

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
对我们的生活至关重要四项活动	学习佛法；日常修行；冥想；在工作或家庭中修行	GMR	ACI XI 第1课 学生笔记	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
四证谛 (又称圣谛)	苦的真相；苦因的真相；止苦的真相；止苦之道的真相	GMR	ACI VI 第6课 学生笔记	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
四种执着	任何执着于今生的人都不是佛法修行者；任何执着于三界的人都没有出离心；任何只执着于自身需求的人都不是菩萨；如果你执着于事物的自性，你就没有（正确的）世界观。	GMR	ACI XIV 第10课 学生笔记	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	

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佛陀的言语的四个特点	一切皆无常，一切不净皆苦，一切皆空无自性，涅槃即安乐。	GMR	GMR 教学，翻译班 2023 年 10 月 23 日	0
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
受戒的四个好处	从他人处受戒，不辜负他人的监督；动机纯正，证悟后帮助他人；可修复，你可以修复它们；如果你有强烈的前两种品质，你首先就不会破戒	GMR	ACI VII 第2课 学生笔记	4
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
四种黑业和白业	明知故犯地欺骗你的上师，即使是开玩笑也绝不对任何人说假话；让任何人为自己所做的善事后悔；因愤怒而对菩萨说不愉快的话，视所有人为菩萨；以不良动机对任何众生狡猾、不诚实或欺骗	GMR	ACI VII 第9课 学生笔记	22
4 bodies of a Buddha	<i>Rupakaya</i> is the form body, <i>nirmanakaya</i> emanation body and <i>sambhogakaya</i> enjoyment body; <i>Dharmakaya</i> is the wisdom body, <i>svabhavakaya</i> essence body and <i>jnanadharmakaya</i> wisdom body	GMR	ACI VI Class 3 Student Notes	5

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四种佛身	Rupakaya 是色身： 化身 (nirmanakaya) 和报身 (sambhogakaya) ； Dharma kaya 是法身： 自性身 (svabhavakaya) 和智慧法身 (jnanadarmakaya)	GMR	ACI VI 第3课 学生笔记	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
转生为饿鬼的四个原 因	一般原因，以中等力度做十不善业；三个具体原因	GMR	ACI VIII 第3课 学生笔记	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
四连锁 (四品缠)	不认为自己正在做或将要做的事情是错误的；愿意再次做； 喜欢做；没有任何羞耻感或良心不安	GMR	ACI VII 第6课 学生笔记	12
4 deep awarenesses	Body; feelings; mind; objects	GMR	ACI XII Class 7 Student Notes	25
四个深层意识	身体；情感；心灵；物体	GMR	ACI XII 第七课 学生笔记	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
四个时代	结果（证三品），很多人成了阿罗汉，很多人成了不退转者，很多人成了入流者；修三品（修行（尝试）），人们在训练智慧，训练专注，训练戒律；教三品（物质佛法）（人们空谈，但没有修行或成就），阿毗达磨存在，经文存在，戒律存在；因此，（唯持相品）只留一个痕迹，没有人理解或实践佛法	GMR	ACI VI 第4课 学生笔记	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 who has just become an arhant.	GMR	ACI V Class 8; 49-72 1 Student Notes; Reading 4	
导致业力今生成熟的四个强大对象	第一次从止观禅修中走出来的人；第一次从无量爱或无念禅修中走出来的人；从首次直见空性中走出来的人；刚成为阿罗汉的人。	GMR	ACI V 第1课 8; 49-72 学生笔记; 阅读4	
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
四种临终体验	被自己做过的坏事的记忆折磨；听到可怕的声音；自己让自己混乱；完全失去清醒	GMR	ACI XI 第4课 学生笔记	9

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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
四层分析	找出你所否认的，认识到其必要性，觉察到它并非真正的一，觉察到它并非真正的多	GMR	ACI I 阅读9	210
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
支持精进之乐的四 种力量	意志的力量；坚定不移的力量；完全乐于实践的力量；停止（休息）的力量	GMR	ACI XI 第6课 学生笔记	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
我一切善业来源《普善德根本》的四大分部	道路的根源；依止上师后如何修行和净化意识；请求修行中的帮助；为见到上师和实现目标而祈祷	GMR, JTK	ACI III 第8课 学生笔记	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
四大事实	没有任何事物自然存在；但并非一切都不存在；一切都只是以名称存在；但并非一切都自然存在	GMR	ACI VI 第9课 学生笔记	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

