



Langshott Leadership Foundation

Letter from Langshott

24th April, 2022

My Dear friends and creative thinkers,

Truly Inhabit Your Body

'to inhabit the body is to feel the life inside the body'

Eckhart Tolle

Amid the news of all the turmoil – the invasion of Ukraine, the diversion of asylum seekers to Rwanda, the fixed penalty notices and the ensuing barefaced apologies - my radio brings me, I sit at my desk heedlessly lulled into a security that none of this is on my doorstep. But, it is not long before I realize I am cosseted by my stupid holier-than-thou attitude, and my smugness soon evaporates into thin air.

I may know what is going on in the world but I hardly know or try to know, what goes on inside my body. Everything in the news is ultimately about life. The human body where life resides is a temple infused with supernatural powers. It demands veneration, not wanton destruction. I need to spend more time inside me.

Inhabiting the body is about infusing this entire temple with consciousness riding on the back of a deep breath and intense attention, both inside and outside. For too long, we have been paying attention to the outer shell or the appearance of the body and ignored the inner construct, or rather left it to itself or the mind and the immune system.

Consequently, we have not only lost the art of being in touch with our inner natural intelligent reality but have also begun to surrender it to the fast advancing medical technologies. Already the human immune system is waning due to excessive medical interventions, which nowadays include the placement of manufactured devices, intelligent microchips and other soft wares, albeit of finite duration. The immune system knows that some external presence is doing its work of fixing organ, nerve and tissue problems and is gradually receding into the backseat sluggishness.

Our immune system is in need of help which we can deliver when we remember we are an incomparable technology ourselves. We have the freedom to prime our body cells and be deeply in touch and reengage with it consciously and regain our ascendancy over artificial technology and very many of the modern medical interventions without meaning to detract in any way from their very many life-enhancing positives.

There is a growing belief, albeit false, that our body is naturally flawed and that technological intervention will address all anatomical and physical shortcomings. Progressive, powerful and positively beneficial it may promise to be, technology will not replace our humanness which is foundationally our values and beliefs and what we are intrinsically designed to do emotionally, morally, ethically, spiritually, sympathetically, empathically, compassionately and such attributes of our nature.

Our humanness is at the very foundation of what our bodies can do.

When we truly inhabit the body:

- Our humanness and attention are livened up.
- We harness high-frequency thoughts and our power to contemplate and manifest is raised.
- We begin to self-heal by breath control and simultaneous focus on the target point of the body.
- It slows down the molecular degeneration and aging of the body.
- We strengthen our immune system by raising the vibrational level of our energy field.
- Negative emotions of anger, fear, depression and so on do not enter our energy field.
- The benefits of yoga, meditation, stillness and all such body/mind practices are enhanced.
- We feel veritable inner peace within and bring calmness to our ambience.

At the superhuman level extraordinary feats are attained by mystics who must perpetually inhabit the body at such a high frequency that they:

- Are able to have an out of body experience.
- Are able to be in two places at one time.
- Can levitate

This in summary is the inborn potential the human body is packed with. When we truly begin to inhabit the body we recognize and express gratitude to the Maker of life we are living. Life as an energy spark just IS and longs for itself. A living human body is its manifestation. Life needs to be preserved, not protected, in the body. It's the body that needs protection which is done by being inhabited with consciousness and deep rhythmic breathing. Its quality is measured by the humanness within.

To inhabit one's own body enhances life,
and to live in the hearts and minds of others
is to exist even after physical demise.

Be blessed,

[Anil Kumar](#)