

17) Progress In Tao Cultivation

While a person progresses with regulated behaviour and setting a new set of values in the course of cultivation along the path of Tao, it is not smooth but fills with various obstacles. The obstacles are either created by 'Ah Siew Lo' whose duties is to test us on the creditability of our Tao performance or created by the ghosts whom we are indebted.

The testings of 'Ah Siew Lo' include the creation of trouble and disruption that is able to deviate one's interest and attention to commit an act that is against the law of Tao cultivation. Clear thinking, understanding and tolerance have to be when one encountered such a situation because it is merely a test with which one have to pass in order to achieve a higher state of personal advancement in the cultivation. Examples of such a test are the creation of family quarrels, works disruption, sickness, accidents, time scarcity, temptation and teachings of adulterated ideas by false religions teachers.

Ghosts whom we are indebted may come to find us at this stage to hinder our progress in cultivation. But why Tao cultivation in this state? It is because an ordinary person without Tao cultivation is just like a penniless beggar who owed others a lot of debt. Since he owes others money, they would not find him to return it because he is already broke. However a person who is keeping Tao is just like earning more and more money and as such his creditors are likely to bounce on him for their debts. Through patience and tolerance, one's debts shall steadily be cleared and the excess merit shall represent light rays for his body's halo.

Right understanding of Tao is essential. Any succumbent to false deeds and deviation may activates the imbalance of one's body forces of Yin and Yang which in turn creates the backslides of one's Tao cultivation. Rules and regulations must be carefully observed so that demons shall have no chance to demoralise us to commit evil deeds which results in our downfalls. Concentrate on Tao principles and not to deviate our attention on to another religion at the same time is important because 'one pair of feet cannot step on two boats' and it can result in one's failure.

Tao cultivation is to make worthy sacrifice of time, money, energy, status and position. Money and human body are useful servants if properly controlled and to us these are only of temporary nature because till death do us apart. Who have not died before?

Sage Lao Tze taught us to be calm and firm no matter what turmoil outside is. Just like on the ocean or in a cyclone, it is the mid-point that is the most peaceful although the surrounding engulfed is turbulent or even disastrous. One should neither go to the extreme behaviour of happiness, anger, sadness, love, ferocity and craze nor attracted by sensual pleasures of colour, sound, smell, hearing, touch and fashion trend. Neutrality and simplicity is the main criteria for a peaceful mind.

To be a vegetarian is essential for successful Tao cultivation and it is presented by the

following reasons:

1) By having a merciful heart.

2) By following the rules of non killing and eating the flesh of our brother, relatives and friends.