

Title	Description	Author	Source	Page #
3 additional kinds of liberating yourself	Totally go for it; entice others to the Dharma; keep others' faith	GMR	ACI X Class 10 Student Notes	25-26
额外三种的自我解脱的方式	全力以赴；诱导他人皈依佛法；保持他人的信心	GMR	ACI X 第10课 学生笔记	25-26
3 additional ways to attract students	Prevent others from losing faith; have good manners; go to sleep properly	GMR	ACI X Class 10 Student Notes	26
额外三种吸引学生的方法	防止他人失去信心；礼貌待人；正确入睡	GMR	ACI X 第10课 学生笔记	26
3 attracting people to the Dharma with how you give the Dharma	Don't teach disrespectful students; teach at their level; recognize potential	GMR	ACI X Class 10 Student Notes	26
通过传授佛法吸引人们学习佛法的三种方法	不教不尊重的学生；根据学生的水平进行教学；认识到学生的潜力	GMR	ACI X 第10课 学生笔记	26
3 attracting people to the Dharma with material things	Share your resources; take care of your health; when the time comes give up your body and your life	GMR	ACI X Class 10	25-26
以物质吸引人们信奉佛法的三种方法	分享你的资源；照顾好你的健康；当时机成熟时，放弃你的身体和生命	GMR	ACI X 第10课	25-26

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3 attributes of diamond	Diamond window is perfectly clear, like emptiness is all around you and you can't see it; diamond is the hardest thing in the universe, likewise emptiness is ultimate; pieces of diamond all have the same quality, totally pure, likewise emptiness is 100 percent emptiness	GMR	ACI VI Class 1 Student Notes	1
钻石的三个特性	钻石的窗户非常清晰，就像空性就在你的周围，而你看不到它；钻石是宇宙中最坚硬的东西，同样，空性也是终极的；钻石的碎片都具有相同的品质，完全纯净，同样，空性也是百分之百的空性	GMR	ACI VI 第1课 学生笔记	1
3 attributes of the turnings of the Wheel of Dharma	Emptiness (yongdrup); construct (kuntak); dependent thing (shenwang). Mind Only School	LB	ACI XV Class 4 Student Notes	17
转法轮的三个特性	空性 (yongdrup) ; 构造 (kuntak) ; 依存物 (shenwang) (唯识宗派)	LB	ACI XV 第4课 学生笔记	17
3 baskets	Vinaya, vowed morality; sutras; wisdom, Abhidharma	GMR	ACI VI Class 4 Student Notes	8
三藏	戒律, 誓言道德 ; 佛经 ; 智慧 , 阿毗达磨	GMR	ACI VI 第4课 学生笔记	8
3 books, perfection of wisdom	100,000 verses; 20,000 verses; 8,000 verses	GMR	ACI II Class 1 1 Student Notes	
般若波罗蜜的三本颂经	《般若十万颂经》 ; 《般若两万颂经》 ; 《般若八千颂经》	GMR	ACI II 第1课 学生笔记	1

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3 categories of changing things	A physical thing; a mental thing; anything which is neither mind or matter is to produce thing	GMR	ACI XIII Class 2 Student Notes	8
变化的事物的三个类别	物质的东西；精神的东西；任何既非精神也非物质的，都是产生事物的东西	GMR	ACI XIII 第2课 学生笔记	8
3 checking for accuracy	Statement cannot be disproved by any direct perception you have or have had; statement cannot be contradicted by airtight reasoning; nothing the person said before contradicted what he said later	GMR	ACI IV Class 4 Student Notes	7
检验准确性的三种方法	你现有的或曾经有过的任何直接觉知都无法推翻这一陈述；无法被严密的推理反驳的陈述；此人前后所说的话没有任何矛盾	GMR	ACI IV 第4课 学生笔记	7
3 close recollections	Buddha Jewel (I am going for the ultimate goal); Dharma Jewel (direct perception of emptiness); Sangha Jewel (think of those who have seen emptiness)	GMR	ACI X Class 9 Student Notes	21
三种回想	佛宝（我的终极目标）；法宝（直见空性）；僧宝（想起那些已经直见空性的人）。	GMR	ACI X 第9课 学生笔记	21
3 collections	Vowed morality, concentration, and wisdom	GMR	ACI I Reading 4	79
三大典藏	戒律、专注和智慧	GMR	ACI I 阅读4	79
3 conditions for human rebirth	A woman capable of giving birth; father and mother have desire make sexual contact; a bardo being must be in the immediate vicinity when they are having sex	GMR	ACI VIII Class 5 Student Notes	12

