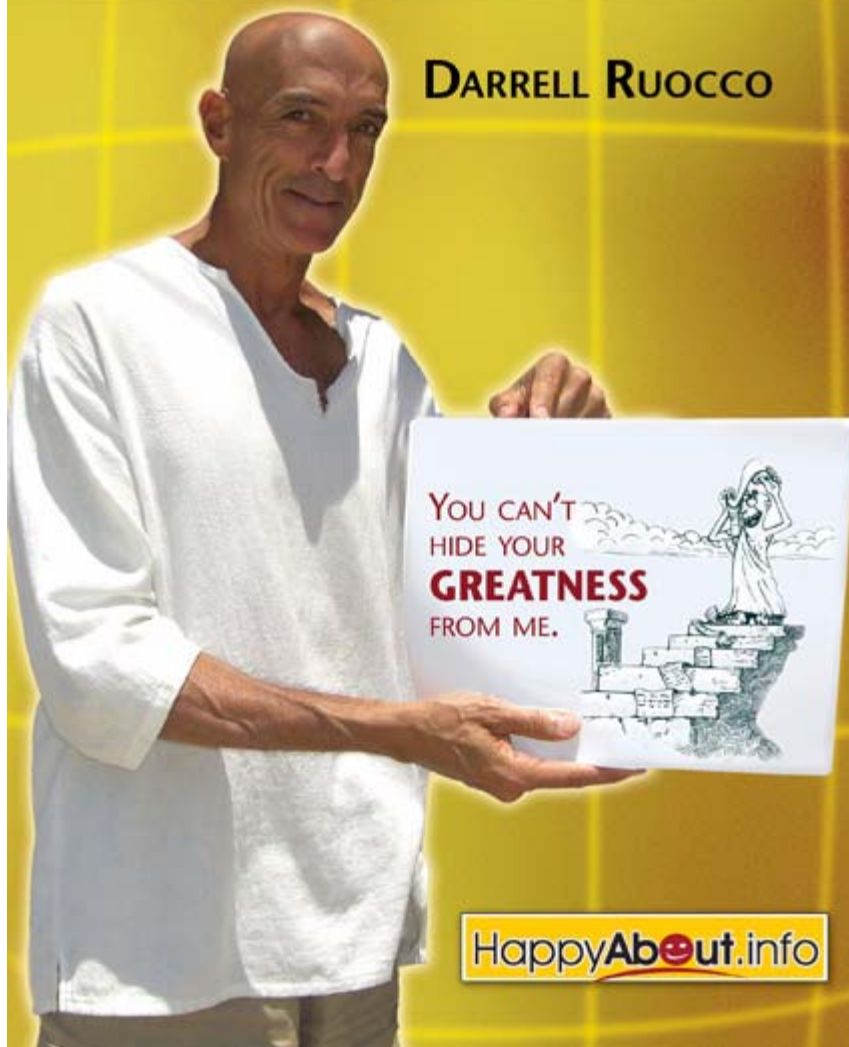


FOOLOSOPHY

HUMOR IS THE KEY TO A HEALTHY MIND

DARRELL RUOCCO



HappyAbout.info



“Foolosophy” Book Excerpt

Humor is The Key to a Healthy Mind

By Darrell Ruocco

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WHITE PAPER Table of Contents (included here)

- About the Author
- The Backward Foreword
- Chapter 1: A New Spiritual Paradigm in the World's Oldest Art Form...
- Chapter 4: Humor's Balance
- Getting the book and other books from Happy About

Getting "Foolosophy"

(<http://happyabout.info/foolosophy.php>)

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Please contact us for quantity discounts sales@happyabout.info or to be informed about upcoming titles bookupdate@happyabout.info or phone (408-257-3000).

Who am I?

My business card reads: The Comedy Therapist. People have always been my inspiration and motivation. They get me high, and humor helps me stay in this heavenly state of consciousness. This is no joke, and I do not tell jokes. I use humor and laughter to open people's minds, repair their broken hearts, and to free the childlike spirit that resides in us all.

You may stop taking pills, stop using drugs, alcohol, and spend a lot less time with your psychotherapist by using your innate, instinctual sense of humor. Every child born on Earth, therefore every human being has humor within them, thus, the ability to laugh and liberate themselves. If you don't believe me, just watch children at play. Remember fall down, go boom? We children of the world rise up laughing, eager to resume our playful, fun-seeking ways. Short of a really bad fall, which brings a lot of pain, we are resilient, durable, curious, fearless maniacs, hungry to learn how to develop our physical, mental, and social skills, within own unique personality.

