



Langshott Leadership Foundation

Letter from Langshott

23rd January, 2022

My Dear friends and creative thinkers,

Our Sacred Aspects keep us connected

There is nothing but connectedness in our existence. This is evidenced by a thread of one consistent powerful wisdom which has run through different time eras of human civilizations:

- There is Polish Jewish wisdom that says when your mind is pure and holy, then you become a force that is able to attract from stones, and all growing things and animals the sparks of their soul which come out and cling to you, and then they are purified and become a holy fire in you;
- In around 200 B.C. an Indian Sage Patanjali said 'If you are steadfast in your abstention of thoughts of harm toward others, all creatures will cease to bear anger in your presence';
- The native American Chief Seattle said 'Man does not weave this web of life. He is merely a strand of it. Whatever he does to the web, he does to himself'.

Clearly, our inner purity can influence and draw from our outer surrounding immense power to create harmony. There is definitely an energetic coherence at play indicating a unified wholeness and futility of separation and fragmentation.

Those who take this truth into their hearts and remain conscious of it in all their interactions with other lives and humans are well on their way to being highly evolved.

Diversity, the illusion of separation, has only one purpose – to enable us to experience existence as 'one big melting pot'.

Be blessed.

Anil Kumar

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

Seeking an oasis of tranquillity amidst violent tides of change and hankering after guidance and some answers, I found walks in the evening most inspiring. I sought and thrived more and more on solitude which became a perfect catalyst for much-needed introspection. I began to look for quiet moments to observe silence and reflect on events.

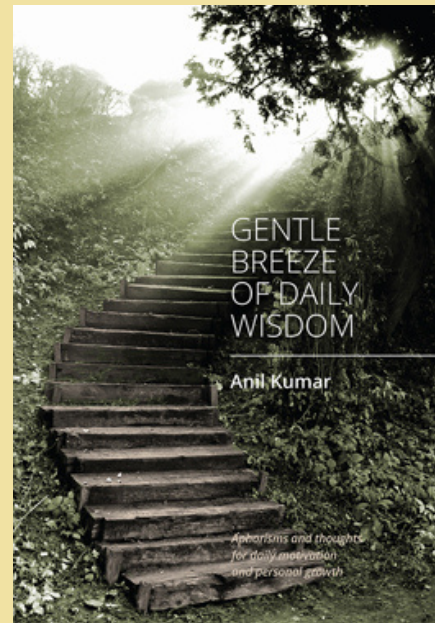
I found, for the first time in my life, that these moments of silence, not loneliness I might add, were most inspiring, enlightening, invigorating, and thus therapeutic. I started to experience bouts of total absence from thought when I sat comfortably, in contemplation, and with closed eyes, allowing my mind to flow freely. This exercise would last between five and fifteen minutes at the end of which I would have no recollection of any kind. It was akin to self-induced suspended animation, or momentary stillness of time, or erasure of a part of my immediate past. Opening my eyes at the end of the experience was not like waking from normal sleep, nor was it like regaining consciousness from being anesthetized. I would feel energized and renewed. It was as if I had shut down and let in the force of nature to do its work without interference from my ego; like shutting down and handing over a manufacturing plant to engineers for routine maintenance so that all the machinery is restored to optimal working order.

Books by Langshott (Anil Kumar)



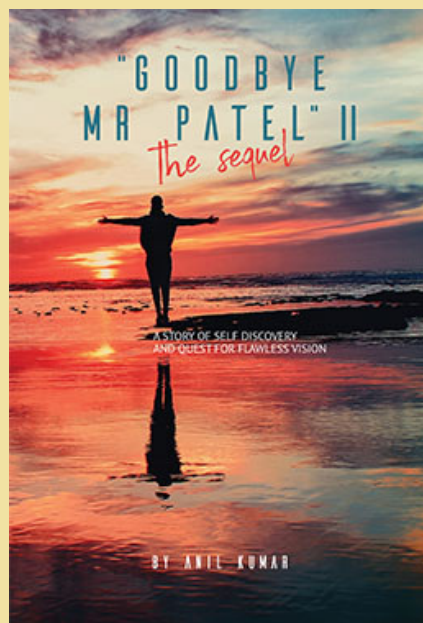
Goodbye Mr. Patel

Hard Cover & E-Book



Gentle Breeze of Daily Wisdom

Hard Cover



Goodbye Mr. Patel II - The Sequel

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