

In 1980, Rumi and Khorshed Bhavnagri lost their sons Vispi and Rato in a car accident. Within a month and through a chain of people, they received a message that their sons wanted to communicate with them and they spoke to the boys through a medium, and were assured of their well-being. They had reached the Spirit World immediately and had been welcomed by their beloved grandfather, Popsie. The boys asked their parents to develop powers of concentration, so they could communicate safely and privately together through the method of automatic writing. In this way Vispi and Rato were able to advise and guide their parents constantly and give them their mission on Earth - to comfort and help people in need, to spread spiritual knowledge and how to stay on the Godly Good Path always. The book - *The Laws of the Spirit World* - was communicated by Vispi and Rato through the technique of telepathy to their mother and simultaneously reduced into writing by her. Topics from the book and other messages are contained in the VRRP Spiritual Learning Newsletters. In 2007 Khorshed Bhavnagri joined her family in the Spirit World, but her work is being continued by the VRRP Group. The Bhavnagri's story in detail is in the book - *The Laws of the Spirit World*.

**In the last newsletter, we spoke about forgiving others but we cannot forgive another without first learning to forgiving our self.**  
([http://www.vrrpspirituallearning.com/Newsletters/NL\\_nov13\\_13.pdf](http://www.vrrpspirituallearning.com/Newsletters/NL_nov13_13.pdf))

Why? ...

..... because our outer world is a reflection of our inner world.

It is like looking into a mirror. How we perceive and treat ourselves is how we perceive and treat others. If we are hard on ourselves we will be hard on others. If we constantly criticise and judge ourselves we will constantly criticise and judge others. If we are angry with ourselves we will find angry people around us reflecting that anger. If we are not friends with ourselves (we don't even like ourselves) we will not have many friends. If we lie to ourselves we will lie to others and have people lying to us too. On the other hand, if we are happy within we can make others happy. *When we are loving and forgiving to ourselves we can be loving and forgiving to others too.* When we learn to have patience with ourselves we will learn to have patience with others too. **What we give out is what we get reflected back to us – it is like an echo.**

An example of this is when you are miserly and don't like to part with money, you get very irritated and annoyed with others who are misers. Often, others are not affected by the same people. In fact, they don't even see that miserly quality in them. This is because this quality lies within you and so it is being reflected back to you. (You deny having it as you think it is 'bad'). When you accept the flaw within you, and don't judge yourself, and forgive yourself for having it, you will learn to forgive others who have it too.

*So in order to be forgiving of others we have to start with learning to forgive ourselves first. We have to work from inside out, and not from outside in, as we normally do.*

**Does everyone have issues that they have to learn to forgive themselves for?**

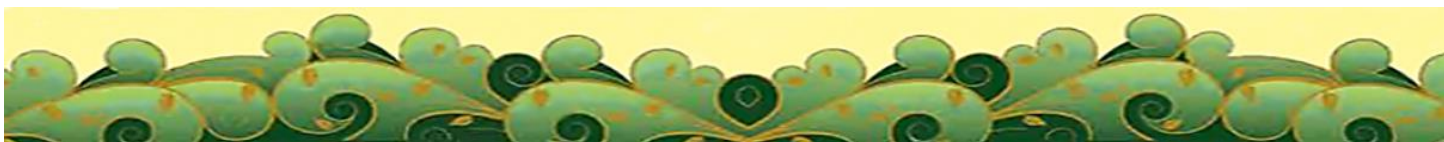
Yes, we are all human. We all make mistakes. We all have certain expectations of ourselves (some may have more than others). We all have something or the other which we need to resolve by forgiving ourselves.

