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**How to be a laughing Buddha... 7 Secrets to acing How to be a  
laughing Buddha... 7 Secrets to acing your life!!! your life!!!**

**by**

**Count. Daniel John Fogarty**

**Special thanks**

Thank you to my friend Douglas Kean who is a mean machine...

He will always be a dear friend to me and will has taught myself and others about how to  
become and be a laughing How to be a laughing Buddha... 7 Secrets to acing your life!!!  
Buddha... To you my friend this book is dedicated.

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**Douglas Kean on one of his spiritual adventures.**

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## **Introduction by the author**

This book is devoted to all the people who tried and died, who are living and who have been for most of their lives laughing Buddha's. It goes out to mention all of the men and woman How to be a laughing Buddha... 7 Secrets to acing your life!!! who were born and with whom did not have families, who did not have much to give other than their smile and who were/are alone. Above all else this book is devoted to those who sacrificed everything, in the pursuit of their spiritual missions. Such pursuits of spirit are not easy on a world where we have not How to be a laughing Buddha... 7 Secrets to acing your life!!! yet left the dark ages and the immense sociological, imaginative and technological ignorance that the dark ages we are in entails.

I will try my best with the ignorant scientific establishment of this time, to try to not step on too

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many toes. After all, death is debt and debt is death and such a task as raising spiritual and true scientific awareness on this planet, at this time is not an easy task albeit if you live in the west or the eastern worlds both. Persuasively, I may say in verbal percussion that we have a lot of work to do, if we are to make it as a human species. In particular, work which drives home what is the true nature of our reality and second to this, what makes us happy.

Perhaps it is best How to be a laughing Buddha... 7 Secrets to acing your life!!! hinted here that the true nature of reality is happiness and that happiness is the true nature of our reality, such pursuits, philosophical persuasions and explorations seem centred here and have been so for some time since the dawn of what we would call post-bicameral human consciousness. Before this time, we could ultimately say that happiness lied with God whatever this God was/is. Indeed, perhaps it is best said that we are our own true natures and our own true selves when we are happy for no reason.

The Dali Lama of Tibet, the new age psychologists practicing mindfulness and many other religious Gurus' alike would say this. Of course, we will dismiss these people How to be a laughing Buddha... 7 Secrets to acing your life!!! as not knowing any better given their limited pre-operant scientific language of their times... This includes the new religion and priesthood of psychology. Yet, a true nature of reality exists, perhaps written down as a presumption holding itself both in universal nature and in natural law.

The nature of what makes us happy, a natural law where we can define and presume that our *True reality*, one of *actuality* exists can indeed be granted. But let us not be too quick to create an ontology of happiness, especially one that can be created from an actual singular belief system. I.e. modern religions, the belief in science or other prototypical beliefs in a potential future world of real-understanding. For in happiness, for a single belief or belief system to hold, we must have happy ignorance of other potential belief systems of reality, ones which seek to unify, hold and provide use for all How to be a laughing Buddha... 7 Secrets to acing your life!!! of reality around How to be a laughing Buddha... 7 Secrets to acing your life!!! us - Whatever this reality and later actuality may be.

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To be happy about one singular thing, one singular reality, one singular belief system How to be a laughing Buddha... 7 Secrets to acing your life!!! one must in their own time be considered mad and insane, like most religious fanatics are who are willing to die for their own belief systems without at once realising the belief systems of others. Here we find the glimmer of senility and the glamorous lies of our life be they considered traditionally religious in the abrahamic or eastern religious systems or in the present day isles of materialism (both the scientific and the consumerism) which seek as a religious and ontological philosophy to annihilate themselves. These religions are not even spiritual at all How to be a laughing Buddha... 7 Secrets to acing your life!!! and should be considered post-modern death cults, one who worship death and mass sacrifice of themselves and everyone/everything else involved.. A critical reflection of the dark age we are in.

And the annihilation of matter is a reflection too of what has been born, has been made and through that - Elements of life which desire to destroy themselves, in doing so, that they surpass and surprise the annotations of what realities and actualities could exist in post-material or a-material worlds. Therefore, we circumnavigate our worlds in a false ontological and epistemological system of happiness which is a glamour and which is a delusion... and anyone else who cannot see this is locked in their own false glimmers, glamour's and niceties of materials goods which again through time and the epistemology of time breakdown through the entropy of natural law in a natural world.

