



Langshott Leadership Foundation

Letter from Langshott

26th September, 2021

My Dear friends and creative thinkers,

“I am my choices, I am”

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The above affirmation is a recipe for living without resentments.

There is no one to blame when I embrace the affirmation wholeheartedly.

Every act I perform has an effect on me, good or bad, and I take total responsibility for everything that happens to me, and in my world. As I internalize this affirmation and rhythmically chant the words, especially when I am troubled or discombobulated by any event, I experience an uncanny kind of respite. The relief I experience comes from there being no anger or resentment toward anyone. I am in a permanent state of serenity. Forgiveness oozes naturally from me, as does any regretful acknowledgment.

Most amazingly, this inner state of serenity and blamelessness creates space for spiritual guidance and wisdom to flow in which enables me to respond most appropriately to my surrounding.

How I respond determines how highly evolved I am.

I am the outcome of my choices.

Anil Kumar

Blogs



Wave or Ocean

Here is an enlightening anecdote from 'Tuesdays with Morrie', a wonderful and highly uplifting book by Mitch Albom.

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Seven Deadly Sins

The stories of mayhem, conflict and atrocities of all kinds brought to us by the press and media continue unabated all

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Inspiration

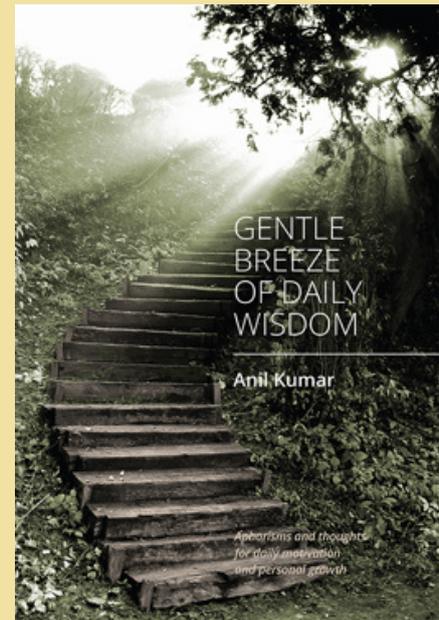
**By letting it go, It all gets done.
The world is won by those who let it go.
But when you try and try,
The world is beyond the winning.
- Lao Tzu**

Books by Langshott (Anil Kumar)



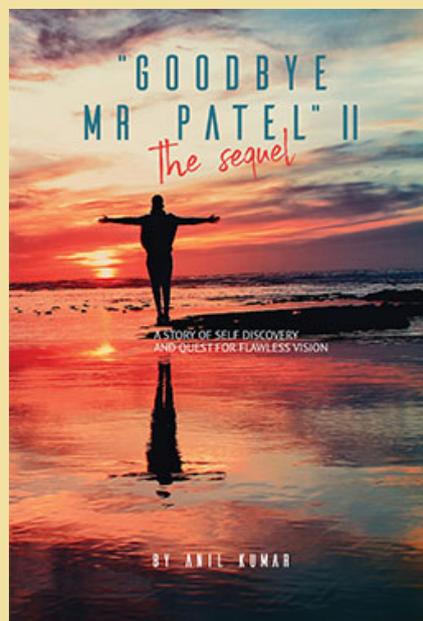
Goodbye Mr. Patel

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Gentle Breeze of Daily Wisdom

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Goodbye Mr. Patel II - The Sequel

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