

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

You have all you need

Enjoy your Desiring

From

Collected Writings

Bruce Di Marsico

Outline

In these writings, Bruce Di Marsico discusses enjoying your desires and all that you are.

First, he discusses, that if we have the desire to do or be something, we do not need any other emotional preparation. If we find that what we desire has intermediate steps, or expected consequences, that the question simply becomes, do we desire the “whole package” of what we desire, the intermediate steps, and expected consequences, taken all together.

If we find that don't have the practical necessities to accomplish something, and do not get afraid that we lack the best attitude, we will search for the useful practical necessities.

Following your desires is enjoying your desires, both in the sense of pleasure (as in “enjoying a good cup of tea”) and in the sense of benefiting them (as in “enjoying privileges”).

Then follows an exploration of all of your desires, a detailed meditation on all that you are, which is your happiness: your body, your actions, your desires.

Introduction

- If we have the desire to do or be something, we do not need any other emotional preparation.
- If we find that we used the wrong tool to do a job and do not get afraid that we lack the best attitude, we will search for the right tool.
- All that you are is your happiness: your body, your actions, your desires.

READINGS

The Two Principles

March 10, 1977

1: Happiness is yourself:

Nothing causes unhappiness. All unhappiness symptoms are caused by the belief that some things cause us to feel bad.

We have only just believed that there are events, phenomena, people, attitudes, behaviors, etc., that we must (should, ought to) feel bad about.

2: Enjoying choosing your desires

To desire to do something (or have something, etc.) is the only emotional prerequisite necessary before the attainment of the goal, and we choose the goals.

If we have the desire to do or be something, we do not need any other emotional preparation. If we are happy enough to want it, we are happy enough to do it. If the task takes more than attitude (which is desire without fear), then we will see if we still want to do it. We can decide if we want to do the necessary preliminary preparations for reaching our goals. These intermediate requirements are never a "better attitude" or "stronger desire" or "lesser desire". These requirements are always just something else to do or have. If we want them, then we are emotionally prepared to acquire them if possible.

When there is no fear, desire is the only attitude and personal experience necessary.

Some things only require desire and no fear, and in so far as they do, they shall be done.

The belief that they require other attitudes or emotional states is a mistake. This

belief can make an otherwise happy person fail to achieve what they are able to do. To believe that we cannot do what we can do, that we want to do, is often based on the self-image that since we lack experience, we lack the ability to try or lack the right to desire. This is because we have believed we need more happiness (or another attitude, etc.).

To believe that you may not be happy enough (or have the best attitude) to "handle" something is the cause of unhappiness. E.g. To believe that if you got what you wanted you would not have the right attitude to keep it (or you would not be glad enough, which is the same) is to experience yourself as against yourself. This is unhappiness—fear of self, lack of confidence, etc.

To not realize that desire is the best and only necessary condition for achieving or keeping what we want is unhappiness. From desire flows the practical actions we believe necessary.

If we find that we used the wrong tool to do a job and do not get afraid that we lack the best attitude, we will search for the right tool. If there is a right tool and we find it, we will be glad. If we do not find it, it is not because we lack the attitude for it—unless that is lacking desire.

Perfect happiness moves you

Perfect Happiness is knowing that you are perfectly happy and that perfect happiness moves you: gives you breath and life, desire and all you have, awareness of what you have; awareness that your desires are not met; awareness that you want others to know what you know about happiness, and to know you are perfectly happy.

All you do, you do on behalf of Perfect Happiness for all, for you, on behalf of your own Perfect Happiness.

You do what you want. What you want is from your Happiness. You go where your Happiness leads you. It leads you where you want. Your Happiness serves you by your serving it

All that you imagine and

All that you feel and

All that you desire and

All that you do and

All that you are and

All that you have

is your perfect happiness manifesting itself

is you perfectly manifesting your perfect happiness

is you perfectly manifesting yourself

is you as you are

is perfect is happiness is manifestation is you!