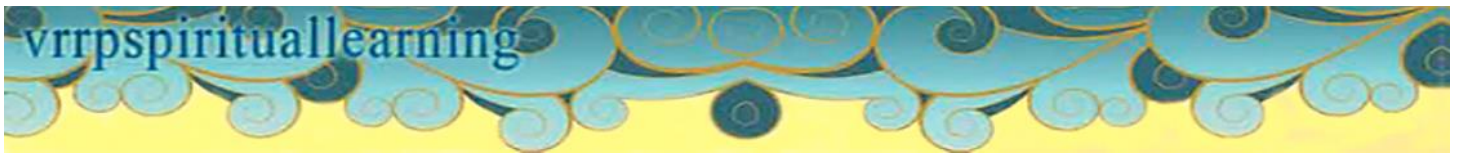
Here are some indications that you have such unresolved issues: you feel alone all the time, you keep punishing yourself, you feel worthless and do not feel you are deserving of any goodness or happiness, you cannot have a lasting relationship, you feel unloved, you don't allow anyone to come too close to you.

If you keep avoiding these feelings and do not deal with them, you will never be able to forgive yourself. **These are the symptoms but the disease is a lack of forgiveness.** Think of all the negative feelings you feel on a daily level, are these a result of not letting go? What have you not let go, what lesson do you need to learn? **We often think that suppression is a cure. But it isn't!**

**What are some of these 'issues' that we have to forgive ourselves for?**

What we do not forgive ourselves for are **our own wrong/bad thoughts, words or actions.** We judge them to be wrong or bad, and then hold on to the memory which brings back the feeling (often for years) instead of learning the lesson and letting them go. We are





the victim, the judge and the defendant! We have court martialled ourselves. We feel we have not lived up to expectations that others have of us and we blame our self.

Here are a few examples of such 'issues':

You surviving a disaster or an accident whilst your loved ones did not; your loved one committing suicide; you outliving someone (sometimes a person who is younger than you and whom you believed would pass away after you); you not looking after someone in the manner you (or others) think you should have; missing an opportunity because you were fearful (you wanted to take a job away from home but you were too afraid of leaving your parents); a dream you didn't have the guts to follow (wanted to become a musician but instead had to take on a desk job); you not doing what you wanted to do and succumbing to other people's decisions; guilt about a relationship (not being there for someone, not being a perfect husband or wife or daughter); being an inadequate parent, spouse, sibling or friend; treating someone badly (emotionally abusing someone); being disloyal or unfaithful; cheating or deceiving someone; hurting someone's feelings (knowingly or unknowingly); breaking a promise or a vow; neglecting someone or your family; or having negative feelings or jealousy towards someone or being revengeful.

We can be angry with ourselves when we discover our flaws or weaknesses, which in turn make us hate ourselves even more. Only by forgiving ourselves can we feel better.

### **I made a mistake – how do I forgive myself for it?**

We are not perfect – we all make mistakes. Mistakes are missed opportunities to learn. If you have made a mistake do not beat yourself up about it, just do not repeat it again and that is the learning. The very reason for rebirth is so that we have another chance, another shot at learning and self-improvement. At the same time our memories of our past lives, including our mistakes, are erased. We are born with a clean slate so that we can start afresh and not get caught up in the mistakes that we had made in previous lives. **The very essence of rebirth is to let go and move on. Hence by NOT forgiving, you are going against the very essence of life, you are getting stuck and holding onto the past and not learning the lesson.** Let go and move on. For example you did not give enough attention to your children when they were growing up. You were engrossed in your own career. You regret it. Although your children may have forgiven you, you can progress only when you forgive yourself.

