

Title	Description	Author	Source	Page #
12 links of dependent origination	1. ignorance, elderly blind person; 2. making new karma, potter making a new pot; 3. untamed consciousness, monkey mind; 4. form and name, two guys in a boat; 5. empty building representing six organs of sense; 6. contact, man and woman kissing; 7. feeling, guy with an arrow in his eye; 8. craving, guide drinking a beer; 9. taking, grasping, monkey picking fruit; 10. birth, pregnant woman; 11. rebirth, woman giving birth; 12. old age and death, one person leaning on a cane, person being buried in sky burial.	GMR	ACI IV Class 10 Student Notes; Reading 10	20;63
十二因缘(生命之轮)	1. 无明, 盲人老人; 2. 造新业(行)·如同陶工造新锅 3. 不受控制的意识(识)·猴子的意识; 4 形式和名称(名色), 船上的两个人 5. 空的建筑, 代表六种感觉器官(六入) 6 接触(触), 男女接吻; 7.感觉(受), 眼睛中箭的人; 8 渴爱(爱)·喝啤酒的人 9 执取(取)·摘果子 10 出生(有), 怀孕的女人 11 重生(生), 生孩子的女人 12 老死, 一个人拄着拐杖, 一个人被天葬	GMR	ACI IV 第10课 学生笔记; 阅读10	20;63
13 bhumis	Two lower (path of accumulation, path of preparation); 10 bodhisattva bhumis; higher (path of no more learning)	GMR	The Jewel Ornament of Liberation	259
十三菩萨地	两个较低道: 积累道(资粮道)、准备道(加行道); 菩萨十地; 更高道: 不再学习之道(无学道)	GMR	《解脱庄严 宝论》	259

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16 aspects of the 4 Arya Truths	The Arya Truth of Suffering: impermanent, suffering, empty, selflessness; Truth of the Cause of Suffering: cause, origin, arising, condition; Truth of the Cessation of Suffering: cessation, pacification, excellence, freedom; Truth of the Path: path, correctness, achievement, and deliverance	PR	Liberation in the Palm of Your Hand	342
四证谛的十六个方面	苦谛：无常、苦、空、非我；集谛：因、集、缘、圣；灭谛：灭、静、妙、离；道谛：道、如、行、出	PR	掌中解脱	342
18 pledges for developing the Good Heart	Keep to the three laws (three sets of vows); never endanger yourself; don't discriminate between people; change your mind and stay the same; speak not of what was broken; never worry about what they're doing; rid yourself of the biggest affliction first; never hope for any reward; stop eating poison food; do not let the stream flow smooth; forget repaying criticism; give up laying ambushes; no going for the jugular; load your own truck, no passing the buck; don't get fixed on speed; don't feed the wrong face; don't turn the sweet angel into a devil; don't look for crap to make yourself happy.	GMR	ACI XIV Class 6 Student Notes	27-28
培养善心（修心）的十八项承诺	恪守三法（三套戒律）；从不让自己处在危险的环境中；不分他人贵贱；改变自己的意识并保持；不谈论已发生的不好的事；不担心他人所做的事；先除掉自己最大的烦恼；永远不希求回报；停止吃有毒的食物；不要让溪水顺流而下；忘记去报复批评；放弃布下埋伏；不去钻牛角尖；自己装车，不推卸责任；不要一味追求速度；不要喂错了脸；不要把美妙的天使变成魔鬼；不要找来垃圾让自己快乐。	GMR	ACI XIV 第6课 学生笔记	27-28