



Langshott Leadership Foundation

# Letter from Langshott

My Dear friends and creative thinkers,

4th June, 2022

## **Surfing the waves of life**

Being cheerful even in defeat  
is the hallmark of the ultimate winner.

AK

It's all in the waves, the prime form of energy that is constantly dancing and pulsating from waveform to matter and performing the magical **'now it is seen - now it is not seen'** ritual.

We come from this energy source. It is in our nature to surf waves and characterize life exuberantly in our physical form.

Surfing the waves is about living with all the joys and vicissitudes (ups & downs) life brings us.

The two extremes of the spectrum of life are tumultuous turmoil at one end and tantric trance at the other. The idea is to strive to live between the extremes in full awareness of the waves of life which are our energy source. This energy is physical strength, stability, and health, on the one hand, and vitality of thoughts, emotions, and wisdom on the other.

When you are at the tantric end of the spectrum there is self-induced bliss, an absence of response to any external stimulus as if you are absorbed in some angelic music. You are in a trance that is healing you and bolstering your capacity to withstand all surrounding bewildering forces with wit and wisdom. You have a sunny disposition. You are not emotionally immobilized by any distant major calamity like war or earthquake that is not in your control but have the strength to accept it, without melodrama but equanimity, as a well-wisher of all affected by it.

At the same time, you become emotionally charged when you are a witness to overt crass ill-treatment, physical or psychological, of one human by another and will have the courage to act to help end it. You have the fortitude to stand against such brutality and bring respite to a tortured soul. The morality of your actions dignifies your life.

***You have a clear sense of what is in your control and jurisdiction of influence, and what is not.***

When at the turmoil end of the spectrum of life, you are in the midst of adversity, gripped by extreme sorrow and despair. You are vulnerable physically, mentally, and materially, totally helpless and a burden on others. Your misperceptions of life and events are the main cause of your pathetic state. You lack conviction and courage in your own beliefs if you have any. Your depressed state renders you incapable of taking any action to extricate yourself from the mire of extreme desperation. Until you visualize and come to accept the worst that can happen to you, you remain immobilized in your forlorn pathetic state. Fortunately, though, a time comes when a tinge of spirituality touches your clammy spirit and the voice of life whispers to you: ***“You are not forsaken. Get up and start blooming for joy to sprout”.***

You cease to be in the trough of inactivity. Suddenly there is spring in your step and you begin the upward journey to the crest of your life wave. This is the meandering and peaking and troughing nature of life. No matter where we are on the transit from side to side and bottom to crest, we have to keep listening to the divine music of the waves of life on a perpetual journey. The effervescence of the waves tells us there can be no melancholy where there is a sweet angelic melody.

*Wars, natural ravages, diseases, cruelty, and all calamities  
are but only the waves of life in a trough.  
They come and go. Give no heed.*

Be Blessed  
**Anil Kumar**

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

Whilst there is an increasing level of literacy and material comforts, there is an equally increasing level of discord, disillusionment, and unrest, all born out of greed for more and attachment to material possessions. My disillusionment with the common mistaken understanding of wealth has given rise to this principle in my working creed. All around me I mostly see nothing but strife to acquire, accumulate and retain money and physical assets misconstrued as wealth and far less concern for the creation and preservation of real wealth. There is far too much misconception about wealth and what it can do for its owner.

For a start, the worth of a person's wealth is measured by the value put on his or her possessions by market forces and opinions. How much such wealth an individual owns determines the level of his or her success in life and standing in society and this measure is one significant criterion, if not the only one, that most people will consider to figure out if an individual has attained anything in life. It is fervently believed that this kind of wealth gives power and respect in society. It makes it possible to open most doors in life. It is the gateway to bliss.

Whilst it is necessary to live well, support all dependents and provide for retirement, Man's obsession with this idea has placed him on a merry-go-round of limitless possessions. His penchant for possession has blinkered him as he relentlessly strives towards ownership, rather than stewardship, of even larger swathes of the natural gift to mankind - the planet Earth. His unceasing pursuit of ownership of land for his security demonstrates how narrow-minded and misguided he has become in his absurd and futile pursuit of this alien and fettering notion; he has allowed himself to be selfishly attached to what he has not created, nor can take anywhere with him, yet he craves for more and more possession of it. One only needs to see how much strife is brought about by wars fought over land. Money is used as a commodity to derive vast fortunes from money itself without producing anything tangible.....