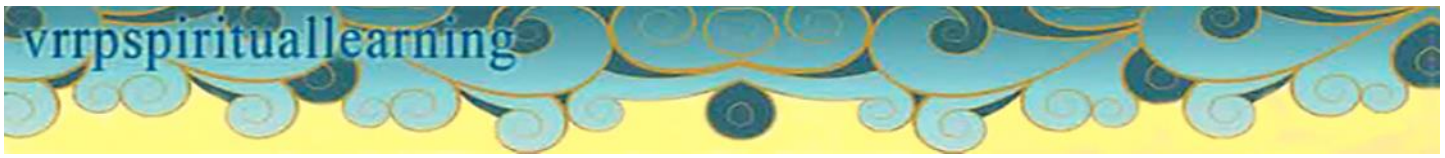
Having said the above, we cannot use forgiving our self as an excuse to continue to do wrong. It is not a license to do wrong. Forgiving one's self must be accompanied with learning the lesson. For example, when you have cheated in an exam, you cannot continue to do so and say "I have to move on" and use forgiving self as an excuse to continue to do wrong. Here you have to learn not to cheat, try not to repeat the same wrong action again, and then forgive self (for the past) and move on. The same would apply to being rude to people. Words once spoken cannot be taken back so learn to think before you speak. Apologise and don't keep remembering the scene repeatedly, forgive yourself and don't repeat the mistake.

### **If we all have issues which we have to forgive ourselves for why do we not do so? What prevents us?**

Here are a few reasons (please introspect and try and understand what is stopping you from forgiving yourself):

- We think that by not forgiving we are punishing ourselves for the mistake we had committed. Even God forgives, so who are we to keep punishing ourselves? **By doing something wrong we have added karma which we would have to repay anyway - so why punish yourself even more?**
- We get **comfortable** in our thought process and do not want to change. There is inertia – an unwillingness to change a habit or a thought process or a belief. Change is always hard.
- We have **set such high standards for ourselves** that our own pride does not allow us to admit that we were wrong. Often we may find it easier to forgive others because we set lower standards for them.



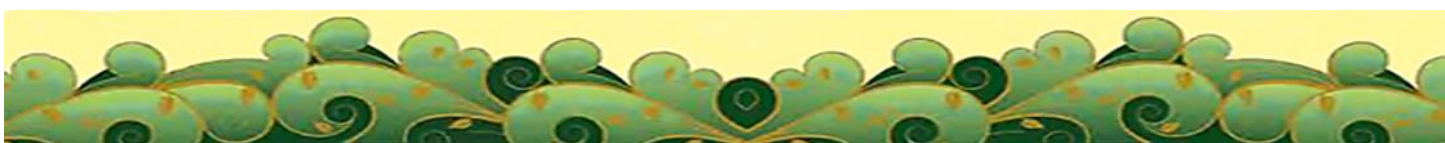


- We are **perfectionists** and hence very hard on ourselves. We cannot tolerate even the smallest mistake or wrong we have done. If God can give us multiple chances (rebirth), then why are we so harsh on ourselves?
- We feel guilty because we feel we have sinned. Our guilt may be due to our **wrong understanding of God's Laws, or our belief systems**. Guilt is like an alarm, it is a blessing given to us by our subconscious mind to give us a warning. We must not carry this guilt, but rather use it as a sign to learn the mistake and move on. We must also re-read the book (*The Laws of the Spirit World*) and re-evaluate our belief systems to see if they really make sense.
- **We live only in the past.** We cannot let go and forgive. We have to stop looking back, work on the present and move forward. If you are a person who has regrets about how you handled a relationship (whether it be a parent, a spouse or a child or even a friend), remember, we are all human and we have all made wrong choices and decisions in the past. We may have an opportunity now in the present which will help us make amends with that person but we are so caught up with the past that we fail to see the present.
- We view ourselves through the eyes of our failures. If we have had many failures we may start to think that we **do not deserve anything good including love and forgiveness**. Failures are a stepping stone to success. All successful people have faced failure at some time or the other. It is how they have faced failure that has made them successful.
- The person who we think we have wronged has **gone away or passed away** or we have lost a loved one and feel guilty as we were not present when the person passed away. We have to understand that decisions of birth and death are chosen by our soul in the spirit world. If we were meant to be present when our loved one passed away we would have been there. Some feel that they did not look after the loved one. **Our loved ones in the spirit world view things differently. They don't hold grudges, so be positive, stop grieving and move on.**

