

Version 5
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GMR
GGD
KTD
JTK
MV
PR
KTR
LB
MA
GP

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克珠·丹巴达
宗喀巴大师
世亲大师
帕绷喀仁波切
赤江仁波切
佛陀
无著大师
冈波巴大师

Title	Description	Author	Source	Page #
1 day vows	Four primary: refraining from sexual activity (adultery is most serious); refraining from stealing; refraining from killing human or human fetus; refraining from lying; secondary: refraining from using or enjoying big comforts; refraining from using intoxicants; refraining from dancing, singing, playing music, wearing flower garlands, perfumes, jewelry, cosmetics; refraining from eating after noon time.	GMR	ACI IX Class 4 Student Notes	10
一日戒	四个主要方面：不发生性行为（通奸最为严重）；不偷窃；不杀害人类或胎儿；不撒谎；次要方面：不使用或享受大件舒适物品；不使用酒精等致醉物；不跳舞、唱歌、演奏音乐、佩戴花环、香水、珠宝、化妆品；过午不食。	GMR	ACI IX 第4课 学生笔记	10
1 non-virtue brought to completion by ignorance of things	Mistaken views	GGD	ACI V Reading 7	135
一件因对事物的无明而导致的恶业的完成	错误的世界观	GGD	ACI V 第7课 阅读	135

Title	Description	Author	Source	Page #
1 ultimate antidote	Understanding emptiness	GMR	ACI X Class 10 5 Student Notes	
一种终极解药	理解空性	GMR	ACI X 第5课 学生笔记	10
10 bad births in the desire realm	Eight levels of hell (eight hot and eight cold), craving spirit, animal	GMR	ACI VIII Class 1 Student Notes	2
欲界十恶生	八层地狱 (八热八冷)、恶鬼、畜生	GMR	ACI VIII 第1课 学生笔记	2
10 bodhisattva bhumis	Great joy; stainless; radiant; luminous; very difficult to train; obviously transcendent; gone afar; Immovable; good discriminating wisdom; cloud of Dharma	GP	The Jewel Ornament of Liberation	259-277
菩萨十地	欢喜地；离垢地；发光地；焰慧地；难胜地；现前地；远行 地；不动地；善慧地；法云地	GP	《解脱庄严 宝论》	259-277
10 fortunes 十圆满	See 5 fortunes (personal) and 5 fortunes (worldly) 详见五个自圆满与五个他圆满	GMR GMR	ACI III, Class 15; 128-131 ACI III 第9课 学生笔记; 阅读9	15; 128-132
10 good births in the desire realm	Humans (four kinds depending on continent); pleasure beings (six different kinds in the desire realm)	GMR	ACI VIII Class 1 Student Notes	2

Title	Description	Author	Source	Page #
欲界十善生	人类 (根据四大部洲分为四种) ; 天人 (六种不同的欲界天人)	GMR	ACI VIII 第1课 学生笔记	2
10 non-virtues	Body: killing any being, stealing, sexual misconduct; Speech: lying, divisive speech, harsh words, and idle talk; Mind: coveting other's things, ill will, and wrong views	PR	ACI I Reading 6	147-148
十不善业	身 : 杀生、偷盗、邪淫 ; 语 : 妄语、两舌、恶语、绮语 ; 意 : 贪图他人的物品 (贪) 、嗔、痴	PR	ACI I 第6课 阅读	147-148
10 qualities of a lama	Practicing the 10 virtues; have mastered concentration; have mastered wisdom (deep understanding or direct perception of emptiness); know more than the student; willing to make great efforts on behalf of students; understand the Scriptures; should have perceived emptiness directly; skillful teacher; loves the students; doesn't tire of helping students.	JTK	ACI III Class 8 Student Notes	13
上师的十个品质	践行十善业 ; 精通专注力 ; 精通智慧 (深刻理解空性或直见空性) ; 比学生懂得更多 ; 愿意为学生付出巨大努力 ; 了解经文 ; 应当已直见空性 ; 善巧的老师 ; 爱学生 ; 不厌其烦地帮助学生。	JTK	ACI III 第8课 学生笔记	13

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10 results of doing the 10 non-virtues	Killing (personal result, your life is short and environmental result is that subsistence is not nutritious; stealing anything of value (personal result, you don't have enough to live on, what you do have is just common property with others, environmental result crops are few and far between); sexual misconduct (personal result people around you are unreliable, environmental result is that urine and feces all around, everything stinks); lying (personal result, no one believes what you say, environment result collaborative work fails, everyone is cheating everyone else); divisive talk (personal result, lose friends easily, environmental result, the ground you live in split up and uneven so travel is difficult); harsh talk (personal result, unpleasant sounds and people always want to pick a fight, environment result the ground is rugged, dreary); idle talk (personal result, no one respects what you say, environmental result, crops refuse to grow, and do not ripen properly); coveting (personal, result you're never satisfied with what you have, environment result every good thing you managed to find declines); ill-will (personal result you are dominated by anger, finding yourself without help, being hurt by others, environmental result, you live in a world of chaos); wrong view (personal result, your personality is dominated by stupidity, you are deceitful, environmental result no place to go, nothing to protect you, people	GMR	ACI IX Class 6 Student Notes; Reading 4	14-16; 69

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做十不善业的十种结果	<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）；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）；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 IX 第6课 学生笔记； 阅读4	14-16; 69
10 Ultimate Riches	<p>The four aims: aiming your mind ultimately to practice; aiming your practice ultimately to the beggar; aiming the beggar ultimately to death; aiming death ultimately to some dusty ravine. The three diamonds: sending the uncatchable diamond ahead of you; laying the unabashable diamond behind you; keeping the wisdom diamond at your side. The three that have been thrown out: being thrown out from the ranks of men; reaching the ranks of dogs; attaining the ranks of the gods.</p>	GMR	ACI I Reading 5	99

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十个终极财富	四个目标：最终将你的心对准修行；最终将你的修行对准乞丐；最终将乞丐对准死亡；最终将死亡对准尘土飞扬的峡谷。三颗钻石：把不可能被抓住的钻石向前发射出；把无法摧毁的钻石放在后面；把智慧的钻石放在身边。三颗被抛出的钻石：被抛出人的行列；到达狗的行列；成就神的行列。	GMR	ACI I 第5课 阅读	99
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

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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
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

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2 additional ways to lose vows	Commit one of the defeats; if the Dharma disappears from the land	GMR	ACI IX Class 7 Student Notes	19
破戒的另外两种方法	犯其中一条根本戒；如果佛法从大地上消失	GMR	ACI IX 第7课 学生笔记	19
2 another list of beings to save	Beings with physical bodies, desire realm and form realm; beings with no physical body, formless realm beings	GMR	ACI VI Class 2 Student Notes; Reading 2	2; 19, 21
另外两份要拯救的生命名单	有肉身的众生，欲界和色界；无肉身的众生，无色界众生	GMR	ACI VI 第2课 学生笔记; 阅读2	2; 19, 21
2 benefits taking keeping individual freedom vows	Avoid rebirth to lower realms; you will reach the three Enlightenments	GMR	ACI IX Class 7 Student Notes	19
持自由戒的两个好处	避免轮回到下界，你将达到三觉境界	GMR	ACI IX 第7课 学生笔记	19
2 bodhichittas	Apparent, wanting to become a Buddha to help all beings; ultimate, the direct perception of emptiness	KTD	ACI II Class 4 Student Notes; Reading 2	9, 11

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两种菩提心	表层·因想帮助所有众生而想成佛；终极·直见空性	GMR	ACI II 第4课 学生笔记； 阅读2	9, 11
2 causes of all suffering	Mental affliction obstacles; obstacles to total knowledge	GMR	ACI X Class 6 Student Notes	14
两种痛苦的因	烦恼的障碍；所有知识（遍智）的障碍	GMR	ACI X 第6课 学生笔记	14
2 collections	Merit, first four perfections; wisdom, fifth and sixth perfections	GMR, MV	ACI V Class 8 Student Notes; Reading 8	16; 150-160
两种资粮	福德，前四种圆满（波罗蜜）；智慧，第五和第六种圆满（波罗蜜）	GMR, MV	ACI V 第8课 学生笔记； 阅读8	16; 150-160
2 definitions of non-duality	Non-duality means that because you are focused on perceiving emptiness, which is a different type of reality, you cannot perceive yourself with your mind, there is a division between subject and object, but you just cannot be aware of it; You have an emptiness and all other objects have emptiness, all those emptinesses are equal to yours	GMR	ACI VI Class 6 Student Notes	16
两种无二的定义	无二意味着，因为你专注于感知空性，空性是另一种现实，所以你无法用意识感知自己，主体和客体之间是有分界的，只是你无法意识到；你有空性，以及其他所有事物都有空性，所有这些空性都与你的空性是一样的	GMR	ACI VI 第6课 学生笔记	16

