

# **The Option Method Institute**

Education based on the teachings of Bruce Di Marsico

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

## **The Option Philosophy, Attitude, and Method**

By

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## The Option Attitude, Philosophy, and Method

The Option Attitude is the tacit, whole-body knowing of happiness. Since this is the inherent attitude of everyone and everything, nothing needs to be done to attain it.

Some, though, mistakenly believe that unhappiness exists (and that it is necessary). Though all desire happiness, as happiness *means* what each desires most, some fear that happiness is exactly what it is not: unhappiness. The experience of unhappiness is the experience of believing that you could value other than what you value, but since you can only value what you value, the experience of unhappiness is the experience of something that does not exist.

For those who mistakenly believe that unhappiness exists (and that it is necessary), the Option Method is a tool for questioning unhappiness, so that its non-necessity (and ultimately, its non-existence) can be recognized. The Option Method is designed to engage presumptions of unhappiness as little as possible, by asking only simple questions that, in themselves, imply nothing.

Though nothing needs to be learned to attain that which is already inherent as you (your happiness), there can be much to unlearn to fully recognize your own happiness: the myriad forms of believing that unhappiness exists.

The Option Philosophy is the body of knowledge demonstrating how each form of unhappiness is illusory.

Here is how the Option Attitude, Philosophy, and Method relate: if you know your happiness (the Option Attitude) you do not need to find your happiness via the Option Method. The Option Philosophy can aid in a deeper recognition of one's own happiness for those who have become fundamentally aware of it. For those who are less aware, the Option Method serves to bring happiness to awareness.