

# **The Option Method Institute**

Education based on the teachings of Bruce Di Marsico

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

## **Having Good Things**

**There is no reason**

From

**Collected Writings**

**Bruce Di Marsico**

## **Happiness is not the result of having good things**

*June 1982*

Happiness is not nor ever has been the result of having good things in themselves. What we always meant by "good" merely granted us the right to be happy. Happiness is the right to be happy and is the result of not doubting you have that right to be, no matter what.

All people want is to be happy. Happiness is the ultimate desire. Happiness is the prime mover. Happiness is the goal of all desires.

The desire for happiness is the sole motivation of all people. The desire for more happiness is the sole motivation for all people.

## **There is no reason to be unhappy**

There is no reason to be unhappy. You have made yourselves unhappy believing there were reasons (or causes) to be. You believed you ought to. You don't have to believe that anymore. It isn't true. There is no reason at all to be unhappy. You are fine. You are perfect and happy.

You will do whatever you want, whatever you feel like. You will feel however you wish. Nothing can make you unhappy. You have only believed you could be made unhappy. You now know the truth.

Don't worry anymore. Do whatever you do without question. The last judgment was yesterday. You're O.K. now.

You don't ever have to lie by believing you can gain by being unhappy. To tell such a now obvious untruth doesn't mean you realized or intended to lie yourself. You passed on a myth you sincerely and terribly believed. The lie was long ago. Don't repeat the trap.