

# **The Option Method Institute**

Education based on the teachings of Bruce Di Marsico

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

**One Truth (alternative version)**

**Bruce Di Marsico**

# ONE TRUTH

There is only one simple truth about unhappiness.

**WHEN YOU BELIEVE YOU ARE WRONG TO BE HAPPY  
YOU WILL DENY THAT YOU ARE AND PEEL THAT YOU  
ARE NOT.**

That is all unhappiness is. Happiness is not believing that.

Understand this. Your happiness depends on it. Unhappiness is believing that being happy is being the way you should not be. It is impossible to be happy once you believe that people are unhappy when, and only when, they BELIEVE that being happy would be a contradiction to what they are or want to be or have. When this is questioned by the Option Method unhappiness disappears. Unhappiness is believing that you are not the way you should be. It is believing you should be unhappy if you are not. You are allowed to be any way you choose or happen to be. You are allowed to be any way.

People believe they "need" things in order to be happy because they believe they will be caused to be unhappy without them. But unhappiness was merely believing in the first place that it would be wrong to be happy without those needed things. Continuing to be unhappy or fearing becoming unhappy is just denying that that belief "caused" the way they felt.

Since they are still believing it would have been wrong to have been happy and therefore are going to continue to deny that they were merely acting on that belief. To do otherwise would be to admit that they were really unaffected emotionally but were only believing that that was wrong. All the subsequent unhappiness or fears of it is in order to deny that they could be actually be so wrong or bad as to have remained happy. They then search for the conditions where it might not be wrong to regain or insure happiness.

Fulfilling a need is therefore the creating of the condition for making it unnecessary to deny that you are happy because when needs are fulfilled it will not be wrong to be happy.

The difference between acting as if you were unhappy, for whatever reason, and being unhappy is that acting does not include believing that it would be bad or wrong to be happy. An actor doesn't believe he is not really happy. He denies his happiness to another but not to himself. When you are done being unhappy you can just admit that you made yourself "feel" that you were and are not really unhappy. There is no being really unhappy. There was only believing it was wrong to be happy.

"Wrong" is a model word meant to be equivalent to any concept that means bad, crazy, contradictory, insincere, lying, immoral, inappropriate, undeserving, no right to be, unworthy, sinful. All these ideas mean "bad for you to be happy". The implication is that you will be more unhappy later if you're not unhappy now (because you are not being the way you should -unhappy). But that only repeats the imperative that you will be worse wrong in the future to be happy.

Unhappiness is believing that you are against yourself.

Unhappiness is believing that something means you are against yourself.

Unhappiness is believing that something you want or not means you are against yourself.

Unhappiness is believing that something you want or not means you are against yourself and your future happiness.

Unhappiness is believing that something you think or not means you are against yourself and your future happiness.

Unhappiness is believing that something you do or not means you are against yourself and your future happiness.

Unhappiness is believing that you are not the way you should be.

Unhappiness is believing that being happy is being not the way you should be.

Happiness is feeling however you choose to feel  
or experience yourself,  
and not believing that anything makes that wrong.

Happiness is knowing (or not denying)  
that nothing can make you feel  
other than how you really do or will.

**THIS IS HAPPINESS;** To know that everything that is, up till now, is not wrong. It is exactly what has had to be as of now and you did not need it to be otherwise. It has not made you or your life what it should not be and it will not be necessary as a result of what caused it. You are still free to want anything to be (different or not) from now on. It is not wrong that it is and it is not wrong to want it to be different.

When things are not the way you would prefer, that does not mean that shouldn't be happening in your life. It doesn't mean your life is not what it should be. There is no way it should be and you do not need to make it be any way.

Your life is exactly what it is and if you're wanting it different, then that doesn't mean it should not be whatever it is. You're wanting it different means that you want it different. Whatever is you up till now is allowed. Whatever you want or choose now is allowed. You are allowed to be what you are. Your life is allowed to be what it is. Your future is allowed to be whatever it shall be.

Bruce M. Di Marsico, January 26, 1991

*Based on original teachings and writings of 1971*