

NEVER-ENDING LAMP OF LIBERATION

Season 1: March 18-July 15	
Episode 1 March 18 - Demo Rinpoche March 25 - Review	1. Acknowledge the spiritual master
Episode 2 April 1 - Demo Rinpoche April 8 - Review	2. Investigate qualities of the spiritual master 3. Reflect on the qualities of the student
Episode 3 April 15 - Demo Rinpoche April 22 - Review	4. Cultivate a pure relationship 5. Embrace human life
Episode 4 April 29 - Demo Rinpoche May 6 - Review	6. Understand its value 7. Appreciate the rarity
Episode 5: May 13 - Demo Rinpoche May 20 - Review	8. Face the inevitability of death. 9. <i>Thus all created phenomena are impermanent</i> 10. Realize death's time is uncertain.
Episode 6: May 27 - Demo Rinpoche June 3 - Review	11. Wonder what happens after death. 12. Contemplate Bardo.

Episode 7: June 10 - Demo Rinpoche June 17 - Review	13. Avoid hell rebirth. 14. Avoid hungry ghost rebirth. 15. Avoid animal rebirth.
Episode 8: June 24 - Demo Rinpoche July 1 - Review	16. Remember limitations of human rebirth.
Episode 9: July 8 - Demo Rinpoche July 15 - Review	17. Avoid demigod rebirth. 18. Avoid samsaric god rebirth. 19. Know what can help and harm in life and death.

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SEASON 2: July 29 - December 15, 2025

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: January 12 - May 12, 2026

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