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再生为人的三个条件	一个有生育能力的女性；父亲和母亲有性接触的欲望；当他们发生性关系时，必须有一个中阴身在附近	GMR	ACI VIII 第5课 学生笔记	12
3 different meanings of words Sutra	The open teachings of Lord Buddha; a short book; one of the three great collections of Buddhist scriptures	GMR	ACI IX Class 1 Student Notes	2
经文 (Sutra) 一词的三种不同含义	佛陀的公开教义；一本短书；三大佛经集之一	GMR	ACI IX 第1课 学生笔记	2
3 distinguishing features of the Lam Rim	The lam rim includes all subjects of both open secret teachings, is easily put into practice and has come down to us through the Masters of the two great traditions, Pabongka Rinpoche and Je Tsongkapa.	GMR, PR, JTK	ACI I Reading 4	80
道次第的三个显著特点	道次第包括了所有公开和密法的主题，易于实践，是通过两大传承的上师--帕崩喀仁波切和宗喀巴大师传给我们的。	GMR, PR, JTK	ACI I 阅读4	80
3 dividing bodhichitta by way one thinks	King-like, I will get enlightened first and then lead others; Shepherd-like, I will make sure others achieve enlightenment and then I will do it; ferryman-like, we will do it together.	GMR, KTD	ACI II Class 4 Student Notes	8
以思维方式分类的三种菩提心	国王式的，我先证悟，然后再领导别人；牧羊人式的，我先确保别人证悟，然后我来证悟；摆渡人式，我们一起证悟。	GMR, KTD	ACI II 第4课 学生笔记	8
3 division of deeds	Merit, virtuous deeds of the realm of desire; nonmerit, non-virtuous deeds in the desire realm; unshifting deeds, from form and formless realms	GMR	ACI V Reading 4	50
业的三种划分	功德，欲界的善行；非功德，欲界的不善业；不变业，来自色界和无色界	GMR	ACI V 阅读4	50

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3 elements of a good deed	The giver, seeing the one doing the deed is empty; the recipient, they created the karma to receive the gift; the active giving, see the act is empty it's a good deed which will cause a good outcome	GMR	ACI VI Class 5 Student Notes	10
善举的三个要素	给予者·看到行为者是空性的；接受者·他们创造了接受礼物的业力；给予的行为·看到自己的行为是空性的·这是善行，会带来好的结果	GMR	ACI VI 第5课 学生笔记	10
3 elements of emptiness (three spheres)	The object you're jealous about; a person who is jealous; the act of jealousy	GMR	ACI XII Class 9 Student Notes	35
空性的三个要素（三轮体空）	你嫉妒的对象；正在产生嫉妒的人；嫉妒的行为	GMR	ACI XII 第9课 学生笔记	35
3 enlightenments	Listener; Self-made Buddha; Mahayana	GMR	ACI IX Class 7 Student Notes	19
三种证悟	声闻乘；缘觉乘；大乘	GMR	ACI IX 第7课 学生笔记	19
3 examples of negative things	thing-ness or selflessness (logic school's term for emptiness, is a negative thing because you must eliminate all things which are not it to perceive it); empty space (absence of any physical obstruction); Jon Smith the chubby guy you never see eat during the day	GMR	ACI XIII Class 6 Student Notes	29-30

