

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

Happiness is Feeling However you Choose

From

Collected Writings

Bruce Di Marsico

Happiness is feeling however you choose

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

Happiness is knowing (or not denying) that nothing can make you feel other than how you really do feel, and nothing will make you feel other than you really do feel.

Unhappiness is believing that you are against yourself.

Unhappiness is believing that something *means* you are against yourself.

Unhappiness is believing that something you want or don't want means you are against yourself.

Unhappiness is believing that something you want or don't want means you are against yourself and your future happiness.

Unhappiness is believing that something you think or don't think means you are against yourself and your future happiness.

Unhappiness is believing that something you do or don't do means you are against yourself and your future happiness.

Unhappiness is believing that *you* are not the way you should be.

Unhappiness is believing that being happy *now* is not being the way you should be.

THIS IS HAPPINESS:

To know that everything that is and has been, up till now, is not wrong. It is exactly what has had to be as of now and you did not need it to be otherwise. It has not made you or your life what it should not be and it will not make you or your life what it should not be. Everything that is and has been was necessary as a result of what caused it.

You are still free to want anything to be different, or not be different, from now on. It is not wrong that everything is the way it is, and it is not wrong to want everything to be different.

When things are not the way you would prefer, that does not mean that these things shouldn't be happening in your life. It doesn't mean your life is not what it should be. There is no way it should be, and you do not need to make it be any way.

Your life is exactly what it is, and if you're wanting it different, then that doesn't mean it should not be whatever it is. Your wanting it different means that you want it different. Whatever you have been *up until* this moment is allowed. Whatever you want or choose this moment is allowed.

You are allowed to be what you are. Your life is allowed to be what it is. Your future is allowed to be whatever it shall be.