

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

Unum Necessarium

Bruce Di Marsico

Unum Necessarium — The One Thing Necessary

To Have Happiness Nothing Is Necessary

Unhappiness is, itself, believing that something is necessary. Only not believing in the necessity of unhappiness is necessary. In that sense only is there one thing necessary; which is the same as realizing that nothing is necessary.

To have happiness there is only one thing necessary: to have happiness. It is self-defined.

To have joy there is only one thing necessary: to have joy. Joy is being glad to be happy. Being glad to be happy is to admit that you are.

It is not necessary to deny in any way that you are. You may gladly deny it to others, of course, if you wish, but you never have to believe that you are wrong to continuously appreciate yourself, and your wisdom in happiness.

I knew a man who had a tremendous, paralyzing and sickening fear of flying in airplanes. He, of course, believed he deserved to fall from a great height. He believed that if he flew when he shouldn't, he would certainly fall. Panic was, for him, a necessity.

This same man noticed he had a sexual attraction to his teenage step-daughter who was developing, nubile, and affectionate. He dared to contemplate the great heights of sexual ecstasy that would ensue from engaging in this forbidden delight. He, of course, believed he needed to be prevented, or else fall from that great height. Panic was, for him, a necessity.

When I questioned what he feared about his attraction he disclosed that although she would welcome his intimacy now, that in the future when she socialized more and accepted the normal beliefs of others she would believe she should turn against him and accuse him of harming her. He was afraid he would be overwhelmed by attraction, nevertheless, and get in trouble. He believed that if he flew when he shouldn't, he would certainly fall.

I asked him, considering what he believed about her future actions; if he thought that acting on his attractions would be good for him. He said that he believed such an involvement, although pleasant at first, would be harmful to him later.

I asked him if, that being the case, he is still sexually attracted to her. He said no. He said that there is no longer any attraction when he realizes what it really means to his welfare.

"So," I asked, "do you need to fight or fear your attraction?"

"There is no attraction to what is bad for me. No problem. I thought I had to fight the initial attraction when, in fact, I really don't have any attraction when I consider my total feelings."

I asked, "By the way, how do you feel about flying?"

His eyes lit up. "I don't feel any fear. It's like it was miraculously removed," he said.

The realization, or even the suspicion, that we may not be serving our desires by exposing them to others does not mean we must be believing that they are wrong or dangerous in themselves. The issues of privacy, protection and a better means of attainment may be more to the point. To be an object of ridicule may or may not be useful in our lives. We may decide on that basis how we can achieve our goals, whatever they may be.

We may not be expressing to the world what we know about happiness. We may have decided to be more private. That does not mean we are afraid, or are actually against happiness in our lives. We may not have the praise of others for our happiness, or even the simple agreement that it is desirable to be happy. So what? Happiness is personal, only personal, intrinsically personal. What would the approval or "sharing" of happiness with others do for us or them? Nothing. At most it is our self-expression in the presence of another. There can be no true sharing in the sense that a portion of our happiness can be experienced by others as their happiness.

Rather than lose our fervor for want of camaraderie, we can look to ourselves as sources of inspiration and affirmation. We know we do not need this, but we may still know that it is for us to still want it, and enjoy doing it. Are you allowed to affirm what you know?

The one thing necessary for your happiness is for you to know (or experience) your own happiness.

Obstacles To Happiness?

There are no obstacles to perfect happiness.

Nothing prevents happiness. Nothing causes unhappiness.

Nothing (outside one's own beliefs) makes a person believe in unhappiness.

All beliefs are choices to accept as true that which is proposed as true; i.e., what "seems" evident.

What seems evident may only seem evident because of previous beliefs of what is true. Assumed facts or false premises can lead to the mistakes that appear to be "evidence", but are merely logical deductions or interpretations based on those false assumptions.

One universal false assumption is that our unhappiness happens against our will or desire, and not by our choice. The choice involved here is the choice to believe that false assumption. Once believed, it will seem that unhappiness happens to us.

The belief that not getting what you want (subject to degrees of personal relative importance) makes you unhappy (according to those same degrees of value) is the belief that is the actual cause of the unhappiness. For example, the greater the subjective loss, the greater the sadness. The greater the supposed insult, the greater the anger, etc. Can a person be unhappy about something they do not believe is something to be unhappy about?

The universal belief underlying all the errors and assumptions of unhappiness is this one simple belief; Happiness is wrong at certain times or under certain circumstances and conditions. Therefore, unhappiness is felt.

Bruce M. Di Marsico, September 29, 1990

The Cause of Unhappiness

The cause of unhappiness is a belief. What happens, no matter how undesirable or destructive to our life, health, desires or loves, does not cause unhappiness. The belief that we have to be unhappy is the only cause.

To state it simply: If a person did not believe he or she had to be unhappy, they would not and could not be.

We merely believe we need to have things or avoid things in order to avoid unhappiness, which we would not have to fear if we did not believe we needed to be unhappy.

Bruce M. Di Marsico, March 6, 1991

Personal Happiness

The only kind of happiness there is, is personal happiness.

Just as the taste in your own mouth is yours alone, so is happiness. There can not be an objective happiness or a general happiness common to all people. The abstraction can no more exist than, say, health in the abstract. Only each person is able to enjoy his or her own health. It can not be in another person and be your health.

Happiness like health means my happiness. Whereas another's health can be appreciated for the benefits it may afford you, if they choose; the benefit of happiness is personal happiness alone. Even if another were to happily do you a kindness, only in your own happiness could you enjoy it. In other words, your enjoyment is always your personal enjoyment.

Bruce M. Di Marsico, February 1, 1991

The Right To Be Happy

All people are allowed to be happy at all times, forever. This is happiness; to know you are always allowed to be happy no matter who you are, what you do and no matter what happens to you.

All people have the right to be happy. It is never wrong to be happy. Those who know it are happy forever.

Blessed are those who know they are happy.

Happy are those who know they are blessed.

To be blessed is to have the right to be happy, TO be born is to be allowed to be happy. To know you are allowed to be happy is to be blessed.

Happiness is being allowed to be happy.

Happiness is not believing it is wrong to be happy.

Happiness is not believing it will become wrong to be happy.

Happiness is not fearing you will have no right to be happy.

Happiness is not believing you should be unhappy.

Happiness is not believing you have to be unhappy.

Happiness is not believing it is right to be unhappy.

It is evident. God permits you to be happy no matter what or when. Nature permits you to be happy no matter what or when. The only permission you need is yours to be happy all the time.

You don't have to deny your happiness ever. It is not wrong to be happy always. It is merely believed to be wrong.

Bruce M. Di Marsico, January 26, 1991