

*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*.*

ARE YOU PREPARED?

“If human beings do not change, nature will correct that imbalance through a cleansing process.”

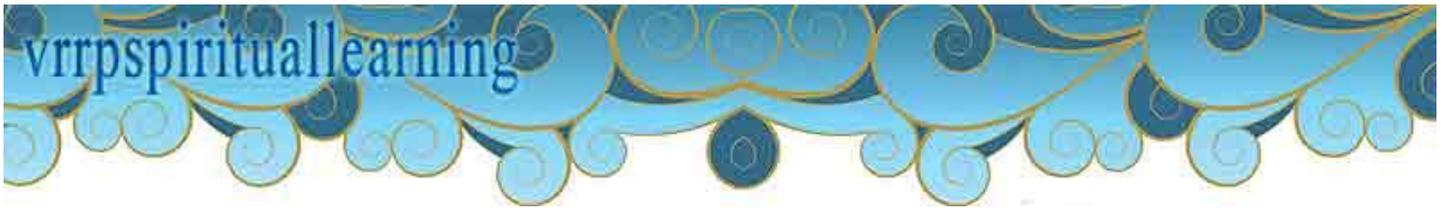
“The shift is entirely man-made, caused by the energy created by man's actions. The more crimes and sins, the sooner the shift will come.”

“The only way to survive the shift is to stay on the Godly Good Path.”

The Laws of the Spirit World --- Khorshed Bhavnagri

Nature is a living thing; therefore, it is very sensitive to energy. When human beings follow the wrong path their actions build negative vibrations, which are absorbed by nature. God's laws are made in such a way that when human beings *go beyond a certain limit* and are in complete disharmony with goodness, a major imbalance occurs. Over the past few decades there has been a dramatic increase in the frequency and intensity of natural disasters worldwide. Over the last two years alone, some of the major natural disasters have included large earthquakes in Japan (2011), Haiti (2010), China (2010), and Chile (2010), tsunamis in Japan (2011) and Chile (2010), massive floods in Pakistan (2010) and China (2010), a heat wave in Russia (2010), and a volcanic eruption in Iceland (2010). Earthquakes, floods, tornadoes, volcanoes, fires and so on are simply nature's way of telling human beings to STOP, THINK, and CHANGE. If human beings do not change, nature will correct that imbalance through a cleansing process. ***The purpose of this newsletter is not to frighten you but to awaken you to change, and to help you, your family, and loved ones to be prepared in case of an emergency.***





Are you prepared?

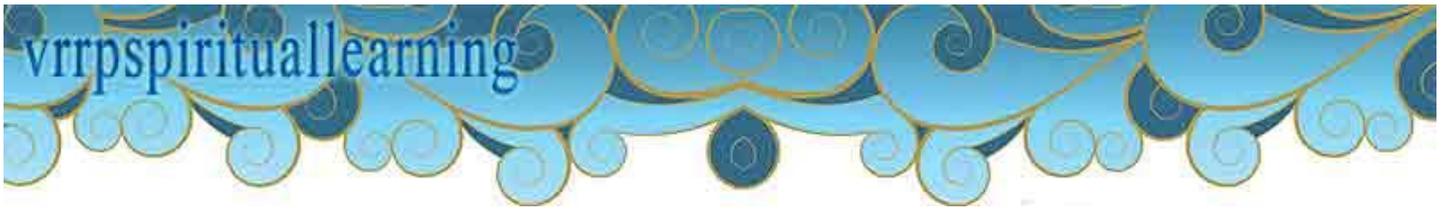
Emergencies arise when we least expect them. Being prepared is the key to surviving an emergency. The following are suggested guidelines for how to prepare for an emergency, no matter whether it is an earthquake, a flood, a fire, or a man-made disaster. Remember that during a major disaster, you may find yourself without easy access to drinking water, grocery stores and supermarkets may be closed, the electric power grid may fail, and telephone and mobile phone networks may crash. It is a good idea to prepare for all of these eventualities.

Please use common sense and consider your location, surroundings, family, pets, circumstances, etc. when planning and preparing for an emergency. Preparing for an emergency involves keeping certain supplies at home (e.g., food, water, etc.), but it also includes learning about the local hazards in your area or neighbourhood and formulating an action plan with your family. Sharing what you learn with your family, friends, neighbours, and community may save lives. **START PREPARING NOW.**