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2 desires	Desire for this life and desire for future lives	PR	ACI I Class 5 Student Notes	48,179
两种渴望	对今生的渴望和对来世的渴望	PR	ACI I 第5课 学生笔记	48,179
2 dividing bodhichitta by its basic nature	Bodhichitta as the wish; engaging bodhichitta	GMR	ACI II Class 4 Student Notes; Reading 2	8; 11
按基本性质划分的两 种菩提心	愿菩提心；行菩提心	GMR	ACI II 第4课 学生笔记; 阅读2	8; 11
2 divisions of bodhichitta	The wish in the form of a prayer; acting for the sake of all living beings	GMR	ACI VII Class 3 Student Notes	5
两种菩提心	以祈祷形式的发愿；为所有众生而行动	GMR	ACI VII 第3课 学生笔记	5
2 divisions of karma	Projecting karma, throws you into your next rebirth, the most powerful, strong karma throughout your life; completing or finishing karma decides the details of your next life	GMR	ACI V Class 8 Student Notes; Reading 8	17; 150-160
两种业力	投射的业力，让你进入下一个轮回，这是你一生中最强大、 最强烈的业力；完成或结束的业力，决定你下一世的细节	GMR	ACI V 第8课 学生笔记; 阅读8	17; 150-160

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2 divisions of karma	Communicating; non-communicating	GMR, MV	ACI V	32-37
两种业力	表达的；非表达的	GMR, MV	Reading 2 ACI V 阅读2	32-37
2 divisions of negative things	A simple absence something (empty space); an absence where words imply that it is not something else	GMR	ACI XIII Class 6 Student Notes	29
两种反向事物	单纯某样东西的缺失（空的空间）；一种语言上暗示它不是其它事物的一种缺失	GMR	ACI XIII 第6课 学生笔记	29
2 kinds of bodhisattva vows	18 root vows; 46 secondary vows	GMR	ACI VII Class 2 Student Notes	4
两种菩萨戒	18 个根本戒；46 个次级戒	GMR	ACI VII 第2课 学生笔记	4
2 kinds of emptiness	The lack of self-existent nature of you; the lack of self-existent nature of your parts	GMR	ACI XII Class 6 Student Notes	20
两种空性	你没有自我存在性；你的各个部分都没有自我存在性	GMR	ACI XII 第6课 学生笔记	20
2 kinds of great compassion	Great compassion that wants to free all living beings from suffering; great compassion that wants to protect people from suffering	GMR	ACI XII Class 10 Student Notes	36-37

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两种大慈悲心	愿所有众生脱离痛苦的大慈悲心；愿保护所有众生不受痛苦的大慈悲心	GMR	ACI XII 第10课 学生笔记	36-37
2 kinds of mental afflictions	Manifest, active; dormant, inactive	GMR	ACI XII Class 4 Student Notes	11
两种烦恼	显现的、活跃的；休眠的、不活跃的	GMR	ACI XII 第4课 学生笔记	11
2 kinds of people	A person who has undergone the direct perception of emptiness (pakpa, arya); A person who has not	GMR	ACI XII Class 2 Student Notes	4
两种人	已经直见空性的人（pakpa, 证者）；没有直见空性的人	GMR	ACI XII 第2课 学生笔记	4
2 kinds of relationships	Relationship of identity (to be one thing is automatically to be another, example, to be a changing thing and the thing which is made); relationship of a thing and thing which it came from (cause-and-effect, can only be one way)	GMR	ACI XIII Class 7 Student Notes	34
两种关系	同一性的关系（成为一事物就自动成为另一事物·例如·成为变化的事物和成为被制造的事物）；一事物和它所来自的事物的关系（因果关系，只能是单向的）	GMR	ACI XIII 第7课 学生笔记	34
2 kinds of suffering	Sufferings of this life; sufferings which occur during and at the moment death	GMR	ACI VII Class 1	1
两种痛苦	今生的苦难；在死亡过程中和死亡的那一刻发生的苦难	GMR	ACI VII 第1课	1

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2 kinds of valid perception	Direct valid perception (awareness of an object or your own thoughts); valid perception involving conceptualization (example would be your first perceptions of emptiness)	GMR	ACI XIII Class 5 Student Notes	27
两种有效的觉知	直接的正见（对一个对象或自己想法的觉知）；涉及概念化的正见（例如你对于空性的首次觉知）。	GMR	ACI XIII 第5课 学生笔记	27
2 meanings of nirvana	Natural nirvana, doesn't mean nirvana, means the emptiness of all objects; real nirvana, permanent cessation of your mental afflictions	GMR	ACI XII Class 2 Student Notes	6
涅槃的两个含义	自然涅槃，并不意味着涅槃，而是指一切事物的空性；真正的涅槃，是你烦恼的永久止息	GMR	ACI XII 第2课 学生笔记	6
2 obstacles	Obstacle to eliminating all bad thoughts and obstacle to knowing all things	GMR	ACI I Reading 2	45
两个障碍	消除一切坏想法的障碍和通晓一切事物的障碍	GMR	ACI I 阅读2	45
2 perceptions	Direct perception; correct perception	GMR	ACI IV Class 2 Student Notes	3
两种觉知	直接的觉知；正确的觉知	GMR	ACI IV 第2课 学生笔记	3
2 realities	Deceptive reality; ultimate reality	GMR	ACI XII Class 1 Student Notes	3

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两种现实	欺骗性的现实；终极的现实	GMR	ACI XII 第1课 学生笔记	3
2 refuges	Ordinary (refuge in worldly things); exceptional (refuge in the 3 Jewels)	GMR	ACI II Class 3; 5 1 Student Notes; Reading 1	
两种皈依	普通（皈依世俗事物）；殊胜（皈依三宝）	GMR	ACI II 第1课 3; 5 学生笔记; 阅读1	
2 refuges	Ultimate refuge (journey along the path has reached its final goal); apparent refuge (any refuge where the path has not reached its final goal).	GMR	ACI II Reading 1	5
两种皈依	终极皈依（沿着已达到最终目标的道路行进）；明显的皈依（任何未达到最终目标道路的皈依）	GMR	ACI II 阅读1	5
2 sides of the cliff	Things exist the way they look, the extreme of existence; if things don't exist in the way they look to me now, therefore they don't exist at all, I can do anything I want.	GMR	ACI VI Class 9 Student Notes	23
悬崖的两侧	事物以它们显现的形式存在，即存在的极端；如果事物不以它们现在我看来的形式存在，那么它们根本就不存在，我可以做任何我想做的事。	GMR	ACI VI 第9课 学生笔记	23
2 specific causes to be born as an animal	Consistently breaking minor rules; disrespecting others	GMR	ACI VIII Class 3 Student Notes	8
投生为动物的两个具体原因	不断打破一些小的规则；不尊重他人	GMR	ACI VIII 第3课 学生笔记	8

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2 things that can cut your root of virtue	持有对事物真正存在的认知完全相反的想法；对菩萨直接发怒，每一瞬间都会导致在地狱中度过一劫	GMR, MV	ACI V Class 8 Student Notes; Reading 8	16; 150-160
斩断善根的两件事	对事物的如何真实存在产生完全相反的想法；对菩萨直接发怒，每一瞬间都会导致在地狱中度过一劫	GMR, MV	ACI V 第8课 学生笔记; 阅读8	16; 150-160
2 types of Abhidharma	Main Abhidharma (three higher paths, seeing, habituation, no more learning); accessories to knowledge (wisdom from life)	GMR, MV	ACI V Class 1 Student Notes	1
两种阿毗达摩	主要阿毗达摩（三条更高的道：见道、修道、无学道）；附加知识（生活中的智慧）	GMR, MV	ACI V 第1课 学生笔记	1
2 types of correct perception	Direct perception, does not require reasoning; deductive reasoning, good reasons which lead you to see something	GMR	ACI IV Class 3 Student Notes; Reading 3	6; 16
两种正确的觉知	直接感知，不需要逻辑；演绎逻辑，好的逻辑能引领你看到一些事物	GMR	ACI IV 第3课 学生笔记; 阅读3	6; 16
2 types of meditation	Preventative meditation, state of mind you have all day long, prevents mental afflictions from reaching you; demolish meditation, deep meditation with perfect concentration	GMR	ACI XI Class 7 Student Notes	17

