

Title	Description	Author	Source	Page #
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

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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

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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

Title	Description	Author	Source	Page #
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

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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

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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

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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

Title	Description	Author	Source	Page #
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

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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 bhūmis 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

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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

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4 ways of taking birth	Womb; egg; miraculous; warmth and moisture	GMR	ACI IV Class 9 Student Notes;	18