

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

Being Special

On Loving Others

From

Monday Night Study Group, 1973

Bruce Di Marsico

Outline

- To fear being special is to not acknowledge what is of value to you.
- To fear being common is to deprive yourself of what is of value to you.
- Loving is our permission to ourselves to be happy.
- Signs of love and happiness can be useful to reveal to others the untruth of the myth that there is something wrong with them.
- One of the biggest myths of loving others is that you need to have something in common with somebody in order to know them.
- Everyone has in common that they want to be happier.
- There is no risk in loving others.
- "Taking responsibility" for another person's happiness presumes that you know better than they do what is best for their happiness.

Introduction

In this talk, Bruce Di Marsico discusses being special and loving others.

Some people have fears of either being special, or of being “common” or “ordinary”. To fear being special is to not acknowledge what is of value to you, which may be unique to you. To fear being common is to deprive yourself of what is of value to you, which you may have in common with everyone.

One of the biggest myths of loving others is that you need to have something in common with somebody in order to know them, because everyone already has something in common: they want to be happier.

READINGS

On Being Special

For some of you, there is something uncomfortable with the idea of being special, or of being into something special.

Maybe people have made idols out of things such as the Option Method, and they have worshipped their institutions and they have worshipped their movements. And all of those movements that they worship, they worship them in order to have some peace or some happiness in themselves. To be aware that you have something valuable to yourself, and to acknowledge that, is just to say what you know is so.

On the other hand, some of you fear being common. You've got certain fears that, for instance, to form a group, to be close to something, to love, to really get in touch, all is bad somehow because it makes you like the rest. To avoid things that others use, to not use certain things because others are using them badly or wrongly, to shy away from everything just because it seems idolatrous and religious and institutionalized is to sell yourself short. When you are depriving yourself, you are simply depriving yourself.

How can you help someone else to be happier if you can't make the assumption that it might be possible? What makes you special is your hope that people can be happier. You have a hope that others do not dare to have – not all others, but most of others. Many others do not even dare to hope, that maybe to be really happy in all things is the really possible. I want to point out to you that that is special to help you stay in touch with it, so that you can use each other more, so that you can love each other more. Sometimes that isn't a truth that we allow ourselves to know, that it's special. How many of us can really say that we really, really know the value of wanting to be happy, and being happy, all the time? Of wanting to be happy and being happy and how do you use it? How many of us really help

ourselves as often as we might to be happier? It's neither modest or immodest somehow to be aware of your specialness. It's would only be a problem if your specialness functioned somehow to delude you into thinking that you are better than others.

When there is certain arrogance about others, or a certain lack of understanding for other people, and a putting down of others you cannot help. If you help others to see what they are not seeing that is a very special role, and to call at that enables you to get touch with something. You could see yourself a servant of others, and that for some reason you have been put in charge of the warehouse and they are coming to you. That doesn't make you the owner of the warehouse or anything better than anybody else, but if you have got things that other want, you can dispense them, but you cannot dispense them unless you are aware that you are standing at the gate of the warehouse and all the stuff is there.

On Loving

To use your past as evidence to make your decision will only be the same old decision: being at the place where you need reasons in order to be happy. Apparently to be happy with another, is somehow a reason to allow yourself to be happy. You will perhaps be moody, grumpy or feeling bad or be depressed, but if somebody who you like comes into your room, it's all gone, you smile, feeling better,

You may find that it's easier to be happy under the "pretext" of loving another person. So that becomes the reason for you to be happy. In other words, I want to feel good with this person, I want to love them, and the awareness of doing that is able to obliterate all your preoccupations with your own unhappiness, so that you are truly not unhappy any longer and truly not afraid, just merely as a result of that decision. We apparently find it much easier to say, "I am really going to be happy with this person, I want to love them", then it is to say, for no reason at all, than in an empty room, "I want to be happier." And apparently we have set up our

unhappiness vis-à-vis other people. There is the question of whether unhappiness could even exist if there weren't other people, if somehow we didn't set it up in order to deal with relationships with others. So that maybe that is the reason why therapy works, why we don't just do it ourselves, why we need another to help us so, why we use others to help us. Seems to me that after one session we could learn all the tricks of the trade to be able to applied on ourselves from then on, and yet haven't because somehow there is that belief in the dependency. We can use that very same belief that shackles us to free ourselves, by deciding to love each other and just making that decision. You have found in your mind many times, when we have simply decided to love somebody, all your worries went, all your cares went, all your fears went away. Then you attributed the magic to them, but if you don't do that, you could really know where your happiness "came from", and really have it

You use symbols of love, so perhaps there someone in a distant city now, if you were to think of them, now you could love, you could feel good about them and be happy about them. Your expression of love, this is your way of letting yourself know that you do love. I don't think it is a necessary expression, but it is an expression, it is feedback to yourself, and it's the way of reminding yourself.