Title	Description	Author	Source	Page #
两种冥想	预防性冥想，你整天所保持的精神状态，防止烦恼影响你； 破坏性冥想，完美专注的深度冥想	GMR	ACI XI 第7课 学生笔记	17
2 Ultimate Bodies	Merit (Rupakaya) and wisdom (Dharmakaya)	JTK	ACI III Reading 10	229
两个佛身	功德 (Rupakaya 色身) 与智慧 (Dharmakaya 法身)	JTK	ACI III 阅读10	229
2 vehicles	Hinayana; Mahayana	GMR	ACI VI Class11 Student Notes	26
两种载具	小乘；大乘	GMR	ACI VI 第11课 学生笔记	26
2 ways to prove something	Scriptural authority; logical proof	GMR	ACI XIII Class 6 Student Notes	31-32
证明事物的两种方法	经典权威；逻辑证明	GMR	ACI XIII 第6课 学生笔记	31-32
2 what death awareness is and is not	Death awareness is not about the panic and pain at death; it is about focusing on the things in this life which will affect you after you die	GMR	ACI VIII Class 9 Student Notes	24
二： 什么是对死亡的意识， 什么不是对死亡的意识	对死亡的意识不是关于死亡时的恐慌和痛苦；而是关注此生中那些可以对你死后产生影响的事物	GMR	ACI VIII 第9课 学生笔记	24

Title	Description	Author	Source	Page #
2 wrong ideas about ourselves	Things you learn to hold as being self-existently true; tendency to see things as self-existent	GMR	ACI XII Class 5 Student Notes	14
对自己的两种错误认识	你认为事物是真实自我存在是正确的；将事物视为自我存在的倾向	GMR	ACI XII 第5课 学生笔记	14
20 secondary mental afflictions	Anger; retaining anger; irritation; malice; jealousy; insincerity; pretense; shamelessness; inconsideration; hiding your fault; stingy; conceited; lack of faith; laziness; carelessness; forgetfulness; losing watchfulness; dullness; distraction; scattering	GMR	ACI X Class 8 Student Notes	18
二十个次级烦恼	愤怒；心怀愤怒；恼怒；恶意；嫉妒；不诚实；虚伪；不知羞耻；不为他人考虑；隐瞒过错；吝啬；自负；缺乏信心；懒惰；粗心；健忘；失去警惕；昏沉；分心；散漫	GMR	ACI X 第8课 学生笔记	18
22 forms of the wish	Earth; gold; the first day's moon; fire; a mine; a cache of gemstones; the ocean; a diamond; the king of mountains; medicine; a spiritual guide; a wish-giving jewel; the sun; a song; a king; a treasure; a highway; a riding horse; a fountain of water; a sweet sound; a river; and a cloud	PR	ACI I Reading 8	179
二十二种形式的愿望	大地、黄金、新月、火焰、一个矿井、一个宝石库、海洋、一颗钻石、须弥山、药物、一位精神导师、一个如意宝、太阳、一首歌、一位国王、一个宝藏、一条高速公路、一条可以骑的马、一汪泉水、一道甜美的声音、一条河流和一片云朵	PR	ACI I 阅读8	179
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

Title	Description	Author	Source	Page #
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
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

Title	Description	Author	Source	Page #
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
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

Title	Description	Author	Source	Page #
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
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

Title	Description	Author	Source	Page #
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
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

Title	Description	Author	Source	Page #
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
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

Title	Description	Author	Source	Page #
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
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

Title	Description	Author	Source	Page #
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
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

Title	Description	Author	Source	Page #
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
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

Title	Description	Author	Source	Page #
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
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

Title	Description	Author	Source	Page #
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
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

Title	Description	Author	Source	Page #
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
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

Title	Description	Author	Source	Page #
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
死亡意识的三个主要方面	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
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

Title	Description	Author	Source	Page #
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

Title	Description	Author	Source	Page #
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

Title	Description	Author	Source	Page #
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

Title	Description	Author	Source	Page #
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

Title	Description	Author	Source	Page #
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

Title	Description	Author	Source	Page #
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

Title	Description	Author	Source	Page #
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

Title	Description	Author	Source	Page #
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

Title	Description	Author	Source	Page #
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

Title	Description	Author	Source	Page #
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

Title	Description	Author	Source	Page #
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
4 activities ultimately important in our lives	Study the Dharma; daily practice; meditation; practice such as a job or family situation	GMR	ACI XI Class 1 Student Notes	1
对我们的生活至关重要四项活动	学习佛法；日常修行；冥想；在工作或家庭中修行	GMR	ACI XI 第1课 学生笔记	1
4 Arya truths (also known as Noble truths)	Truth of suffering; truth of the cause of suffering; truth of cessation of suffering; truth of the path to the cessation of suffering	GMR	ACI VI Class 6 Student Notes	16
四证谛 (又称圣谛)	苦的真相；苦因的真相；止苦的真相；止苦之道的真相	GMR	ACI VI 第6课 学生笔记	16
4 attachments	Anyone attached to this life is no Dharma practitioner; anyone attached to the three realms has no renunciation; anyone attached to their own needs alone is no Bodhisattva; if you grasp to things as self-existent you have no worldview.	GMR	ACI XIV Class 10 Student Notes	47
四种执着	任何执着于今生的人都不是佛法修行者；任何执着于三界的人都没有出离心；任何只执着于自身需求的人都不是菩萨；如果你执着于事物的自性，你就没有（正确的）世界观。	GMR	ACI XIV 第10课 学生笔记	47

Title	Description	Author	Source	Page #
4 attributes of Lord Bhuddha's speech	All things are impermanent; all impure things are suffering; all things are empty and lack self nature; Nirvana is peace	GMR	GMR teaching, translator class 23 Oct 2023	
佛陀的言语的四个特点	一切皆无常，一切不净皆苦，一切皆空无自性，涅槃即安乐。	GMR	GMR 教学，翻译班 2023 年 10 月 23 日	0
4 benefits of taking vows	taken from someone else, live up to their scrutiny; pure motivation, to become enlightened to help others; fixable, you can repair them; if you have the first two qualities strongly, you won't break the vows in the first place	GMR	ACI VII Class 2 Student Notes	4
受戒的四个好处	从他人处受戒，不辜负他人的监督；动机纯正，证悟后帮助他人；可修复，你可以修复它们；如果你有强烈的前两种品质，你首先就不会破戒	GMR	ACI VII 第2课 学生笔记	4
4 black and white deeds	knowingly deceiving your lama, never speaking a lie to any person even in jest; to get anyone to regret something virtuous they have done; say something unpleasant to a bodhisattva out of anger, see everyone as bodhisattvas; to be devious, dishonest, or deceitful to any being with a bad motivation	GMR	ACI VII Class 9 Student Notes;	22
四种黑业和白业	明知故犯地欺骗你的上师，即使是开玩笑也绝不对任何人说假话；让任何人为自己所做的善事后悔；因愤怒而对菩萨说不愉快的话，视所有人为菩萨；以不良动机对任何众生狡猾、不诚实或欺骗	GMR	ACI VII 第9课 学生笔记	22

Title	Description	Author	Source	Page #
4 bodies of a Buddha	<i>Rupakaya</i> is the form body, <i>nirmanakaya</i> emanation body and <i>sambhogakaya</i> enjoyment body; <i>Dharmakaya</i> is the wisdom body, <i>svabhavakaya</i> essence body and <i>jnanadharmakaya</i> wisdom body	GMR	ACI VI Class 3 Student Notes	5
四种佛身	Rupakaya 是色身： 化身 (nirmanakaya) 和报身 (sambhogakaya)；Dharma kaya 是法身： 自性身 (svabhavakaya) 和智慧法身 (jnanadarmakaya)	GMR	ACI VI 第3课 学生笔记	5
4 causes for rebirth as a craving spirit	general cause, doing the 10 non-virtues with medium strength; three specific causes	GMR	ACI VIII Class 3 Student Notes	6
转生为饿鬼的四个原因	一般原因，以中等力度做十不善业；三个具体原因	GMR	ACI VIII 第3课 学生笔记	6
4 chains	not to consider what you are doing or are going to do as wrong; be willing to do it again; enjoy doing it; don't have any shame or conscience	GMR	ACI VII Class 6 Student Notes;	12
四连锁 (四品缠)	不认为自己正在做或将要做的事情是错误的；愿意再次做；喜欢做；没有任何羞耻感或良心不安	GMR	ACI VII 第6课 学生笔记	12
4 deep awarenesses	Body; feelings; mind; objects	GMR	ACI XII Class 7 Student Notes	25
四个深层意识	身体；情感；心灵；物体	GMR	ACI XII 第七课 学生笔记	25

