

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 - Laws of the Spirit World.

## Self-Improvement – Part 1

Many good souls are reborn on Earth to purify their souls and rise spiritually, to protect and help their loved ones, to finish the karma left over from previous lives, to undergo training and tests, and to do their spiritual mission.

On Earth each human being has three missions:

1. To improve spiritually.
2. To selflessly serve others.
3. To use individual gifts and talents for the growth of others.

### ***Q. Why is self-improvement so important?***

The primary mission of each soul, i.e. to improve spiritually, is the most important. Without improving spiritually it is not possible to begin selflessly serving others or helping others grow in some positive way with your gifts and talents. Self-improvement, an *internal* change for the better, is where your spiritual journey must begin.

All souls take rebirth to improve spiritually yet rarely do people look internally and try to genuinely change for the better. Instead people waste so much time trying to control everything outside themselves, i.e. externals like money, fame, education, being attractive and popular, seeking approval from others by doing charity, giving gifts and compliments, and so on. All that will make no difference once you die and return to the spirit world, your real home. That is why these externals are all illusions and are not why you are on Earth. Instead you will have wasted your precious God-given life. Do not be so focused on the outside when God wants us to focus

inside. Become aware of your thoughts, feelings and most importantly, your *motive* in everything that you think, say or do. Then you will begin working as a spiritually aware person, from the inside out. Remember that your outside will automatically change to reflect whatever is within you.

On Earth, we are spirit beings having a human existence. We come to Earth to purify our souls. When our souls return to the spirit world our human body and physical mind die and are left behind. Therefore self-improvement is about improving your real inner self, i.e. your soul, for the better. This is the main reason why we take rebirth hundreds and thousands of times on Earth.

### ***Q. How do we improve spiritually?***

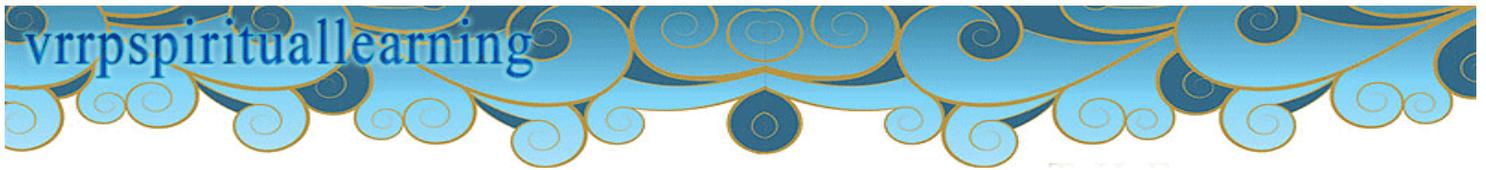
The steps for spiritual improvement are:

1. Genuine desire to change
2. Gain spiritual knowledge and self-analyze
3. Acceptance of flaws
4. Positive action or change

#### **1. Genuine desire to change:**

You must truly want to change for the right reasons, i.e. your inner motive or intent to improve must be pure. Your soul's craving for spiritual improvement should come because of a genuine desire from within, i.e. from your subconscious mind. Such a desire will be a sincere, limitless and powerful driving force, urging you to consistently keep changing for the better. All other motives are wrong, make believe, and very limited in their capacity to induce you to consistently change. These arise from your physical mind, which is limited. Very





often you think you are genuinely trying to change but are not sensing any positive results. At that time stop and question your motives, as without a pure intent no real change will occur. Often we find many people trying to unsuccessfully improve spiritually with some of these impure motives:

- To show everyone that you are a spiritual person
- To make another person (teacher, parent, spouse, friend, etc) happy
- To reach higher realms in the spirit world
- Because you are part of a spiritual group and fear being corrected

All these motives are wrong. They stem from pride, fear or the need for approval. You are trying to start spiritual improvement with something negative, i.e. a wrong motive. That will never work as you are starting your spiritual journey on the wrong foot. Do not change to show the world, but change because it means the world to you. Change for the sake of change itself. Remember that you can fool each other, you can fool yourself but you can never fool God Almighty. Always keep a pure motive or intent.

## 2. Gain spiritual knowledge and self-analyze:

After you are sure of your motive, gain more spiritual knowledge to understand how to become more spiritually

aware. Spiritual awareness is nothing but *controlling the physical mind*. It is about becoming aware of all your thoughts, feelings and actions. Use this awareness to self-analyze daily, preferably before going to sleep at night, in order to keep a constant check on your flaws. (Note: The book, "The Laws of the Spirit World" contains a self-analysis sheet that may help you with your nightly self-analysis.) First pray and then mentally go over all that has transpired during that day. Notice any of your negative reactions or flaws that may have surfaced. By this you will know what your main weaknesses are, and what you need to change. Were you proud, angry, jealous or manipulative? There is no point trying to work on your flaws without being aware of what they are in the first place. Also be completely honest with yourself. Everyone has flaws and no one is perfect. The more you try to hide the flaw or deny it, the more it will grow like a fungus. Shed light on the flaw, bring it out in the open, and half the work is done.

[Will be continued in the next newsletter.]

*God Bless us all - always and forever.*

*"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](mailto: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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