FAMILY ACTION PLAN

1. *Discuss your action plan as a group*, together with your family members and loved ones, so that each person understands the finalized action plan, knows their individual responsibilities, and is familiar with the neighbourhood hazards, roads, shortcuts, etc.
2. *Decide on a safe common meeting place* for your family and loved ones in the event of an emergency.
3. *Make sure that you all have a common designated "out of area contact person"* who can be contacted by each of you in case of an emergency when local communication lines have failed. This person should be someone who lives outside of your area or city. Convey your location and other information to this contact person can inform each one of your family members about the whereabouts of the others.
4. *Know your emergency exits* from your home and workplace (you may have to leave in the dark).
5. *Keep 'Grab & Go' Bags always ready*, accessible and close to the exit of the home. These are small backpacks that should hold the essentials for survival in case you need to leave your home in a hurry. More details about these are provided below.
6. *Keep socks, comfortable walking shoes, and a torch (flashlight)* near your bedside so that you can safely find your way around your home even if the power fails and there is any broken glass on the floor.
7. *Encourage emergency planning* in your work place, neighbourhood, and schools. If possible, take the initiative and help set up a community plan for your building or neighbourhood.





‘GRAB & GO’ EMERGENCY BAG

Everyone in your family should be provided with a separate ‘grab and go bag’ for emergencies.

Keeping the following items in the bag can help you survive the initial period of an emergency:

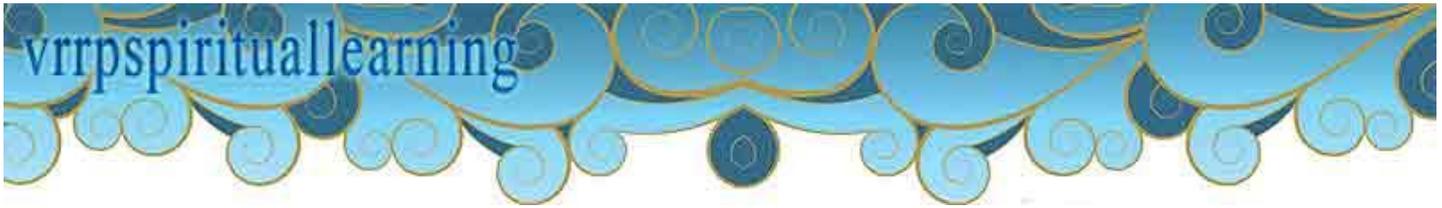
1. Drinking water for at least three days (based on 2 litres of water per person per day).
2. Non-perishable food for at least three days (e.g., items like biscuits that do not require any preparation).
3. A first-aid kit (including bandages, dressings for small wounds, and any medicines you regularly take).
Consider taking a first-aid course so you can use your knowledge to help others during an emergency.
4. Information about your blood group, allergies, and any medical conditions (e.g., diabetes, etc.). Important documents (including your passport, birth certificate, bank information, insurance papers, etc.), photographs of each of your family members, and personal & family emergency contact information (including addresses and landline and mobile telephone numbers).
5. Cash in small denominations (including coins for use with public telephones).
6. A torch (flashlight) with extra batteries.
7. A small portable AM/FM radio with extra batteries.
8. Some rope.
9. A whistle.
10. A light change of clothing and some toiletries (e.g., mouthwash, comb, roll of toilet paper, etc.).

For the longer-term, consider preparing in the following ways:

WATER

Water is needed not only for drinking, but also for cooking, sanitation, washing, etc. Hence it is advisable to store 4 litres per person per day, for at least one week. You can purchase and store bottled water, but keep in mind that you should keep the bottled water away from heat and sunlight and you will have to replace the bottled water every few months. This means that in the **long-term**, you must be able to create your own supply of safe drinking water. This can be done by filtration and purification methods.





WATER

- **Filtration:** Water from your local freshwater sources (if any) or the rainwater you collect in a food-safe plastic barrel can be filtered and used. A ceramic candle water filter is recommended. One that is portable is preferable.
- **Purification:** The use of iodine drops or tablets is a popular option for water purification, but is damaging to health in the long-term and unsafe for some people (e.g., pregnant women or young children). A safer alternative to iodine is to use chlorine dioxide, which may be available locally in the form of drops or tablets.
- **Pasteurization:** Contrary to what many people believe, it is not necessary to boil water to make it safe to drink. Heating water to 65° C (149° F) kills all germs, viruses, and parasites.