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反向事物的三个例子	无物或无我（逻辑学派对“空性”的称呼，是一种反向的事物，因为你需要消除所有与它无关的东西来感知它）；空的空间（没有任何物理障碍）；乔恩-史密斯，你从未在白天见过他吃东西的胖家伙	GMR	ACI XIII 第6课 学生笔记	29-30
3 explanations of dependent origination	things exist because they depend on their causes and conditions (functionalists); things exist because they depend on their parts (independents); things exist merely in dependence upon you thinking of the collection of their parts in a certain way (consequence)	GMR	ACI XII Class 8 Student Notes	32
对缘起的三种解释	事物之所以存在，是因为它们依赖于它们的因和条件（功能论者）；事物之所以存在，是因为它们依赖于它们的部分（自续部）；事物之所以存在，仅仅是因为你以某种方式思考它们部分的集合（应承部）。	GMR	ACI XII 第8课 学生笔记	32
3 extraordinary trainings	Ethical living (vinaya); meditation (sutras); wisdom (Abhidharma)	GMR	ACI VI Class 4 Student Notes; Reading 8	8; 117
非同寻常的三种训练（三学）	有道德地生活（戒）《戒律本论》；冥想（定）《佛经》；智慧（慧）《阿毗达摩》	GMR	ACI VI 第4课 学生笔记; 阅读8	8; 117
3 hardships	Learning to detect the start of a mental affliction; learning to stop it; learning to stop the habit	GMR	ACI Course XIV Reading 3 and 4	24
三个困难	学会察觉烦恼的开始；学会停止烦恼；学会戒除习惯	GMR	ACI XIV 阅读3&4	24

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3 Jewels	Buddha Jewel (the Buddha), ultimate protection; Dharma Jewel (the teachings); Sangha Jewel (anyone who has perceived emptiness directly)	GMR	ACI II Class 1 Student Notes; Reading 1	2; 3-5
三宝	佛宝（佛陀），最终极的保护；法宝（教法）；僧宝（任何证悟空性者）	GMR	ACI II 第1课 学生笔记; 阅读1	2; 3-5
3 Jewels	Buddha jewel, Dharma jewel, Sangha Jewel	GMR	ACI I Reading 6	147
三宝	佛宝、法宝、僧宝	GMR	ACI I 阅读6	147
3 karmic consequences	Ripening, how strong your emotions were when you did the deed, what was the motivation, and how bad was the deed; corresponding result, similar experience, similar habit; environmental correspondence, sexual misconduct leads to a place that smells	GMR	ACI V Class 4; Reading 4	8; 49-72
三种业报	业报成熟，做这件事时的情绪有多强烈，什么动机，行为有多恶劣；相应的业果，经历相似，习惯相似；相应的环境，不当性行为导致周边环境有异味	GMR	ACI V 第4课; 阅读4	8; 49-72
3 kinds of compassion	Compassion that focuses on people's parts; passion that focuses on nothing, highest form of compassion in that it will lead you to teach people to create the true causes for their future happiness; compassion that focuses on just plain old people, conventionally	GMR	ACI XII Class 6 Student Notes	22-23
三种慈悲	关注人的部分的慈悲心；不关注任何具体事物的慈悲，是最高形式的慈悲心，能够让你教导人们如何真正为自己未来的幸福创造条件；传统的关注普通老人的慈悲心	GMR	ACI XII 第6课 学生笔记	22-23

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3 kinds of conceptual valid perception	Deductive, logical conceptual valid perception (sound is a changing thing); valid conceptual perception based on convention, consensus or agreement (Uncle Sam means the federal government); rational belief (unquestionable authority says something is true)	GMR	ACI XIII Class 5 Student Notes	27
三种正确的觉知	逻辑推理得来的概念性的正确觉知（声音是一种变化的东西）；基于惯例、共识得出的概念性的有效的觉知（山姆大叔指的是联邦政府）；理性信仰（不容置疑的权威说某件事情是真的）	GMR	ACI XIII 第5课 学生笔记	27
3 kinds of correct reasons	A correct reason that involves a result (cause and effect relationship); A correct reason that involves a nature (consider sounds, they are changing things because they are made, to be a thing which is made is automatically a changing thing); a correct reason to prove the absence of something.	GMR	ACI XIII Class 5 Student Notes	28
三种正确的逻辑	涉及结果的正确逻辑（因果关系）；涉及性质的正确逻辑（因为声音是被制造出来的，所以声音是变化的，任何被制造出来的东西都是变化的）；证明某种事物不存在的正确逻辑	GMR	ACI XIII 第5课 学生笔记	28
3 kinds of deductive reasoning	Logical, used to perceive hidden things; belief in authority; based on convention	GMR	ACI IV Class 3 Student Notes; Reading 2A	6; 11
三种演绎推理	逻辑性，用于感知隐藏的事物；相信权威；基于惯例	GMR	ACI IV 第3课 学生笔记； 阅读 2A	6; 11