Around and around again we go, treating the problem but never the issue or cause at hand. We use and abuse until the use and How to be a laughing Buddha... 7 Secrets to acing your life!!! abuse is used up, we close every open system until the system cannot perpetuate itself any more... and for that we are happy How to be a laughing Buddha... 7 Secrets to acing your life!!! in our beliefs. Yet by our own very true and inherent natures we are beings of not just unity in open and closed systems, but beings of over-unity. We can and often do, create systems in many different sciences and religious/political endeavour such as in war and information technology create open systems which are in over-unity and are considered negatively entropic.

Some of the systems which we create are perhaps so technologically advanced and in use of their particular technological apparatus that they do not breakdown and what is further can be considered with just some more minute refinement to be How to be a laughing Buddha... 7 Secrets to acing your life!!! indistinguishable from Magick. Magick is of course to Arthur C.

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Clarke's third law which states that any sufficiently advanced technology is indistinguishable from Magick.

As I write these words here, I can say that the smile on my face cannot leave it. For I understand that any sufficiently advanced belief system also must incorporate and learn to work with other belief systems, technologies such as *Spiral Dynamics* by Don Beck and Ken Wilbur have taught me this in studying and operating with larger social systems of organization. Such organization too is suggestive of what Archimedes was saying in a moment of orgiastic and emotional ecstasy when he cried and exclaimed "*eureka*" in his bathtub "*I have found it*".

That very comment for me, is a moment of superior happiness and one which is beyond the ontological and epistemological glamour's present in post-presumptive and personal ontological truth... Perhaps without all of the need of false neurotic-discomfort. The type of neurotic-discomfort through which the spiritual aesthetic has moved much beyond-from.

Indeed, a "true" spiritual aesthetic is one who knows that anything be that a physical object or belief system outside the realms of real actuality (*which even to them may be unknowable, but directly experienced - Say in gnosis*) is one where illusions should and must be better understood to be such. Here nothing needs to be proven on an egoic level, for the people inside of and outside of *actuality* have different properties and loves altogether, the priests and high priests of entropic confusion continue whilst those who know how to be happy beyond all of the labels and who are aesthetic are the ones who see the world for what it *is* not for what it *was* or could *be*.

To the author these are the strong people and they deserve our credit. Their ideas and their mediations are written down into each chapter, into each paragraph of their lives and are codified into the character of this book. To breathe one more time with all of those who have tried and struggled in history to move forward without having their words, their work or their ideas suppressed. Here their happiness is not for their own lives or for the lives of others, but to impart real spiritual truth, real spiritual happiness and real spiritual endeavour... The endeavours

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of this book too, will be for some quickly read and for some other readers, not as quick to be mistaken in the information contained herein. For this book is not a truly quick book to be read, it is a book which should be mediated upon and read slowly, like a good meal is eaten slowly in order to be fully digested and the most amount of nutrients for the body be absorbed.

Digesting this book is to have digested the seven principles of how to be a laughing Buddha become outlined and as such lay out the important morals and virtues to that end. It seeks neither to instruct nor to teach... Neither does it seek to be a bible. What this book does seek How to be a laughing Buddha... 7 Secrets to acing your life!!! to do is to help people understand the why and what of what it is they have been through in order to understand the traumas of their lives and how to come out of them the other side. Simply explained, this book teaches that you and everyone else How to be a laughing Buddha... 7 Secrets to acing your life!!! *are okay*. Each of us are okay, we're doing the damn best that we can with our lives and to have anyone else including ourselves say otherwise is perhaps the biggest con this world has gone through. Each of us can learn from what we subjectively feel we did *wrong* and what we feel we did *right*. Perhaps life is as simple as that, the way a child views experience... For experiences end.

Either way this book demonstrates to you some virtues I and my How to be a laughing Buddha... 7 Secrets to acing your life!!! friends have found in How to be a laughing Buddha... 7 Secrets to acing your life!!! their lives which have helped them to be happy regardless of the opposition or circumstances presented to them otherwise. Regardless of your political sitting, regardless of your religious authority and regardless of what you have or How to be a laughing Buddha... 7 Secrets to acing your life!!! have not done in life... You too like the author and many other people with whom he has met... *Can be a laughing Buddha*.

Count. Daniel John Fogarty, March 2012.

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## Life

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