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|--|---|---------------|--|---------------|
| 7 ingredients | Three prostrations representing the teacher, the teaching, and those who follow the teaching; offerings; confession; rejoicing; request holy beings to teach; request holy beings to stay; dedication | GMR | ACI III Class 2 Student Notes; Reading 1-Reading 2 | 3-4;3-15 |
| 七种原料（七支供冥想） | 三拜：老师、教导、追随教导的人；供养；忏悔；随喜；请求圣众教诲；请求圣众同随；奉献 | GMR | ACI III 第2课 学生笔记; 阅读1&2 | 3-4;3-15 |
| 7 parts instruction on how to draw the Wheel of Life | Five realms of existence; Bardo beings; three poisons; 12 links of dependent origination; draw everything in the clutches of impermanence; Lord Buddha should be outside the five realms pointing to a white heavenly body showing the way to nirvana; at the bottom add two verses | GMR | ACI IX Class 2 Student Notes | 6-7 |
| 绘制生命之轮的七个步骤说明 | 五界的存在；中阴众生；三毒；十二缘起；绘制一切都在无常的掌握之中；佛陀应在五界之外，指向一个白色的天体，指引通往涅槃的道路；在底部添加两句诗 | GMR | ACI IX 第2课 学生笔记 | 6-7 |
| 7 qualities of the giver | Concentrate on good qualities; avoid the 10 bad deeds; be generous, don't give from leftovers; understand the three spheres; don't do bad deeds for reasons relating to yourself; don't turn bad deeds for reason relating to what others will think; understand selflessness | MV | ACI V Class 10 Student Notes; Reading 10 | 20-21;161-180 |
| 给予者的七个品质 | 专注于良好的品质；避免十不善业；慷慨，不要施舍剩余物品；理解三界；不因自身的原因做恶事；不为他人看法而犯罪；理解无我。 | MV | ACI V 第10课 学生笔记; 阅读10 | 20-21;161-180 |

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| 7 types of people cannot take the vows | Beings who live on the northern continent, they do not have renunciation as they live for 500 years; eunuchs; impotent people; hermaphrodites; anyone who has committed one of the five heinous crimes; imposters; people don't believe in karma, rebirth, or the Three Jewels | GMR | ACI IX Class 7 Student Notes; Reading 6 | 18;49 |
| 无法持戒的七类人 | 生活在北俱芦洲（北方大陆）的人，因为他们活了五百年已不在拥有出离心；没有生育能力的人；阳痿的人；雌雄同体的人；犯了五大罪之一的人；冒名顶替的人；不相信因果业力、轮回或三宝的人 | GMR | ACI IX 第7课 学生笔记; 阅读6 | 18;49 |