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3 kinds of ethical behavior	Keeping your vows; behavior which collects good energy; behavior aimed at liberating yourself and other beings	GMR	ACI X Class 10 Student Notes	25
三种道德行为	持守戒律； 收集正向能量的行为；旨在解脱自己和其他众生的行为	GMR	ACI X 第10课 学生笔记	25
3 kinds of karma	Black karma, its essence is black and its result black, collected in the desire realm; White karma is virtuous karma of the form realm; black-and-white mixed, refers to virtue in the desire realm. black-and-white karma refers to both the result of the deed and the nature of the being doing the deed.	GMR	ACI V Class 7 Student Notes; Reading 7	14; 128-129
三种业力	黑业·性质与结果都是黑色·积累于欲界；白业·色界的善业；黑白相杂·指的是欲界中的善业。黑白业的描述既指代行动的果和行动者自身的性质	GMR	ACI V 第7课 学生笔记; 阅读 7	14; 128-129
3 kinds of karma	Body; speech; mind	GMR, MV	ACI V Reading 2	31-32
三种业力	身业、口业、意业	GMR, MV	ACI V 阅读2	31-32
3 kinds of karma	Virtuous; non-virtuous; neutral	GMR, MV	ACI V Reading 3	48
三种业力	善业；恶业；无记业	GMR, MV	ACI V 阅读3	48
3 kinds of kindness	Granting personal instruction, oral transmissions, and informal explanations of Scripture	GMR	ACI I Reading 10	249
三种善良	亲自指导、口头传授和通俗的经文释义	GMR	ACI I 阅读10	249

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3 kinds of meditation	Put your mind on the object; review meditation; analytical meditation	GMR, KTR	ACI III Class 8 Student Notes; Reading 5-6	13; 47
三种冥想	把意识放在冥想对象上；复习冥想；分析冥想	GMR, KTR	ACI III 第8课 学生笔记; 阅读5~6	13; 47
3 kinds of offerings	Offering things that no one owns; putting yourself at the service of the 3 Jewels; offerings you send out with your mind	GMR	ACI X Class 1 Student Notes	6-7
三种供奉	供奉不属于任何人的东西；让自己为三宝服务；用意识送出的供奉	GMR	ACI X 第1课 学生笔记	6-7
3 kinds of patience	I am glad this happened, I will turn this situation into something better; I will restrain my anger out of respect for the Dharma; I choose not to respond.	GMR	ACI XI Class 1 Student Notes	2-3
三种耐心	我很高兴发生了这样的事情，我会把这种情况转变成更好的事情；出于对佛法的尊重，我会克制自己的愤怒；我选择不回应。	GMR	ACI XI 第1课 学生笔记	2-3
3 kinds of pretas	Beings with obstacles outside; beings with obstacles on the inside; obstacles to food and drink	GMR	ACI VIII Class 3 Student Notes	7
三种饿鬼	外障鬼；内障鬼；饮食障鬼	GMR	ACI VIII 第3课 学生笔记	7

