

SEASON 1

Episode 1

1. Acknowledge the spiritual master

Episode 2

2. Investigate qualities of the spiritual master
3. Reflect on the qualities of the student

Episode 3

4. Cultivate a pure relationship
5. Embrace human life

Episode 4

6. Understand its value
7. Appreciate the rarity

Episode 5

8. Face the inevitability of death
9. Thus all created phenomena are impermanent
10. Realize death's time is uncertain

Episode 6

11. Wonder what happens after death.
12. Contemplate Bardo

Episode 7

13. Avoid hell rebirth
14. Avoid hungry ghost rebirth
15. Avoid animal rebirth

Episode 8

16. Remember limitations of human rebirth

Episode 9

17. Avoid demigod rebirth
18. Avoid samsaric god rebirth
19. Know what can help and harm in life and death

SEASON 2

Episode 10

20. Take refuge

Episode 11

21. Consider Positive actions bring positive results

Episode 12

22. Consider Negative actions bring negative consequences

Episode 13

23. Recognize suffering
24. Thus all contaminated phenomena are suffering

Episode 14

25. Determine causes of suffering (1)

Episode 15

26. Determine causes of suffering (2)

Episode 16

27. Seek liberation

Episode 17

28. Thus all phenomena are Empty

Episode 18

29. Nirvana is peace

SEASON 3

Episode 19

30. Expand your scope

Episode 20

31. Cherish others
32. Foster Love

Episode 21

33. Ripen compassion
34. Commit wholeheartedly
35. Aspire to Enlightenment
36. This great mind is the doorway

Episode 22

37. Be generous

Episode 23

38. Embody discipline

Episode 24

39. Practice patience

Episode 25

40. Persevere

Episode 26

41. This completes the Path of Accumulation
42. Remember concentration
43. This completes the Path of Action

Episode 27

44. Engage wisdom
45. This completes the Path of Seeing