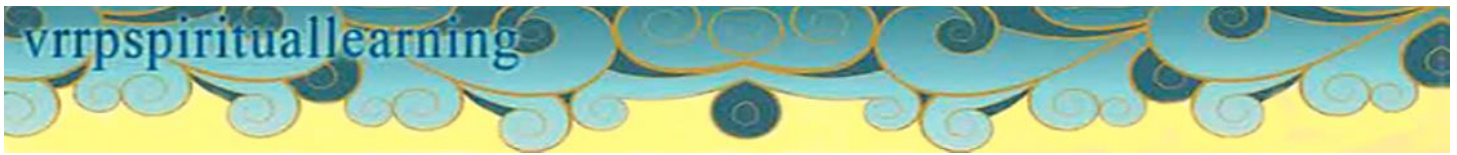
### How do I learn to forgive?

Remember forgiving ourselves is not easy. It will not happen overnight. We need to take one baby step at a time. Rome was not built in a day. It takes effort, a correct understanding and a genuine desire to improve. Here are a few steps that may help you:

1. First **pray** and try to be calm and relaxed (so that your physical mind quiets and your subconscious mind opens).
2. Now, **make a list** of all the things, situations, and mistakes that you have not forgiven yourself for. How can you forgive yourself, if you do not know what you are holding on to? So now introspect and use the self-analysis sheet attached to "*The Laws of the Spirit World*" to get to know yourself better. Do not judge yourself when you are writing these, just write them on a piece of paper.
3. Look at them carefully, **try to understand why you are not forgiving self** (refer to the points above). The answer may be one, two or many of the above points. The answer may also be totally different. But the idea is to try and understand what is stopping you from forgiving yourself. Ask your subconscious mind to help you.
4. Try to understand what **lesson** you had to learn in each situation.
5. Then let the situation go. When you go back to the past and re-live the memory tell yourself that by learning the lesson you have moved forward. **Don't live in the bad memory; take strength in the lesson learnt. Hold onto the lesson and let go of the situation and the negative feeling** attached to it.
6. **Affirmations** are positive statements said daily to change the negative thought patterns. Repeat the following affirmations: I am free of the pain. I forgive myself and others. I forgive myself for \_\_\_\_\_ (say the reason you need to forgive self as discovered by you in step 1 above). I choose to stop punishing myself as it serves no purpose.







**In conclusion:**

What happens when we forgive ourselves and others? We allow ourselves or others to be human, to have flaws and to make mistakes. On Earth people have varied norms and beliefs. Very often these norms and beliefs do not make sense and cause heartache and irrational behaviour rather than give happiness. It is true that we all need to have beliefs, but the ones that cause us to be hard on ourselves and others, we have to let go. We should try to change that which makes us unchangeable and rigid.

*Life is easier only when you treat it lightly but yet learn from it. When you can let this happen and not hold onto every regret or miscalculation, when you can make mistakes and not keep rehashing them in your head, when you can forgive yourself for wronging others, then you can see life through happy eyes!*

**True acceptance and continuous awareness will help you forgive.**

Lastly but most importantly, life is a celebration! God Almighty has given us this opportunity of a lifetime to experience and learn and for that we need to be grateful by celebrating! We are not meant to be serious and stiff. To be spiritual means to be light and have a sense of humour. Love and celebrate yourself. Remember every journey starts with the self.

**No one else can forgive you for your mistakes – only you can forgive yourself.**

*“There is no religion in the Spirit World. We worship one God only.”*

**DO NOT ATTEMPT AUTOMATIC WRITING ON YOUR OWN**

It is dangerous to do automatic writing on your own without a protective link and without following proper instructions.

Automatic writing can only be done with a proper protective link between one particular soul in the Spirit World with whom you wish to communicate. Only an experienced and linked person can join your link, which will ensure that no negative interference e.g. astral souls and unknown forces can harm you.

We also have to inform you that there are certain individuals who, with very basic information, are using this spiritual knowledge to misguide people through Automatic Writing. They have started practicing it on their own, without permission and without a protective link, and are giving the wrong advice to a great number of vulnerable people.

