

*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*.*

SELFLESS SERVICE

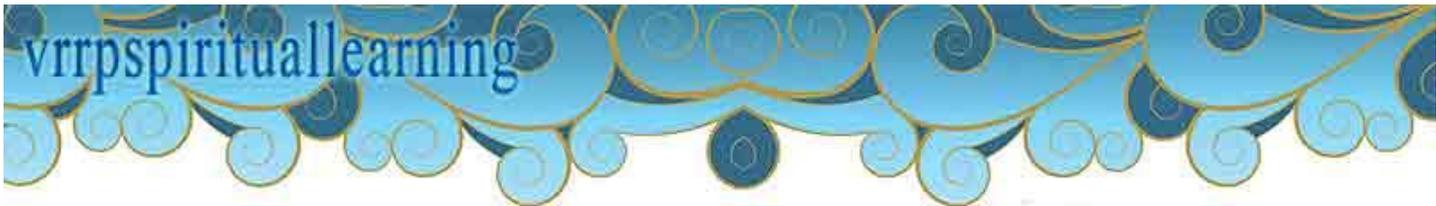
Every soul that chooses to be reborn on Earth does so in order to fulfill three missions during their earthly lifetime. They are:

1. Self Improvement
2. Selfless Service
3. To use Individual Gifts and Talents for the Growth of Others - your Mission.

Is it necessary to improve yourself before doing selfless service?

Yes, it is only after you have taken the first step towards self improvement that your journey towards selfless service begins. Self improvement and selfless service are interconnected. As you improve spiritually, your subconscious mind opens and your intentions become pure and selfless.





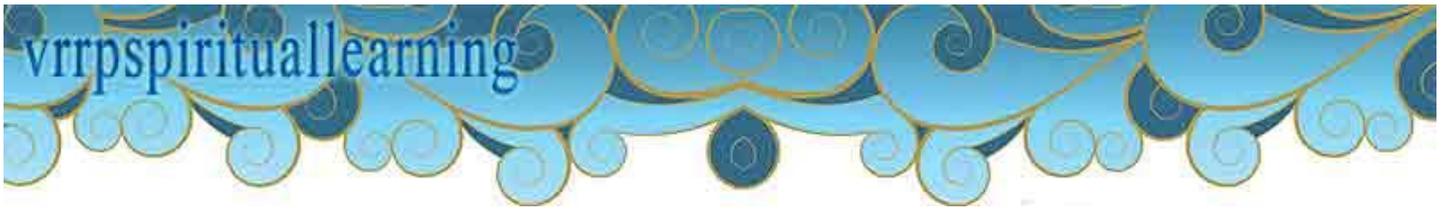
What exactly is selfless service?

Selfless service begins with *small acts of kindness*. It is any act which benefits others and has a pure motive. Selfless means to think less about what you have done for others. It is important that a third person does not know about the act, not even your spouse, your friend or your child. True selfless service begins when you forget what you have done and move on. *A light worker is a silent worker.*

Some Myths/Truths about Selfless Service:

MYTH	TRUTH
Giving money to charity will benefit you spiritually.	Unless the money is given without any thought of benefit or recognition for yourself, it will not benefit you spiritually as you are only feeding your ego.
Doing a favour or a good deed for someone else is selfless service.	Your true motive will determine whether the act was selfless or selfish. If your true motive was to receive a favour in return, or a thank you, or to further your friendship, then it is not a selfless act.
You donate money to build an entire hospital while another gives his meager savings to a friend in need. You feel that you have done the bigger and better service.	Once again it is the motive behind the act that is vital. More money and publicity does not make the service/act bigger or better. Neither would the second be a selfless act unless it was genuinely from the heart.
Looking after your parents, your children, your spouse or your friends is being selfless.	These are all simply your earthly duties. If done grudgingly or with the attitude of being a martyr, it is of no use. Duties must be done selflessly.
Doing good deeds, like giving money in charity, will wipe out your sins and help you go to heaven.	Your motive is selfish. A selfish motive cannot help you get to heaven. You can fool everyone but you can never fool God Almighty. You have to pay for your sins. A good deed cannot cancel a bad deed.
Forcing yourself to do good deeds will make people around you love you and accept you.	Don't be a hypocrite! Do good deeds for the sake of goodness and not for approval or acceptance. It is by being natural; being your true self and loving yourself that people around you will love and accept you.





So to sum up a few points about selfless service:

1. All service is not selfless. The *motive* is all-important. It must be pure and selfless.
2. *Doing your duties is not doing selfless service.* Duties are a priority and need to be fulfilled first; only then can one be of service to others.
3. Serving selflessly has to come *naturally*, without pre-meditation.
4. Selfless service begins with *small acts of kindness.* The *magnitude* of the act is unimportant; it simply must be a selfless act.
5. *Talking* about it or even *thinking* about it afterwards *nullifies* the good deed.
6. Feeling *great* after doing a good deed means you are not being selfless and you are feeding your ego. Be *grateful* (*don't feel great*) to be an instrument of God Almighty and for the opportunity to serve. Your focus must ALWAYS be God Almighty.
7. Selfless service brings *soul fulfillment and contentment.* It does NOT bring material benefits.

“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. Unless Automatic Writing is practiced with proper guidance and instruction, its effects can be extremely negative and dangerous. For instance, people might receive a wrong message that harms the person for whom it is intended, rather than helping them. Even if it is an emergency, we urge you to be aware of whom you turn to and it would be by far better, to call upon your sub-conscious mind and pray to God Almighty for guidance, rather than be misled into wanting inaccurate messages.

In case you have a genuine spiritual problem or need spiritual guidance, e-mail us at vrrp@vrrpspirituallearning.com. However, due to the volume of mail received, our response may be delayed. Also, we are unable to answer questions about material wealth, future predictions, etc.

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