



Langshott Leadership Foundation

# Letter from Langshott

Dear Friends & Creative Thinkers,

6th March, 2022

## **Gratitude expands Life.**

Ordinarily, gratitude is thankfulness which ends when an act of kindness or consideration is acknowledged or reciprocated. It is an expression of total satisfaction for the gift of something. It strengthens relationships and makes us feel closer and more committed to friends and romantic partners.

When life is lived in gratitude, regardless of how seemingly little fate has given a person, they always seem to have more than enough because of the **Law of Nature** which says:

**“I will always give you more of what you are grateful for”.**

This is how life expands. The law is the source of attendant optimism for people who are characterized by a life of gratitude. Riding on the back of this law, gratitude is the treasure such individuals spend perpetually without fear of ever exhausting it.

At a deeper personal level though, gratitude is an empowering inner state. It is a force that turns the crankshaft of life to give it vitality. Its energy instills a spring in your step. It nourishes your heart and acts as an antidote to anxiety or dissatisfaction. Sown within it is the magnetism to attract divine blessings – **the source of joy and the end of the struggle**. It is both an opportunity to elevate yourself to a higher state of being by feeling grateful for all that's been given to you, and a responsibility to generate goodwill by wishing someone well. Gratitude is free for all to exercise.

Even a begging street dweller sitting on the roadside will whisper “I am so blessed that I share these wonderful times with such fortunate nobility!” as he observes and admires a cigar-puffing millionaire being majestically driven past him in a Rolls Royce. At that moment he is elevated to a state of spiritual wholeness which overcomes any sense of deprivation.

When the human spirit is emblazoned with gratitude, that's the end of inner strife.

This is what being committed to a life of gratitude can mean. After all, we have eaten of trees we did not plant, travelled on paths we did not create, learnt valuable lessons from experiences we did not live, and received subliminal blessings from saints of yesteryear whom we did not see.

Gratitude is not essentially what follows a kind deed, it is also a trigger to drawing fortune to oneself – **to say grace before a meal is not simply a ‘thank you’ for what lies on the table, but also a divine power that will usher in tomorrow’s meal.**

A nurtured spirit of gratitude is the panacea for creating truly prosperous and harmonious societies.

**When I affirm life with gratitude,  
each day is, must be, has to be, good.  
That's why I haven't missed one yet.**

Be blessed.

[Anil Kumar](#)

## **A passage from The Sequel to 'Good Bye, Mr. Patel' by Anil Kumar First Published in 2018.**

Abstain from thoughts of harm toward others.

When you are steadfast in your abstention of thoughts of harm toward others, all creatures will cease to feel enmity in your presence. Patanjali This powerful teaching from Sage Patanjali, who authored Yoga Sutras several centuries ago, is more relevant today than ever before in the history of mankind. To abstain from any act of harm is only a half-measure. To reach out to he who is a threat to you and seek reconciliation goes much further, but to cleanse yourself of even a thought of harm is simply divine. Soothing and conciliatory thoughts, when properly directed, subliminally influence others and enable constructive outcomes. The power of this heart-mind constitution reaches not only humans in the surrounding environment, but also plants, animals, birds, and insects and, amazingly enough, even inanimate objects. Be aware of your thoughts, and if you detect anger toward another person or intent to harm him, immediately visualise yourself pressing the delete button on your computer keyboard as if to eradicate this emotion. Anger or violent intent toward another being triggers the production of cortisol, a stress hormone that can only harm the carrier of such emotions.

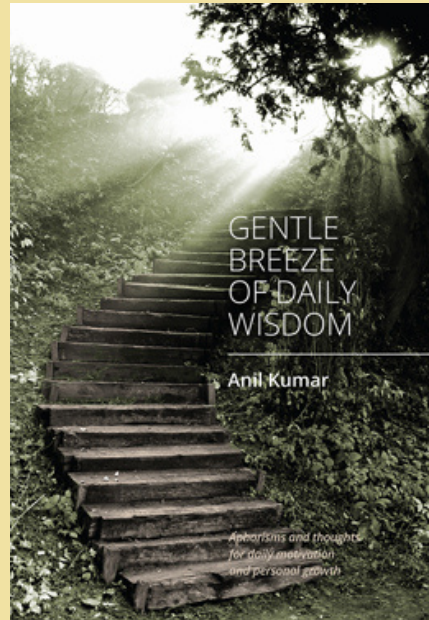
He who carries perpetual thoughts of harm toward others is a walking, talking bazooka waiting to wreak havoc. Such a person is disconnected from others and can only be someone who bears resentment or deep-seated guilt. The one with a warped mind feels compelled to carry a weapon for self-defence and refuses to put it away until the others do. My riposte to this is 'You are a captive of the behaviour of others and you mirror that in your deportment. If you want freedom from the need to hold on to your gun, begin to see yourself as one of the others, then you become one of them, and then it will only be a matter of time before you have the gumption to put your gun away, for now, you will have seen the folly of being one of them'. If killing that which is a threat to you is the answer.....

# Books by Langshott (Anil Kumar)



## Goodbye Mr. Patel

Hard Cover & E-Book



## Gentle Breeze of Daily Wisdom

Hard Cover



## Goodbye Mr. Patel II - The Sequel

Hard Cover & E-Book

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