

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

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

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

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