

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

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The World is You

By

Aryeh Nielsen

What does Bruce Di Marsico mean when he says "The world is you"?

There is only your world

He is not proposing that what arises is purely a figment of the imagination, and is also not claiming that there is no reality "out there". In so far as there is, and it represents limitations on your actions, you find out. Bruce Di Marsico: "If you thought there was a door there, and there is only a wall, you'll find out when you bump into it."

But everything you know about the world is your knowing, and is not an aspect of the world-in-itself. For example, take sugar: only a being who found classifying some patterns as sugar as relevant to their life would conceive (whether verbally or non-verbally) a substance as sugar. For deep-ocean bacteria that feed on methane, recognition of "sugar" is completely irrelevant to their existence. Even when a scientist classifies two molecules as similar in some way, and therefore both sugar, he or she is making a practical judgment about what it means to classify things as similar. Similarly, a particle physicist has their own criteria to classify things as "particles".

No one knows the world-in-itself, they only know the world as they understand it.

An example that many have strong feelings about, in the abortion debate, is the question of when life begins. There is no "right" answer out there in the universe. There is each of our understandings. If you want others to see the world as you see it, then that is your wanting, and the universe allows you to want other's point-of-view to change (though, if they do change their point of view, it will be their choice, perhaps in response to your communication.) This does not imply anything about what you do: with your understanding, you may choose to practically co-operate with, work at cross-purposes to, or be indifferent relative to those who disagree with your point-of-view.

You create the distinction between yourself, others, and the world

Consider two adjacent countries. In this case, it is obvious that the borders between them are humanly created, and there is no division inherent in the universe that separates the two lands. Nonetheless, the distinction can be very practical, as when we talk of the weather in one country. The distinction is fuzzy, useful, and can shift over time as political regimes rise and fall.

Now consider the border between "you" and the "world". There are clinical cases in institutions of people, often classified as "extreme paranoid-schizophrenic", who believe that all thoughts in mind and actions in body are not their own. There are also cases of those who stare out the window at traffic all day, experiencing everything they see as their own action. If you are reading this, you are probably between the two extremes of "I-am-everything" and "I-am-nothing".

But if someone touches your clothes, are they touching you? There is no universal answer, only your answer of this moment. The boundary between you and the world fluctuates from moment to moment. When using a familiar tool, such as a hammer, the sense of "you" may expand to the tool, only to exclude the tool the moment you are no longer engaged in its use. There is no "right" border between "you" and the "world", only the one you experience. But remember--everyone else will have a different border, which may be very similar to your experience, or wildly different!

Consider the border between "you" and "others". Meditating yogis have confessed that they make no such distinction. Those with what is labeled as "Multiple Personality Syndrome" confess that they are other to themselves. Infants only gradually begin to make distinctions between self and other. People in love confess a merging of self-and-other. Those falling out of love confess the opposite. There is no "right" border between "you" and "others", only the one you experience. But remember--everyone else will have a different border, which may be very similar to your experience, or wildly different!