Now, if we are really happy, we become simple. We become our own symbol of happiness: "I just know because I know, because I know." But there may very well be signs left over from our own unhappiness, that are just that: old signs.

A smile is just one expression, but there are other ways that we let ourselves know that we are happy and we love. The value in communicating our happiness to others is that so many of us walk around with one central belief: each of us believes to one degree or another that we are no good. Each of us believes that we are unlovable; we've want to believe that in order to make ourselves happier. And The more people there are that to dispel that myth around us, and who don't support us in that belief that we really are no good, we really are worth avoiding,

we really are not worth getting involved, et cetera, the easier it would be to face that myth and to see that perhaps we are putting it on ourselves. Can you imagine a miserable person in a community of everybody who kept loving them no matter what he or she did, and no matter how he or she acted and kept understanding, kept being patient, kept loving and kept being happy? If we do that for each other, we are enabling that to be done for us.

The advantage of a loving environment is that it becomes something to reflect upon, as feedback. We really would be doing ourselves a great favor if this were a very loving environment and if we loved each other very much. The big favor would be is that when we individually don't feel happy, we still have a legacy that we have built up, all the happy people around us and that's when it will really pay off. It pays to be happy just simply with yourself. And when we are unhappy we are somehow thinking of that pays off better and that's all. Just somehow we are believing that it's better to be unhappy and I don't know how long we could keep that belief if everybody else wasn't supporting it so easily. Symbolic expression just put something out there that someday will come back to you

Many of you may take this as a "should". It's not. It's practically advantageous, but has no ultimate bearing on your happiness.

I hear some say, that for you to be involved with somebody else has to be to your advantage, "why would I want to get to know more about so and so? He is a salesman or she is a housewife and they don't have anything in common with me as far as I know, I couldn't get anything out of a relationship with them" This is a myth. Perhaps one of the most beautiful or important things you can do is to be happy with somebody, with anybody. Why all the rules and measure of gains? You all have conditions and specifications about the kind of people you will allow yourself to love. They've got look at certain way and act at certain way and have a certain past history and have certain hopes in future, et cetera.

And you've got all these rules about the people who allow yourself to be happy with. Wouldn't it be easier to dispense with those rules? You all have the greatest thing in common, you all really want to be happier. Do we have to keep pretending that there is risk involved in loving others? It's only pretence, it's only a game and we don't have to play that game. What are you are going to lose? Why is that they going to mean anything to you? Why is that going to make you unhappy? It's a big pretence. There is no risk.

Some of the ways we pretend: "I can't be happier here until I am happier person. I can't be happier here in this room and that is just a reflection of where I am at." We don't have to believe that. The biggest pretending is pretending that you are not pretending. All the reasons, the rules, we don't have to keep.

I want to say something about a woman here tonight. She sat in group for almost a year without saying anything. She would cry occasionally, and every so often somebody would come up and try to stop her from crying, trying to "help" her and she learned how to get rid of them. And this became a place where she was really allowed to just be. One of the biggest helps for her in her life was that there was a place where she was allowed to be, she didn't have to talk, she didn't have to bring her problems, and if she did, she didn't have to solve them, she didn't have to share them and she was allowed to be with people. It makes a fantastic difference to not take the responsibility for another person. People didn't take responsibility for her in the group, and so it became a really good experience with her.

Questions for Reflection

What is special and unique about you? How do you feel about these things? Do you judge it as good or bad that you have special and unique qualities?

What is ordinary and common about you? How do you feel about these things? Do you judge it as good or bad that you have common and ordinary qualities?

Is there someone you have hesitated to love? What is the risk in loving him or her? What might you lose? Why would losing that make you unhappy?

Meditation for the Week

- "Taking responsibility" for another person's happiness presumes that you know better than they do what is best for their happiness.