

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

The Wisdom of Happiness

Bruce Di Marsico

THE WISDOM OF HAPPINESS by Bruce M. Di Marsico

Do not deny your specialness. You have within you the seeds for a beautiful garden. Spread them fearlessly. Your seeds are not able to grow into ugly plants but only sweet fruits. Some seeds will not seem to grow, others will seem to need extra care, and others will disappear to grow where you may never see the fruit. But wherever they take root, and for however short they seem to grow, know that there was the chance for something that there never was a chance for before that.

8/13/73

Love your wanting, praise your desires, be proud of your feelings, and glad for your actions.

What moves your hand?

Happiness.

What sparks your thoughts?

Happiness in you.

What pulses in your heart with desire?

Happiness.

What gives those desires names?

Happiness.

And Happiness is God.

1/75

Your very being is the cause of your happiness-your right to be yourself is happiness. It is your nature to be good. It is evident that you have the right to be happy, always. You are made that way and have no choice. Since your very self desires happiness above all, and since nothing has the power to deprive you of happiness, you have the ability, because of your right, because you are allowed to be happy.

You have no choice but to be yourself. Your self can not be other than good for you, nor can your self act other than in your best interests. Your best interests are anything you

want them to be.

7/3/93

Since to be truly glad we must believe we are, we have to see this quality as one of our own, as coming from our real self. We have to know that we wouldn't be wanting to be glad unless it was about to emerge from us.

1/75

When we are in a situation where we suddenly realize or question our feelings and want to make them deeper or different, let us not be misled into believing that they reflect where we are *now*.

Where we are now and are going to be is up to us *now*.

Where we are now is up for grabs.

Where we are now and are going to be is up to us *now*.

Again and again. Our feelings never reflect where we are right now at the moment we are questioning them.. They only reflect where we were *before*.

"Am I glad?"

Pause, heartbeat, smile,

now

"Yes. I'm so glad!"

1/75

True Happiness is not the happiness that is sought but the Happiness that already exists. The happiness that is sought is the permanent avoidance of unhappiness, which does not exist.

Happiness exists for its own sake
and is the cause of all joy and gladness
and is the cause of all wanting to have
and is the cause of all getting.

Happiness is the cause and guide of life and living.

8/75

Happiness is not 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...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.

6/82

All people are allowed to be happy at all times, forever. This is happiness; to know you are always allowed to be happy no matter who you are, what you do and no matter what happens to you.

All people have the right to be happy. It is never wrong to be happy. Those who know it are happy forever.

Blessed are those who know they are happy. Happy are those who know they are blessed.

To be blessed is to have the right to be happy.

To be born is to be allowed to be happy.

To know you are allowed to be happy is to be blessed.

It is evident. God permits you to be happy no matter what or when. Nature permits you to be happy no matter what or when. The only permission you need is your to be happy all the time.

You don't ever have to deny your happiness ever. It is not wrong to be happy always.

1/26/91

To love is to be happy and do what you want, whatever you want. Be with. Don't be with. Smile, don't smile. Be loving don't be loving (affectionate). Give or say whatever you want, take or ask for whatever you want. You are loving if you are happy, if you are not afraid.

5/16/75

If it is in your heart, where does it come from? Someone who hates you or loves you?

4/19/76

The best way to spread the Option Method is to live it. Be conscious of the fact that you are living it. Be happy and at peace with all around you. Change what you want, do as you wish, but in all things be happy.

8/13/73

Happiness is the freedom to be as we are, however we are; richer or poorer, in sickness or in health, gaining or losing, winning or failing, approving or not approving, forever.

Happy is what we are and what we'll be if we don't believe we are wrong to be as we are.

6/16/93

A life of contemplation is constantly and habitually remembering that you are always allowed to be happy and are indeed happy. You can allow all things to remind you of this.

The contemplative life is the source of great joys and miracles.

The rewards of a contemplative life are greater than can be imagined. The Peace that does all things greater than love can even foresee and intend is the natural action of a contemplative. The bliss that is contemplation is your very life.

5/90

When we want to feel a certain way, let us just look closely. We will find that we have actually begun to feel that way. To decide is really to discover that what we want to feel we are beginning to feel. To decide means: "Don't decide for the past-the future is beginning."

1/75

God doesn't love as a special act or intention. To be with God is to be loved by him. The same is true of you, my love.

date unknown

Being unhappy is trying to be happy.

There is nothing you have to do to get happier.

Want it and let it happen.

Trying to be happy is the same as believing that you won't be naturally what you can only be naturally.

If you believe that what another is feeling is something to feel bad about— you will.

9/75

Happiness is knowing that you are perfectly happy and that Perfect Happiness moves you: gives you breath and life, desire and all you have...

