

# **The Option Method Institute**

Education based on the teachings of Bruce Di Marsico

[www.ChooseHappiness.net](http://www.ChooseHappiness.net)

## **The Two Nows**

From

**Collected Writings**

**Bruce Di Marsico**

## **The Two Nows**

There are two unhappinesses as there are two "nows":

Any unhappiness that you've had up until now has only been a question which says: "Do you believe from now on that you will have to be unhappy?"

The question of future unhappiness is a question that says "Will you keep asking yourself this question?" The question of future or "from now on" unhappiness is "Will you believe or do you now believe that you will do, feel, think, what, you now know you no longer want?"

The question is whether you will believe, or are now believing, that you have to ask this question now, because you've asked it up till now.

Do you have to be unhappy now because you have been up till now?

Two Nows:

I am feeling unhappy now.

Now I do not believe I am unhappy.