

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

Are You Good?

From

Collected Writings

July 23, 1993

Bruce Di Marsico

Are you good? Are all things good?

July 23, 1993

In the moral sense it would have to follow that everything that is, including yourself, is truly good, in that nothing is bad (unhappiness causing).

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 to be happy always, because of your right to be happy, 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. Your self defines your best interests in the way that you are best satisfied is best. You will always agree with your self as to what your best interest is, and will always be motivated accordingly.

You always agree with yourself, perfectly, and never do not. You have no choice. Don't be ashamed of anything you are. You are in perfect conformity with the cause of your being. In religious terms, you are exactly the way God wants you to be, and you need not, nor cannot be otherwise.

Do anything, or don't do anything, now or at any time. You can never harm or diminish the happiness in your future. You can always expect to be happier and happier.

All people are good and can do no evil (can cause no unhappiness against their will), but all believe otherwise.

All have the right to be happy. They have no choice. To live in joy and peace is the happy reality.