

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

Unhappiness is But

Being Too Happy

From

Collected Writings

Bruce Di Marsico

Outline

- Unhappiness is the fear that you are not doing what you want.
- Unhappiness is the fear that you are not taking the future fully into account.
- "But" is, instead of loving what you want, fearing the opposite of what you want.
- There is no desire to be happy except theoretically when a person fears or believes they will not be.
- Unhappiness is believing you may choose to feel a way you don't want to.
- "Too happy" means feeling more or less or differently than you desire. It is fear.
- "Too happy" is the belief that if we fear that automatic choices of feeling are not best for us, then that might cause us to choose "better" feelings and awareness.
- Fear is believing that reconsideration of how you feel is a problem and detrimental.
- There can only be as much reconsideration of how you feel as you consider best for you - no more or less.

Introduction

In this talk, Bruce Di Marsico considers the theme avoiding unhappiness instead of moving toward happiness, and of reconsidering your own feelings about things.

Unhappiness is the fear that you are not doing what you want, and that you might not take the future into as much account as you want to. Both of these are impossible.

The attitude of "But" is, instead of loving what you want, fearing the opposite of what you want. Loving what you want is a more effective, and much more enjoyable, motivator than fearing what you don't want.

There is no desire to be happy except theoretically when a person fears or believes they will not be. Those who know, tacitly, that they are happy no more desire to be happy than those who are breathing easefully desire to breathe.

Unhappiness is believing you may choose to feel a way you don't want to. The idea of "Too happy" means feeling more, or less, or differently than you desire. "Too happy" is the belief that if we fear that our automatic choices of feeling are not best for us, then that might cause us to choose "better" feelings and awareness.

Fear is believing that reconsideration of how you feel is a problem and detrimental. There can only be as much reconsideration of how you feel about something as you consider best for you - no more or less.

READINGS

Unhappiness is “But”

The only reason anyone can get unhappy is because they are believing that it is necessary to make them do what they want (including knowing what they want, or what they want to do— health, awareness, etc.).

After getting unhappy it is not obvious to them why they did it - even though it may be apparent to others. It often feels to them that they are not getting what they want, but the real fear is that they were (and still are) afraid that they are not doing what they want (or may not do what they want) about what is happening. "I want to do what I want, but . . . ".

Getting unhappy, feeling bad, etc., is the same as the awareness (the self-message, the personal belief, the reminder, the most effective-efficient means of implementation, the undeniable director, the guarantor) that it is necessary to believe "it is possible not do what we want" in order to assure that we do what we want. "I want this, but . . . ".

Although we may not do what we now want (we may change before we complete our goal, i.e., change our mind, etc.) it is not necessary that we believe it as a way of prodding or implementing or guaranteeing that we will do what we now want. "I may still want it, but . . . ".

Some fear that they may not be doing what they "really" want now (although they like and want it now) - insofar as they may not be considering what they will want in the future, which they now also want to prepare for. E.G., "What I am aware of now is, or seems, fine for now, but how do I know that my present awareness is all that it could be for the future? I may find out in the future that I was not now

aware of what I would have wanted to be aware of and could have been aware of (should have been aware of) for the good of my future desires. Also I find that now I realize that I should have been more aware in the past. If I was I would have been better prepared for now, I would now already have had more of what I want.”

This is what I want, but....”

The beliefs seem to be:

“I may not do it and will still want to”

which becomes: “I may not do it but will still want to”

“I may want to and not be aware of it and not do it”

which becomes: “I may want to but not be aware of it and not do it”

“I may want it (really, in my heart) and not do it.”

which becomes: “I may want it (really, in my heart) but not do it.”

“I may not want to and really want to.”

which becomes: “I may not want to but really want to.”

“I want to and don’t feel like it.”

which becomes: “I want to but don’t feel like it.”

“I feel like it and don’t want to”

which becomes: “I feel like it but don’t want to”

Etc.

These beliefs are believed necessary as a means of doing what we want. “But I may not do what I want unless I believe I may not do what I want.”

“But I may do what I don’t want, unless I believe I may do what I don’t want.”

It probably amounts to a physiological expedience and experience of being aware that “I may not do what I want”—a double or multiplied awareness. But, But!!!!
But I may not do what I want, unless I expect to not do what I want.

I must believe it is probable in order to certainly prevent it.

