

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

Knowing what you want

From Collected Writings of

Bruce Di Marsico

Editorial commentary in italics

The only thing to know is what we want

June 4, 1975

There is only one thing to believe and know about: what we are wanting. Whether it be what we are wanting to "do" or "be" or "have", etc. The only thing to know is that it is what we want.

If we ask if it is "good" or "bad" to want, or whether it will get us what we want, these are just questions for us because we haven't decided that we want it.

When such questions such as "What if my wanting is different from yours?" or "Others may not want what I want!" arise, it is because we have not decided that we want what we think we may want.

We may think that in order to decide that what we want is *truly* what we want, we have to answer "absolutely unchangeably yes". We can change. It doesn't have to be an unconditional decision. It doesn't have to be "No matter what happens in the next moment, I will want this which I am wanting now!" It doesn't have to be "No matter what anyone says or does, I will still want what I now decide I want".

It may be that our wanting will not change in some ways but we don't have to try to justify wanting our present desire by "strength" or "determination" or "bravery" or "stubbornness".

It is enough for us to want what we want now. We can know that we will be glad to change our minds if we want to. That will be our wanting too. We can never "give up" our wanting or "lose" our desire. We will just be wanting our wanting anew, afresh, but always ours.

No child feels he is losing his tricycle when he gets a new bicycle. No girl feels she is "losing" her desires for her dolls when she finds her desire for a boyfriend.

When you feel like eating supper, you don't regret that you don't feel like eating breakfast. Your wanting will always be experienced as yours no matter how it changes. You will be just as possessed by your future desires as you are now by your current ones.

The question of whether what you want is good or not is an apparently useful one. It would seem that by deciding that what you want is "good", it will free you to love and follow your wanting. But then, will you not always be implying the opposite question? If what you are wanting is not "good", then what? What alternatives do we have? What does "good" mean? It usually means that our wanting will not screw us. But what if it did? What alternatives do we have? To not do what we want? To pick another want? Fine, but is *that* one good? What if it screws us, too? "Can I screw myself?", then, is the question. Does it have to be? Do we like such questions?

I can only be me (as I am). We can only be us (as we are). You can only be you (as you are). What are the other options?

Should we trust our wantings? Why is that a question? What will we do with the answer? If we are wanting our wantings to bring us where we want to be, then, that is what we want.

If we want to "trust" our wantings, then that is what we want. Do I want to believe or want to "trust" because it justifies my wanting and relieves my fears or explains anything, or do I just want to trust because I *want* to?

Do we want to believe that our wanting comes from and leads us to God, because then that sanctifies and justifies what would then otherwise be "bad" or frightening or insecure? Or do we want to believe that our wanting is good, God-given, etc., because now we are wanting to believe that or because we need to believe that?

Even if we believe our wanting comes from and goes to God (God: all that is good; all that we want; the cause of our future; the joy of our now) because we want to, will we question that *that* wanting (for our wanting to be from God), is good or not?

In other words, if we believe we can want what we want because our wanting is good, is that a good thing to believe? Do I want to?