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3 kinds of suffering	Suffering of suffering; suffering of change; pervasive suffering	GMR	ACI VII Class 1	1
三苦	苦苦；坏苦；行苦	GMR	ACI VII 第1课	1
3 lands	Below the earth, on the earth, and the sky above the earth	GMR, PR, JTK	ACI I Reading 2	46
三块土地	大地之下、大地之上、大地上的天空	GMR, PR, JTK	ACI I 阅读2	46
3 levels of reality	Normal shapes, colors, sounds; things that are hidden, that you deduce; deeply hidden such as the workings of karma.	GMR	ACI IV Class 2 Student Notes	3,11
三个现实层面	正常的形状、声音、颜色、声音；隐藏并需要推断得来的东西；深藏不露的东西·比如因果报应。	GMR	ACI IV 第2课 学生笔记	3,11
3 levels of rejoicing	Being happy about anything good you're doing to get to a higher realm, mostly involves avoiding the 10 non-virtues; being happy about you or another doing good things to get to Nirvana; being happy about things you or others have done to reach total enlightenment	GMR	ACI X Class 5 Student Notes	12
三层随喜	因自己为以达到更高境界所做的任何好事而开心·主要包括避免十恶业；因自己或他人为达到涅槃所做的好事而开心；因自己或他人为达到完全证悟所做的任何事而开心	GMR	ACI X 第5课 学生笔记	12
3 levels of the perfection of wisdom	Perfection of wisdom of the Path; perrfection of wisdom of the result; perfection of wisdom books and teachings	GMR	ACI II Class 1 Student Notes	1

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般若的三个层次	道般若；果般若；经教般若	GMR	ACI II 第1课 学生笔记	1
3 locations of the turning of the wheel of Dharma	Varanasi; Vulture's Peak; Vaishali	GMR	ACI XV Class 5 Student Notes	20-23
三转法轮的地点	瓦拉纳西（鹿野苑）；灵鹫山；毘舍离	GMR	ACI XV 第5课 学生笔记	20-23
3 lower realms	Animal, hungry ghost, hell being	GMR	ACI I Reading 2	47
三恶道	畜生道、饿鬼道、地狱道	GMR	ACI I 阅读2	47
3 main aspects of death awareness	Death is certain (nothing can stop it, can't add time to your life, you have no time to practice); time of death is not certain (lifespans are not fixed, lots of things can kill you, not much keeps you alive, body is extremely fragile); when you die nothing helps but the Dharma (friends and relatives don't help, material possessions don't help, your body does not help)	GMR	ACI VIII Class 9 Student Notes	25-27
死亡意识的三个方面	死亡是确定的（什么都无法阻止死亡或者延续生命，你并没有什么时间去修行）；死亡的时间是不确定的（寿命并非恒定，很多东西都能杀死你，却没多少东西能让你活着，身体是非常脆弱的）；死亡来临时，除了佛法，没有任何东西能帮助你（朋友和亲戚帮不上忙，财富帮不上忙，你的身体帮不上忙）	GMR	ACI VIII 第9课 学生笔记	25-27

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3 moralities	Restraining oneself from bad deeds; collecting goodness; morality for the sake of helping all living beings (this is the first two with the motivation to help others)	GMR	ACI III Class 10 Student Notes	17
三种道德观	克制自己不作恶；积德行善；为帮助所有众生而遵守道德（前两项的结合，加上利他的动机）。	GMR	ACI III 第10课 学生笔记	17
3 names of the turning of the Wheel of Dharma	Turning of the wheel on the Four Arya truths; turning of the wheel and how nothing exists by definition; turning of the wheel of fine distinctions	GMR, LB	ACI XV Class 4 Student Notes	20-23
转法轮的 3 个名称	关于四证谛的转法轮；关于没有事物通过定义而存在的转法轮；关于细微差别的转法轮	GMR, LB	ACI XV 第4课 学生笔记	20-23
3 negative results of anger	Anger destroys good karma; ruins happiness and relationships; useless to get upset	GMR	ACI XI Class 1 Student Notes	1
愤怒的三个负面结果	嗔恨会破坏善业；破坏幸福和人际关系；生气没有用	GMR	ACI XI 第1课 学生笔记	1
3 non-virtues brought to completion by all three poisons	Lying; divisive speech; meaningless talk	GMR	ACI V Reading 7	135-136
三毒引发的三不善业	说谎；挑拨离间的言论；无意义的谈话	GMR	ACI V 阅读7	135-136

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3 non-virtues brought to completion by desire	<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）；不当性行为（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）；</p> <p>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 V Reading 7	135
欲望带来的三不善业	不当性行为；贪欲；偷窃	GMR	ACI V 阅读7	135
3 non-virtues brought to completion by dislike	Taking life; malice; harsh speech	GMR	ACI V Reading 7	135
被厌恶所推动的三种不善业	杀生；恶意；刻薄的言语	GMR	ACI V 阅读7	135