Title	Description	Author	Source	Page #
4 eras	Results, many people become arhants, many people become non-returners, lots of people become stream enterers; practice (trying), people are training in wisdom, training in concentration; training in morality; physical Dharma (people talk, but have no practice or attainment), Abhidharma basket exists, Sutra basket exists, morality basket exists; era of just a trace, no one understands or practices Dharma	GMR	ACI VI Class 4 Student Notes	8-9
四个时代	结果（证三品），很多人成了阿罗汉，很多人成了不退转者，很多人成了入流者；修三品（修行（尝试）），人们在训练智慧，训练专注，训练戒律；教三品（物质佛法）（人们空谈，但没有修行或成就），阿毗达磨存在，经文存在，戒律存在；因此，（唯持相品）只留一个痕迹，没有人理解或实践佛法	GMR	ACI VI 第4课 学生笔记	8-9
4 examples of powerful objects causing ripening in this life	Someone who has just come out cessation meditation for the first time; who has just come out of immeasurable love or no-mind meditation for the first time; someone who has just come out of the direct perception of emptiness for the first time; someone who has just become an arhant.	GMR	ACI V Class 8; 49-72 1 Student Notes; Reading 4	
导致业力今生成熟的四个强大对象	第一次从止观禅修中走出来的人；第一次从无量爱或无念禅修中走出来的人；从首次直见空性中走出来的人；刚成为阿罗汉的人。	GMR	ACI V 第1课 8; 49-72 学生笔记; 阅读4	
4 experiences at the point of death	Tormented by memories of bad things you've done; you hear terrible sounds; you mess yourself; total loss of clarity	GMR	ACI XI Class 4 Student Notes	9
四种临终体验	被自己做过的坏事的记忆折磨；听到可怕的声音；自己让自己混乱；完全失去清醒	GMR	ACI XI 第4课 学生笔记	9

Title	Description	Author	Source	Page #
4 fold analysis	Identify what you deny, recognize the necessity, perceive it is not truly one, perceive it's not truly many	GMR	ACI I Reading 9	210
四层分析	找出你所否认的，认识到其必要性，觉察到它并非真正的一，觉察到它并非真正的多	GMR	ACI I 阅读9	210
4 forces that support joyful effort	Force of willpower; force of steadfastness; force of total delight in practice; force leaving off (take a rest)	GMR	ACI XI Class 6 Student Notes	14
支持精进之乐的四 种力量	意志的力量；坚定不移的力量；完全乐于实践的力量；停止（休息）的力量	GMR	ACI XI 第6课 学生笔记	14
4 great divisions of Source of All My Good	Root of the path; how to practice and purify the mind after taking a lama; requests for help in practice; prayer to meet lamas and achieve goals	GMR, JTK	ACI III Class 8 Student Notes	13
我一切善业来源《普善德根本》的四大分部	道路的根源；依止上师后如何修行和净化意识；请求修行中的帮助；为见到上师和实现目标而祈祷	GMR, JTK	ACI III 第8课 学生笔记	13
4 great facts	Nothing exists naturally, but it's not true that nothing exists at all; everything exists in name only; but is not that everything exists naturally	GMR	ACI VI Class 9 Student Notes	24
四大事实	没有任何事物自然存在；但并非一切都不存在；一切都只是以名称存在；但并非一切都自然存在	GMR	ACI VI 第9课 学生笔记	24
4 Greatnesses	One comes to realize the teachings are all consistent, one perceives all the Scriptures as personal advice, one easily grasps the true intent of the Buddhas, and one automatically avoids a great mistake of disparaging any teaching	GMR, PR, JTK	ACI I Reading 4	80

Title	Description	Author	Source	Page #
四殊胜	意识到教授都是一致的，将所有经文视为给自己的个人建议，很容易就能领会诸佛的真正意图，并自动避免贬低任何教授的重大错误	GMR, PR, JTK	ACI I 阅读4	80
4 immeasurables	May all living beings gain happiness and what causes happiness in and may I help them achieve this; May all living beings escape suffering and what causes suffering and may I help them achieve this; May all living beings never be without the happiness free of every suffering and may I help them achieve this; May all living beings stay neutral, free of all like for their friends and dislike for their enemies and may I help achieve this.	GMR, PR, JTK	ACI I Reading 9	245
四无量心	愿众生获得幸福和造成幸福的原因，愿我能帮助他们实现这个目标；愿众生摆脱痛苦和导致痛苦的原因，愿我能帮助他们实现这个目标；愿众生永远没有不会缺少这种免于一切痛苦的幸福，愿我能帮助他们实现这个目标；愿众生保持中立，免于所有对朋友的喜欢以及对敌人的讨厌，愿我能帮助他们实现这个目标。	GMR, PR, JTK	ACI I 阅读9	245
4 kinds of dedication	General dedication; dedicating virtue to help sick people; dedicating virtue to help hungry and thirsty people; dedicating for virtue so that all beings get anything they want	GMR	ACI X Class 5 Student Notes	12
四种回向	一般的回向；回向善业以帮助生病的人；回向善业以帮助饥饿的人；把善业回向给众生从而获得一切所愿。	GMR	ACI X 第5课 学生笔记	12
4 kinds of eons	eon of the destruction; eon of formation; continuation eon; empty eon	GMR	ACI VIII Class 8 Student Notes	20-21

Title	Description	Author	Source	Page #
四时期 (四劫)	成立 (成劫) ; 持续 (住劫) ; 毁灭 (坏劫) ; 空 (空劫)	GMR	ACI VIII 第8课 学生笔记	20-21
4 kinds of giving	Giving for own benefit; giving for the benefit of others; help both self and other by giving; neither benefit by giving (Buddha to Buddha)	GMR	ACI V Class 10 Student Notes; Reading 10	18; 161-181
四种给予 (布施)	为了自己的利益的布施 ; 为了他人的利益的布施 ; 既能帮助自己, 也能帮助他人的布施 ; 对两者都不受益的布施 (佛陀对佛陀) 。	GMR	ACI V 第10课 学生笔记; 阅读10	18; 161-181
4 kinds of good karmic deeds	Nirvana; by its very nature; virtuous thought; virtuous verbal and physical action	GMR	ACI V Class 3 Student Notes	5
四种善业	涅槃 ; 本性 ; 善念 ; 善言和善行	GMR	ACI V 第3课 学生笔记	5
4 kinds of karma that must ripen rather than remain latent	Deed committed with strong emotion; deed committed to a very holy object; deed committed over and over again; deed done with extraordinary motivation, for instance tantra.	GMR	ACI V Class 4 Student Notes, Reading 4	7; 49-72
一定会结果而非潜伏的四种业力	带着强烈情感所做的行为 ; 对非常神圣的对象所作的行为 ; 反反复复所做的行为 ; 带着非凡动机所做的行为 · 例如密宗。	GMR	ACI V 第4课 学生笔记; 阅读4	7; 49-72

Title	Description	Author	Source	Page #
4 kinds of meditation cause rebirth in formless realm	Non-conceptual and not non-conceptual; limitless awareness; nothing at all; the peak of existence.	GMR	ACI VIII Class 2 Student Notes	4
导致投生无色界的四种冥想	非观念性的和不非观念性的；无限的觉知；一无所有；存在的巅峰	GMR	ACI VIII 第2课 学生笔记	4
4 kinds of perfection of wisdom	Natural perfection of wisdom; textual perfection of wisdom; path perfection of wisdom; result perfection of wisdom	GMR	ACI VI Class 9 Student Notes	23
四种圆满的智慧（般若）	自性般若；文字般若；道般若；果般若	GMR	ACI VI 第9课 学生笔记	23
4 kinds of sustenance	Portions (subtle doesn't produce urine or feces, gross what we eat); contact, just seeing the thing gives sustenance; movement of the mind sustains you to continue life; the mind itself sustains a beings existence	GMR	ACI VIII Class 6 Student Notes	14
四种食物	份量（段食）（微妙的东西不会产生大小便，而我们所吃的东西则是粗糙的）；接触（触食），仅仅是看到事物就能获得养分；思食，心灵的运动使你得以延续生命；识食，心灵本身就能维持生命的存在	GMR	ACI VIII 第6课 学生笔记	14
4 levels of formless realm	Limitless space; limitless awareness/consciousness; nothing at all; the peak of (suffering) existence.	GMR	ACI VIII Class 2 Student Notes	4
无色界的四个层次	无限的空间；无限的觉知/意识；一无所有；存在的巅峰	GMR	ACI VIII 第2课 学生笔记	4

