

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
1 ultimate antidote	Understanding emptiness	GMR	ACI X Class 5 Student Notes	10
一种终极解药	理解空性	GMR	ACI X 第5课 学生笔记	10