

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.

Introduction: We are spiritual beings having a physical existence

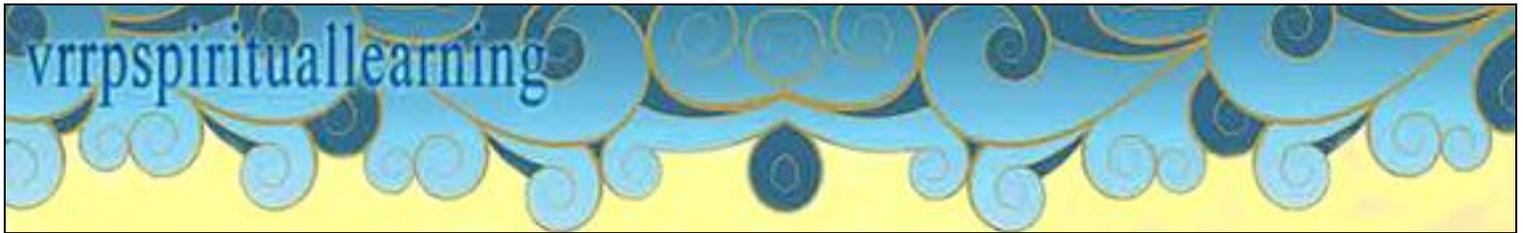
We take rebirth on Earth to discover and improve ourselves, to serve others selflessly, and to develop and use our specific gifts and talents for the growth of others (our mission). Hence Earth is our school. The workplace (office, factory, store, and so on, where we work to earn a living) is where a lot of our time on Earth is spent; it is at work that we receive opportunities to face our tests, training, and karma, to improve our self, and to help others. Hence the workplace is another classroom in our Earthly school.

Many people mistakenly believe that in order to progress spiritually we must abandon all worldly pleasures, quit work, leave aside duties and responsibilities towards our family, friends, and loved ones. That is incorrect. Spiritual progress is attained through Earthly living, which includes interactions at work. It is through these interactions that we will find opportunities to strengthen our spirit, develop positive soul characteristics, and help others selflessly. Similar to other facets of our life such as home, gym, school, college, the workplace is an important training ground for our spiritual progress. However, it is simply a platform and depending on how we use this platform it may or may not result in spiritual progress.

At work we may get opportunities to:

- gain knowledge and confidence
- face challenges, competition, discouragement, jealousy, anger, and other such issues
- share knowledge and learn from others





- perhaps work under a demanding boss and make sure we are fairer when we are in a similar position
- function as part of a team and work towards a common goal
- stand-up for ourself and for others
- be calm under pressure
- appreciate others' talents and gifts without being jealous and many more such opportunities to grow spiritually

Often work can be challenging, but just as iron has to go through fire before it can be moulded into something beautiful, sometimes a tough work environment is a blessing in disguise to make the spirit stronger and to help us progress spiritually. Let's take the example of a person who works in sales. The sales environment may be designed to create competition. So people who have higher sales numbers are rewarded (regardless of how those numbers are achieved) while others' efforts are not recognized. Such an environment may breed jealousy, backbiting, favouritism, manipulation, individual rather than team mentality and excessive pressure. People suited for such an environment are often strong, independent, and manipulative. But at the same time, this environment creates a platform where we can observe ourselves – how manipulative, competitive, jealous, or selfish we are. It is a double-edged sword: we can learn and recognize what we need to work on or we can become what others are and we can give in to temptation. The choice is always ours. It is difficult, but we have to work within God's laws even when others may not. The goal is to stay true to ourselves and stay on the Godly Good Path.

People who manage others also have a big responsibility. They are responsible for their workers' well being. They have to create an environment that cultivates learning, sharing, and harmony, and make sure not to exploit anyone. By the same token, the workers have to respect their boss, the work place, and give their best. In the end it is always a team effort.

