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- # 1 1998-01-18 Propitious Speech
- # 2 1998-02-01 Propitious Speech (verses 1 - 3)
- # 3 1998-02-15 Propitious Speech (verses 4 - 12)
- # 4 1998-02-22 Propitious Speech (verses 13 - 17)
- # 5 1998-03-08 Propitious Speech (verses 18 - 29)
- # 6 1998-03-15 Propitious Speech (verses 30 - 34)
- # 7 1998-03-22 Propitious Speech (verses 35 - 39)
- # 8 1998-03-29 Propitious Speech (verses 40 - 42)
- # 9 1998-04-05 Propitious Speech (verses 43 - 48)
- # 10 1998-04-12 Propitious Speech (verse 49)

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- # 11 1998-04-19 Propitious Speech (verses 50 - 54)
- # 12 1998-04-26 Propitious Speech (verse 55-conclusion)
- # 13 1998-05-03 Holy Dharma Advice: A Drama in the Lotus Garden (pg 44-46)
- # 14 1998-05-10 Holy Dharma Advice: A Drama in the Lotus Garden (pg 64-78)
- # 15 1998-05-17 Holy Dharma Advice: A Drama in the Lotus Garden
- # 16 1998-05-24 Holy Dharma Advice: A Drama in the Lotus Garden (pg 78-conclusion)
- # 17 1998-05-31 Advice on Two Ethics: Enlightened Living (pg 23-29)
- # 18 1998-06-14 Advice on Two Ethics: Enlightened Living (pg 29-31)
- # 19 1998-06-21 Advice on Two Ethics: Enlightened Living (pg 31-32)
- # 20 1998-07-05 Advice on Two Ethics: Enlightened Living (conclusion)

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- # 21 1998-08-09 Buddha Nature #1: Homage
- # 22 1998-08-16 Buddha Nature #2: Tiny Vajra
- # 23 1998-08-23 Buddha Nature #3: Not One, Not Two
- # 24 1998-08-30 Buddha Nature #4: Not Existent, Not Non-Existent
- # 25 1998-09-13 Buddha Nature #5: (verses 5 - 7)
- # 26 1998-09-21 Buddha Nature #6: (verses 7 - 8)
- # 27 1998-09-28 Bodhi Mind
- # 28 1998-10-04 Working With Emotions
- # 29 1998-12-13 It all Comes Down to Intention: Shi and Pagthag
- # 30 1998-12-20 The Kongtrul Labrang and Working With Depression

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- # 31 1998-12-27 Encouragement
- # 32 1999-03-07 Create Space to Appreciate the World and Others
- # 33 1999-03-14 How to Balance In the Uma: Beyond Eternalism and Nihilism
- # 34 1999-03-22 That's It
- # 35 1999-03-28 Fear and Fearlessness
- # 36 1999-04-04 Working with Thoughts
- # 37 1999-04-11 Resting in the Unknown
- # 38 1999-04-18 Dieting Away Unhealthy Emotions
- # 39 1999-04-25 Sense of Humor
- # 40 1999-05-02 Supplication

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- # 43 1999-06-06 Deforming Our Habits
- # 44 1999-06-13 Playfulness
- # 45 1999-06-20 Transforming Difficult Situations: Be Like a Peacock
- # 46 1999-06-27 Chokling Rinpoche: Devotion and Nature of Mind
- # 47 1999-07-04 Conduct this Day as a Ceremony: Whatever Comes don't be Self-Defeating
- # 48 1999-07-11 Longing
- # 49 1999-07-18 Putting Dharma into Practice
- # 50 1999-07-25 Pleasure vs. Happiness

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- # 52 1999-08-08 Shenpa
- # 53 1999-08-15 A Positive Attitude Towards All Experiences
- # 54 1999-08-22 Eternal Cheerfulness
- # 55 1999-08-29 Establishing a Lineage in the West
- # 56 1999-09-05 Practicing True Dharma
- # 57 1999-09-12 Story of the Two Rival Geshes: Look in the Mirror
- # 58 1999-12-26 Personal Growth
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- # 60 2000-01-09 Four Immeasurables: Equanimity part 2 Loving Kindness

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- # 64 2000-02-20 Four Immeasurables: The Cold Hells
- # 65 2000-02-27 Four Immeasurables: Working Against the Momentum of Delusion
- # 66 2000-03-05 Four Immeasurables: Why It Is Crucial to Know the Suffering of All Realms
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- # 75 2000-05-28 On the Spot
- # 76 2000-06-04 Letting Go of Attachments
- # 77 2000-06-11 Shedding Your Burden
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- # 79 2000-07-02 Popping the Eggshells
- # 80 2000-07-09 Searching for Wealth Outside: Ignoring the Mind

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- # 120 2001-09-09 Making a Leap in the Right Direction

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- # 138 2002-03-03 Heart Treasures #3: Life of a Chadral
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- # 156 2002-07-28 The Four Lines of Sakya Mahapandita (an NSS talk)
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- # 177 2003-07-13 Chopra Series #1: Transformation of the Root
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