

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

If You Seem Unhappy, You Can Know You are Not

From

December 12, 1992 Lecture

Bruce Di Marsico

If You Seem Unhappy, You can Know You are Not

So is it true that people don't have to be unhappy, but just believe in it? Since that's true, what follows from that in your life? Since it's true that you don't have to be unhappy, that you've only believed that you had to be, what follows from that is that every time you experience that you might be unhappy, the question "Gee, maybe this is unhappy", what do you know is the truth? That, at worst, if you had been unhappy, it was because you believed you had to be. And what's pertinent and relevant for you to know now? You don't have to be.

But that has all kind of ramifications. If you seem to get unhappy, you can just know that, if that really was unhappiness, it was because you thought you had to be--but what's the truth, now?

And so anytime you may seem to get unhappy, you just experience this, and realize, "I've been unhappy, or maybe I've been unhappy, or maybe this was unhappy"--or, "I don't want to be unhappy", and its over.

Because unhappiness doesn't have a substance, it's not reality, so it can't have its own life. It doesn't even exist with or without your permission, it's just an illusion. It's believing you have to feel a certain way. So once you realize, "I've been unhappy", what does that really mean? You really mean you don't want it.

So, I want you to know that it's over. And at that moment your unhappiness is over. Now, although you could worry and feel bad that you didn't realize it sooner, then you could realize THAT is just being unhappy, and that could be over. Because as soon as you realize you're unhappy, it's over. There's no way to be unhappy about something you don't want to be unhappy about. And there's really no way to want to be unhappy about something, when you know about yourself that you don't want to be unhappy.

So even what we've called "wanting to be unhappy" is still people who believed it was necessary.

Here's a medicine that does you no good but it doesn't have a bad taste. Here's a medicine does you no good, but it tastes bad. Which will you want? If you take the one that tastes bad, it can be for no other possible cause than you believing it was necessary. Even though people have experiences like, "I'm pretty sure I want to be unhappy", that's actually an experience in the unhappiness itself. How they got to that was because they felt, in the first place, they had to be unhappy.

If you understand this, if you have this attitude, everything comes from this without me really teaching you much.