

# **The Option Method Institute**

Education based on the teachings of Bruce Di Marsico

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

## **Being aware of wanting**

From

**Collected Writings**

**Bruce Di Marsico**

**Being aware of wanting**

We are only aware of our wanting when it changes

The only thing one could or might care to be aware of regarding their wanting is when it changes. There is no desire to be aware of wanting what we know we want, or desire to be aware of wanting what we're having or doing.

The only purpose for awareness would be to let ourselves know when our wanting changes.

For example, without awareness, I'm still wanting to breathe, sit, etc. and there is no purpose for me to be aware right now of wanting to be here and doing those things.

The only awareness I want is to know when I want to leave here, not whether I want to stay. The question "Am I wanting or still wanting what I have been doing?" always has an answer: yes, unless we know the answer is absolutely no. The tacit answer is "I am not aware of a different and new wanting".