Title	Description	Author	Source	Page #
4 methods of attracting disciples	Supply their physical needs, speak in a way that is familiar to them, teach to the level of the student, practice what you preach	GMR		
吸引学生的四种方法	满足他们的生理需求·用他们熟悉的方式说话·因材施教·言行一致	GMR	0	0
4 object of giving	Humans are better to give to than animals; giving to someone who is suffering is more powerful than someone who is not in great need; giving to those with high spiritual qualities; given to a special object like your parents	GMR	ACI V Class 10 Student Notes; Reading 10	21;161-180
四个给予(布施)对象	给予人类比给予动物更有好; 给予正在受苦难的人比给予不那么需要帮助的人更有力量; 给予有更高灵修品质的人; 给予像父母这样的特殊对象	GMR	ACI V 第10课 学生笔记; 阅读10	21;161-180
4 parts death meditation	Disadvantages of not cultivating death awareness; advantages of cultivating death awareness; what death awareness is and is not; how to develop death awareness	GMR	ACI VIII Class 9 Student Notes	23
死亡冥想的四部分	不培养对死亡觉知的弊端; 培养对死亡觉知的益处; 什么是死亡觉知·什么不是对死亡觉知; 如何培养死亡觉知	GMR	ACI VIII 第9课 学生笔记	23
4 parts to a path of action	1) The object involved 2) the thinking involved a. correct identification b. bad thoughts, c. motivation or intention; 3) undertaking the deed; 4) completing the deed	GMR, GGD	ACI V Class 7 Student Notes; Reading 7	14-15; 145-150
行动路径的四个部分	1) 所涉及的对象; 2) 所涉及的念头: (A) 正确的识别·(B) 不好的想法, (C) 动机或意图; 3) 实施行为; 4) 完成行为	GMR, GGD	ACI V 第7课 学生笔记; 阅读7	14-15; 145-150

Title	Description	Author	Source	Page #
4 points of virtue	Someone yells at you, you don't yell back; someone criticizes you and you don't respond; someone hits you and you don't respond; someone gets angry at you and you don't respond	GMR	ACI VII Class 8 Student Notes;	17
四点美德	有人骂你·你不还口;有人批评你·你不回应;有人打你·你不回应;有人对你发火·你不回应	GMR	ACI VII 第8课 学生笔记	17
4 points of virtue	Responding to a scolding with a scolding; responding to criticism with criticism; responding to a beating with a the beating; responding to anger with anger	GMR	ACI VII Class 8 Student Notes;	17;77
四点美德	不以骂对骂;不以批评回应批评;不以暴制暴;不以怒对怒	GMR	ACI VII 第8 课 学生笔记; 阅读8	17;77
4 powers of purification	Foundation (refuge); regret, intelligent regret; restraint; remedy	GMR, MV	ACI V Class 11 Student Notes; Reading 10	23;161-180
四力量净化	基础(皈依);遗憾·智慧的遗憾;约束;补救	GMR, MV	ACI V 第11课 学生笔记; 阅读10	23;161-180
4 primary one-day vows	No sexual activity; no stealing; no killing human or human fetus; no lying	GMR	ACI IX Class 4 Student Notes	10

Title	Description	Author	Source	Page #
四个主要的一日戒	不发生性行为；不偷窃；不杀害人类或胎儿；不撒谎	GMR	ACI IX 第4课 学生笔记	10
4 principles of karma	Fixed content (good deed-pleasant result, bad deed-unpleasant result); results are greater than their deeds; if you don't do the karma, you don't get the result; it must ripen	GMR	ACI VIII Class 3 Student Notes	7
业力四法则	固定内容（善行--令人愉悦的结果，恶行--令人不悦的结果）；结果大于行为；如果不做作业，就不会得到结果；（业力）必须成熟	GMR	ACI VIII 第3课 学生笔记	7
4 qualities that must go together	Functioning thing (does something); changing thing; caused thing (produced by the convening of cognitive); produced thing (something which is made)	GMR	ACI XI Class 2 Student Notes	5
必须同时具备的四种品质	有功能作用的事物（做某事）；变化的事物；由原因引起的事物（通过召集认知而产生）；产生的事物（被制造出来的事物）	GMR	ACI XI 第2课 学生笔记	5
4 requirements of a Buddhist book	Subject matter is meaningful; purpose; ultimate goal; relationship between the prior three	GMR	ACI V Reading 1	23-24
佛教书籍的四项要求	主题要有意义；有目的；最终目标；与前面三者之间的关系	GMR	ACI V 阅读1	23-24
4 results of Buddhist path	Stream-enterer; once-returner; non-returner; arhant	GMR	ACI II Class 7 Student Notes	12
四种佛法果位	入流果；一来果；不来果；阿罗汉	GMR	ACI II 第7课 学生笔记	12

Title	Description	Author	Source	Page #
4 Schools of Ancient Buddhism	Functionalist schools, (Hinayana, Abhidharma or Vaibhashika, Sautranitka or Sutrism, logic), Mahayana Chittamatra or Yogachara, Mind Only); Independent school, Mahayana, Madhyamika, Svatantrika, independents; Implication School, Mahayana; Madhyamika Prasangika, Consequence.	GMR	ACI VI Class 11	26
古代佛教的四个流派	功能论者, (小乘, 一切有部或分别说部·经部(因明学派); 唯识宗或经部·因明学派)·大乘唯识宗或瑜伽行派·唯识); 中观派的"自续"部, 大乘, 中观应成派·中观自续派·中观派"应成"部, 应承部。	GMR	ACI VI 第11课	26
4 secondary one day vows	No luxurious furniture; no use of intoxicants; no frivolous activities like dancing and singing; do not eat after noon	GMR	ACI IX Class 4 Student Notes	10
四个次级一日戒	不使用豪华家具; 不酗酒; 不参加歌舞等轻浮活动; 过午不食。	GMR	ACI IX 第4课 学生笔记	10
4 special qualities of the Lam Rim teaching	Realize all the teachings are free of any inconsistency; every teaching strikes you as personal advice; easily grasp the intent of the Buddhas; saves you from the great abyss	GMR	ACI IX Class 8 Student Notes; Reading 8	21;83
道次第教授的四个特质	认识到所有教授都没有任何前后矛盾之处; 每项教授都是对你的个人建议; 轻松掌握佛陀的意图; 将你从万丈深渊中拯救出来	GMR	ACI IX 第8课 学生笔记; 阅读8	21;83

Title	Description	Author	Source	Page #
4 steps for collecting negative karma	Think things exist independent of your projections; you want the object; you are willing to do something unethical to get it; you collect bad karma	GMR	ACI X Class 5 Student Notes	11
收集恶业的四个步骤	认为事物是独立于你的投射而存在的；你想得到这个东西；你愿意做一些不道德的事情来得到它；你收集恶业	GMR	ACI X 第5课 学生笔记	11
4 things which nourish the body	Eating food; taking care of your body; sleep; concentration	GMR	ACI VIII Class 6 Student Notes	14-15
滋养身体的四种事物	进食；照顾好自己的身体；睡眠；专注力	GMR	ACI VIII 第6课 学生笔记	14-15
4 types of bodhichitta (spiritual understanding)	Has Mahayana bodhichitta, but hasn't seen emptiness yet, occurs on paths of accumulation and preparation; has Mahayana bodhichitta, has seen emptiness directly, still sees things as deceptive reality, occurs on path of seeing and habituation; has Mahayana bodhichitta, doesn't see or think things are self-existent but still has seeds to see things are self-existent, bodhisattva bhumis 8-10; Mahayana bodhichitta, doesn't think things are self-existent, doesn't see them as self-existent, has no more seeds to see things as self-existent, this is a Buddha	GMR	ACI II Class 4 Student Notes	7

Title	Description	Author	Source	Page #
四种菩提心（精神理解）	有大乘菩提心，但尚未直见空性，出现在资粮道和加行道； 有大乘菩提心，已直见空性，但仍看到事物为欺骗性的现实，出现在见道和修道； 有大乘菩提心，不再看到或认为事物是自性存在的，但仍有见到事物是自性存在的种子，菩提地 8-10 级；有大乘菩提心，不认为事物是自性存在的，不再有见事物为自性存在的种子，这就是佛陀	GMR	ACI II 第4课 学生笔记	7
4 types of grasping	Grasping to the desirable, grasping to views, grasping to self-nature, grasping to mistaken forms of morality and ascetic practices	GMR	ACI IV Class 10 Student Notes; Reading 10	65
四种执着	对渴望的东西的执着，对观点的执着，对自性的执着，对错误的道德和苦行的形式的执着	GMR	ACI IV 第10课 学生笔记; 阅读10	65
4 types of karmic results	Ripening (big bad deed hell realm, medium bad deed preta, small bad deed animal realm); Consistent with cause (if you kill, your life will be short); consistent with result (Tendency to repeat the same misdeed); environmental (how you experience the physical world)	GMR	ACI IX Class 6 Student Notes	17
四种业力结果	成熟（大恶行地狱界，中恶行饿鬼界，小恶行动物界）；与原因一致（如果你杀了人，你的寿命就会短）；与结果一致（有容易犯重复同样恶行的倾向）；环境（你如何体验这个外在世界）	GMR	ACI IX 第6课 学生笔记	17

