

*In 1980, Rumi and Khorshed Bhavnagri lost their sons Vispi and Ratoos 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 Ratoos 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 Ratoos 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*.*

**Life can sometimes feel like such a challenge that we often fail to acknowledge the many small and everyday joys that come our way.**

Some examples:

- 1) You come back from a long day at work and your child greets you with a hug and at that point the happiness you feel dissolves any stress you may have come home with.
- 2) You reunite with a friend after a long time; it takes you back to all the memories of joyous times spent together in the past.
- 3) When you do something you love (sport, art, writing, gardening) you feel a sense of belonging that takes your thoughts away from life's difficulties.

So take some time to think of such examples where you have felt this joy, thankfulness, peace, happiness, contentment, love and humility.

**The acknowledgement and the expression of that feeling is gratefulness.**

Gratefulness relates to acknowledging the presence of God, our Creator, and also of the fact that you cannot do everything on your own and there is always someone somewhere helping and guiding you.

Here are some examples of things you may take for granted but in fact should be grateful for:

**1. Good health.**

You must look after your body and mind as it is the vehicle for the soul. Think positively, eat healthy and exercise regularly.

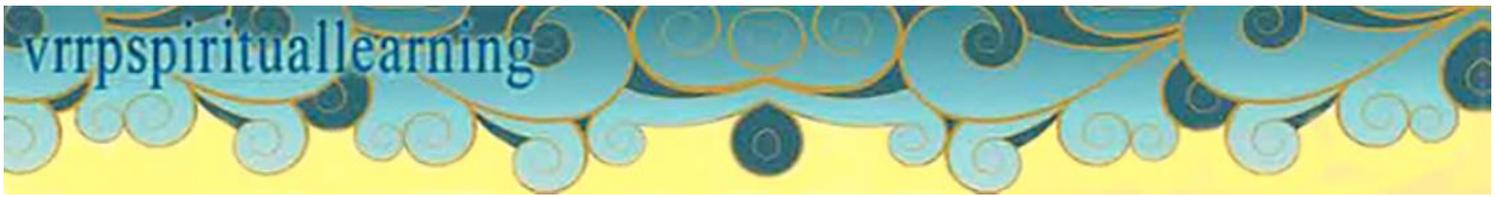
**2. Food, clothing, shelter and basic amenities.**

Appreciate that your daily needs are provided for.

**3. Relationships - family, loved ones and friends. Even strangers.**

Be grateful for friends and family who surround and support you every day. They give you the opportunity to serve.





#### 4. Your job or careers.

Whatever the job, you must be grateful for it as it gives you an opportunity to:

- Use and share your skills
- Support your family
- Occupy you positively
- Learn new skills (job/relationship)

#### Exercise - Part 1

**Make your own list of things you are grateful for.** Have a positive and open mind. Every individual will have a unique list. The following are just a few examples.

*Sometimes what we don't have is in fact a blessing in disguise. **The toughest challenges provide us with the greatest opportunities to learn.***

Example 1: You may not have a job because you needed to be home at that time to look after a loved one or it was a time for you to reassess your career.

Example 2: You may be alone because you may have chosen to pay off karma. Instead of being ungrateful use this as an opportunity to learn, discover and improve yourself.

Besides the above blessings there are **many invisible gifts we must acknowledge and appreciate.** Here are a few examples:

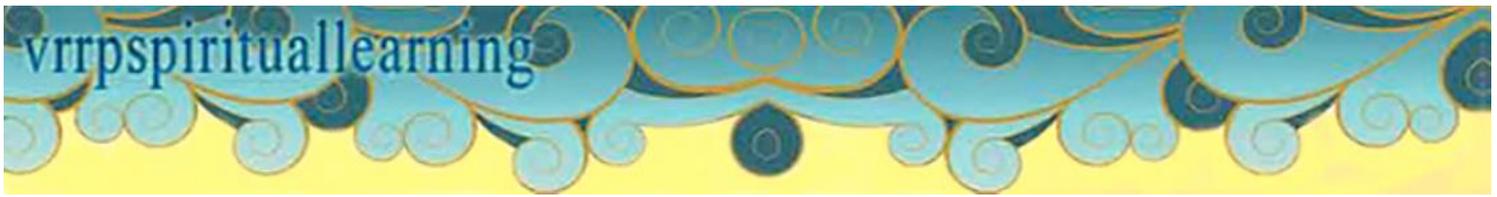
1. **Protection, guidance and help** - Spirit guides, angels, and loved ones in the spirit world protect and guide us. We are never alone; each of us is blessed with these angels but we often fail to thank them or call upon them for help during our good or bad times.
2. **Our Subconscious Mind** - It is our guiding light that travels with us through lifetimes and is our direct connection to God. Each of us has been given this gift, and, if used properly it can help us through our challenging times. (Refer to [http://www.vrrpspirituallearning.com/Newsletters/NL\\_june10\\_03.pdf](http://www.vrrpspirituallearning.com/Newsletters/NL_june10_03.pdf) & [http://www.vrrpspirituallearning.com/Newsletters/NL\\_sept10\\_04.pdf](http://www.vrrpspirituallearning.com/Newsletters/NL_sept10_04.pdf))
3. **Freewill** - We have been given the opportunity to make our own choices and so create our own spiritual journey through the choices we make and the experiences we go through.
4. **A smile from a stranger, a child's laughter, nature's beauty, birds and animals** –These are just a few other examples of things we take for granted. Our pets give us so much love. We often fail to acknowledge that these simple things give us utmost joy and happiness and reignite our connection with the Creator.

With this new perspective, go back to your list from Exercise 1 and add to that list.

#### Exercise Part 2

**Now make another list of things that you feel are lacking in your life;** that which worries you or is not going your way.





*Then compare the two lists and you will be surprised to see what you find.*

We all tend to focus more on what is lacking or what we don't have in our lives and forget all the blessings that we have been given. When we open our subconscious mind it helps us to see things positively through our spiritual eyes. Then we realize that there is so much more to be grateful for.

For example when a person is ill, instead of complaining that their loved ones are not looking after them well, they should simply be grateful that they even have someone there to look after them.

Each of us has a life journey that is unique because even though we are all here to learn and progress we have all chosen different curriculums. And when the tests come we all answer them differently. Whatever happens in our life is always what is best for our own spiritual learning, development and growth.

By having the correct understanding of the true purpose for rebirth we can see that we all have so much to be grateful for. The feeling of gratitude can only be felt when we look with humility and recognise we are all equal, that material wealth or education does not make anyone superior, that we all choose to take life on earth to improve ourselves and that helping and serving others is part of the promise we made. So in fact we should be truly grateful for the opportunity to serve others.

Choose to live life with an attitude of gratitude. Develop the feeling of gratitude by operating from a positive space filled with humility and the lightness of love, joy, peace and happiness.

***“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.

