

Title	Description	Author	Source	Page #
8 attainments	The sword, allows you to travel anywhere; the pill, which enables you to become invisible or assume any other outer form; eye ointment, allows you to see minute or very distant objects; Swift feet, the abilities for travel at high speeds; taking essence, ability to live off nothing but tiny bits of sustenance; skywalk, the ability to fly; underground, the power to pass through solid ground.	GMR	ACI I Reading 2	47
八大成就（八大悉地）	剑·能让你随意穿越任何地方；药丸·使你隐形或以任何形式出现；眼膏·能让你看到微小或遥远的物体；疾足·能够快速行动；摄取精华·能够仅仅靠微小的食物维持生命；天行，飞行的能力；穿地·能够穿越坚实的地面。	GMR	ACI I 阅读2	47
8 categories of individual freedom vows	one day; lifetime layman; lifetime laywomen; novice monk; novice nun; intermediate nun; fully ordained nun(364); fully ordained monk(253)	GMR	ACI IX Class 3 Student Notes	9
别解脱戒的八个类别	比丘戒、比丘尼戒、沙弥戒、沙弥尼戒、正学女戒（式叉摩尼戒）、优婆塞（男居士）戒、优婆夷（女居士）戒、八关斋戒	GMR	ACI IX 第3课 学生笔记	9
8 chapters of the Abhidharmakosha	Categories of existence; the powers; the suffering world; karma; mental afflictions; person and path; wisdom; balanced meditation	GMR	ACI V Class 2 1 Student Notes	
《阿毗达摩俱舍论》的八品	存在的类别（分别界品）；力量；苦难世界；业力；烦恼；人与道路；智慧；冥想的平衡	GMR	ACI V 第1课 2 学生笔记	

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8 cold Hells	not further described in Abhidharmakosha	GMR	ACI VIII Class 7 Student Notes	18
八大冷地狱	未在阿毗达摩中作进一步说明	GMR	ACI VIII 第7课 学生笔记	18
8 corrections to problems of meditation	Attraction to the good quality of meditation; you want to meditate; make efforts; practiced ease; recall the object; watchfulness; taking action; not taking action	GMR, KTR	ACI III Class 8-9 5 and 6 Student Notes	
纠正冥想问题的八个方种	对冥想的良好品质所吸引；渴望冥想；付出努力；轻松的练习；回到冥想对象上；保持警觉；采取行动；不采取行动	GMR, KTR	ACI III 第5 & 6课 学生笔记	8-9
8 great benefits	Coming close to Buddhahood, pleasing the Buddhas, overcoming evil influences, avoiding improper activities and thoughts, reaching high realizations, always meeting teachers, never fall into the lower realms, attaining temporary and ultimate goals with ease	GMR, PR	ACI I Reading 3	61
八大好处	接近佛地，取悦佛陀，克服邪恶的影响，避免不适当的行为和念头，达到高层次的认知，始终能够遇到良师益友，不落入恶道，轻松完成短期和终极目标。	GMR, PR	ACI 阅读 3	61
8 hot Hells	Hell called revive; black line hell; gather and smash; screaming hell: great screaming hell: heat: extremely hot:	GMR	ACI VIII Class 6	17-18
八大热地狱	复活地狱；黑绳地狱；众合粉碎；号叫地狱；大号叫地狱；烧热地狱；极热地狱；无间地狱	GMR	ACI VIII 第6课 学生笔记	17-18

