



First Noble Truth Insight Exercise

- A. The Main Game: This discussion focuses on the detachment and the Buddhist realization that nothing outside of you can make you happy.**
- a. The students are asked which of them have run a game of Three-Card Monte on the street. There is usually someone and often more than one student that has done this.**
 - b. A discussion of Three-Card Monte follows. How many people usually work the game? How much money is lost and how once someone becomes conscious of how things work, it ends playing the game is discussed. A reference to the final scenes of The Matrix is made. It's pointed out that once Neo could see the agent as a program, he could easily defeat it.**
 - c. It's pointed out that life is like Three-Card Monte. We are told that something outside of us will**

make us happy. We then keep trying to obtain things – like finding the right card – but nothing makes us happy for other than a short period. This hustle, or game, played by society, goes on forever, and we can never win just as we can't win the card game. To find happiness, we must go inward, not acquire things in the outside world.

- d. It's good to point out something the student wanted a great deal to understand this experience. At Rikers, most of our students were parole violators. The experience of wanting the parole board to say yes can be evoked. Most people only want something this strongly a few times during their life. However, when it was given, the happiness eventually faded, and freedom was lost.**