 9 Student Notes	24
6 antidote activities (power of remedy for the four powers)	Study the Scriptures that teach emptiness; recite secret mantras; practice of holy bodies (painting holy images, making statues, stupas and the like); practice giving offerings; reciting names	GMR	ACI X Class 4 Student Notes	9

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
6 aspects of the arya truth of suffering	Born with the due habit seeing yourself and your parts as self-existent; tendency to see you and your parts as self-existent grows and becomes stronger; attracted to or unattracted to things in the wrong way as if coming from their own side; your liking and disliking things ignorantly grows; you do the deed and collect the karma; you perpetuate your suffering	GMR	ACI XII Class 4 Student Notes	12-13
6 causal steps to creating karma	Bakchak from previous life ripens to see something as self-existent; two kinds of ignorance arise, self-existent nature of a person, self-existent nature of things; you look at objects as self-existent; develop attachment or aversion; collect karma upon thinking of the object, or acting, with attachment or aversion; circle around again in the cycle of suffering life.	GMR, MA	ACI V Class 6	12

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
6 Conditions necessary for direct perception of emptiness	Connect purely with a qualified teacher; study emptiness in great depth; meditate deeply for one or two hours every day; receive instructions on the nature of mental managing (chi and jedrak); use and begin to have profound realizations about the nature and permanent; you then have a direct experience perceiving deceptive truth which leads to the direct perception of emptiness	GMR	ACI XII Class 2 Student Notes	4
6 Images of the instruction	Think of yourself as a patient (sick with mental afflictions), think of the Dharma as medicine, think of your teacher as a master physician, think of following his teachings exactly, think of the Buddhas as infallible (your teacher), pray for teachings to remain for a long time (as the great cure)	GMR, PR	ACI I Reading 2	46
6 perfections	Giving; moral discipline; patience; joyous effort; concentration; wisdom	GMR	ACI VI Class 5 Student Notes	11
6 Preliminaries to Meditation	Cleanup room; set up altar offerings; go for refuge and generate bodhichitta (assume proper posture); visualize lamas; purify obstacles and gather goodness using the seven ingredients; request blessings	GMR	ACI III Reading 1	1-17

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
6 problems if you don't meditate on death	You don't do the Dharma; think death will happen later; your practice lacks enthusiasm; you get sucked into samsara; you have intense regret at death	GMR	ACI VIII Class 9 Student Notes	23
6 sufferings	Nothing is fixed; never satisfied; shedding body over and over; being reborn over and over; after high comes low; there is no companion	GMR	ACI VIII Class 4 Student Notes	9
6 things that cause karma to be committed and collected	Intentional; complete path of karma; no regrets; no antidote; agitated; definite karmic result	GMR	ACI V Class 10 Student Notes; Reading 10	22;161-180
6 things that makes karma more powerful	Doing it in a stream; strong feelings; with antidote to three poisons in your mind; a powerful object; for people that have helped you greatly; giving to someone who is suffering	GMR	ACI X Class 9 Student Notes	24
6 top mental afflictions	Ignorant liking (desire or attachment); disliking things ignorantly (anger or hatred); pride; ignorance (at understanding laws of karma); doubt (lazy doubt); wrong view	GMR	ACI X Class 7 Student Notes	16
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

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
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

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
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

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
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

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
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

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
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
9 situations where you should freeze	Ignorant liking; ignorant disliking; pride; conceit; criticizing; deceiving other; praising yourself; putting down others; scolding	GMR	ACI X Class 9 Student Notes	23
9 stages of meditation	Putting the mind on the object; keeping the mind on the object with brief continuity; keeping the mind on the object with patches where you lose the object; maintain mind tightly on the object; controlling the mind; quieting the mind; completely quiet the mind; it gaining single pointedness; reaching deep meditation	GMR, KTR	ACI III Class 7 Student Notes; Reading 5-6; Reading 7	11-12; 46-54; 56-63