

# **The Option Method Institute**

Education based on the teachings of Bruce Di Marsico

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## **Happiness opens up a New World, Pt II**

From

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**Bruce Di Marsico**

## Happiness opens up a New World, Part II

Not one single thing is what you used to think it was. Nothing. This comes from what you already know.

Now, begin to see what is really there, what was hidden, while you lived in a nightmare of the illusions of truth. What seemed true, isn't true, not one single bit. What was impossible, and what is possible, you can now know. It's not what you thought it was. Not the illusions of the impossible but the actuality of it: unhappiness is really impossible, but it had the illusion of existing, when it was never an experience, but an interpretation, of the real.

Unhappiness was never really an experience. It's the name you gave to it, but it was an interpretation of reality, and a belief that, by its very nature, made you experience it as not impossible, but inevitable. What you know now, is that unhappiness is really impossible. You never experienced it as impossible. You experienced it as inevitable. The absolute opposite of what is the truth. So it wasn't experience, it was interpretation of your experience.

But now, the impossible might manifest itself. And it won't be the illusion of the impossible like it used to be, as unhappiness was, but the real presence of what you used to think was impossible, of what your mind can't anticipate or understand or justify in the old sense. But the body will react precisely not because of a belief.

When you now know that unhappiness is impossible, there are many things you used to think are impossible, that you can now actually experience, once you are open. And you won't be experiencing them as illusions. And you are not necessarily going to understand in the old sense of explaining and justifying what they are and what they mean. And it may at first seem impossible, but that's not true.

What's going to happen is that, as you open up, and as you are clear, you don't really believe in the impossibility, in the magic, the superstition of unhappiness, that thing that can't be, that you thought was real,. You may experience things you never use to experience. Your body may very well experience things precisely because beliefs are not interfering.

Because you don't have an unhappy belief, then whatever it is you experience can be a real stimulus, and can have a real effect on the whole new person that you are. What I'm describing is a kind of knowledge. Knowledge can

come to you which doesn't come in words, doesn't come in descriptions; it doesn't come in old fashioned justifications. You can just start experiencing it. Not necessarily know the words for it, but allow it to run its course, to manifest in you, in a wordless way, but in a very real way, that there's no doubt in your mind.

Awesome vs. Awful. If you judge the experience as a bad experience--that's an illusion, and you are going to deform the experience. You can be awed by it, and allow the real of truth of it to do its job, which you have nothing to fear from, which is everything you really want. It is the truth of you knowing something you want to know, and experiencing what it is you are knowing. But if you judge it as bad, you've deformed it, and not only can you not know it, but if you did know it, you would probably know it as evil or bad, or something like that.

Once you take away the beliefs of unhappiness, the beliefs of evil, the beliefs of "should" and "supposed to", and you are no longer looking through those glasses, what's left? What's left has got to be what's true. What IS true, not what you assumed is true. And you can only do that by letting yourself do that. There is nothing to be afraid of. Why? Because nothing can happen to you that can ever make you unhappy. Why? Because nothing ever has the power to make you unhappy.