

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

Emotions are happiness

By

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Emotions are happiness

Bruce Di Marsico: “You can only get unhappy by believing your emotions are bad for you.”

It is commonly believed that unhappiness is an emotional state. But what are emotions? Emotions are the whole-organism orientation toward well-being of the organism. Unhappiness is predicting (believing) that emotions experienced now (which are the bodily orientation toward well-being) will be against future well-being, as-if somehow, your present orientation toward well-being did not fully incorporate all predictions of the future.

So unhappiness is believing in what is not so, and what can never be so, *in the context* of emotions. That unhappiness always arises *in the context* of emotions has led people to believe that unhappiness was emotional.

Bruce Di Marsico: “Unhappiness is believing in the “not me” me - which doesn't exist.”

You are always perfectly oriented toward your well-being. A “you” not perfectly oriented toward your well-being doesn't exist—it is not you. How could you ever feel about things a way that you *don't* feel about things? Unhappiness is believing you are not you.

Bruce Di Marsico “Unhappiness is disowning your feelings.”

Believing that what you feel about something is, somehow, not truly indicative of how you feel about it is the root dilemma of unhappiness. Our own feelings are believed to be not our own.

Bruce Di Marsico: Emotions are happiness. Judging your own emotions as bad is unhappiness