8/75

Do what you want, be happy. Be happy and do what you want. Let yourself happen today.

Watch yourself happen

Happiness is in you Waiting to get out. The only thing that stops it Is believing you have to doubt.

Happiness is here, it is really near, , Happiness is yours.

Change your way of thinking and Happiness will move you now.

date unknown

The Absolute Truth is Simple

There is no such thing as unhappiness People have believed there was. You have been one of these people.

There is nothing, absolutely nothing, to cause unhappiness.

Since there is no unhappiness, and never can be,
no one has to be afraid of anything.

There is nothing to be afraid of or angry about.

Nothing that happens can bring about unhappiness.

There have been many symptoms of people who have believed in unhappiness. No symptoms of unhappiness exist, but symptoms of belief in it have.

Once you know the truth that all is happiness,

you will have reminders.

All that is can be the cause of your awareness of the truth.

If you believe that unhappiness could happen in any of

the many ways you can do that,

your body, your mind, your heart, your very self

will remind you of what you were believing.

You will not like what you are thinking,

doing, feeling, etc.

In order to make the reality of happiness real in your life, there is only one thing to do:

Have the perfect awareness that unhappiness does not exist. Have the perfect awareness that you have changed. Have the perfect awareness that you do not believe what you used to believe.

Have the perfect awareness that happiness is the cause and destiny of all you are and do and all that is.

Every feeling is a reminder. All feelings and thoughts are awareness. Each feeling and thought makes you aware of what you believe about your future.

Keep the faith. Believe in happiness

Believe that happiness permeates all that is real

and that happiness will naturally manifest itself to you in your

Give it room

Make room

Remind yourself *always* of the truth:

"You are never going to be unhappy."

9/75

Nothing causes unhappiness. Happiness is the natural state of man. Happiness coming is the cause of the desire for happiness to come.

Want more and more

All that you are and have is for happiness to come

All that you want and have is for happiness to change you.

Let it.

Want it.

Be glad when it does!

8/75

There is no cause of darkness -but there can be light.

If any ask why there is darkness -darkness remains for them.

If any ask for light,

then when light comes and

"remains" or "cures" the darkness,

we can then see what the light came for us to see.

The darkness was for the light to enlighten.

8/75

Nothing causes unhappiness. Happiness is the natural state of man.

8/75

You have found and now have all you have ever sought.

God, Perfect Happiness, Your Life.

All that is left is for you to do whatever you want.

Since you will be happy forever,

in every now,

as you do your life,

think, feel, be, want,

do whatever happens as you.

However you might happen to you,

Do it.

You are free.

Even if your body becomes tied,

your happiness will still be flying within you.

8/75

Only happiness can love. .

2/74

What is it that you are always wanting? Your wanting seems to be like nature. First it wants the tide in, then it wants it out. First it wants it raining, then it wants it sunny. But what is unchanging in all of that? Wanting to be happy has never, never, changed. Even wanting to be alive comes and goes. Rabbits grow and they die and people and trees are born and they die. Life and death. Even among people. But what beyond that has still been unchanging? The wanting to be happy. Obviously the most insistent, persistent imprint of nature on you.

...Everything in you can change, can come and go - your wanting and this and that. But everything you are and everything you do, you do in order to be happy and that has never stopped. Unceasing, constantly moving, more and more happy.

8/73

Expect happiness to manifest itself.

Love it!

Encourage it!

Want it!

Be glad when it does and
ask for more when you want to.

8/75

We have to know that the whole question
of wishing we were more glad,
more happy, etc., in a given situation
couldn't even be a question
unless it was prompted by an urge in our heart.

7/75

To wake up each day is a direct act of God's gift of awareness. Only God awakens the

sleeper, gives awareness of happiness, and restores the sick.

God is the only cause of memory for those who forget. Awareness when given is kept and sustained by gladness for having it. Gladness allows a person to do what is necessary to sustain awareness of happiness and health.

If we are not glad, we forget, we fall asleep.

8/28/75

It is not what the truth *is* that matters. It is what it tells us and what we make of it. It is what we learn from it. For some, the truth of what was or is tells them how things must be. For others it tells us what never has to be again. We *choose* how to use the truth. It is whether we want a future or not. Can the truth of what has been or the way things were dictate how it has to be?

8/27/77

If you blame no one for your sadness,
you will remember to not accept blame for theirs.

If you accuse no one for breaking your laws, you will acquit yourself at their indignance.

If you are not disappointed that another has not a greater beauty or virtue, you can never feel insulted when you are judged inadequate by others.

If you are not amazed at the ignorance of men, you will always be at peace.

If you are not shocked at the destructive practices of men and the violence of nature, you will enjoy your own vision.

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