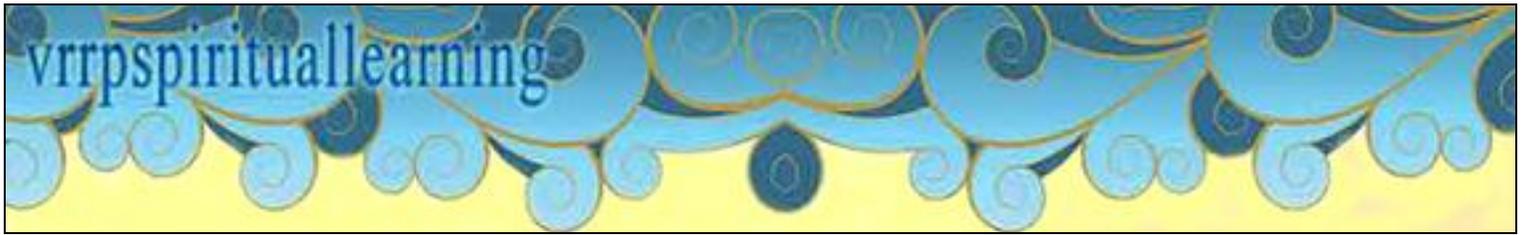
We often tend to lose our true self at work because we feel that we have to adhere to a certain image (self or society created). The goal is to be the same person whether at work or outside. Often at work we hear people say that they are different, different with their friends, at home, and so on. It is like they have multiple personalities. The goal is to be one and the same person in all our interactions without putting on a mask or an act.

Another common mistake at work is that we do not voice our opinion or stand up for ourself. This will lead to people taking advantage, which will result in us losing our self-confidence and self-respect. Spirituality is about knowing self, having our self-respect and not doubting. At work, we must use our common sense, be strong and stand up for our self and others.

Positive qualities that one can enhance or cultivate at your workplace

As mentioned before, your work place is another platform for you to develop and work on your soul characteristics.





The following are a few examples of positive qualities that you can enhance or cultivate in a work environment.

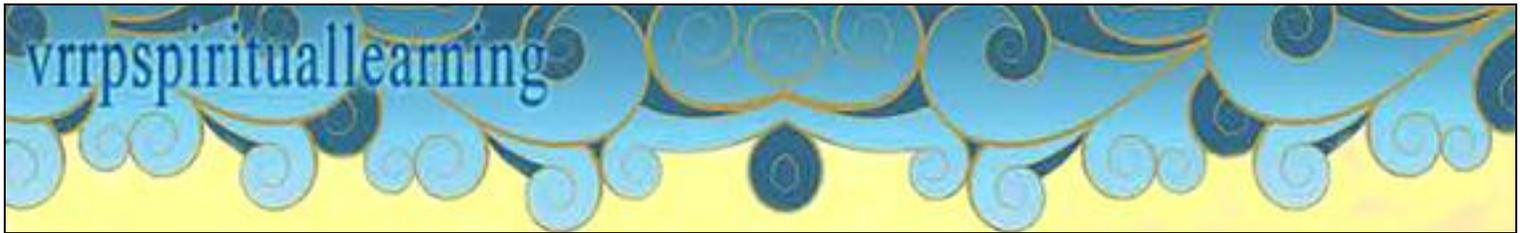
- **Leadership & Humility:** If you are in a position of power or authority you can make a difference. You can affect people and bring about a positive change. Remember, lack of delegation is often due to insecurity and ego. Good leaders empower others and lead by example. Good leaders are humble enough to admit when they are wrong and learn from their mistakes.
- **Accountability & Responsibility:** Only you are responsible for your actions and the choices you make. Make sure you follow through and keep your word. Be accountable and dependable.
- **Compassion:** If you are a compassionate person by nature you must use this quality to help others. Extend yourself. Be compassionate towards yourself when you make a mistake.
- **Honesty & Straightforwardness:** Be honest with yourself and others. Don't be afraid to own up to your mistakes and do the right thing. Do not be manipulative.
- **Unity & Coexistence:** It is in a team environment that we can draw strength from each other, receive opportunities to help and learn from each other, and acknowledge each other's strengths and contribution. Remember, every piece of a puzzle is important to complete the picture. Try to get to know your co-workers and then you will think twice before hurting them. Stay united and learn to live in harmony. Coexistence also means letting go of one's own selfish goals and working towards a common goal.
- **Discipline and flexible:** Be punctual. Don't be lazy. Follow instructions and always keep your word. Don't be rigid, be flexible and open to other's ideas and point of view.

