

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.

THE NATURE OF THE PHYSICAL MIND

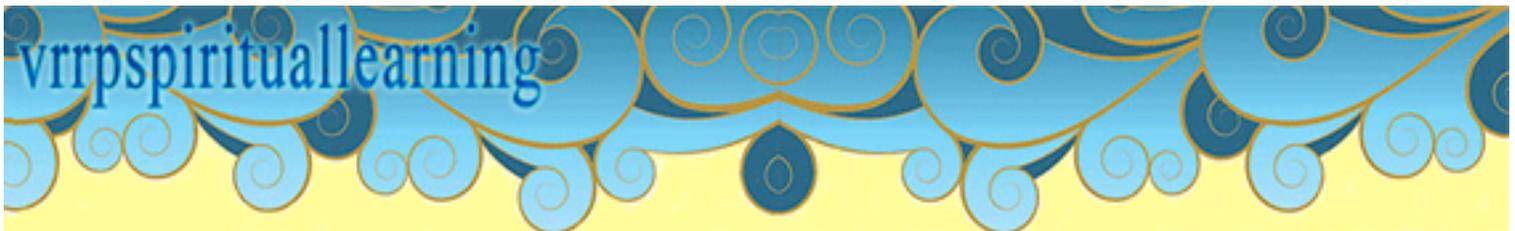
The physical mind is to the physical body what the subconscious mind is to the soul (the eternal spirit body). The physical mind (also known as the conscious mind) guides the physical body and helps us function in the physical world. It is the logical mind we think and make choices with. It depends entirely on the physical world and is limited in its understanding.

When the intellect of the physical mind is in alignment with the guidance of the subconscious mind (your spiritual mind), the combination is very powerful. So if you use the physical mind well, it is a gift. The physical mind is also a test. God wants you to use your free will and choose the guidance of your subconscious mind. That is every human being's test. **You must control your physical mind; do not let it control you.** For more information on the subconscious mind please click on this link: http://vrrpspirituallearning.com/Newsletters/NL_june10_03.pdf

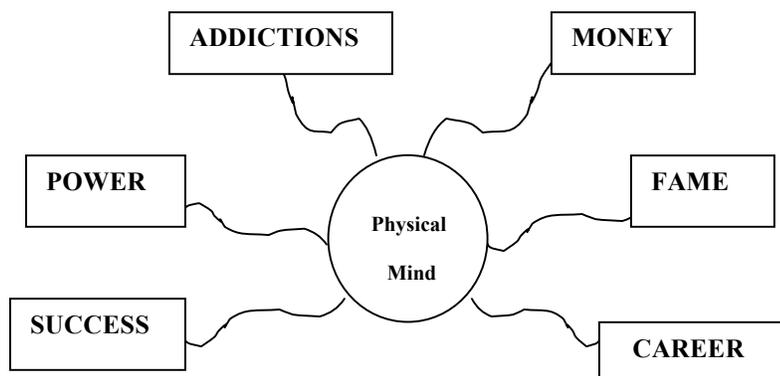
Each individual is born with a unique physical mind that is influenced from birth by **genetics, soul characteristics, surroundings, upbringing, conditioning, belief systems and life experiences.** The mind is either trained or untrained depending on how we choose to let the above mentioned influences affect us and shape us. We also have the power to change what has already affected our mind e.g. one may have had some bad influences in their childhood and may have made some wrong choices. This individual has the free will to allow these experiences to shape their mind either positively or negatively. We always have the choice. If you choose to train your mind well you can receive guidance from your subconscious mind and learn to make better choices. The physical mind, can then be a wonderful assistant to the subconscious mind. **If not trained well, the physical mind can become negative and work against the subconscious mind.**

The nature of the physical mind is to think. It jumps from thought to thought and holds onto memories. An untrained physical mind is like a wild monkey that jumps from place to place with no focus. Just as a trained monkey will listen to its master, a trained physical mind will listen to the subconscious mind. **An untrained physical mind tricks us and takes us away from the truth.**





