



Langshott Leadership Foundation

Letter from Langshott

1st May, 2022

My Dear friends and creative thinkers,

Spontaneity – the spice of a loving relationship.

Spontaneity is an easy coolness act punctuated by aplomb and freedom from uncertainty

Reflecting on my very many on-the-spur-of-the-moment actions, I find all spontaneous actions bypass the conscious mind. In spontaneity, I am not influenced by any external stimulus. There is an impulse in the belly, call it intuition, that drives the action. The whole spontaneity shebang is shrouded in mystery as if fate is playing itself out from a command centre in some remote place. Be that as it may, my spontaneity driven actions have done me no harm.

Imagine two individuals who first set eyes on each other at a gathering. Neither one knows the other. Both are in unknown territory but are uncannily drawn to each other. This is spontaneity in action when neither one knows anything about the other but simply has an enthusiastic impulse to be drawn to them. At that moment any sense of self-importance and fear of rejection is set aside. This is a pure present moment mindless happening when their doubting minds are set aside and neither has any concern about any consequences. Both are being their natural selves, free to speak unthwarted by ego. This is how relationships take root unpremeditated and unconsciously as if by fate.

People who are given to acting spontaneously are generally happy in a long relationship, mainly because they carry no baggage of the memory of their past. Each day is a new start. They don't entertain the thought of how good things were in the beginning. They are characterized by their flexible and relaxed approach to most things in life. Neither one judges nor places a label on the other. Each simply observes the other in full awareness as they continue to fascinate each other. Such individuals are always anxious for and receptive to new experiences, doing something for the heck of it, visiting a friend without notifying them, not following too rigid a routine, having no rigid predetermined outcomes for their children, readily forgiving and generally allowing the impulse to get the better of them. Even their disagreements are short-lived with no trailing resentments.

For a relationship to continue to thrive the initial enthusiasm has to remain perpetually kindled and the inner child eternally vibrant. It is the quirky childishness in one or both of them that ignites the spark to enliven the relationship at the most appropriate time. Supposing one morning at breakfast she is crying and quivering. She's had a bad performance review at work and is cursing her manager with all kinds of expletives for rating her 'inept and playful'. She's filled with shame and disappointment and you cannot contain her. Just then that child in you interjects, *"Answer one question darling. How many legs does a dog have if you count the tail as a leg?"* She's perplexed as you deflect her mind and cries out, *"What's the effing matter with you when I am worried about my effing career?"* *"Just answer the question"*. *"Five, if you must know!"* *"No! It's four. A tail is a tail. It does not become a leg just because you call it a leg. By the same token you don't become 'inept and playful' just because he calls you that"*. She looks up, smiles sobbingly, gives you a hug and says *"I will tell him what you just said"*. And suddenly life has regained its spark.

Any successful relationship is never derailed when spontaneity is tinged with unpredictability and intense excitement from knowing that all is always well.

It is the persistent recurrence of the familiar – doing and experiencing the same old routine that takes the edge out of any relationship. When the memory of ‘how good it was in the beginning’ keeps cropping up, the spark begins to wane. But, before the weariness sets in, fate intervenes to inspire you to do a simple act of doing something out of the ordinary to give your partner a jolt.

Any spontaneity-based relationship
is always reared and nurtured
by the hand of fate – its overseer!
There is a hint of spirituality to it too.

Be blessed,

Anil Kumar