

# **The Option Method Institute**

Education based on the teachings of Bruce Di Marsico

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

**Happiness is not a Mood**

**Happiness and Primary Cultural Values**

By

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## Happiness is not a mood

1) Happiness, from the Option point-of-view, is the (tacit, whole-bodily) knowledge that there are no problems with anything. In particular, there is nothing wrong with you, and nothing wrong with others, and nothing wrong with the world. If you know this, you will certainly not be unhappy. Nothing more is necessary.

2) In conventional society, many moods are described as happiness, including:

- a) moods of present-time pleasure, experienced physically in the present, such as cheerfulness and sexual arousal
- b) moods of present-time satisfaction, experienced physically in the present, such as equanimity ("being centered") and calm
- c) moods of satisfaction with the remembered (past) self, such as pride in success and contentment in accomplishments.
- d) moods of meaning, experienced when contemplating the (imagined) future self, such as purposefulness and calling.

Can you be sexually aroused and unhappy? Consider the compulsive masturbator. Can you be calm and unhappy? Consider those who take tranquilizers in order to "deal with" their life. Can you be successful and unhappy? Consider the stories of tabloid magazines. Can you have a meaningful life and be unhappy? For some, the meaning of life is stress, strain, and struggle.

3) Considering these moods which are generally claimed to be related to happiness, from the Option point-of-view:

Relative to the present:

In particular, happiness is the (tacit, whole-bodily) knowledge that there is nothing wrong with your present-time mood.

- a) There is nothing wrong with you, others, or the universe if you are not cheerful.
- b) There is nothing wrong with you, others, or the universe if you are not sexually aroused.
- c) There is nothing wrong with you, others, or the universe if you are not "centered".
- d) There is nothing wrong with you, others, or the universe if you are not calm.

Relative to the past:

- a) Happiness is not dependent on you being successful by any criteria.
- b) Happiness is not dependent on you being contented with any state of the world. You may be not unhappy with the state of the world, and also wanting it to change.

Relative to the future:

- a) Happiness is not dependent on there being a purpose to your life.
- b) Happiness is not dependent on there being a calling to your life.

**Happiness is not fulfilling a primary cultural value**

Many cultures propose primary cultural values. For example:

*Freedom*

*Harmony*

*Being Loving*

*Being Successful*

*Having self-Discipline*

*Intelligence*

*Being Spiritual*

*Politeness*

Within a particular culture, these ideas are often spoken of as equivalent to happiness.

They are not. They are proposed to be qualities such that, if perfectly achieved, will bring happiness. This is most likely because important figures in the creation of the culture found that these qualities helped them get what they wanted, and were happy on that basis, and proposed that these qualities could help anyone and everyone get what they wanted.

As a happy person, you may be attracted to any of these qualities; happiness, though, is the taste in your own mouth. There can only be *your* happiness, and that can take any form whatsoever. Only you know.