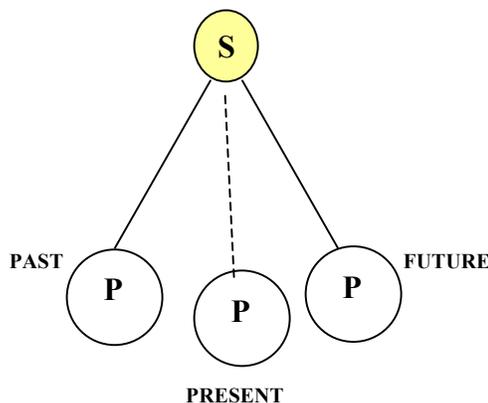
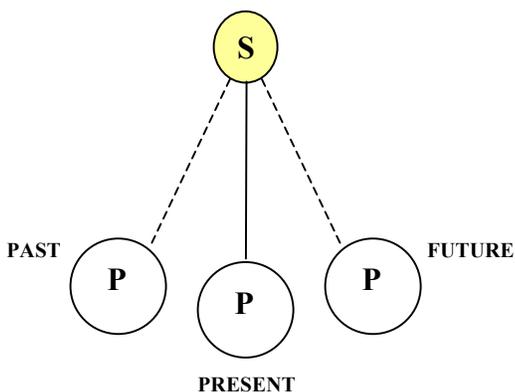
An untrained physical mind is not aligned to the subconscious mind but rather attached to physical things. The nature of the untrained physical mind is to attach itself to physical things such as money, job, power or addiction such as drugs and alcohol. Whatever the untrained physical mind latches onto becomes the dominant force and will control your decision-making and actions for that moment in time until you choose to let it go. For example, a greedy person with an untrained physical mind will have greed as an underlying motive behind every decision he makes. Making money may therefore be given priority over duty to family, or values may be compromised for professional advancement. Do not choose physical things over spiritual progress.



The physical mind can also attach itself to negative thoughts, situations, and emotions that can keep you stuck in the past (i.e. memories) or worry about the future. The physical mind that is not trained is in constant turmoil. It does not know how to stay still and therefore cannot stay in alignment with the subconscious mind.

THE TRAINED PHYSICAL MIND (P)
Stays Aligned with Subconscious Mind (S)

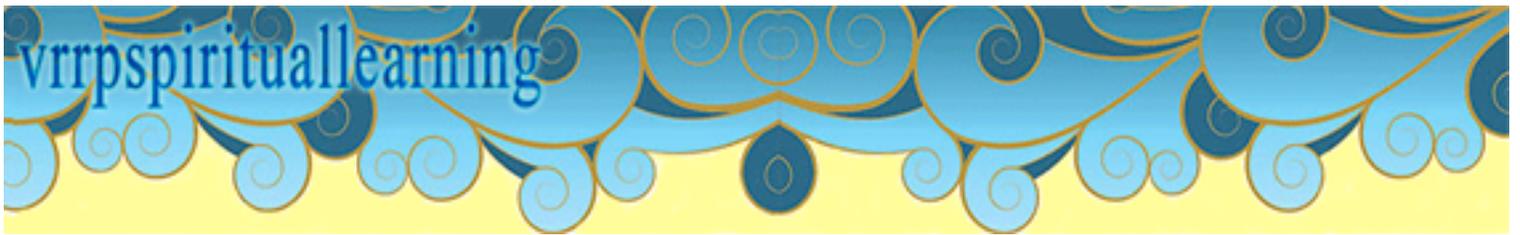
THE UNTRAINED PHYSICAL MIND (P)
Is Not Aligned with Subconscious Mind (S)



Physical mind (P) is rooted in the present moment

Physical mind (P) is never rooted in the present moment





The following are examples of the nature of the physical mind

AN UNTRAINED PHYSICAL MIND

Fixed and stubborn. Your mind's desire or need to be right is so strong that it will far outweigh your desire to grow spiritually. You think you already have all the answers. You are unwilling to acquire new learning. You do not want to consider or allow for others' opinions.

Over analytical. You will constantly question every situation and opportunity that comes into your life. Your doubtful nature is so busy thinking and over analyzing, you will not be able to receive help and will therefore miss out on the opportunities that are available to you. The mind plays tricks.

Negative. You are negative and have a negative outlook about everything. You tend to look at every situation, incident and opportunity negatively. You blame others and never take responsibility for your actions or the situations you are in.

A TRAINED PHYSICAL MIND

Considerate, flexible and open to others' opinions. You are humble. You know you cannot have all the answers and leave room for the possibility that you could be wrong. You are always open to learning and new experiences.

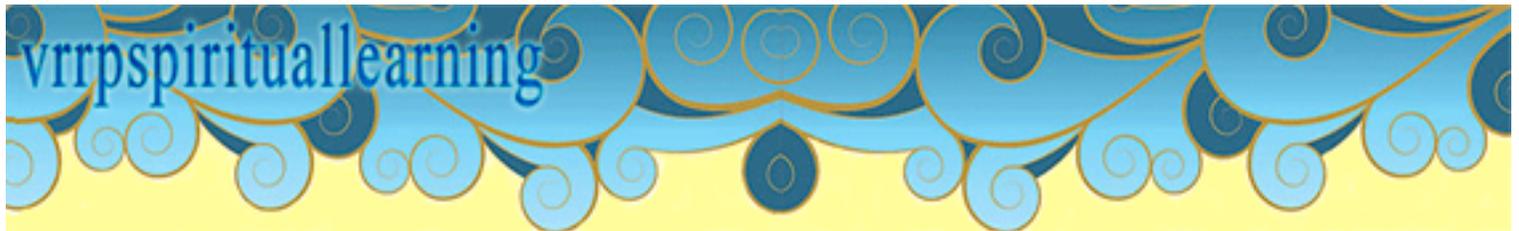
Accepting and trusting. You have faith. You do not feel the need to question everything. Able to trust in the process, you go with the flow and leave room for God's plan.