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8 levels	Includes meditative levels of form and formless realms	GMR	ACI I Reading 9	208
八个等级	包括色界和无色界冥想层次	GMR	ACI I 阅读9	208
8 one-day vows	Four primary; four secondary	GMR	ACI IX Class 4 Student Notes; Reading 4	10; 38
八个一日戒	四个主要；四个次要	GMR	ACI IX 第4课 学生笔记; 阅读4	10; 38
8 point posture	Legs (lotus or half lotus, whatever is comfortable);eyes relaxed focused on the tip of the nose; straight spine; relax shoulders, level; head relaxed; lips and teeth natural normal position; tongue should be close to the roof your mouth; breath should be relaxed, slow barely noticeable	GMR	ACI III Reading 4	41
八点坐姿	双腿（莲花或半莲花，以舒适为宜）；眼睛放松，专注在鼻尖；脊柱挺直；双肩放松，与地面持平；头部放松；嘴唇和牙齿放在自然的位置；舌头紧贴上颚；自然呼吸、缓慢，几乎不可察觉	GMR	ACI III 阅读4	41
8 qualities of a Buddha	Uncaused, spontaneous, realized by no other way, knowledge, love, power, fulfills my needs, fulfills his needs	GMR	ACI II Class 4; 4 2 Student Notes; Reading 1	

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佛陀的八种品质	独立自存的、自发、并非以其他方法证悟、知识、爱、力量、满足我的需求、满足他人的需求	GMR	ACI II 第2课 学生笔记; 阅读1	4; 4
8 result of ignorant pride	Drag you to the three lower realms; destroy your mental happiness; will turn you into a beggar; will make you lose your authority and power; make you stupid; make your physical appearance ugly to others; lose your confidence; make others abuse you	GMR	ACI XI Class 6 Student Notes	15-16
无明傲慢造成的八个结果	将你带入三恶道；破坏你的意识喜悦；使你沦为乞丐；使你失去权威和力量；让你变得愚蠢；你的外貌在他人面前变得丑陋；你失去自信；他人会辱骂你	GMR	ACI XI 第6课 学生笔记	15-16
8 Sufferings	Being born, getting old, getting sick, dying, encountering things that are unpleasant, losing what is pleasant, trying and failing to get what you want, and the suffering of simply being alive and having all the impure heaps of ourselves that we do	GMR	ACI I Reading 8	148
八苦	出生、老去、生病、死亡、遇到不愉快的事情、失去愉快的东西、努力却得不到想要的东西，仅仅是活着的痛苦，以及我们做过不道德事情所带来的痛苦	GMR	ACI I 阅读8	148
8 types of giving	Giving to close ones; giving out of fear; giving because they gave to you; giving because they will give to you; giving because one's parents and ancestors used to give; giving with the hope of attaining one of the higher rebirths; giving to gain fame; giving to achieve the ultimate goal	GMR	ACI V Class 11 Student Notes; Reading 10	23;161-180

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八种给予方式	给予亲近的人；因为害怕而给予；因为别人曾经给过你而给予；因为他们将来会给予你而给予；因为父母和祖先曾经给予过而给予；怀着希望获得更高转生而给予；为了获得名声而给予；为了实现最终目标而给予	GMR	ACI V 第11课 学生笔记; 阅读10	23;161-180
8 ways of lacking opportunity	Taking birth in a hell, taking birth as an animal, taking birth as a craving spirit, taking birth as a long life pleasure being, taking birth in a barbaric land, having some kind of handicap, maintain wrong views, living in period when an Enlightened One has not yet come	GMR	ACI III Class 9 Student Notes	15
缺少机会的八种方式	在地狱中诞生；以动物的身份诞生；以恶鬼的身份诞生；以长寿天人的身份诞生；在野蛮之地诞生；拥有某种残缺或障碍；持有错误的见解；生活在没有有一个正觉者降生的时代	GMR	ACI III 第9课 学生笔记	15
8 worldly thoughts	Being happy when we acquire something, and unhappy when we don't; being happy when we feel good, and unhappy when we don't; being happy when we become well-known, and unhappy when we don't; being happy when someone speaks well of us, be unhappy when someone speaks ill of us	GMR	ACI I Reading 5	97
八种世俗的想法	当我们得到时感到快乐，不得时感到不快；当我们感觉良好时感到快乐，感觉不好时感到不快；当我们变得有名时感到快乐，不为人知时感到不快；当有人赞美我们时感到快乐，有人诋毁我们时感到不快	GMR	ACI I 阅读5	97