



# Letter from Langshott

My Dear friends and creative thinkers,

17th July, 2022

## **The 'Rock of Eye'**

**Reality is unseen but sensed by a trained mind.**

The 'Rock of Eye' is a term used in the tailoring parlance for someone who is a master tailor. It signifies talent in a person for getting a measure of a man by simply taking a look at him. Similarly, in many other walks of life, people develop the instinct to judge a person or a situation in a flash. A trained human eye is an expert at gauging the mood of someone in front of them, their intentions, and the extent of anger or exasperation or love and composure in them. Some eyes are even skilled to get a measure of a person's character, trustworthiness, friendliness, and such attributes.

The vagaries of the mind are beyond imagination. Like a high street retail shop, the mind is open for business when the shutters are lifted from the basement to the attic to let in awareness. The mind is scalable. The greater the openness, the greater the space for awareness and perceptions to manufacture wisdom. There is no restriction or regulation against imagination. The mind can soar as high as it likes. A point is reached when awareness tells me

**I am the centre of my world.**

**Everything I see, perceive, sense or experience is there because I am there.**



Just try to understand - 'there is no war in Ukraine if I don't exist'. I am the creator of my world and what I experience. There is no war if I am not there.

So, if someone near and dear to me, like my child, is diagnosed with a very painful condition and is confined to a bed in a hospital, whose problem is it? Clearly, it's mine. The condition of my child being dire is my interpretation of the situation. And it is this that is causing me to be anxious and sad. The more I remain anxious and sad, the longer the state of my child will persist - **I am the maker of my world**. So, to extricate myself from my misery, I must change my interpretation of the prevailing condition. It has for long been said '**As you are, so is your world**'. So, my condition changes when I change my perception of it. Miraculously, then even my child's suffering may be alleviated. If that doesn't happen for a while, at least it will give me the patience and courage to accept it and the strength to bear it. Given space, my mind will manufacture the wisdom I will need to withstand all adversity nonchalantly.

To train the mind to reach the dizzying heights of creative thinking, do not be mesmerized by and content with the glitter of the outer garments of what or who stands before you. Recognize that you **have the 'Rock of Eye'** to see and be enthused by the substance and characteristics of the inner fabric of what is seen. But for that, you must swim away from the shallow waters of your mind and dare to plunge into the hitherto unexplored virgin depths of it.

***You will be blown away by the new truths you strike upon!!!***

Be Blessed

[Anil Kumar](#)