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3 Ordering of the Three Turnings of the Wheel of Dharma according to the Middle Way School	1st: Turning of the Wheel on the Four Arya Truths; 2nd Turning of the Wheel of Fine Distinctions; 3rd Turning of the Wheel Nothing Exists by Definition.	GMR, LB	ACI XV Class 6 Student Notes	25-26
根据中观派的观点，转法轮的三次次序	初转法轮：四圣谛；二转法轮：一切现象皆缺乏自我本体及真实存在的性；三转法轮：佛性、明性与空性的融合	GMR, LB	ACI XV 第6课 学生笔记	25-26
3 perfection of giving	Giving material things; protection; the Dharma	GMR	ACI X Class 9 Student Notes	24
三种布施	施财物（财布施）；法教（法布施）；庇护（无畏布施）	GMR	ACI X 第9课 学生笔记	24
3 poisons	Ignorant liking; ignorant disliking; ignorance itself	GMR	ACI VII Class 10 Student Notes;	24
三毒	无明的喜欢；无明的不喜欢；无名本身	GMR	ACI VII 第10课 学生笔记	24
3 possibilities that cause the world	Original cause; primal energy; creator being	GMR, MV	ACI V Reading 2	30-31
创造世界的三种可能性	初因；原始能量；造物主	GMR, MV	ACI V 阅读2	30-31

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3 preliminaries to purifying karma	Doing prostrations; taking refuge; making offerings	GMR	ACI X Class 1 Student Notes	5
净化业力的三个准备	顶礼、皈依、供奉	GMR	ACI X 第1课 学生笔记	5
3 prerequisites to see emptiness directly	Path of accumulation, renunciation coming out of samsara and the lower nirvanas, leave the home and worldly life, devote maximum effort studying the Dharma; path of preparation, gain intellectual understanding of emptiness; must be able to concentrate well enough to leave this realm	GMR	ACI VI Class 6 Student Notes	12
直接空性的三个先决条件	资粮道：从轮回及较低的涅槃中出离，离开家庭和世俗生活，全身心投入学习佛法；加行道：获得对空性的理性理解；必须有具备足够的专注力，去离开此界	GMR	ACI VI 第6课 学生笔记	12
3 Principal Paths	Renunciation, bodhichitta, correct view	GMR	ACI I Reading 2	45
三主要道	出离心、菩提心、正见	GMR	ACI I 阅读2	45
3 Problems of the Pot	Pot with lid closed, pot full of grime, pot with no bottom	GMR	ACI I Reading 2	46
器皿的三个问题 (断器三过)	覆器、污器、漏器	GMR	ACI I 阅读2	46
3 qualities of the giving that makes the deed most powerful	Have an attitude of respect; give what is really needed; what you give cannot cause harm	GMR	ACI V Class 10 Student Notes; Reading 10	21; 161-180

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三种可以增强布施力量的品质	怀有尊重的态度；给予真正所需；所赠之物不得造成伤害	GMR	ACI V 第10课 学生笔记； 阅读10	21; 161-180
3 realms	Desire realm, form realm, formless realm	GMR	ACI I Reading 2	45
三界	欲界、色界、无色界	GMR	ACI I 阅读2	45
3 reasons about the six perfections	You don't have to practice the prior five perfections in order to learn about and gain an intellectual understanding of emptiness; you don't have to practice the prior five perfections perfectly to develop a profound intellectual understanding and conviction of the truth of emptiness; Listeners and Self-made Buddhas who do not practice the six perfections can perceive emptiness directly	GMR	ACI XII Class 1	2
六波罗蜜的三个原因	不必按顺序练习前面的五种波罗蜜，也能够学习并获得对空性的理性理解；不必按顺序练习前面的五种波罗蜜，也能够培养对空性真相的深刻理解和决心；声闻乘和缘觉乘，不练习六波罗蜜的人也能直见空性。	GMR	ACI XII 第1课	2
3 reasons to study logic	It allows you to see emptiness directly, the only people qualified to keep Buddhism safe in the world are those who understand and can logically prove the truth of Buddhism; if you are me or someone like me (a Buddha) you can judge other people, but other people (non-Buddha) should not judge other people or they will fall down.	GMR	ACI XIII Class 1 Student Notes	1-2