All that you imagine:

going somewhere - upstairs, outside, visiting, vacationing, driving, into a sewer, into a cloud, into someone, to Mars, to a field, into a grave, to a movie, to a restaurant, etc.

going nowhere - (staying where you are)

doing something - walking, eating, flying, digging, loving, killing, moving
mountains, having sex, having wild sex, cooking, building, smiling, etc.

doing nothing - (staying with what you're doing)

having something - money, cars, lovers, enemies, pots and pans, flowers, sunshine

not having something - (losing what you have)

being something - healthy, diseased, beautiful, ugly, bald, short, stinking, wise,

is from you: perfect, perfect happiness, manifesting you

to you: wonderful, awesome, ordinary, perfectly happy.

Everything that you imagine is perfect for you to imagine

You are you

You are who you are.

All that you feel

in your head: sinuses, forehead, ears, tongue, teeth, eyes, nose, etc.

in your neck, and shoulders, and back,

in your arms and hands,

in your chest and gut,

in your groin and butt,

in your hips and legs,

in your ankles and feet,

on your skin and under your skin,

heat and cold, hunger, thirst,

tingles and vibrations, palpitations and stiffness,

movements and lack of movements -

the new feelings, the old feelings,

dizziness and nausea, elation and

buzzing in your ears, that funny feeling, that deep feeling -

All physical sensations are from you; you know what you're doing, your happiness
is giving you the awareness of what you are doing from your happiness, for you.

Everything that you feel is perfect for you to feel.

You are you. You are who you are.

All that you desire:

from what you imagine

from what you do

from what happens in you

from what happens around you

from yourself and others

Anything whatever that you want to be, to happen, not be, not happen, to have, not have,

is you.

All, each and every whim, desire, wish, want, hope, dream, etc. comes from your perfect happiness for you - for all that will be; for all that you want, for all to know what you know.

Everything you want is perfect for you to want

You are you. You are who you are.

All that you do:

to the world

to yourself

to others

to what you have

to what you want to have

with everything, everyone

near anything, anyone

away from anything, anyone

that you first think about,

that you don't think about,

that you enjoy,

that you ignore,

inside you, on you, outside you,

is you.

Your imaginings, feelings, decisions, desires, behaviors are you being you,
perfectly.

Eating, sleeping, walking, smiling, farting, urinating, breathing, thinking, having
sex, giving, taking, talking, listening,
is perfect happiness in the world.

All that you are: skillful, unskillful, joyous, not joyous, healthy, unhealthy, wise,
ignorant, fat, skinny, wanting to change, not wanting to change, blonde, bald,
nearsighted, old, young

is perfect for you to be now,

is from being perfectly happy,

is being you,

is perfect for the world,

is for you, for what you want, for others to know.

You are you. You are who you are.

All that you have:

as a product of your doing,

as a gift from others,

that just happened to be there for you,

that is what you want or

that is what you no longer want

that is exactly what you want or

that is not all that you want it to be

is what you use to do what you do

is for you to be aware of being happy, and getting what you want

is for others to know what you know.

Perfect happiness is what is

You have what you *don't* want, in order to be aware of wanting that you do want
others to know what you know about happiness, and to know you are perfectly

happy. You *don't* have what you want because you want for others to know what you know about happiness, and to know you are perfectly happy.

You have what you want in order to use it, however you want, to do and get what you want, because you are perfectly happy and perfectly wanting.

You have you in order to use you however you want, to do and get whatever you want, because you are Perfectly Happy and Perfectly Wanting and Perfectly Being You.

You are your happiness's gift to you. You are your gift to yourself. Use it however you'd like it. You are yours.

Questions for Reflection

Are there things you want to do but you believe you can't?

What are the intermediate steps to accomplish these things?

What are the expected consequences of accomplishing these things?

Do you want to do what you want to accomplish more than you don't want to do any of the intermediate steps?

Do you want to do what you want to accomplish more than you don't want to do any of the expected consequences?

If you answered yes to both questions above, is there any reason not to do what you want?

Consider the list of things in "Perfect happiness moves you". Do you feel any of the things described as you are not "really" you?

How do you want to use the gift of yourself?

Meditation for the Week

- You are your gift to yourself. Use it however you'd like it. You are yours.