

# **The Option Method Institute**

Education based on the teachings of Bruce Di Marsico

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

## **I Am Not the Cause**

From

### **Collected Writings**

**Bruce Di Marsico**

## **I am not the cause**

*August 5, 1973*

If you decided that you had to be unhappy,  
Then you were unhappy freely and for your own sake.

If you decided to seek me out,  
Then you sought me freely and for your own sake.

If you decided to ask me for my help,  
Then you asked my help freely and for your own sake.

If you decided to try to motivate me to help you,  
Then you tried to motivate me freely and for your own sake.

If you decided to meet my conditions and fees,  
Then you met my conditions and fees freely and for your own sake.

If you decided to let me try to help you,  
Then you let me try to help you freely and for your own sake.

If you decided to listen to my questions,  
Then you listened to my questions freely and for your own sake.

If you decided to answer,  
Then you answered freely and for your own sake.

If you decided to disclose your beliefs,  
Then you disclosed your beliefs freely and for your own sake.

If you decided to discard a belief,  
Then you discarded it freely and for your own sake.

If you decided to choose to be happier,  
Then you chose to be happier freely and for your own sake.

You did this all for yourself. It was all your choice for your sake, not mine. I don't make you choose anything.

## The Best Way to Help

The guide does his best guiding when he knows he is totally non-responsible. It is only possible to be really be involved with helping another not to need help to be happier by not “laying trips on” or “accepting a trip laid on you by” the other.

If you have no “axe to grind”, no need for the other to believe this or that, no need to change them, no need for them to be happier; then you will help best. If you need them for anything during the session then you are subject to “blackmail” by them. You are subject to agreeing that they are not responsible for their bad feelings.

It may seem cold and unloving if you look at it with fear but it is most loving and freeing for you to be totally un-intimidated.

You owe nothing to your clients. You are there for your sake. You do not have to be. They are there for their sakes, they do not have to be.

You are not helping them because they need your help. You do it for yourself. They seek help for themselves.

You owe no alibis for what you do in the session, or for what you don't do. They may come or not as they wish.

In my business I find that some clients demand certain things as their rights. They have no rights over me anymore than I have over them. I do what I wish, they as they wish. Some think that they are buying or hiring me according to some traditional or mythical rules. They are not. They pay me to do my thing. They are free to not do that.

They are not paying for fifty minutes.

They are not paying for me to wear a tie, or not to smoke, or smile, or not smile, or feign sympathy, etc.

I do what I want. I conduct my business and sessions however I want. They are free to do their own thing.

I will appear eccentric to some, selfish to others, or “fucked-up”. I can charge one dollar or one hundred and I can use whatever criteria I wish; be it five dollars for

every letter in their name, or double on rainy days. I can show up for sessions or not. I can make them for five minutes or five hours. I can tell clients to go away or ask them to stay. They are always free to decide what they are willing to do for my services, just as I will decide what I am willing to do in order to be of service.

The more you are in touch with this true freedom to be, the more you will be able to help others.