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学习逻辑 (因明) 的三个理由	它让你能够直见空性，世界上唯一有资格保护佛教安全的人是那些理解并能够用逻辑论证佛法真理的人；如果你是我或者像我一样的人（一位佛陀），你才可以判断其他人，但其他人（非佛陀）不应该判断其他人，否则他们将会失败。	GMR	ACI XIII 第1课 学生笔记	1-2
3 reasons to use the Four Forces of Purification	We don't understand what's right and what's wrong very well, so we should purify the bad deeds we do; we can't control ourselves to do the right thing; purification clears away the obstacles to loving each other as much as we love ourselves	GMR	ACI X Class 5 Student Notes	11
使用四力量净化的三个理由	我们对什么是对与错的理解不够深入，因此我们应该净化我们所做的错误行为；我们无法控制自己去正确的事情；净化能够消除我们爱别人的障碍，就像我们爱自己一样	GMR	ACI X 第5课 学生笔记	11
3 Reasons why at time of death nothing but your practice can help	You leave your possessions behind, your family and friends can't help you, your own body can't help you	GMR	ACI VIII Class 9, Student Notes	25-26
为什么面对死亡时，除了练习没有任何事能帮助到你的三个理由	你拥有的财产将被留下；你的家人和朋友无法帮助你；你自己的身体也无法帮助你。	GMR	ACI VIII 第9课 学生笔记	25-26
3 Reasons why death is certain	Nothing can stop death when it arrives, cannot add time to your life, don't have time to practice	GMR	ACI VIII Class 9, Student Notes	25-26
必然死亡的三个理由	当死亡降临时，无法阻止它，不能延长生命，没有时间去修行	GMR	ACI VIII 第9课 学生笔记	25-26

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3 Reasons why the time of death is not certain	Lifespan is not fixed; things that can kill us are many but things that keep us alive are a few; our bodies are fragile	GMR	ACI VIII Class 9, Student Notes	25-26
死亡时间不定的三个原因	寿命长短是不固定；能够致命的因素有很多，但能够维持生命的因素却很少；我们的身体是脆弱的	GMR	ACI VIII 第9课 学生笔记	25-26
3 resolutions to declare with death awareness	Begin to practice Dharma; quit your worldly work and begin to practice today; practice only Dharma	GMR	ACI VIII Class 9 Student Notes	27
由死亡意识下定的三个决心	开始修炼佛法；放弃世俗工作，从今天开始修炼；只修炼佛法	GMR	ACI VIII 第9课 学生笔记	27
3 roots of non-virtue	Ignorantly desiring something; disliking something; ignorant of things	GMR, GGD	ACI V Reading 7	133
不善业的三个根源	无明地渴望；无明地不喜欢；对事物的无明	GMR, GGD	ACI V 阅读7	133
3 rules to determine if a statement is figurative	What was the true intent of the statement; does it contradict obvious direct reality/perception; compelling need to make the statement to achieve a certain purpose	GMR	ACI IV Class 4 Student Notes	8
判断一个陈述是否是比喻的三条规则	陈述的真正意图是什么；它是否与明显的现实/直接觉知相矛盾；有为达到某种目的的迫切需要而发表陈述	GMR	ACI IV 第4课 学生笔记	8
3 schools of ancient India	Functionalists; Independent; Implication	GMR	ACI XII Class 2 Student Notes	5