Title	Description	Author	Source	Page #
4 types of nirvana	natural nirvana; nirvana was something left over; nirvana with nothing left over; nirvana that does not stay in the extreme of samsara or the extreme of lower peace	GMR	ACI II Class 5 Student Notes; Reading 3	10-11;12
四种涅槃	自然涅槃；有余涅槃；无余涅槃；不停留在轮回极致或下层安乐极致的涅槃	GMR	ACI II 第5课 学生笔记; 阅读3	10-11;12
4 types of sexual misconduct	Sex with someone else's wife, or with a woman too closely related to oneself; sex with a woman using an improper part of her body, mouth or anus; sex in improper place, out in the open or in a shrine or temple; sex at an improper time, while the baby is still nursing, while she is pregnant, or during the period she is observing the one day layman's vows	GMR	ACI V Reading 7	141
四种不当性行为	与他人的妻子发生性关系，或与有亲戚关系的妇女发生性关系；使用不适当的女性身体部位、如口腔或肛门的性行为；在不适当的地方发生性关系，如露天、或在神社，寺庙等地；在不适当的时间发生性关系，如婴儿仍在哺乳期间、妇女怀孕期间或在她遵守一天戒期间发生性关系。	GMR	ACI V 阅读7	141
4 ways of looking at mental images	<i>Tsok chi</i> , the whole or collection of parts; rik chi quality, breaking the whole down to concepts and ideas, "car" is a quality or rik chi, Chevrolet is a characteristic, it is a subset of cars; <i>dun chi</i> mental image of something you have seen; <i>dra ch i</i> , mental image of something you have not seen	GMR	ACI VI Class 6 Student Notes	13-14

Title	Description	Author	Source	Page #
观察意识图像的四 种方法	Tsok chi - 整体或部分的集合 ; (rik chi) - 质量 , 将整体分解为概念和想法 , "汽车 "是一种质量 (rik chi) , 雪佛兰是一种特征 . 它是汽车的一个子集; (dun chi), 你所见过的事物的意识图像 (dra chi), 你未见过的事物的意识图像	GMR	ACI VI 第6课 学生笔记	13-14
4 ways of seeing self	Conventional me; seeing self as self-existent and believing I'm self-existent; someone who has seen emptiness directly doesn't believe in self-existence but sees self as self existent; someone no longer sees or believes self to be self-existent	GMR	ACI IV Class 10 Student Notes	21-22
看待自我的四种方式	传统的我 ; 视我为自我存在的 , 并相信我是自我存在的 ; 直接看到过空性的人 , 不相信自性的存在 , 但还会看到自己是自我存在的 ; 不再看到或相信我是有自性的存在。	GMR	ACI IV 第10课 学生笔记 ;	21-22
4 ways of seeing self	Womb; egg; miraculous; warmth and moisture	GMR	ACI IV Class 9 Student Notes;	18
四种分娩方式	胎生 ; 卵生 ; 奇迹降生 ; 温暖和潮湿滋生	GMR	ACI IV 第9课 学生笔记	18
5 heinous crimes	Killing your mother; killing your father; killing an arhant; creating a schism; trying to kill a Buddha with evil intent	GMR	ACI V Class 9 Student Notes; Reading 9	18; 161-181
五逆罪	杀母 ; 杀父 ; 杀阿罗汉 ; 制造分裂 ; 企图以邪恶的意图杀害佛陀	GMR	ACI V 第9课 学生笔记; 阅读9	18; 161-181

Title	Description	Author	Source	Page #
5 clairvoyances	Supernormal powers of emanation, sight, hearing, perception of the past, and knowledge of other's thoughts	GMR	ACI I Reading 2	47
五个特异功能（五神通）	化身、视觉、听觉、感知过去，以及能读别人想法的超常能力。（天眼通、天耳通、他心通、宿命通、如意通）	GMR	ACI I 阅读2	47
5 conditions of the environment	Conducive place; few needs; been satisfied; give up a lot of things; avoid harming; get rid of sense desires	GMR	ACI III, Class 3 Student Notes; Reading 3	34-36;4-6
五个环境条件	有利的场所；需求很少；感到满足；放弃了很多东西；避免伤害；摆脱感官欲望	GMR	ACI III 第2课 学生笔记; 阅读3	34-36;4-6
5 good deeds by their very nature	Not desire; not hatred; non-ignorance; non-shame; non-consideration	GMR	ACI V Class 3 Student Notes	5
按本质分类的五种善行	无欲、无恨、非无明、无愧、无虑	GMR	ACI V 第3课 学生笔记	5
5 degenerations	Human life is very fragile; people not attracted to doing good; our bodies are not very good; food and medicine diminished and not very good; ordained people are not virtuous	GMR	ACI VIII Class 8 Student Notes	22
5 种退化	人的生命非常脆弱；人们不被做行善所吸引；我们的身体不是很好；食物和药品减少了药效和营养质量不好；受戒的人没有善业	GMR	ACI VIII 第8课 学生笔记	22

Title	Description	Author	Source	Page #
5 different experiences that deeds bring about	An example of the first would be feelings, which are an experience or sensation by their very nature. Something like the mental function of contact represents the second type, or experience due to a mental link. And form for example is experienced by acting as the object of one's focus. Virtuous and non-virtuous deeds are cases where something is experienced by its ripening. And an example of the final type, of something that one experiences as it makes its appearance in a direct manner, would be feelings.	GMR	ACI V Reading 4	55
业力行为带来的五种不同体验	第一类的例子是感受，其本质是一种体验或感觉。像"触感"这样的意识功能代表了第二种类型，即由于意识联系而产生的体验。举例来说，"形式"就是通过作为自己关注的对象而产生的体验。善业和不善业都是通过其成熟来体验的例子。而最后一种，即通过直接显现而体验到的东西，就是感受。	GMR	ACI V 阅读4	55
5 different kinds of taking refuge 五种不同的皈依方式	Taking refuge shared with lesser scope; medium scope; greater scope; cause refuge and result refuge 与较小范围、中等范围、较大范围、共享的皈依，原因皈依，和结果皈依	GMR GMR	ACI II Reading 1 ACI II 阅读1	6 6
5 elements of a conducive place	Physical needs; safe place; healthy environment; trusted assistant; isolated, no books or radio or computer	GMR	ACI III Class 4; 3 Student Notes	34
有利场所的五个要素	生理需求；安全场所；健康环境；可信赖的助手；与世隔绝，没有书籍、收音机或电脑	GMR	ACI III 第3课 学生笔记	4; 34

Title	Description	Author	Source	Page #
5 factors that make breaking a vow more or less serious	Nature, primary versus secondary; instigator, not knowing the vows, temporarily distracted by bad thoughts, disrespect for them; having the three poisons; object; accumulation. Breaking 1 to 5 secondary vows, and don't confess, a few it would be less serious; breaking a larger number, is a medium seriousness; too large a number count break more than you can count, multiple times, it is heavy seriousness.	GMR	ACI VII Class 10 Student Notes	24
决定破戒后果轻重的五个因素	本质，主要与次要；教唆者，不知道戒规，暂时被坏想法干扰，不尊重戒律；有三毒；对象；积累，满足多个者则严重，少则轻；两多算重。	GMR	ACI VII 第10课 学生笔记	24
5 fortunes (personal qualities)	Born as a human, born in a central land, have full use of your faculties, have not yet committed the five heinous crimes, have faith in the three collections of scripture (morality, concentration, wisdom)	GMR	ACI III Class 9	15
五种自圆满 (个人品质)	生而为人，生于中原，用全面使用你的技能，未犯五逆之罪，信奉三藏 (道德、专注、智慧)。	GMR	ACI III 第9课	15
5 Fortunes (worldly)	An Enlightened Being has come into the world, the Being has taught the holy Dharma, the teachings have survived, there are people practicing the teachings, there is a necessary support for the practitioners	GMR	ACI III Class 9	15
五种他圆满 (世俗的)	有觉悟者来到这个世界，这位觉悟者传授了神圣的佛法，佛法得以流传，有人在修行佛法，修行者们得到了必要的支持	GMR	ACI III 第9课	15
5 general causes for losing your vows	Formally give them back; to die; if opposite sex organ emerges; if you change gender three times; if you destroy your root of virtue	GMR	ACI IX Class 7 Student Notes	18

