



Langshott Leadership Foundation

Letter from Langshott

My Dear friends and creative thinkers,

12th June, 2022

Walking with a pure and holy mind

"Separateness is an illusion"

It was a revered secret preserve of our ancients that our mind is the governor of the reactions and responses of all the living and non-living things. There is a treasure in this wisdom.

When consciously experienced, the human mind is a discernible aspect of the blessed trinity – body, mind, and spirit. Whilst the three are one unified entity, each one has its unique inclinations. The body wants physical vitality and bloom. The spirit is the seat of emotions and wants love. The mind in its uplifted state harmonizes and unifies its immediate surrounding just as you gain the confidence of others when you have confidence in yourself. The uplifted mind is pure and holy like an innocent child in a playfield seeking the company of joyful children. The vibrancy of such a mind is immensely magnetic.

A pure and holy mind is predisposed to touch the inner dimensions of all surrounding animate and inanimate objects. An old Hasidic Jewish belief validates this claim. The core of this belief is that **'when you walk across the field with a pure and holy mind then the vibratory state of your presence is in harmony with all the plants and trees and earth and stones and birds and animals and all inanimate objects. The sparks of their souls come out and then they cling to you. Then they are purified and become a holy fire in you.'** The essence of this is that fundamentally there is nothing but connectedness longing for itself.

To experience connectedness at this level go to a forest and free your mind of all thoughts. Heighten your senses and feel the verdant air. Apart from the sounds of birds and other creatures, you will also hear the courting sounds of trees and the earth. You will know for the first time what it feels like to regain coherence. This is the potency of your mind when it is pure and holy. Constantly evolving, such a mind exists on the super highway of awareness and wisdom. When coming face to face with another human or any other life form it silently whispers:

*What you look like and where you come from matters less
when you stand before me and tell me who I am.
Without you, I know not myself.*

The mind is characterized by an innate tendency toward being unified with everything. This is what sanctifies its purity and gives it absolution.

When you exist in a mind that only sees ultimate unity, you cease to be adversarial, there are no enemies or opponents. You are merely a single strand in the complex web of existence. Any violent tendency toward any strand is an assault on the self.

Incredulous as it may sound, your mind is an open book. If you think '*who cares what's in the mind, for no one can see it*', remember the spider on the bathroom wall scampered away because it sensed fear and anger in your mind. Your dull mind is repulsive as well as susceptible to being infiltrated and invaded, and unable to conceal its secrets. Real maturity comes from being repeatedly thrown out of the nest (the comfort zone) and being internally so inflamed as to ignite the flame of your intellect. Become aware of the inborn elements of your mind, and refresh it to exploit all its inherent dynamism. Dare to commune even with spiders. Refresh the mind to change your paradigms, the template to look at life.

Finally, you will bubble with energy as you strike upon a new truth about yourself that to penetrate the silky thin membrane that separates you from all other forms of existence is well within you to explore life.

*Life will flow through you and
express itself naturally.
A spirited stroll is all you need
to lift you from all corners!*

Be Blessed

[Anil Kumar](#)