

<b>Title</b>	<b>Description</b>	<b>Author</b>	<b>Source</b>	<b>Page #</b>
9 situations where you should freeze	Ignorant liking; ignorant disliking; pride; conceit; criticizing; deceiving other; praising yourself; putting down others; scolding	GMR	ACI X Class 9 Student Notes	23
你应该立刻停止的九种情况	无明的喜欢；无明的不喜欢；骄傲；自负；批判；欺骗他人；赞美自己；贬低他人；责骂	GMR	ACI X 第9课 学生笔记	23
9 stages of meditation	Putting the mind on the object; keeping the mind on the object with brief continuity; keeping the mind on the object with patches where you lose the object; maintain mind tightly on the object; controlling the mind; quieting the mind; completely quiet the mind; it gaining single pointedness; reaching deep meditation	GMR, KTR	ACI III Class 7 Student Notes; Reading 5-6; Reading 7	11-12; 46-54; 56-63
冥想的九个阶段	把意识专注在冥想对象上；意识可以短暂的停留在冥想对象上；意识可以持续保持在冥想对象上，只是偶尔丢失；紧紧保持在冥想对象上；控制意识；平静意识状态；完全平静的意识状态；获得单一的专注；达到深度冥想。	GMR, KTD	ACI III 第7课 学生笔记; 阅读5,6,7	11-12; 46-54; 56-63