Here are two beautiful thoughts from the great Mark Twain: "It takes a heap of sense to write good nonsense," and "Against the assault of laughter nothing can stand."

Don't let the title of this book, or anything else in this book, FOOL YOU! This may be the most important book written about the key to keeping you and I most important. In my short lifetime I have witnessed human beings becoming less and less important which has caused me a ton of pain. But it is only because I know pain so intimately and can howl at the insanity that surrounds us that I have kept from checking out like all the other highly sensitive, intelligent, caring people before me.

Humor is the word, the name we have attached to the function of our magical little brain assisting us in adapting and adjusting to a world that makes no sense to us much of the time. It is the prepared mind which allows us to look at the things that make no sense to us, reflect upon them for a time (we all have different and varied time tables of reflection), discover that very few things make any sense at all, shake our head side-to-side therefore shaking off our limited understanding, converting it all back into total nonsense, so we can bravely laugh at the things that we cannot always comprehend. Courage wants us to laugh, and humor is designed to make us fearless so that we may fully live.

Short of a serious clinical, mental, and/or chemical imbalance, humor is the best natural healer we human beings have available to us. *Humor is not a Western thing or an Eastern thing; it's a most human thing.* Take advantage of your most important sense, for the advantages of humor are endless and eternal...

NOTE: *If you do mind me saying so, then please buy a second copy of this book and read it side-by-side with a friend who does have a sense of humor. Go over it thoroughly until you learn to find the humor in you.*

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The Backward Foreword

This could be the most important book ever written since the *Bible* and *The Little Prince*¹. And it is likewise the most unimportant book ever transcribed following *Everyone Poops*².

Foolosophy is foolproof. It allows us to play the fool, allows us to embrace the fool, and allows us to be fully free while playing the greatest character we can ever be. It's not for the greater good; it's for the greatest good.

If this book doesn't go off the charts as the best seller ever, then it is over for society. I'm not kidding, I'm dead serious. I will be happy to debate anyone dead or alive on Earth about humor being our most important sense, and should I be proved wrong, I will happily enjoy laughing at that discovery.

We are all born with an innate instinctual sense of humor. It's in our DNA and we don't have to wait for science to find the humor gene. Every adult needs to develop this and practice daily the art of laughing at themselves as well as anyone and everyone they want to get close to.

Life is self-education, and the tragedy of all schooling is that no one helps us or teaches us the importance of humor. Up until now we have been on our own to discover this, but maybe this

1. *The Little Prince* by Antoine De Saint-exupery, Harcourt Brace & Company, 1943
2. *Everyone Poops* by Taro Gomi, Kane/Miller, 2001

book can be the beginning to a new way of educating the public. We are all social emotional creatures and whether we like it or not, we are stuck with one another. So we might as well make all social emotional intercourse more playful, fun, and healthy.

Life is not about proof and validation, yet here I am trying to prove to the world the importance of humor. And because I've spent so long writing, diving deeper into my heart, soul, and psyche trying to bring my baby forward into the world, it almost killed me it caused so much pain and frustration. For brief periods each day I did lose my sense of humor. But I discovered this to be normal, this is to be expected, and what I found to be important is to salvage each day upon reflection and laugh your a-- off at these painful moments.

In all seriousness, humor is the most important thing in the world. In the words of Oscar Wilde, "We must not take life so seriously that we cannot fully live."

Throughout our history, the jester, the tricksters, the clowns, and the great comic minds have made fun of rigidity, small mindedness, and seriousness. For the present, the comedy of existence has not yet become conscious of itself. For the present, we still live in the age of a tragedy. But who wants to live here? Humor does not want to die a slow painful death of heart and soul. It is the head game that makes consciousness a good thing.

Everybody laughs at me when I tell them the book I've been working on is only one page. They keep pushing me with, "No really, how many pages is your book?" Just to prove to you, the reader, that I am the biggest fool who ever lived, what follows this foreword is nothing but filler, because I pretty much said it all on page 1. But so you don't feel cheated, I've supplied the rest of this book for your foolosophical enjoyment. And if you don't enjoy it, then obviously you haven't fully developed your sense of humor yet, therefore my only concern would be, is this book enough?

1

A New Spiritual Paradigm in the World's Oldest Art Form...

The Fool is not a philosophy, but a quality of consciousness of life, an endless regard for human identity; all this lives in the fun of the Fool. The Fool is the essential poetic integrity of life itself, clear and naked, overflowing in cosmic fun; not the product of intellectual achievement, but a creation of the culture of the heart. A culture of the genius of life. I believe that there is in life, and in the human psyche, a certain quality, an inviolate eternal innocence, and this quality I call the Fool. It is a continuous wisdom and compassion that heals with fun and magic. It is the joy of the original Adam in men.