“I want to believe I won’t do it so that I can believe I will” “This is necessary” “I need to tell myself the opposite of what I hope (want) in order to assure it.” “If I believe I cannot do what I can do, then I will do what I can more surely.” “If I doubt, I will be sure” “I am better motivated in reaction to undesirable ideas than by attractiveness.” I am better repulsed than attracted.” “I move most easily by repulsion.” “Fear is joy?” (Joy is fearful) God is Unhappy. “You will give me more by hating who I am than by loving who I am becoming.” “The avoidance of feeling bad is a surer movement than the attraction of joy.” “Force me into gladness” “Scare me out of my fear”

Since I am sure that I always want to feel good, and do what I want, I want to guarantee it by moving toward it (wanting it) by avoiding its opposite. What opposite? No matter that there is no opposite, there is now. I want the opposite of the opposite of what I want. I am afraid of (want to avoid) the opposite of what I want, am afraid it is more of what I want than just wanting what I want.

Wanting what I want is too simple. I am not simply wanting it. I am avoiding that too. I am doing double good at once.

“I do not (simply) want what I want, I need”. Need means “I twice it”: I don’t want its opposite as well, and for “good” measure.

Being too happy

Since people believe that unhappiness will always be necessary at times, they do not experience their desire to be happy as an actual desire to be happy.

It will be felt as a desire to avoid greater unhappiness as much as possible and to endure slight unhappiness in pursuit of greater happiness.

When there is no question of ever being unhappy, there is no desire for happiness as such, just for anything else that might be desired.

There is no desire to be happy except theoretically when a person fears or believes they will not be.

Unhappiness is believing you may choose to have any feeling, behavior, etc. you believe you do not have to choose and don't yet want to choose (if ever).

It is not trusting that your own decisions count with you. It is believing that if you change your mind, you really didn't mean to or intend to or choose to.

"Too happy" means the same as too unhappy. It means feeling more or less or differently than you desire. It is fear.

There is of course no such thing as too much feeling the way we want. Too happy means too excited or too lethargic or too unaware, as in "too ignoring of my opinions". Too unhappy may also mean the same but with conscious dissatisfaction of the feelings. Too happy means feeling the same as unhappy feelings, but somehow without awareness that you are unhappy.

The fear of being too happy or feeling too good is simply the fear of not feeling the way you really believe best, or would choose, and not realizing you aren't feeling the way you want. It is fear of regret when you come to your "senses". It is the

fear that automatic and natural choices of feelings, and not censoring or questioning them, allows the possibility that we do not choose them by our "best" methods.

It is the belief that if we fear and believe that automatic choices of feeling are not best for us, then that might cause us to choose "better" feelings and awareness.

Fear gives "caution" which leads to better feelings choices.

The feelings are called bad now. We feel lousy and scared of ourselves and believe that we can now better select what to think, do, choose and believe about things.

Being unhappy is fearing being too happy or too unhappy. Being unhappy is trying to attain the proper degree of fear of our natural, automatic, instantaneous choices. Being unhappy is trying to attain the proper degree of distrust, an honest appraisal of our "self-deceiving" impulse or "healthy" respect for our automatic choices need for correction. Being unhappy is believing "Hesitation and self-doubt is God and man's way" is proper.

Unhappiness is believing (doubting, hesitating to believe) that we don't automatically choose to feel the way we most want and like best for us. If you think twice about what you believed or felt or decided, if you feel like checking them out (so-called reality testing) that is another automatic natural choice.

Fear is believing you have to, must, believe either the way you felt, or the way you would like to feel on reconsideration, or both.

Fear is believing that reconsideration of how you feel is a problem and detrimental.

Fear is believing that there can be too much or too little reconsideration of anything. There can only be as much as you consider best for you - no more or less.

It is believing you should or should not consider any longer. It is fear of delay or impulse.

You are always evaluating what is the "best" (most desirable for you) approach to any event or imagined events. Desires are part of the consideration and "new" or "renewed" desires are the effect.

E.g., Considering what I believe is true, feel that I know, believe that I would like, what may happen, etc., What do I "feel" now (want to do, think is the best point of view, prediction, etc.)?

What is best, since I only do what I think or feel is best?

To think one thing best and to desire another (feel "for" it) is to be considering. We may keep reconsidering for years or may choose one or the other. Resolution of consideration is thinking and feeling the same way. You feel what you think (believe) is best to feel about things. That is a way of experiencing thoughts, beliefs, desires, knowledge, etc.

If the feeling is "bad", it is merely because you believe you should be more or less questioning and considering than you are. You believe it is possible to go faster or slower than you think is best.

If you believe you should stop or start before you feel best, you are believing in an impossible thing. You are asking the impossible of yourself and will feel sick.

Questions for Reflection

Do you believe you can be “too happy”?

What do you believe would happen to you if you were “too happy”?

Do you want those things to happen to you?

If you don't want these things to happen to you, then would moving toward these things be part of your happiness?

Do you ever consider that if an event happened again, you might want to feel differently about it the next time?

Do you consider that a sign that the way you felt about it the last time was wrong?

Do you desire to be happy, or do you enjoy that you are happy?

Meditation for the Week

- There can only be as much reconsideration of how you feel about something as you consider best for you - no more or less.