

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

<http://members.ChooseHappiness.net>

Defining Happiness

From various writings of

Bruce Di Marsico

Words of Bruce Di Marsico in Red.

Editor's commentary in italics.

The most summary description of happiness:

Happiness is the feeling of freedom to the Nth degree.

From November 11, 1995 Lecture

An elaboration of the above, clarifying that the "freedom" described is perfect freedom of feeling:

Happiness is feeling however you choose to feel or experience yourself, and not believing that anything makes that wrong.

From writing: "You can be Happy"

Since these feelings are exactly what you most want:

Happiness is the ultimate desire.

From writing: "Happiness has not nor ever has been"

Since these feelings are your feelings:

Happiness is the taste in your own mouth.

From November 11, 1995 Lecture

Since happiness is perfect knowing of your freedom, as a corollary:

Unhappiness is the belief that you're not free.

From December 5, 1987 Lecture

Specifically, unhappiness is believing you are not free to feel the way you like:

Unhappiness is believing we have to forbid ourselves the feelings we like.

From writing "The Two Principles"

And to forbid ourselves the feelings we like can be described as being against ourselves:

Unhappiness is believing that you are against yourself.

From writing "One Truth"

Our experience of not feeling free to feel as we would like (right now) is only and entirely our experience of the belief that at some point we may have to forbid ourselves the feelings we like.

Unhappiness is the belief that unhappiness can and will happen in the future.

From December 5, 1987 Lecture

Since we never have to forbid ourselves the feelings we like:

Unhappiness doesn't exist. It isn't real. It seems to exist as a result of a simple belief and the subsequent beliefs that naturally follow from that belief.

From writing: "Unhappiness Doesn't Exist"