

Title	Description	Author	Source	Page #
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
欲界十恶生	八层地狱 (八热八冷) 、恶鬼、畜生	GMR	ACI VIII 第1课 学生笔记	2
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
菩萨十地	欢喜地；离垢地；发光地；焰慧地；难胜地；现前地；远行地；不动地；善慧地；法云地	GP	《解脱庄严 宝论》	259-277
10 fortunes 十圆满	See 5 fortunes (personal) and 5 fortunes (worldly) 详见五个自圆满与五个他圆满	GMR GMR	ACI III, Class 15; 128-131 ACI III 第9课 学生笔记; 阅读9	15; 128-132
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
欲界十善生	人类 (根据四大部洲分为四种) ；天人 (六种不同的欲界天人)	GMR	ACI VIII 第1课 学生笔记	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

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十不善业	身：杀生、偷盗、邪淫；语：妄语、两舌、恶语、绮语；意：贪图他人的物品（贪）、嗔、痴	PR	ACI I 第6课 阅读	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
上师的十个品质	践行十善业；精通专注力；精通智慧（深刻理解空性或直见空性）；比学生懂得更多；愿意为学生付出巨大努力；了解经文；应当已直见空性；善巧的老师；爱学生；不厌其烦地帮助学生。	JTK	ACI III 第8课 学生笔记	13

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10 results of doing the 10 non-virtues	<p>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 you're never satisfied with what you have, environment result every good thing you managed to find declines); ill-will (personal result you are dominated by anger, finding yourself without help, being hurt by others, environmental result, you live in a world of chaos); wrong view (personal result, your personality is dominated by stupidity, you are deceitful, environmental result no place to go, nothing to protect you, people</p>	GMR	ACI IX Class 6 Student Notes; Reading 4	14-16; 69

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做十不善业的十种结果	<p>杀生（个人结果：你的生命短暂；环境结果：维持生活所需没有营养；偷盗任何有价值的东西（个人结果：你没有足够的钱生活，你所拥有的只是与他人的共同财产；环境结果：农作物少之又少）；邪淫（个人结果：周围的人都不可靠；环境结果：身边被屎尿环绕，一切都臭气熏天）；妄语（个人结果：没人相信你说的话；环境结果：合作工作失败，每个人都在欺骗别人）；两舌（个人结果：很容易失去朋友；环境结果：你生活的土地分裂，凹凸不平，出行困难）；恶语（个人结果：有不愉快的噪音，人们总想找茬；环境结果：地面崎岖不平，令人沉闷）；绮语（个人结果：没人尊重你说的话；环境结果：庄稼不长，不能正常成熟）；贪（个人结果：永远不会满足于你所拥有的；环境结果：你设法找到的每件好东西都在减少）；嗔（个人结果：被愤怒支配，发现自己得不到帮助，被他人伤害；环境结果：你生活在一个混乱的世界中）；痴（错误的世界观）（个人结果：你的性格被愚痴支配，你会行骗；环境结果：没有地方可去，没有什么可以保护你，人们认为痛苦的事情是令人愉快的</p>	GMR	ACI IX 第6课 学生笔记； 阅读4	14-16; 69
10 Ultimate Riches	<p>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.</p>	GMR	ACI I Reading 5	99

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十个终极财富	四个目标：最终将你的心对准修行；最终将你的修行对准乞丐；最终将乞丐对准死亡；最终将死亡对准尘土飞扬的峡谷。三颗钻石：把不可能被抓住的钻石向前发射出；把无法摧毁的钻石放在后面；把智慧的钻石放在身边。三颗被抛出的钻石：被抛出人的行列；到达狗的行列；成就神的行列。	GMR	ACII 第5课 阅读	99