



Langshott Leadership Foundation

# Letter from Langshott

26th December, 2021

My Dear friends and creative thinkers,

***"The fault is of the sufferer" Dada Bhagwan***

At a first glance, this rather oxymoronic-sounding statement does not sink in the mind. But if you accept that **we are as we think** (previous letter) and are, therefore, directly and indirectly, responsible for creating our reality, then it becomes difficult to argue against this sutra.

Any pain, distress, or hardship coming from a tragic or traumatic incident is commonly regarded as suffering. Most suffering comes from two broad classifications - injury or loss. Suffering only takes shape when your physical or psychological condition causes hurt to the inner-self irrespective of the source of the cause. Until then it is just a notion giving you the options to remain immobilized or to override your hurt with noble or uplifting thoughts to set you free of any bitterness, regret, or need for revenge. By simply resetting your mind you can extricate yourself from the mire of resentment and begin healing. If you choose not to employ the right thinking, then your suffering is your fault. The point to bear in mind is that you gain nothing from running after the snake that's just bitten you.

Continued....

The fault is not only in the failure to respond wisely but also in the flaw in our character or behaviour. If your distress is permanent it is your fault if you choose to call it suffering when you have the option to make a new start in life with a mighty purpose. We are conditioned by our social forces to think whenever there is suffering there is a case for blaming something or someone. Gaining restitution – like killing the snake- or being pickled in resentment does not ease the suffering. The wiser option is to call it an experience to learn from and grow. If you choose to remain a sulking sufferer, you are surrendering power to the force that caused the suffering which is worse than suffering itself.

A better and wiser thing to do is to set the ego aside and override your suffering with a purpose **greater than yourself**. This places the mind elsewhere and enables the process of healing all physical or psychic wounds. Nobody really wants to be near a clammy sympathy-seeking spirit all the time. Even as a broken person change the way you look at the world and the world will change the way it looks at you as a wholesome spirit.

**The way you think and respond to life  
can or cannot prevent you from coming out  
of the mire of suffering.  
You're the boss!**

Be Blessed

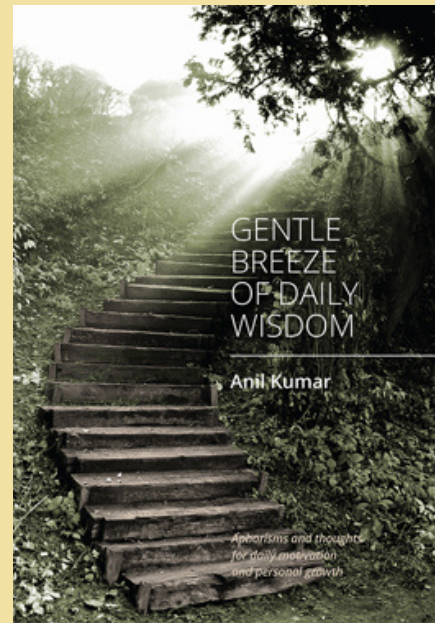
**Anil Kumar**

# Books by Langshott (Anil Kumar)



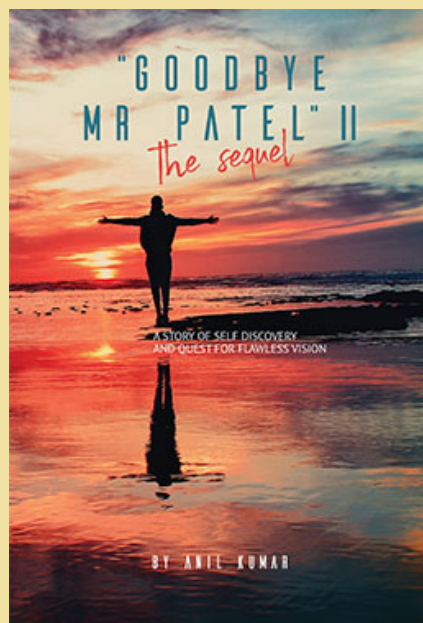
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