

Title	Description	Author	Source	Page #
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
五逆罪	杀母；杀父；杀阿罗汉；制造分裂；企图以邪恶的意图杀害佛陀	GMR	ACI V 第9课 学生笔记; 阅读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
五个特异功能（五神通）	化身、视觉、听觉、感知过去，以及能读别人想法的超常能力。（天眼通、天耳通、他心通、宿命通、如意通）	GMR	ACI I 阅读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
五个环境条件	有利的场所；需求很少；感到满足；放弃了很多东西；避免伤害；摆脱感官欲望	GMR	ACI III 第2课 学生笔记; 阅读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
按本质分类的五种善行	无欲、无恨、非无明、无愧、无虑	GMR	ACI V 第3课 学生笔记	5

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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
5 种退化	人的生命非常脆弱；人们不被做行善所吸引；我们的身体不是很好；食物和药品减少了药效和营养质量不好；受戒的人没有善业	GMR	ACI VIII 第8课 学生笔记	22
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
业力行为带来的五种不同体验	第一类的例子是感受，其本质是一种体验或感觉。像"触感"这样的意识功能代表了第二种类型，即由于意识联系而产生的体验。举例来说，"形式"就是通过作为自己关注的对象而产生的体验。善业和不善业都是通过其成熟来体验的例子。而最后一种，即通过直接显现而体验到的东西，就是感受。	GMR	ACI V 阅读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
五种不同的皈依方式	与较小范围、中等范围、较大范围、共享的皈依，原因皈依，和结果皈依	GMR	ACI II 阅读1	6

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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 4; 34 3 Student Notes	
有利场所的五个要素	生理需求；安全场所；健康环境；可信赖的助手；与世隔绝，没有书籍、收音机或电脑	GMR	ACI III 第3课 学生笔记	4; 34
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 secondary vows, and don't confess, a few it would be less serious; breaking a larger number, is a medium seriousness; too large a number count break more than you can count, multiple times, it is heavy seriousness.	GMR	ACI VII Class 10 Student Notes	24
决定破戒后果轻重的五个因素	本质，主要与次要；教唆者，不知道戒规，暂时被坏想法干扰，不尊重戒律；有三毒；对象；积累，满足多个者则严重，少则轻；两多算重。	GMR	ACI VII 第10课 学生笔记	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
五种自圆满 (个人品质)	生而为人，生于中原，用全面使用你的技能，未犯五逆之罪，信奉三藏 (道德、专注、智慧)。	GMR	ACI III 第9课	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

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五种他圆满 (世俗的)	有觉悟者来到这个世界，这位觉悟者传授了神圣的佛法，佛法得以流传，有人在修行佛法，修行者们得到了必要的支持	GMR	ACI III 第9课	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
失去戒律的五个常见原因	正式归还；死亡；出现异性器官；变性三次；如果你破坏你的善根	GMR	ACI IX 第7课 学生笔记	18
5 great texts	Perfection of wisdom (<i>Prajnaparamita</i>), middle way (<i>Madhyamika</i>); vowed morality (<i>Vinaya</i>), higher knowledge (<i>Abhidarma</i>), Buddhist logic and perception (<i>Pramana</i>)	GMR	ACI III Class 8, Student Notes	13
五部大论	《般若波罗蜜多经》(<i>Prajnaparamita</i>) ; 《入中论》(<i>Madhyamika</i>) ; 《戒论》(<i>Vinaya</i>) ; 《阿毗达摩俱舍论》(<i>Abhidarma</i>) ; 《佛教因明与量论》(<i>Pramana</i>)	GMR	ACI III 第8课 学生笔记	13
5 heaps	Physical body; feelings; discrimination; other factors; main mind consciousness	GMR, KTD	ACI II Class 6 Student Notes	11
五蕴	见阅读	GMR, KTD	ACI II 第6课 学生笔记	11
5 heaps	The physical body; feelings; discrimination; other factors; consciousness	GMR	ACI XII Class 7 Student Notes	24

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五蕴	身体 (色蕴) ; 感觉 (受蕴) ; 辨别力 (想蕴) ; 其他因素 (行蕴) ; 主要意识觉知 (识蕴)	GMR	ACI XII 第7课 学生笔记	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
五逆罪 (按严重程度排序, 最严重为首)	造成分裂; 试图杀害佛陀; 杀害阿罗汉; 杀害母亲; 杀害父亲	GMR	ACI V 第9课 学生笔记; 阅读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
五个终身在家居士戒	不杀人或胎儿; 不拿任何有价值的东西, 不拿别人没有给予的东西; 不对自己的灵修能力撒谎; 不通奸; 不酗酒; 不放弃皈依。	GMR	ACI IX 第4课 学生笔记; 阅读4	11;35
5 mental poisons	Liking things ignorantly; disliking things stupidly; ignorance; pride; jealousy	GMR	ACI XIV Class 3 Student Notes	12-13
五种意识毒药	无知的喜欢; 愚蠢的不喜欢; 无明; 骄傲; 嫉妒	GMR	ACI XIV 第3课 学生笔记	12-13

