

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

On Perfectionism

On Moral Codes

From

January 19, 1992

Bruce Di Marsico

On perfectionism

There are people who believe they have to blame themselves and feel bad when they are the practical cause of something they didn't want occurring. The whole point is to not feel bad about that.

You do get in a car without checking your tires--and one of them is bald. You may say "What did I do wrong? Why does this happen to me?" We have a part to play in what happens to us sometimes, but we don't have to put ourselves on trial to declare ourselves innocent by cause of simply living our lives according to our choices.

On moral codes

Is there something wrong with getting sick? Is there something wrong with getting angry? Is there something wrong with doing anything that violates a moral code? There's nothing wrong with those things. If it attracts you to please God and not do those things, wonderful.

But I don't see how someone could follow the moral code happily by starting off with the idea that they shouldn't do those things. All the moral codes of theologies that are based on telling you that you shouldn't do something: there would be no reason to tell you that you shouldn't do something if they didn't believe you wanted to--and if you didn't believe you wanted to do what you "shouldn't" do.

When you put yourself in the position of "I want to do these things but I shouldn't", that is unhappiness.

Would happy people violate a moral code? The terrible thing about the question is to imply there are universal rules, instead of phenomena. A happy person is a free person.

Take the commandment not to kill. Could a happy person believe that what you thought was an innocent person, is an enemy? Could any person believe that? Would a happy person protect their own life from an enemy?

When you find yourself in an actual situation, you'll find out the answer. And what do you care until then? When you are in that position, you'll do what **YOU** want. And if you don't want to kill, you won't, and you won't need any moral code to tell you to do what you want to do.

Any possibility might occur to you: "I could kill, I could not kill". If you're a frightened, scared person, you'll conclude that the possibility must have occurred to you for a reason, and you'll pull the trigger--instead of knowing that it is true: you *could* kill, you could *not* kill--and what do you want to do?