Cecil Collins, The Vision of the Fool³

Foolosophy can best be described as being unafraid of making a fool of yourself, so that you can make a foolosopher of yourself and develop your comic mind, so that you can make yourself infinitely greater at anything you do, while having the most fun in life.

3. The Vision of the Fool, by Cecil Collins, The University Of Chicago, 2001

Making a fool of yourself, or someone else making a fool of you, then becomes the cornerstone of foolosophy. *And you need not fear it, because the fool is the greatest character you can ever be.* He is open, inept, and silly, yet wise beyond ordinary understanding. And you can see the fool anytime you want; he is the one you see everyday when you look into the mirror or walk down the street. William Shakespeare said it best when he said, "Lord, what fools these mortals be."⁴ True liberation occurs when you can accept the fool in you. From there the sky is the limit, as your life will begin to spiral upward.

"If the fool would persist in his folly, he would become wise," said the great William Blake⁵. I say, if the fool would persist in his folly he would become a foolosopher. Any fool who can learn through his mistakes is a foolosopher. In fact, it is the mistakes, and anything that lies in the negative that is of the utmost importance to a foolosopher because they know that through pain and negativity comes a chance to further develop their sense of humor. All foolosophers understand that their sense of humor is the most important sense they have because it fuels their sense of play, and a well developed sense of humor and a strong sense of play allow for an advantage over the big game of life. This is the purpose of humor, and true living cannot exist without it.

It's All Foolosophy

The greatest people to walk this earth were all foolosophers. Here is a list just to mention a few: Albert Einstein, Buddha, Rumi, Mickey Mouse, Mark Twain, Miracle Boy, Lily Tomlin, Lao-Tzu, Bruce Lee, Tracy Ullman, Lucile Ball, The World's Largest Mental Midget, Jonathan Swift, The Beatles, Mike Myers, Dolly Parton, Yoda, Jim Carrey, Jack Nicolson, Merril Streep, Moses, Mother Teresa, Bugs Bunny, all children, and all great moms and dads...

4. Shakespeare, A book of quotations, Dover Publications Inc., 1998

5. The Marriage Of Heaven And Hell by William Blake, Dover Publications, 1994

A simple breakdown of foolosophy is: A DAILY PIE IN YOUR FACE, ALAMODE. Foolosophy is the beautiful, spiritual, loving acceptance that you are and have been a fool since birth. And if you are lucky, you will remember this throughout your entire life.



However, most adults forget that they came into this world as fearless, playful, unself-conscious children, eager to make fools of themselves in their daily performances. This is when humor must come into the picture to remind them of their true nature, their original greatness. That is, playful risk-takers, curious, wide-eyed, spontaneous creatures looking to connect and have some fun.

A more complex breakdown of foolosophy, from the bible⁶ is: LET NO MAN DECEIVE HIMSELF IF ANY MAN AMONG YOU SEEMETH TO BE WISE IN THIS WORLD, LET HIM BECOME A FOOL THAT HE MAY BE WISE.

6. Corinthians, 3:18

Foolosophy Takes the Pressure Off of God.

It is the highest wisdom. The learning, living, and loving never stop. This is because it is humor's task to keep opening and expanding your consciousness throughout time. Thus, putting all time on your side.

Foolosophy is the official fountain of youth. With practice, it will allow you to adopt the inner child/fool persona as characterized by ego-less detachment from ordinary social-emotional controlling patterns and practices. It is a mind game that makes the game of life a blast for all human beings!

PLAY then becomes the four-letter word for life, love, and work. Without the play element, true living ceases to exist and every fool knows it! In foolosophy, the people who can laugh at themselves daily are the most successful human beings of all.

You see, all foolosophers practice the art of laughing at oneself daily because it leads to true self-love. The great Victor Borge stated⁷, "The shortest distance between two people is laughter." Therefore, we can infer that the shortest distance between loving yourself, is laughing at yourself. In fact, foolosophy is the greatest love affair a person can have with themselves. And let's be honest, if you cannot truly love yourself, how can you honestly love another?

As children, we lead with our hearts. As we age and our hearts get broken, we begin to lead with our heads. Humor is used to repair and protect this bridge between our heart and our head. So each time it breaks, it can be used as an opportunity to further develop your sense of humor.