FOOD

Special dietary needs for your household should be taken into consideration while storing emergency food supplies. It is advisable to store two types of foods:

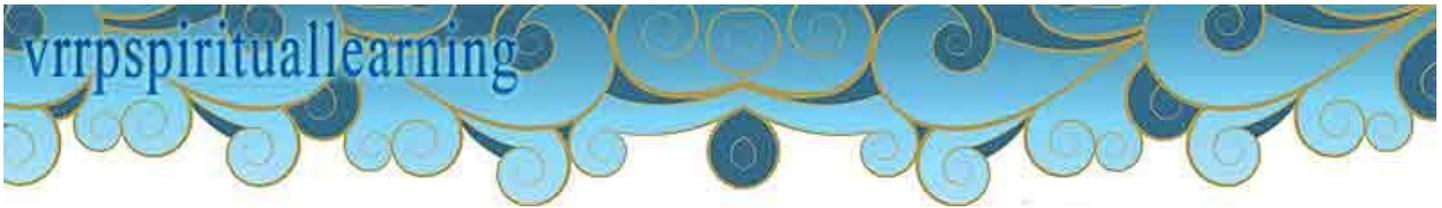
- **Short-term:** A supply of 3 weeks worth of canned / prepared foods. Canned foods that do not require any (or much) water to prepare are preferable. Examples of these items include canned soup, crackers (very useful to bulk up soups), baked beans, chickpeas, pasta (spaghetti with sauce), and chunky soups or stews.
- **Long-term:** A 6-month supply of essential grains and other necessities such as rice, dal (pulses), sugar, flour, salt, oil, powdered milk, etc.

During a major disaster electricity and natural gas may be unavailable and cooking may present a serious challenge. Consider alternative cooking measures such as using charcoal barbeques, solar cookers, or kerosene stoves, etc. In case you need to create your own fire for cooking or heating consider buying and storing water proof matches and other items to help you start a fire (e.g., a magnesium fire starter).

HOME SAFETY

- During a natural disaster, falling furniture and other objects in the home can cause injuries. Make sure that furniture, and even objects on shelves or in glass cabinets are well secured. Avoid storing heavy objects above head height especially above your bed.





HOME SAFETY (CONTD)

- Purchase a fire extinguisher (at least 5 lb. or 2.25 kg) and learn how to use it. It must be in working order and easily accessible at all times. Remember to always approach a fire with an exit behind you. This way, if the fire gets out of control you will not be trapped. Always phone the fire brigade when necessary and leave your home quickly, closing the doors behind you.

FIRST AID

- Make preparations for any special medical needs for your household, including children and pets.

Having knowledge of first aid can be crucial during and after a calamity. We encourage you and your loved ones to take a first aid course.

ADDITIONAL USEFUL INFORMATION DURING AN EMERGENCY

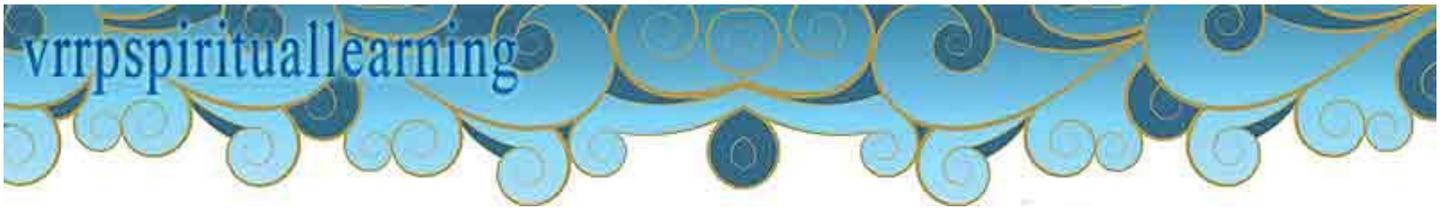
Are you safe where you are? What is the nature of the disaster? Is it a landslide or a flood? Are you in harms way? For example, if a large earthquake has just occurred, you should expect aftershocks.

Assess your situation, and then take further action.

- If your home is safe, stay put. If it is unsafe, put on your shoes, take your 'grab and go' emergency bag, and leave.
- Leave a note on the front door explaining where you have gone before leaving your home, so others who return home know where you are.
- Communicate with your loved ones. Make sure they are safe and let them know where you are and that you are safe. ***If you cannot reach them, call your 'out of area' contact.***
- Remember that landlines and cellular/mobile networks may not be working. Try SMS or text messaging instead so that phone lines can stay open for people who need to call emergency services.
- Make sure you are safe and unhurt before you attempt to help others.
- Listen to the radio for information and guidance from the authorities (e.g., Is there an order to evacuate?)

Understand the nature of the disaster you are faced with. Learn how widespread the affected area is and then take action accordingly. Being prepared will help you survive any emergency.





‘Simplify your lives and follow the right path. When you get too caught up in a physical existence, you forget why you have come to Earth. As you progress spiritually, you will attach less and less importance to earthly things. In order to survive, make sure that you are not part of the negativity that needs to be wiped out. Change for the better and follow the right path. Rise spiritually. The only way to survive the shift is to stay on the Godly Good Path.’ (The Laws of the Spirit World)

“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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