

The Dharma of Mini-Golf

The 4 Noble Truths

Think **BIIG**

1st Noble Truth

- Life is a **Bumpy** Road because
 - difficulties can happen and block our way
 - we don't always get what we want and
 - sometimes we get what we don't want



1st Noble Truth-Mini Golf



1st Noble Truth-Mini Golf



I'm
supposed
to go
where???

1st Noble Truth-Mini Golf

Watch out for
hot lava!



2nd Noble Truth

- Life is **Impermanent**.
- We have GAS
 - Greed
 - Anger
 - Stupidity
- Suffering is caused by our desires, our fears and our need to control everything around us.
 - the desire to have the things we want
 - the desire to avoid things we don't want.

2nd Noble Truth-Mini Golf



3rd Noble Truth

- Life is **Interdependent**.
- Suffering can be overcome
- Happiness and contentment are possible.
- Learn to live in the present; don't dwell in the past or the imagined future
 - Don't get stuck somewhere else.

3rd Noble Truth-Mini Golf

Surprise



Victory



Frustration



Feel the good and the bad,
then move on.

4th Noble Truth

- Life is fundamentally Good.
- Noble 8-fold Path is the way which leads to the end of suffering.



4th Noble Truth-Mini Golf



Follow the Path



Change? Resist the changes OR



Go with the flow, wherever it leads.

