

# **The Option Method Institute**

Education based on the teachings of Bruce Di Marsico

[www.ChooseHappiness.net](http://www.ChooseHappiness.net)

## **Happiness opens up a New World, Pt I**

From

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**Bruce Di Marsico**

## **Happiness opens up a New World, Part I**

Unhappiness can only occur by believing something should or shouldn't be. Unhappiness about yourself is believing there is something that you need to be or not be, a quality you should or shouldn't have. Unhappiness doesn't come from wanting. It never comes from wanting--but by believing that what is wanted should be. Not by believing that something is good, but that the good should be, should be wanted, should be done, should be desired. That's what causes unhappiness. This is the whole truth, which is the Option Method.

This is the reason why unhappiness is untrue. It hasn't got any truth in it whatsoever. Unhappiness is a belief based on a false belief that things should be, ought to be. And unhappiness has no truth in it whatsoever. The truth is, is that nothing should or should not be. Just like you don't need anything, you don't have any right to anything, nothing needs to be, nor is anything needed for happiness. That's just simply the whole truth: nothing is needed. The belief that it is, causes unhappiness. Without that belief, there could have never been unhappiness.

Now you are learning how and why people have gotten unhappy. But that doesn't mean you have the full understanding of it. And you don't need to. When it comes to your happiness, there are things that have nothing to do with it . . . or have everything to do with it.

I really want to say this: what happens is none of your business.

What happens in the world, and why it happens is really none of your business. Be happy, and just do whatever you want to do. You don't need to understand in the sense that you intend to judge things as bad or not. What is, is.

Change it if you want. When I say it's none of your business, that doesn't mean you can't go change it if you want. You just want to be happy, first and only. This is the truth I'm trying to share with you, that I want you to realize about yourself. This is not something I'm offering you as a way of thinking. You do, first and foremost, want to be happy. If you just spend a couple of minutes looking at yourself, you'll know that. Everything you've ever wanted, you've wanted to be happier. Everything you've ever wanted to avoid, you've wanted to avoid to be happier.

You just want to be happy, first and foremost. And this is your experience. Everything else, just happens. There's you, and then there's everything that's happening. Well, I suggest that you just watch yourself happen.

This may sound like it's a hard thing, like it's something to do, there's a switch to turn. Just hear the words.

Just watch yourself happen. What you want, will happen or not. You will make choices, or you won't. Enjoy yourself happening. Be where your choices lead you. You will be anyway--but actually be there, where your choices lead you. And if you make new choices, see yourself making them. See yourself making choices, see yourself not making choices. See yourself going where you are going, and go with yourself there. Do this, and you will have more than you could have ever thought to want. You'll find things you never realized you were seeking, until you found them. And this will be your actual experience.

Everything that is perfect for you is becoming apparent to you. It's all here, and you are allowed to see it. When you do see it, be glad for what you have allowed to happen to you.

When you realize that unhappiness is an illusion, you're living in a new world with a new life. You are new and everything in your experience is new. You may not appreciate this, you may not realize it, but you can come to realize it. What you are experiencing is not like you used to experience things. This knowledge is new to you, but it's also new to the world you were originally born in. What you are knowing now isn't what you knew when you were born. And you can appreciate that difference.