



Langshott Leadership Foundation

Letter from Langshott

16th January, 2022

My Dear friends and creative thinkers,

"The Nuts & Bolts of Commitment to self"

Continuing with the theme of **Commitment to self** one has to appreciate that this is a solemn promise made to self to bring about, not a revolutionary, but an evolutionary change in one's deportment, habits, beliefs, and self-portrayal. It has to lead to an inside-out transformation in a person.

A few examples of commitment to self may be: never to give or take bribes - give a child space to think independently - give up an addiction - do not gossip - donate anonymously - do not be cynical about any religion - be generous in forgiveness - be patient - manage emotions - fulfill small promises.

See your commitment as an entity with a personality whom you will not betray. When you do this you will experience an eerie power emanating from within that collaborates with you in the practice of your resolve. Your path will appear as newly paved and easy to walk. Your commitment will be your best companion.

A serious commitment has to be characterized by tasteful devotion. It has to be a sacrosanct pact with your inner-self. A pact with a high level of intensity is often accompanied by a distinct vision of the outcome. You integrate your commitment into your daily chores. You become a consummate devotee parading equanimity, poise, and self-assuredness.

Commitment needs time and patience to materialize. Patience is an expression of faith that with constancy, consistency, unflinching devotion, and dedication the intended outcome will be delivered.

Make your commitment to yourself noble. This is an empowering undertaking that at the deepest level is for the greater good of others. Examples of this would be a dedication to keeping your social and ecological environment clean and safe - to encourage the youths to be occupied in constructive activities - or to motivate others to plant trees, or start a yoga or meditation classes - fervently give back to society. In brief;

**Be mission-oriented so you are never idle.
Construct a Working Creed that defines you.**

Be blessed.

Anil Kumar

A passage from ‘Good Bye, Mr. Patel’ by Anil Kumar First Published in 2009.

I was not going to allow a stranger to meddle in my life. As I recounted the incident, it irritated me. A value was put on me, based on a two-minute knowledge of my background, nationality and academic standing. And what about the girl I was to marry? She did not appear to matter. Moreover, there was an assumption that I would succumb to the temptation of a dowry - symptomatic of a materialistic system.

I have no qualms with arranged marriages, providing they are properly researched and there is an all-round goodwill and acceptance, but the concept of a dowry as a precondition to a marriage is evil and most offensive to any sensible, level headed person, especially when the groom's parents change their mind and increase their demand at a late stage of the wedding preparations. Amongst many communities demand of the dowry continues beyond marriage into birth of children. Weak-minded unprincipled men marry for possessions. For them the dowry system is a shortcut to riches. For parents a son's marriage is an opportunity to acquire possessions in their home which otherwise they cannot afford.

This practice of dowry amongst Indians, albeit now frowned upon widely in India and made illegal there under the Dowry Prohibition Act of 1961, is rooted in the age-old traditions of a nation renowned for being rich in culture. Despite the Act the practice continues unabated. I am certain it had good, practical socio-economic reasons in the past and was probably not abused. Now, this relic of the past suits only, if at all, marriages amongst the rich, who see flamboyant weddings as opportunities to flaunt their wealth.

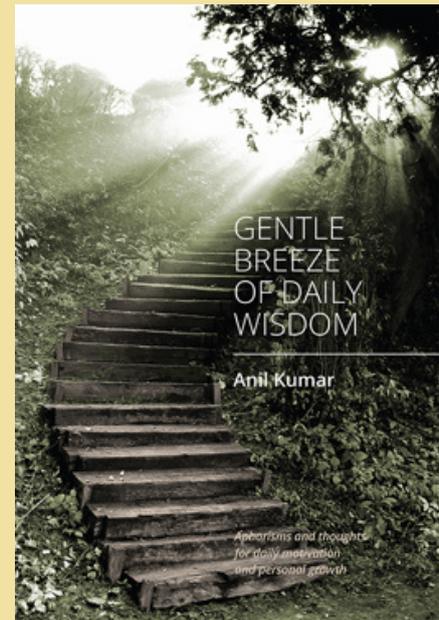
[You can get the book here](#)

Books by Langshott (Anil Kumar)



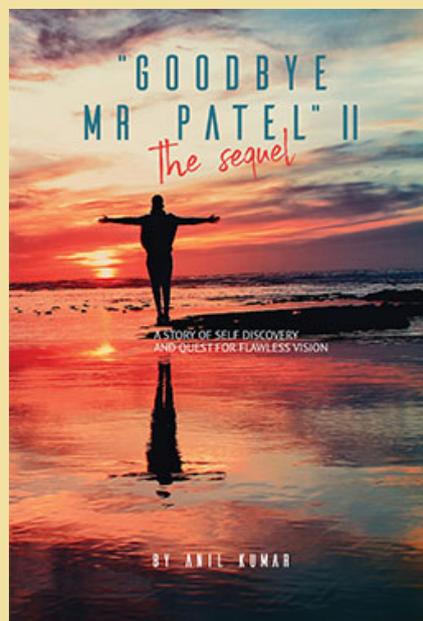
Goodbye Mr. Patel

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