

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

No Thing gives Happiness

From

Collected Writings

Bruce Di Marsico

No thing gives happiness

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No thing in the world gives happiness. No thing or lack of any thing causes unhappiness. Happiness is.

Unhappiness is believing, in practice, that we need help to be happy or we need something (help) to avoid that need or the condition of need.

Unhappiness is the fear of not believing we have needs in case we are wrong and really do need help to not be unhappy. It is believing that we may really have needs that need to be satisfied even though we don't like being that way (i.e., needy)

It doesn't matter if we don't get what we have learned or believed is "good". Our meaning of "good" is "that which satisfies or prevents a need". No thing prevents need. No thing causes need. We have just merely believed in need.

Your unhappiness is caused by a belief

Your unhappiness is caused by a belief of yours.

What belief?

The belief that you could be unhappy for some cause other than a certain belief of yours.

Which certain belief is that?

None. You don't have the belief necessary to cause unhappiness except for the above belief that it could exist from a cause other than this certain belief that you would have to have, but which you don't.

What would that belief have to be to create unhappiness?

The belief that unhappiness could never exist no matter what you believed.

In a most real sense, this is your contribution to the universe and to your happiness. You have the power to keep unhappiness out.

By believing that it is not caused by you or your beliefs, you are proving in the only way possible that you are the cause of its existence and the cause of its non-existence.

That belief is the cause of apparent unhappiness.

Knowing that only your belief can cause unhappiness would only make you unhappy if you knew you had such a belief that could cause it, other than the above belief.

The only belief that could cause it would be a true denial of your power to believe.

"Unhappiness could never exist even if I believed that it could exist apart from my beliefs." i.e. "My beliefs are impotent. My believing does not have the nature of believing but is empty thought that I am not thinking, but only think I think."