

# FEELING LOST IN LIFE

## Going with the Flow of “Don’t Know”

BY JANET LAU

At any point in time, we are letting go of the old and acquiring the new. Sometimes you don’t let go so much, but other times it can be a big letting go. During these times you find the old knowledge (ie. how you used to function) no longer serves you. Though you still have yet to adopt a new way of being, during this transition, it’s normal to feel “lost”; you are simply changing systems within you. And the more you flow with the process, the quicker you can get settled with the changes. Otherwise you hold onto the old and you find yourself “stuck” in between times, dimensions, understanding and consciousness.

Trust that you always have the answer. It’s just that often you forget, you get caught up thinking, “I thought I’ve got it, but how come it’s not working anymore?” Actually, when you are in the middle of your confusion, you are really opening up, dropping what you knew, what you expect to know. It’s not so pleasant for you now because you are

expecting to know! However, to know is all about the past, and the secret of the universe is that it’s always changing. How could you know something when it’s constantly changing?

I guess what you may be looking for is to be at peace while not-knowing. Once you accept you really don’t know, and that’s all you have, and will ever have - the peace comes. You literally becomes at peace with the don’t-know. And eventually you start to have fun with it; you no longer take it personally about not-knowing and you don’t rush to others trying to explain yourself, because there is no such need. You settle, you change from becoming to simply being.

Just like right now, you look back at the times when you freaked out and you can now laugh at yourself for taking things so seriously. Remember, you don’t change anything outside but only the inside, and your whole world starts to shift.

The more you run around looking for answers, the more you come back to the same answer. Each time you return to the starting point, you remember a little bit more and the answer hits you deeper. You continue with this process until one day you fully remember.

That’s why the teachings say “the answer is within.” However, without seeking, your answers won’t hit you so hard. So no, you don’t have to seek, but seeking gives you a deeper understanding.

Everything in your life comes from your imagination. It’s a matter of what you believe, and what you believe is simply your projection. Learn all about your projections and you will have the answers. This is how everything works - how we create our own reality.

It’s a simple truth, yet complex and profound. I am glad you have come so far.



Janet in Uttitha Hasta Padagustasana, photo by Edmond Leung