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四殊胜	意识到教授都是一致的，将所有经文视为给自己的个人建议，很容易就能领会诸佛的真正意图，并自动避免贬低任何教授的重大错误	GMR, PR, JTK	ACI I 阅读4	80
4 immeasurables	May all living beings gain happiness and what causes happiness in 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
四无量心	愿众生获得幸福和造成幸福的原因，愿我能帮助他们实现这个目标；愿众生摆脱痛苦和导致痛苦的原因，愿我能帮助他们实现这个目标；愿众生永远没有不会缺少这种免于一切痛苦的幸福，愿我能帮助他们实现这个目标；愿众生保持中立，免于所有对朋友的喜欢以及对敌人的讨厌，愿我能帮助他们实现这个目标。	GMR, PR, JTK	ACI I 阅读9	245
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
四种回向	一般的回向；回向善业以帮助生病的人；回向善业以帮助饥饿的人；把善业回向给众生从而获得一切所愿。	GMR	ACI X 第5课 学生笔记	12
4 kinds of eons	eon of the destruction; eon of formation; continuation eon; empty eon	GMR	ACI VIII Class 8 Student Notes	20-21

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四时期 (四劫)	成立 (成劫) ; 持续 (住劫) ; 毁灭 (坏劫) ; 空 (空劫)	GMR	ACI VIII 第8课 学生笔记	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
四种给予 (布施)	为了自己的利益的布施 ; 为了他人的利益的布施 ; 既能帮助自己, 也能帮助他人的布施 ; 对两者都不受益的布施 (佛陀对佛陀) 。	GMR	ACI V 第10课 学生笔记; 阅读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
四种善业	涅槃 ; 本性 ; 善念 ; 善言和善行	GMR	ACI V 第3课 学生笔记	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
一定会结果而非潜伏的四种业力	带着强烈情感所做的行为 ; 对非常神圣的对象所作的行为 ; 反反复复所做的行为 ; 带着非凡动机所做的行为 · 例如密宗。	GMR	ACI V 第4课 学生笔记; 阅读4	7; 49-72

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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
导致投生无色界的四种冥想	非观念性的和不非观念性的；无限的觉知；一无所有；存在的巅峰	GMR	ACI VIII 第2课 学生笔记	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
四种圆满的智慧（般若）	自性般若；文字般若；道般若；果般若	GMR	ACI VI 第9课 学生笔记	23
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
四种食物	份量（段食）（微妙的东西不会产生大小便，而我们所吃的东西则是粗糙的）；接触（触食），仅仅是看到事物就能获得养分；思食，心灵的运动使你得以延续生命；识食，心灵本身就能维持生命的存在	GMR	ACI VIII 第6课 学生笔记	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
无色界的四个层次	无限的空间；无限的觉知/意识；一无所有；存在的巅峰	GMR	ACI VIII 第2课 学生笔记	4

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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		
吸引学生的四种方法	满足他们的生理需求·用他们熟悉的方式说话·因材施教·言行一致	GMR	0	0
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
四个给予(布施)对象	给予人类比给予动物更有好; 给予正在受苦难的人比给予不那么需要帮助的人更有力量; 给予有更高灵修品质的人; 给予像父母这样的特殊对象	GMR	ACI V 第10课 学生笔记; 阅读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
死亡冥想的四部分	不培养对死亡觉知的弊端; 培养对死亡觉知的益处; 什么是对死亡觉知·什么不是对死亡觉知; 如何培养死亡觉知	GMR	ACI VIII 第9课 学生笔记	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
行动路径的四个部分	1) 所涉及的对象; 2) 所涉及的念头: (A) 正确的识别·(B) 不好的想法, (C) 动机或意图; 3) 实施行为; 4) 完成行为	GMR, GGD	ACI V 第7课 学生笔记; 阅读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
四点美德	有人骂你·你不还口;有人批评你·你不回应;有人打你·你不回应;有人对你发火·你不回应	GMR	ACI VII 第8课 学生笔记	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;	17;77
四点美德	不以骂对骂;不以批评回应批评;不以暴制暴;不以怒对怒	GMR	ACI VII 第8 课 学生笔记; 阅读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
四力量净化	基础(皈依);遗憾·智慧的遗憾;约束;补救	GMR, MV	ACI V 第11课 学生笔记; 阅读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