A fellow French foolosopher, Francois Truffaut, the famous film critic and director said⁸, "When humor can be made to alternate with melancholy, one has a success, but when the same things are funny and melancholic at the same time, it's just wonderful." Humor is your mind viewing the world with a split screen, and the essence of humor lies in the contrast.

7. KCET, Victor Borge In Concert

8. Francois Truffaut, brainy quote.com, also see:
http://en.wikipedia.org/wiki/Francois_Truffaut

Humor is the Core of Foolosophy

Humor is the core of foolosophy, the link to our humanity, as well as the key to our sanity. Here are 12 reasons supporting why humor is the most important thing in life and why it should be practiced in everything you do, say, think, feel, and act.

1. It's the #1 sign of human intelligence.
2. It's the key to the future, for it is the best way to view the past.
3. It's the fountain of youth.
4. It makes all people transparent (it gives you x-ray vision).
5. It allows all males to act like "mind readers," which is exactly what every female wants and thinks a man should possess.
6. It's the most important device for all females in dealing with the male ego; the emotional retardation, social ineptness, lack of charm, manners, and childish macho behavior.
7. It's the tool, the device everybody should use to accept personal responsibility for themselves, making personal responsibility healthy, playful, and fun.
8. It reminds people that if they cannot laugh at themselves, they're half dead. Therefore, humor could make them whole again, despite any flaws one may have.
9. It's the best chance at truth and personal freedom. Without truth and personal freedom there is no real love, only superficial, shallow, meaningless, gutless, fear-driven love.
10. It's a shortcut through pain, fear, anger, frustration, and human stupidity.
11. It's the personality's best friend, whether you're rich or poor. If you're rich, everyone wants a piece of you or your money and you will never know or hear the truth. If you're poor, all you can afford is laughter's joy and the solace of believing that "less is more."
12. It's something every truly beloved spiritual person has possessed throughout history, for it is loaded with compassion, respect, and love for all humanity.

I'll stop at a dozen, but remember that with humor in our head, hearts, and souls, we can all be ourselves without fear of what is being said, felt, or shared...

OK, 12 is not enough because the advantages of humor are endless, here is lucky #13, 14, & 15:

- 13.** It allows all self-expression to flow freely.
- 14.** It tickles one another's brains, like kittens and puppies when they play, and as the signs in my neighborhood so clearly acknowledge, "Children at play."
- 15.** It is flying down the highway in your car singing, screaming, moving, dancing, and gyrating uncontrollably to your favorite tune on the radio.

4

Humor's Balance

Perhaps you have heard the expression, “Everything in moderation.” With this in mind, you will not develop your appreciation or understanding of what humor is for. Remember, the essence of humor is contrast. The good news is most kids, teenagers, college students, and adults as well, already know extreme behavior. For we have all watched extreme behavior on television, sitting in our living rooms, laughing at the insanity we see.

Twenty-five centuries ago, Plato observed that imitation of human behavior soon ceases to be imitation and tends to become reality for the imitator. Kids imitate what they see, adults imitate what they see. This is a universal truth, and there is nothing funnier than an expert on TV telling us that TV does not affect us. This is like the panel of experts on television who originally told the nation, the world, that there was nothing harmful in cigarettes.

The other night my friend Russell came over and asked me to turn on a television show called, “The Biggest Loser,” where really heavy, large fat people lose weight in yet another form of competitive extremes. I felt a full range of emotions

watching people who once weighed 300-400 pounds cry and laugh, laugh and cry, as they stepped on and off a giant scale showing the world how much weight they have knocked off.

Television represents extreme human behavior and although it leans heavily towards extreme stupidity, I still love it. Like everything else in life, television is best viewed using one's sense of humor to filter out the crap, from the greatness that it has to offer. Lots of funny things are revealed on TV that is not always under the heading of comedy. Through it we view a world of contrast, contradictions, and conflict.

I'm writing this book exemplifying, exaggerating the point of contrast, because extreme behavior is total contrast. This makes it naturally funny. We might watch a very fat person on television and burst out laughing, but we know in life the emotional, social, mental implications, and spiritual pain that could be attached to being overweight. Nonetheless, I know lots of people who are overweight, fat, and have a tremendous sense of humor about themselves and their extreme eating. The same can be said about my friends who are extreme athletes, extreme TV viewers, and extreme freaks, geeks, and knuckleheads. But all of these people have the same thing in common, they are happy, they know humor, they live a life of contrast.

If you are an extreme person with extreme tendencies, please use your sense of humor for it will only help you balance this behavior. At the end of the day, however, all people should be under the influence of humor no matter who they are, how they live, what they are viewing, or who's viewing them. It will keep them balanced mentally, and fill them with joy.

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