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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
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

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证谛之苦的六个方面	<p>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</p>	GMR	ACI XII 第4课 学生笔记	12-13
6 causal steps to creating karma	<p>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.</p>	GMR, MA	ACI V Class 6	
创造业力的六个步骤	<p>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。</p>	GMR, MA	ACI V 第6课 0	
6 Conditions necessary for direct perception of emptiness	<p>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</p>	GMR	ACI XII Class 2 Student Notes	4
直见空性的六个必要条件	<p>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。</p>	GMR	ACI XII 第2课 学生笔记	4

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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

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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

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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