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四个主要的一日戒	不发生性行为；不偷窃；不杀害人类或胎儿；不撒谎	GMR	ACI IX 第4课 学生笔记	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
业力四法则	固定内容（善行--令人愉悦的结果，恶行--令人不悦的结果）；结果大于行为；如果不做作业，就不会得到结果；（业力）必须成熟	GMR	ACI VIII 第3课 学生笔记	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
必须同时具备的四种品质	有功能作用的事物（做某事）；变化的事物；由原因引起的事物（通过召集认知而产生）；产生的事物（被制造出来的事物）	GMR	ACI XI 第2课 学生笔记	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
佛教书籍的四项要求	主题要有意义；有目的；最终目标；与前面三者之间的关系	GMR	ACI V 阅读1	23-24
4 results of Buddhist path	Stream-enterer; once-returned; non-returned; arhant	GMR	ACI II Class 7 Student Notes	12
四种佛法果位	入流果；一来果；不来果；阿罗汉	GMR	ACI II 第7课 学生笔记	12

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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
古代佛教的四个流派	功能论者, (小乘, 一切有部或分别说部·经部(因明学派); 唯识宗或经部·因明学派)·大乘唯识宗或瑜伽行派·唯识); 中观派的"自续"部, 大乘, 中观应成派·中观自续派·中观派"应成"部, 应承部。	GMR	ACI VI 第11课	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
四个次级一日戒	不使用豪华家具; 不酗酒; 不参加歌舞等轻浮活动; 过午不食。	GMR	ACI IX 第4课 学生笔记	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
道次第教授的四个特质	认识到所有教授都没有任何前后矛盾之处; 每项教授都是对你的个人建议; 轻松掌握佛陀的意图; 将你从万丈深渊中拯救出来	GMR	ACI IX 第8课 学生笔记; 阅读8	21;83

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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
收集恶业的四个步骤	认为事物是独立于你的投射而存在的；你想得到这个东西；你愿意做一些不道德的事情来得到它；你收集恶业	GMR	ACI X 第5课 学生笔记	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
滋养身体的四种事物	进食；照顾好自己的身体；睡眠；专注力	GMR	ACI VIII 第6课 学生笔记	14-15
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

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四种菩提心（精神理解）	有大乘菩提心，但尚未直见空性，出现在资粮道和加行道； 有大乘菩提心，已直见空性，但仍看到事物为欺骗性的现实，出现在见道和修道； 有大乘菩提心，不再看到或认为事物是自性存在的，但仍有见到事物是自性存在的种子，菩提地 8-10 级；有大乘菩提心，不认为事物是自性存在的，不再有见事物为自性存在的种子，这就是佛陀	GMR	ACI II 第4课 学生笔记	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
四种执着	对渴望的东西的执着，对观点的执着，对自性的执着，对错误的道德和苦行的形式的执着	GMR	ACI IV 第10课 学生笔记; 阅读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
四种业力结果	成熟（大恶行地狱界，中恶行饿鬼界，小恶行动物界）；与原因一致（如果你杀了人，你的寿命就会短）；与结果一致（有容易犯重复同样恶行的倾向）；环境（你如何体验这个外在世界）	GMR	ACI IX 第6课 学生笔记	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
四种涅槃	自然涅槃；有余涅槃；无余涅槃；不停留在轮回极致或下层安乐极致的涅槃	GMR	ACI II 第5课 学生笔记; 阅读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
四种不当性行为	与他人的妻子发生性关系，或与有亲戚关系的妇女发生性关系；使用不适当的女性身体部位、如口腔或肛门的性行为；在不适当的地方发生性关系，如露天、或在神社，寺庙等地；在不适当的时间发生性关系，如婴儿仍在哺乳期间、妇女怀孕期间或在她遵守一天戒期间发生性关系。	GMR	ACI V 阅读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

Title	Description	Author	Source	Page #
观察意识图像的四 种方法	Tsok chi - 整体或部分的集合 ; (rik chi) - 质量 , 将整体分解为概念和想法 , "汽车 "是一种质量 (rik chi) , 雪佛兰是一种特征 , 它是汽车的一个子集; (dun chi), 你所见过的事物的意识图像 (dra chi), 你未见过的事物的意识图像	GMR	ACI VI 第6课 学生笔记	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
看待自我的四种方式	传统的我 ; 视我为自我存在的 , 并相信我是自我存在的 ; 直接看到过空性的人 , 不相信自性的存在 , 但还会看到自己是自我存在的 ; 不再看到或相信我是有自性的存在。	GMR	ACI IV 第10课 学生笔记 ;	21-22
4 ways of seeing self	Womb; egg; miraculous; warmth and moisture	GMR	ACI IV Class 9 Student Notes;	18
四种分娩方式	胎生 ; 卵生 ; 奇迹降生 ; 温暖和潮湿滋生	GMR	ACI IV 第9课 学生笔记	18