



Langshott Leadership Foundation

# Letter from Langshott

22nd August, 2021

Dear Friends & Creative Thinkers,

It is not possible to visualise 'Wholeness'. The moment you try to do so, your mind puts a boundary around it. This then sets it up in your mind as a stand-alone object, which means there has also got to be more than this imagined object – hence 'Wholeness' is not visualised, but rather fragmentation is.

'Wholeness' has to be all inclusive, which means it has to also include you and your mind. Therefore, this visualisation, which is a process of the mind, cannot be accomplished. The mind wants to define, describe, discriminate and judge all the time, but 'Wholeness' cannot be defined ; it can only be experienced as Oneness or Unitive existence by an individual in a mindless state.

The closest one can come to be in this state of 'Wholeness' is by striving to be all inclusive, hence without any sense of separation or judgement or prejudice – by seeing oneself in everyone and in everything - in total silence.

Anil Kumar

# Blogs

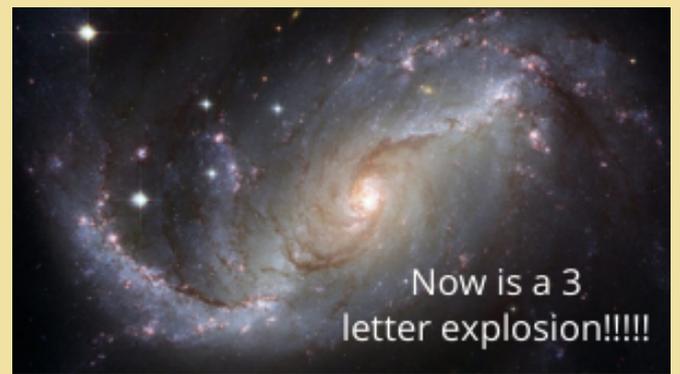


Communing with self

## Communing with Self

Communing with self is a panacea for combating loneliness. Not praying nor meditating, communing is a practice

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Now is a 3  
letter explosion!!!!

## Now is a 3 letter explosion

'Now' may seem to be a simple enough concept to grasp, but in reality it is a deep and esoteric

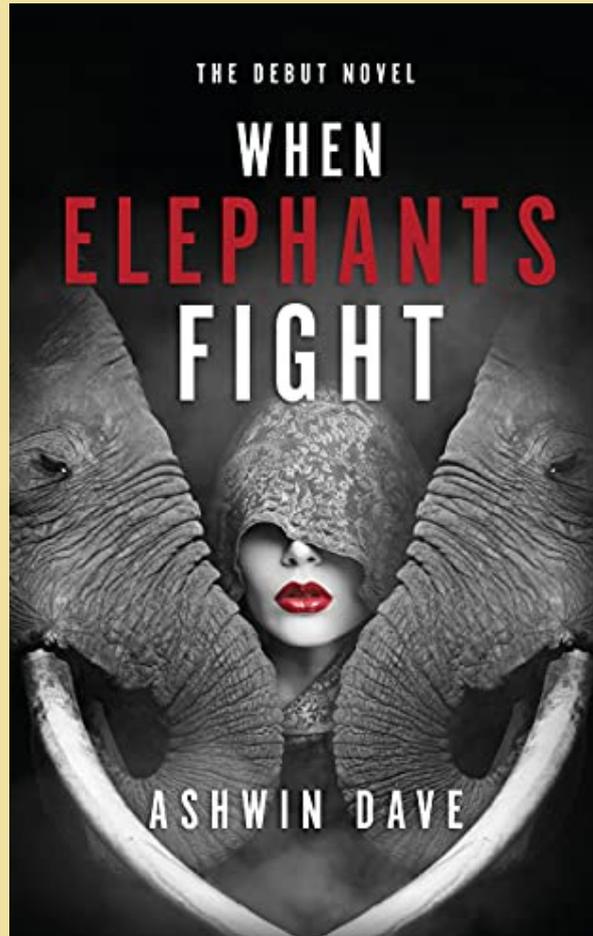
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## Anil's Working Creed

I believe my thoughts are the trigger to all that I experience, and how I interpret what I experience determines my form.



Recommended by Langshott



When Elephants Fight

by

Ashwin Dave