

Introduction to my Spiritual Life

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I find my message truly special to me as I am faced with problems related to my personality and those who are like me can understand my spiritual journey on a personal level. Today, I wish to share my life's story as my contribution, hoping to bless you with my personal experiences and the journey of my life.

I consider myself to have an attachment to life. I enjoy forming connections with others and I cherish the pleasant moments spent in their company, relying on personal resources (essential belongings in specific situations). My past experiences have served as a safety net for living my life, and I feel uncertain about navigating life in a different way. I find myself constantly trying to replicate my previous life, and everyday appears monotonous and unexciting. Although my routine is safe and comfortable, I lack the enthusiasm to get out of bed and confront challenges and I am missing the sense of growth and joy that comes from having a purposeful life. Another aspect of this situation is somewhat unpleasant. As I find myself watching others making progress, feelings of jealousy rears its ugly head and that prompts me to question whether my own comfort is impeding my personal development. And so, I am confronted with

the challenge of figuring out how to redirect my life. I have theoretical knowledge and can provide you with the answer.

The initial step is becoming aware that you're stuck and that you desire change, followed by understanding why you are in that state. Subsequently, this awareness paves the way for understanding the habits developed in the past that hinder progress. Ultimately, finding the courage within yourself to move forward completes this transformative journey. From the outset of this transformative



Wei Ling holding the standing rock at Mahabalipuram (India), UNESCO World Heritage Site of the 7th and 8th-century Hindu Group of Monuments

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journey, you may wish to question yourself about the type of nourishment you lack and the requirements to further your development before you can move to the next step. Make the best use of what you have right now. Your current resources are not just tools; they're opportunities to show what you can do. By using them effectively, you're not only meeting immediate needs but also demonstrating your capabilities before something substantial becomes a viable option. Recognising that the soul in the heart craves progress is crucial. This realization highlights that moving forward reduces the suffering of the old, helping you become a new being and start afresh. The progress ahead relies on one's belief system, the depth of desire, and the transformative power of overcoming past suffering. On the flip side, motivation plays a crucial role—how much do you truly desire to change, and how much do you consider the process of growth as a valuable treasure? The real treasures gained are the virtues developed and abilities honed. These experiences shape us, making us more spiritually complete—a profound gift that ensures connection and joy even in solitude. The progress achieved, in overcoming oneself, builds self-confidence.

I wish to share the idea of creating your life. Gone are the days when I enjoyed following other people's ideas, only to see them taking credit for their own contributions. I ended up being just a side helper, soon to be forgotten. While I don't mind this dynamic in the theosophical society, where we contribute collectively to a greater whole, it does bother me in societies where individual hard work should be rewarded. Why is that?

I have a few ashrams to visit, and I need resources for transformation—or that's what I believe. The path to creation begins with the initiation of new endeavors. Personally, I'm not inclined to start new initiatives; rather, I tend to emulate others' initiatives. While I may not celebrate being a copier, I've contributed value to others' lives. I've come to realize that the key isn't necessarily in generating original ideas but in executing the idea. Success is already assured when you see it through to completion.

I felt inspired to initiate The Tarot Game with members of the Singapore Lodge after experiencing the Transformation Game a few years ago. The Transformation Game in Singapore lodge operates on an invitation basis, and if you are facing similar challenges, you receive an invitation. For the Tarot game I started, it was based on interest. I accept any people who feel something about their life that they wish to improve and wish to play with us. The ground rules are one: what is shared here remains within, as we honor and safeguard the confidential secret of others. Secondly, there is a choice regarding privacy, whether the individual opts to reveal what they're working on, such as the concerns that may be troubling them.

The Tarot game started in Adyar unexpectedly. I played it the day before my flight to Adyar and casually asked Catalina if she wanted to play. She was enthusiastic when I brought up the idea of the game. Our board game unfolds with a simple question, and each player, arranged by age from the youngest, Yuna, to the eldest, Shikar, alternates between rolling the dice on the game board and drawing their cards. The magic begins



Tarot game
during a visit
to Adyar
Headquarters
(India).

as the players interpret their drawn cards in response to the initial question, each card carrying its own unique symbolism and meaning. To enhance interpretation, players receive hints through thoughtful questions, gradually unraveling life conflicts or gains. On a lighter note, the game offers a deeper understanding of individual problems. Sharing personal stories allows us to relate and address conflicts within ourselves. In the midst of the game, Shikar, our eldest member, was compelled to add a touch of whimsy by singing a song for everyone to join in as he drew a card that mandated such an action, infusing the atmosphere with light-heartedness. Following the privacy rule, questions do not need to be revealed, as Elena cleverly uses analogies, leading to laughter, especially when Shikar gets puzzled while interpreting her response about changing her bad habits.

As for me, I choreograph a dance to illustrate my upward surge towards goals,

using hand movements that mimic climbing. This not only allows me to express my intentions but also serves as encouragement for the next steps in creating new initiatives. The game concludes with Shikar creating a dance, joined by his family, adding a delightful touch to the memorable experience. Throughout, we managed to maintain proper behavior, considering the Ashram setting and the presence of other guests engaged in meditation, yoga, and self-transformation. This mindful approach ensures our entertainment does not disturb the serene atmosphere, respecting the motives of those around us. Upon reflection from the game, I find myself more certain about what I need to do now. I don't have to depend on games for information, but having them is beneficial. The questions I've posed may seem different each time, but they actually all point to the same theme.

Applying knowledge is key. While various resources, for example, the meditative game,



physically asking for advice and books provide valuable advice for self-improvement, the challenge lies in the application of that advice, which may not be straight-forward for everyone.

Internally, I resisted the advice because it felt like a departure from my true self. Yet, I recognize that merely acquiring knowledge without putting it into action means it remains confined to the intellectual realm and doesn't permeate into my wisdom, experience, or way of life. It becomes a cerebral exercise, devoid of spiritual essence. To console myself, I acknowledge that I may not have witnessed enough tangible benefits, happiness, or profound change to motivate me to implement certain teachings.

In truth, I often struggle to act on decisions I've already made. I've learned that leaving important tasks for another day, while tempting, isn't always wise. Doing a significant task poorly is still better than not doing it at all. Initiating the first step usually brings relief, but I've observed that subsequent steps are crucial and often more challenging. This leads me to reflect on why I stall, and I realize that the fear of failure, which I excessively magnify, holds me back. I tend to live in the imaginative realm of my thoughts, while reality often unfolds in simpler ways, not conforming to our elaborate expectations. Although I won't delve into the topic of

conditioning, it contributes to our vivid imagination and the conversations we engage in.

Judgments, whether from internal dialogues or external influences, shape our perspectives and alter how we perceive the world. Occasionally, we internalize negative words, either self-spoken or from others, and start believing them to be true. In response, it becomes crucial to find out what's really true and, within ourselves, embrace the light and positive affirmations rather than succumbing to negativity.

Trusting in life and reinforcing this belief within myself is a journey of deepening conviction. It entails developing trust in my own judgment and grounding myself in positive beliefs to navigate through the complexities of misperception and erroneous self-talk, which are negative thoughts.

In summary, I aim to inspire personal growth without setting a time limit. My attachment to material things will naturally decrease as I gain awareness and wisdom from exploring new and uncharted territories. I aspire to be the architect of my life, steering the boat forward rather than being carried by the waves. While enjoying the process, I won't let external influences alter my beliefs, maintaining full trust in the universe to guide the outcome as I give my best effort.

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