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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
好老师具备的至少五个特质	他们应主要专注于佛法；为未来世而努力；先照顾他人后照顾自己；对于他们的身、语、意都小心行事；不传授错误的知识	GMR, JTK	ACI III 第8课 学生笔记	13
5 obstacles to meditation	Rrestless 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
冥想的五大障碍	无休止的欲望，情感丰富的白日梦；怨恨或愤怒的情绪；身心迟钝·昏昏欲睡；被感官对象所吸引；疑神疑鬼	GMR	ACI XI 第7课 学生笔记	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
五道	资粮道；加行道；见道；修道；无学道	GMR, JTK	ACI I 阅读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
获得菩提心的五种快速练习	随喜；请求圣众（神圣的存在）的教导；请求老师住世；回向；愿意放弃一切帮助他人	GMR	ACI X 第5课 学生笔记	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

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生气所导致的五个问题	你将永远无法获得平静；摧毁你的幸福；扰乱你的身体；让你无法安睡；失去平衡	GMR	ACI XI 第1课学生笔记	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
冥想会遇到的五个问题	不愿意做冥想；失去冥想所缘境；昏沉和躁动；不采取行动；在不需要采取行动时采取行动	GMR, KTR	ACI III 第7课 学生笔记; 阅读4&5	44;229
5 proofs of emptiness	Emptiness of one or many; sliver of diamond; denial 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
空性的五种证明	一或多的空性；钻石的碎片；否认显现的事物存在与否；否认事物是以四种可能性当中的任何一种显现；互相存在的推论	GMR, KTD	ACI II 第8课 学生笔记	15, 27-30
5 qualities of a good lama	Control self with the three extraordinary trainings; has perceived emptiness directly or intellectually; love students	GMR	ACI III Class 8, Student Notes	13
好上师具备的五个品质	基于三项殊胜的练习训练自己；直接见到过空性或非常了解空性；热爱学生	GMR	ACI III 第8课 学生笔记	13
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

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无表业力的五个特性	不去想它，它仍在那里；在深度冥想中，它仍在那里；要么是善业的，要么是非善业；随时随地跟随你；具备因的所有元素	GMR, MV	ACI V 阅读2	32-37
5 sciences	Grammar, logic, Buddhist theory, fine arts and medicine	GMR, PR	ACI I Reading 2	47
五明（科学）	文法（声明）、逻辑（因明）、佛法（内明）、艺术（工巧明）、医药（医方明）	GMR, PR	ACI I 阅读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
持戒的五个步骤	尊重佛陀的教诲；发三愿：1) 愿遵循戒律，因为这些戒律来自于已经证悟的人2) 愿到达佛境3) 愿成佛；你在前两个步骤的基础上受戒；因为尊敬，将其视为至高无上的事物；因为尊重，避免违背任何戒律	GMR	ACI VII 第10课 学生笔记	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
追求异性时要避免的五件事	乞求与吸引你的人建立关系；在追求他们的过程中不可避免不良行为、不道德行为；做毁坏自我声誉的不善之举；有鲁莽的习惯；为了追到对方耗尽你所有的金钱和资源	GMR	ACI XI 第7课 学生笔记	19

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5 things which are not accurate perceptions	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
五种不正确的觉知	你看到的事物是完全错误；你无法做决定；记忆觉知渐弱；自以为知道一些事物；当它出现在你面前，你却不能确定	GMR	ACI IV 第3课 学生笔记	5
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
通过具备菩提心使他人摆脱痛苦的五种方式	为他人消除阎魔（死亡之主）；消除他人的精神和物质贫困；消除他人的心理烦恼和身体疾病；消除他人的一般性痛苦；消除三恶道中的苦难	GMR	ACI X 第6课 学生笔记	14
5 wrong worldviews	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
五种错误的世界观	短暂的观念（“我”的存在）；极端的观点，事物以其显现的方式存在，或者根本不存在；错误的观点；唯美主义；为自己的无知而沾沾自喜	GMR	ACI X 第7课 学生笔记	17