

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

Unhappiness doesn't exist

By

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There was a time when many thought they suffered from demon-possession. They did not. Demon-possession does not exist. They suffered from the belief that demon-possession existed, and was happening to them right now.

No one suffers from unhappiness. What is suffered is the experience of believing that unhappiness exists, and is happening right now.

Unhappiness doesn't exist any more than demon-possession does.

The experience of being demon-possessed exists (for those who believe that demon-possession exists), but demon-possession in itself, doesn't exist. Similarly, what people who believe that unhappiness exists call "unhappiness", is their experience of believing that unhappiness exists.

Happiness is valuing what you value.

It is (logically and inherently) impossible to not value what you (do indeed) value. You can, though, *believe* that you do not value what you value. What is called "unhappiness" is the (non-existent and impossible) phenomenon of not valuing what you value, or being "possessed" by values that are not yours.

Since all can only value what they value, and never can not value what they value, no one can ever be "possessed" by values that are not theirs—but they can believe they are, and they will experience this belief as unhappiness.

When people say they are unhappy, they are referring to their experience of believing in unhappiness, i.e., their experience of believing that they could value, or are valuing, what they do not value. They truly feel "unhappiness-possessed", but it is no more actually happening to them than being "demon-possessed" actually happened to anyone many centuries ago.