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古印度的三个学派	功能主义者；中观派“自续”部；中观派“应成”部	GMR	ACI XII 第2课 学生笔记	5
3 scopes	Lesser (escape rebirth in lower realms, medium (escape samsara), greater (which achieved total enlightenment for the sake of every living being)	GMR	ACI I Reading 2	47
三个范围 (三乘)	小乘 (摆脱下三道轮回) 中乘 (摆脱轮回) 大乘 (为众生达成彻底觉悟)	GMR	ACI I 阅读2	47
3 specific causes for rebirth as a craving spirit	Failing to give the three types of giving (material things, protection, Dharma teachings); stinginess; jealousy	GMR	ACI VIII Class 3 Student Notes	6
投胎为饿鬼的三个具体原因	未能给予三种布施 (物质的东西、保护、佛法教授)；吝啬；嫉妒	GMR	ACI VIII 第3课 学生笔记	6
3 subjects of the turnings of the wheel of Dharma	Four Arya truths; emptiness; the three attributes	GMR	ACI XV Class 5 Student Notes	20-23
转法轮的三个主题	证者四真理 (四证谛)；空性；三种属性	GMR	ACI XV 第5课 学生笔记	20-23
3 Sufferings	Suffering of suffering, suffering of change, pervasive suffering	GMR	ACI I Reading 6	38-40
三苦	苦难的苦、变化的痛苦、无处不在的苦难	GMR	ACI I 阅读6	38-40
3 tests for figurative versus literal	Melt it (test it against your own direct experience); cut it (tested against your own logical analysis); rub it (to his words contradiction authority you reasonably believe to be speaking the truth)	GMR	ACI XV Class 1 Student Notes	4

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比喻与真实叙述的三个验证 (测试真理)	融化它 (用自己的直接经验去检验它) ; 切割它 (用自己的逻辑分析去检验它) ; 销铄它 (他的话与是否与权威相矛盾 , 你有理由相信这说的是真话)	GMR	ACI XV 第1课 学生笔记	4
3 three that should never be lost	Virtuous actions in your words; your thoughts; and your actions	GMR	ACI Course XIV Reading 3 and 4	24
应该永不丢失的三件事	有美德的言语、想法和行动	GMR	ACI XIV 阅读3, 4	24
3 time frame of karmic consequences	Ripen in this very life, very next life, any life after the next;	GMR	ACI V Class 4 Student Notes, Reading 4	7
业力成熟结果的三个时段	在今生成熟、来世成熟、下一世以后成熟	GMR	ACI V 第4课 学生笔记; 阅读4	7
3 times	Past; present; future	GMR	ACI XIII Class 10 Student Notes	45
三时空	过去 ; 现在 ; 未来	GMR	ACI XIII 第10课 学生笔记	45
3 types of <i>chi</i> (quality, general category)	<i>Rik chi</i> a type or kind which has individual things which are characteristic of it (the difference between a car, the car and "car;" <i>dun chi</i> , a mental image of something you've already perceived; <i>tsok chi</i> , a physical collection of parts	GMR	ACI XIII Class 3 Student Notes	10

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三种chi (性质、类别)	rik chi 类型或种类，有其特有性质的个别事物。一辆汽车、具体的某辆汽车和 "汽车 " 之间的区别； dun chi, 你已经见到过的事物的意识图像； tsok chi, 物理零部件的集合	GMR	ACI XIII 第3课 学生笔记	10
3 types of craving	Desire craving, fear craving, existence craving	GMR	ACI IV c 10 Student Notes; Reading 10	21, 65
三种渴望	欲望渴望、恐惧渴望、生存渴望	GMR	ACI IV 第10课 学生笔记; 阅读10	21, 65
3 types of disciples at the Turnings of the Wheel of Dharma	Listeners; greater way (mind only also says for mind only practitioners because they know it is figurative); people of all ways	GMR	ACI XV Class 5 Student Notes	20-23
转法轮时的三种学生	声闻乘；大乘（唯识宗也指唯识宗的修行者，因为他们知道这是比喻的）；所有乘的人	GMR	ACI XV 第5课 学生笔记	20-23
3 Vowed morality	Freedom vows; bodhisattva vows; Tantric vows	GMR, JTK	ACI VII Class 2 Student Notes	4
三种戒律	自由戒；菩萨戒；密乘戒	GMR, JTK	ACI VII 第2课 学生笔记	4

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3 wrong ideas about emptiness	Emptiness is a the black void; pretending things aren't really there; nothing matters and morality is not important	GMR	ACI XII Class 2 Student Notes	5
关于空性的三种错误观念	空性是一种黑色的虚空；假装事物并不真实存在；一切都不重要，道德也不重要	GMR	ACI XII 第2课 学生笔记	5