Title	Description	Author	Source	Page #
失去戒律的五个常见原因	正式归还；死亡；出现异性器官；变性三次；如果你破坏你的善根	GMR	ACI IX 第7课 学生笔记	18
5 great texts	Perfection of wisdom (<i>Prajnaparamita</i>), middle way (<i>Madhyamika</i>); vowed morality (<i>Vinaya</i>), higher knowledge (<i>Abhidarma</i>), Buddhist logic and perception (<i>Pramana</i>)	GMR	ACI III Class 8, Student Notes	13
五部大论	《般若波罗蜜多经》(<i>Prajnaparamita</i>) ; 《入中论》(<i>Madhyamika</i>) ; 《戒论》(<i>Vinaya</i>) ; 《阿毗达摩俱舍论》(<i>Abhidarma</i>) ; 《佛教因明与量论》(<i>Pramana</i>)	GMR	ACI III 第8课 学生笔记	13
5 heaps	Physical body; feelings; discrimination; other factors; main mind consciousness	GMR, KTD	ACI II Class 6 Student Notes	11
五蕴	见阅读	GMR, KTD	ACI II 第6课 学生笔记	11
5 heaps	The physical body; feelings; discrimination; other factors; consciousness	GMR	ACI XII Class 7 Student Notes	24
五蕴	身体 (色蕴) ; 感觉 (受蕴) ; 辨别力 (想蕴) ; 其他因素 (行蕴) ; 主要意识觉知 (识蕴)	GMR	ACI XII 第7课 学生笔记	24
5 heinous crimes in order severity worst first	Causing a schism; trying to kill a Buddha; kill an arhants; killing your mother; killing your father	GMR	ACI V Class 9 Student Notes; Reading 9	18; 161-181

Title	Description	Author	Source	Page #
五逆罪 (按严重程度排序, 最严重为首)	造成分裂; 试图杀害佛陀; 杀害阿罗汉; 杀害母亲; 杀害父亲	GMR	ACI V 第9课 学生笔记; 阅读9	18; 161-181
5 lifetime layperson vows	Refrain from killing a human or healing fetus; refrain from taking anything of value, taking that which is not given; lying about your spiritual life; committing adultery; not taking intoxicants; additional consideration do not give up refuge	GMR	ACI IX Class 4 Student Notes; Reading 4	11;35
五个终身在家居士戒	不杀人或胎儿; 不拿任何有价值的东西, 不拿别人没有给予的东西; 不对自己的灵修能力撒谎; 不通奸; 不酗酒; 不放弃皈依。	GMR	ACI IX 第4课 学生笔记; 阅读4	11;35
5 mental poisons	Liking things ignorantly; disliking things stupidly; ignorance; pride; jealousy	GMR	ACI XIV Class 3 Student Notes	12-13
五种意识毒药	无知的喜欢; 愚蠢的不喜欢; 无明; 骄傲; 嫉妒	GMR	ACI XIV 第3课 学生笔记	12-13
5 minimum qualities of a good teacher	They should be devoted mainly to the Dharma; working toward future lives; take care of others before themselves; not careless in their physical, verbal or mental actions; they do not teach the wrong path	GMR, JTK	ACI III Class 8, Student Notes	13
好老师具备的至少五个特质	他们应主要专注于佛法; 为未来世而努力; 先照顾他人后照顾自己; 对于他们的身、语、意都小心行事; 不传授错误的知识	GMR, JTK	ACI III 第8课 学生笔记	13

Title	Description	Author	Source	Page #
5 obstacles to meditation	Rrestless desire, sentimental daydreaming; feelings of malice or anger; dullness of body and mind, drowsiness; attraction to objects of the senses; destructive doubts	GMR	ACI XI Class 7 Student Notes	19
冥想的五大障碍	无休止的欲望，情感丰富的白日梦；怨恨或愤怒的情绪；身心迟钝·昏昏欲睡；被感官对象所吸引；疑神疑鬼	GMR	ACI XI 第7课 学生笔记	19
5 paths	Path of preparation, path of accumulation, path of seeing, path of the habituation, and path of no more learning	GMR, JTK	ACI I Reading 9	208
五道	资粮道；加行道；见道；修道；无学道	GMR, JTK	ACI I 阅读9	208
5 practices for charging positive energy needed to gain bodhichitta	Rejoicing; Asking holy beings to teach; request teachers to stay; dedicate; willingness to give up everything to help others	GMR	ACI X Class 5 Student Notes	12
获得菩提心的五种快速练习	随喜；请求圣众（神圣的存在）的教导；请求老师住世；回向；愿意放弃一切帮助他人	GMR	ACI X 第5课 学生笔记	12
5 problems anger causes	You'll never find peace; ruin your happiness; upset your body physically; prevent you from sleeping well; throwing off balance	GMR	ACI XI Class 1 Student Notes	1
生气所导致的五个问题	你将永远无法获得平静；摧毁你的幸福；扰乱你的身体；让你无法安睡；失去平衡	GMR	ACI XI 第1课学生笔记	1

Title	Description	Author	Source	Page #
5 problems of meditation	Don't want to meditate; losing the object; dullness and agitation; failing to take action; taking action when there's no need to	GMR, KTR	ACI III Class 7 Student Notes; Reading 4 and 5	44;229
冥想会遇到的五个问题	不愿意做冥想；失去冥想所缘境；昏沉和躁动；不采取行动；在不需要采取行动时采取行动	GMR, KTR	ACI III 第7课 学生笔记; 阅读4&5	44;229
5 proofs of emptiness	Emptiness of one or many; sliver of diamond; denial the things which exist or do not exist could arise; denial that things could arise from any of the four possibilities; reasoning of interdependence	GMR, KTD	ACI II Class 8 Student Notes	15, 27-30
空性的五种证明	一或多的空性；钻石的碎片；否认显现的事物存在与否；否认事物是以四种可能性当中的任何一种显现；互相存在的推论	GMR, KTD	ACI II 第8课 学生笔记	15, 27-30
5 qualities of a good lama	Control self with the three extraordinary trainings; has perceived emptiness directly or intellectually; love students	GMR	ACI III Class 8, Student Notes	13
好上师具备的五个品质	基于三项殊胜的练习训练自己；直接见到过空性或非常了解空性；热爱学生	GMR	ACI III 第8课 学生笔记	13
5 qualities of non-communicating karma	Not thinking about it, it's still there; in deep meditation it's still there; either virtuous or non-virtuous; it follows you through time and space; has all types of elements as it's cause	GMR, MV	ACI V Reading 2	32-37
无表达业力的五个特性	不去想它，它仍在那里；在深度冥想中，它仍在那里；要么是善业的，要么是非善业；随时随地跟随你；具备因的所有元素	GMR, MV	ACI V 阅读2	32-37

Title	Description	Author	Source	Page #
5 sciences	Grammar, logic, Buddhist theory, fine arts and medicine	GMR, PR	ACI I Reading 2	47
五明 (科学)	文法 (声明)、逻辑 (因明)、佛法 (内明)、艺术 (工巧明)、医药 (医方明)	GMR, PR	ACI I 阅读2	47
5 steps to keep your vows	Respect the speech of the Buddha; have the three intentions, follow the vows because an enlightened being has made them available, intend to reach Buddhahood, intend to become enlightened; you take the vows based on the prior two steps; you respect them as the highest thing; avoid breaking them out of respect	GMR	ACI VII Class 10 Student Notes	23
持戒的五个步骤	尊重佛陀的教诲；发三愿：1) 愿遵循戒律，因为这些戒律来自于已经证悟的人2) 愿到达佛境3) 愿成佛；你在前两个步骤的基础上受戒；因为尊敬，将其视为至高无上的事物；因为尊重，避免违背任何戒律	GMR	ACI VII 第10课 学生笔记	23
5 things to avoid when courting those of the opposite sex	Begging the person you're attracted to for a relationship; not avoiding bad deeds, unethical conduct while pursuing them; ruining your reputation by doing non-virtues; engaging in reckless behavior; using up all your money and resources in order to catch them	GMR	ACI XI Class 7 Student Notes	19
追求异性时要避免的五件事	乞求与吸引你的人建立关系；在追求他们的过程中不可避免不良行为、不道德行为；做毁坏自我声誉的不善之举；有鲁莽的习惯；为了追到对方耗尽你所有的金钱和资源	GMR	ACI XI 第7课 学生笔记	19
5 things which are not accurate perceptions	You see things completely wrong; you can't decide; memory perception is weaker; presuming to know something; it appeared to you but you don't ascertain it	GMR	ACI IV Class 3 Student Notes;	5