Positive. You are positive and light. You take things in your stride and take everything as a learning opportunity. You take responsibility for your own actions and behavior.

EXERCISE

1. **Identify:** Take a moment to see which of the above you identify with. If you are not clear, then observe your reactions, responses to situations and people, thought patterns and weaknesses and these should give you a hint as to the nature of your physical mind.
2. **Gain the correct understanding:** Observe and understand how the nature of your mind dominates and controls you. Become aware of how it affects your life and the lives of those around you; how it holds you back and where it originates from. How it is impeding your spiritual growth. Be careful not to over-analyze.
3. **Accept:** Accept the nature of your mind as it is today. Do not get discouraged, as only when you know and accept it can you conquer it. Control your thoughts and you will be able to train your mind.

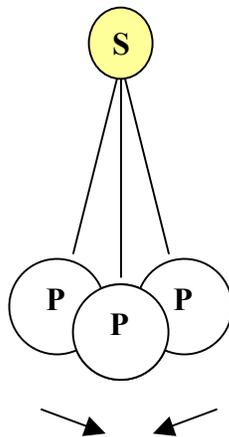




4. **Take positive action to change.** Your desire to change should be stronger than the temptation to give in to the nature of your untrained mind. It is a step-by-step process, so have patience. Keep moving forward even if you encounter failure. Be determined. Be consistent. Genuinely ask God to give you clarity and help you through this process.

A trained physical mind is aligned and connected with the subconscious mind. A trained physical mind guided by the subconscious mind takes you to places, people and opportunities that are required for your soul's spiritual growth. A trained physical mind will help you to access healing from above, help you to make right choices, do your mission and reach your true potential. A trained physical mind will continue to face temptations but because it is guided by the subconscious mind and has the correct understanding, it will have the ability to control thoughts and actions and stay on the Godly Good Path.

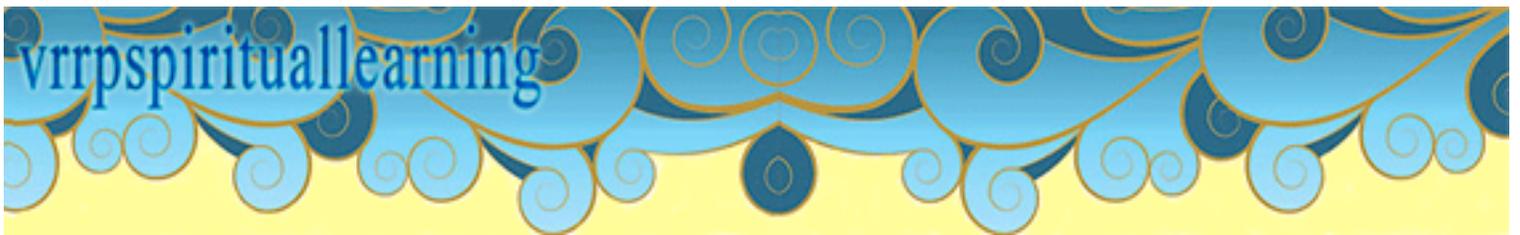
How do you know you are training your physical mind?



It is how fast you come back into alignment with your subconscious mind that indicates how much you are progressing in training your mind. At first it may take time for you to realize that you are attached to physical things and not always aligned to your subconscious mind. But with constant awareness and practice you will find yourself coming back into alignment faster and with much less effort. The time it takes for you to get back into alignment, if it is getting shorter and shorter, then you know you are improving and have started to train your physical mind.

Remember you are born on earth to gain experience, train yourself and purify your soul. On earth you can progress much sooner. Be brave enough to face your weaknesses and choose to change. Your physical mind dies with your physical body. Do not be a slave to your physical mind. Don't think of the fun and happiness of a few years on earth, think of eternal happiness. Your subconscious mind is the real YOU. Never go against your subconscious mind.





Remember the goal is to train your physical mind while simultaneously opening your subconscious mind (Please refer to p. 78 of the book *The Laws of the Spirit World* by Khorshed Bhavnagri for the prayer to open your subconscious mind). Only you can bring yourself onto the path to spiritual improvement. **You need to want to change. You need to be willing to change. You can train your physical mind only if you choose to do so.** Training your mind is a lifelong responsibility. You have to be consistent and keep on going forward step by step. All is in your hands. Genuinely ask God to give you clarity and help you stay in truth always. God Bless.

“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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