Title	Description	Author	Source	Page #
五种不正确的觉知	你看到的事物是完全错误；你无法做决定；记忆觉知渐弱；自以为知道一些事物；当它出现在你面前，你却不能确定	GMR	ACI IV 第3课 学生笔记	5
5 ways to liberate others from suffering by having bodhichitta	Destroy the Lord of death for others; destroy spiritual and material poverty; destroy the mental afflictions physical illness of others; destroying the suffering of others in general; destroying the suffering of the three lower realms	GMR	ACI X Class 6 Student Notes	14
通过具备菩提心使他人摆脱痛苦的五种方式	为他人消除阎魔（死亡之主）；消除他人的精神和物质贫困；消除他人的心理烦恼和身体疾病；消除他人的一般性痛苦；消除三恶道中的苦难	GMR	ACI X 第6课 学生笔记	14
5 wrong worldviews	Perishable view (self existent me); extreme view, things that exist in the way they appear or nothing exists at all; wrong view; aestheticism; rejoicing in your own ignorance	GMR	ACI X Class 7 Student Notes	17
五种错误的世界观	短暂的观念（“我”的存在）；极端的观点，事物以其显现的方式存在，或者根本不存在；错误的观点；唯美主义；为自己的无知而沾沾自喜	GMR	ACI X 第7课 学生笔记	17
50 verses on lamas	see reading	PR	ACI I Reading 3	64
上师的五十个诗句	见阅读	PR	ACI I 阅读3	64
6 Sufferings	Nothing is fixed, never satisfied, shed body over and over, reborn again and again, high and then low, no companion you die alone	GMR, PR	ACI I Reading 6	139
六苦	没有什么是固定的，永远不满足，需要不断地舍弃我们的身体，需要不断的投生，高高低低，没有伴侣，孤独地死去	GMR, PR	ACI I 阅读6	139

Title	Description	Author	Source	Page #
6 advantages if you do meditate on death	Your practice is pure; your practice gains power; helps you get started; keep going strong; gets you to the end; you die with satisfaction	GMR	ACI VIII Class 9 Student Notes	24
做死亡冥想的六个好处	你的练习是纯净的；你的练习会获得力量；帮助你开始；保持强劲；让你到达终点；你带着满足死去	GMR	ACI VIII 第9课 学生笔记	24
6 antidote activities (power of remedy for the four powers)	Study the Scriptures that teach emptiness; recite secret mantras; practice of holy bodies (painting holy images, making statues, stupas and the like); practice giving offerings; reciting names	GMR	ACI X Class 9 4 Student Notes	
六种矫正法法（四力量）	学习教授空性的经典；唱诵秘咒；练习圣体（绘制圣像、制作佛像、佛塔等）；练习做供品供养；背诵名号	GMR	ACI X 第4课 9 学生笔记	
6 aspects of the arya truth of suffering	Born with the habit of seeing yourself and your parts and self-existent; tendency to see you and your parts as self-existent grows and becomes stronger; attracted to or unattracted to things in the wrong way as if coming from their own side; your liking and disliking things ignorantly grows; you do the deed and collect the karma; you perpetuate your suffering	GMR	ACI XII Class 4 Student Notes	12-13
证谛之苦的六个方面	出生时具有将自己及其部分视为自体存在的习惯；视自己及其部分为自体存在的倾向逐渐增长并变得更强；基于事物有自性的错误理解产生吸引或排斥；对事物的喜好和厌恶在无明中增长；付诸行动并积累业力；不断延续你的痛苦	GMR	ACI XII 第4课 学生笔记	12-13

Title	Description	Author	Source	Page #
6 causal steps to creating karma	Bakchak from previous life ripens to see something as self-existent; two kinds of ignorance arise, self-existent nature of a person, self-existent nature of things; you look at objects as self-existent; develop attachment or aversion; collect karma upon thinking of the object, or acting, with attachment or aversion; circle around again in the cycle of suffering life.	GMR, MA	ACI V Class 6	
创造业力的六个步骤	前世的习气 (Bakchak) 成熟时 让我们认为事物是有自性的； 两种无明的出现 ，人的自性存在以及事物的自性存在； 你将物体 视为有自性的存在；产生了执着或厌恶；带着执着或厌恶去思考或行动时，就会产生业力；再次陷入痛苦的生命循环中。	GMR, MA	ACI V 第6课 0	
6 Conditions necessary for direct perception of emptiness	Connect purely with a qualified teacher; study emptiness in great depth; meditate deeply for one or two hours every day; receive instructions on the nature of mental managing (chi and jedrak); use and begin to have profound realizations about the nature and permanent; you then have a direct experience perceiving deceptive truth which leads to the direct perception of emptiness	GMR	ACI XII Class 2 Student Notes	4
直见空性的六个必要条件	与一位合格的老师建立纯粹的联系；深入学习空性；每天深度冥想一到两个小时；接受有关意识管理（性质chi 和特质jedrak）的教导；运用并开始对本性和永恒性有深刻的领悟；然后你会直接感知欺骗性的真相，从而导致直见空性。	GMR	ACI XII 第2课 学生笔记	4

Title	Description	Author	Source	Page #
6 Images of the instruction	Think of yourself as a patient (sick with mental afflictions), think of the Dharma as medicine, think of your teacher as a master physician, think of following his teachings exactly, think of the Buddhas as infallible (your teacher), pray for teachings to remain for a long time (as the great cure)	GMR, PR	ACI I Reading 2	46
六个教授联想	视自己为患有烦恼病痛的病人; 将佛法视为药物; 将你的老师视为专家医生; 谨遵他的每一句教诲; 视佛陀为无懈可击 (你的老师) ; 祈求其教诲长存于世。	GMR, PR	ACI I 阅读2	46
6 perfections	Giving; moral discipline; patience; joyous effort; concentration; wisdom	GMR	ACI VI Class 5 Student Notes	11
六波罗蜜	布施、持戒、耐心 (忍辱) 、精进、专注 (禅定) 、智慧 (般若)	GMR	ACI VI 第5课 学生笔记	11
6 Preliminaries to Meditation	Cleanup room; set up altar offerings; go for refuge and generate bodhichitta (assume proper posture); visualize lamas; purify obstacles and gather goodness using the seven ingredients; request blessings	GMR	ACI III Reading 1	1-17
冥想预备阶段的六个步骤	打扫房间; 设置供台供品; 皈依三宝并发愿菩提心 (保持正确的姿势) ; 观想上师; 通过七支供冥想成来清除阻碍, 积累善业; 请求加持	GMR	ACI III 阅读1	1-17
6 problems if you don't meditate on death	You don't do the Dharma; think death will happen later; your practice lacks enthusiasm; you get sucked into samsara; you have intense regret at death	GMR	ACI VIII Class 9 Student Notes	23
不做死亡冥想的六个问题	你不修行佛法, 认为死亡是以后会发生的事, 你的修行缺乏热情, 你被困在轮回当中, 在死亡时你感到强烈的懊悔	GMR	ACI VIII 第9课 学生笔记	23

Title	Description	Author	Source	Page #
6 sufferings	Nothing is fixed; never satisfied; shedding body over and over; being reborn over and over; after high comes low; there is no companion	GMR	ACI VIII Class 4 Student Notes	9
六苦	生命是无确定的（无定过患）、永不满足（无饱足过患）、需要不断地舍弃我们的身体（数数舍身过患）、需要不断地受生（数数结身过患）、要不断地由高处落下（数数高下过患）、无人陪伴（无伴过患）	GMR	ACI VIII 第4课 学生笔记	9
6 things that cause karma to be committed and collected	Intentional; complete path of karma; no regrets; no antidote; agitated; definite karmic result	GMR	ACI V Class 10 Student Notes; Reading 10	22;161-180
导致产生和积累业力的六个原因	有意去做的；完成业力之道；无后悔之心；没有补救行动；躁动；明确的业力结果	GMR	ACI V 第10课 学生笔记; 阅读10	22;161-180
6 things that makes karma more powerful	Doing it in a stream; strong feelings; with antidote to three poisons in your mind; a powerful object; for people that have helped you greatly; giving to someone who is suffering	GMR	ACI X Class 9 Student Notes	24
使业力更为强大的六个因素	一气呵成；强烈的情感；心中有对三毒的解药；有力的对象；给予那些对你有巨大帮助的人；给予那些正在遭受苦难的人。	GMR	ACI X 第9课 学生笔记	24

Title	Description	Author	Source	Page #
6 top mental afflictions	Ignorant liking (desire or attachment); disliking things ignorantly (anger or hatred); pride; ignorance (at understanding laws of karma); doubt (lazy doubt)	GMR	ACI X Class 7 Student Notes	16
六大烦恼	无明地喜欢 (欲望或执着) ; 无明地不喜欢 (愤怒或憎恨) ; 骄傲 ; 无名 (不了解业力法则) ; 怀疑 (懒惰的怀疑) 。	GMR	ACI X 第7课 学生笔记	16
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

Title	Description	Author	Source	Page #
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
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
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

Title	Description	Author	Source	Page #
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	2
《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 学生笔记	2
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

Title	Description	Author	Source	Page #
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 5 and 6 Student Notes	8-9
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
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

Title	Description	Author	Source	Page #
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；舌头紧贴舌上颚；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 2 Student Notes; Reading 1	4; 4
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

Title	Description	Author	Source	Page #
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
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

Title	Description	Author	Source	Page #
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
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

Title	Description	Author	Source	Page #
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