Remember, at work you will receive opportunities to help others, reach out and be a friend, provide comfort and other such small acts of kindness. The magnitude of the act is not important; it is the selfless act itself that is important. For example, a doctor who puts a smile on a patient's face just prior to a surgery is an act of love and compassion.

The following is a list of spiritual truths that you can apply at your workplace:

- In any situation first ask yourself, "What do I need to learn?" Remember every problem or situation you face is an opportunity to learn and improve yourself.
- Don't blame or bully others in order to prove your point.
- You don't have to shout in order to be heard.





- Be aware of your thoughts, words and actions and how they affect others.
- Be aware of the energy you bring into and take away from your work place. Maintain a healthy balance between family and work (work / life balance).
- Don't be selfish, share your knowledge.
- Be a good team player, respect others, and be a good listener.
- Be genuine and honest whether at work, home, or with friends.
- Be positive, stay cool and calm and all will be well.
- Use your judgment but don't be judgmental.
- Put your pride in your pocket. You don't know it all.
- Don't be a people pleaser or a hypocrite. Stand up for what you think is right.
- Don't focus on fame and success; focus on the journey and the learning.
- Use your common sense.
- Sometimes what irritates you most in another person is what you yourself need to work on.
- Exercise restraint and do not react unnecessarily.
- Respect your work place and be grateful for your job. Gratitude is the best attitude.

The following are a few work-related scenarios that people face nowadays:

1. I graduated from college a year ago but still have not found a job. All of my classmates have found jobs. What can I do?

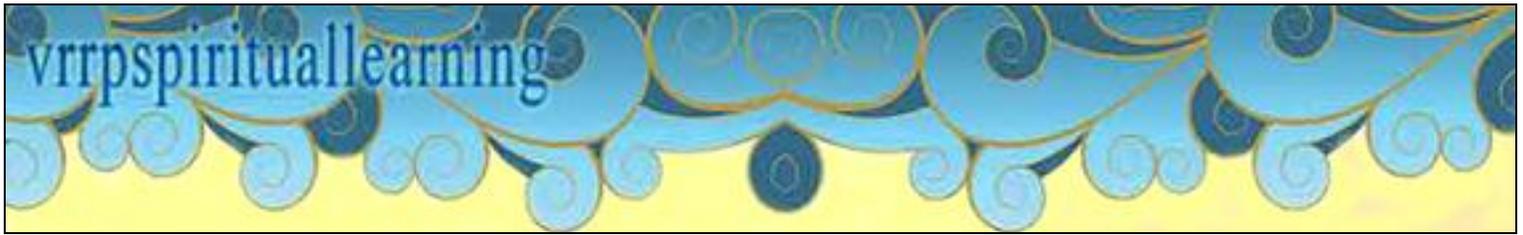
Getting a job has never been as difficult as in recent times. Don't lose hope. Keep trying. It is difficult to pinpoint what your learning may be without knowing your full situation, but the following are few possibilities. Read them carefully and see if any of them apply to you. If not, be honest with yourself and try to find out what you need to learn. Once the learning happens, the problem itself will dissolve.

The opportunity may be around the corner and requires you to put in effort for a little longer or maybe you need to work harder and stop being lazy.

Are you sure you want a job? Or are you attracting this situation as somewhere deep within you do not want the job. Examine your thoughts and feelings. Is there something you fear or doubt that is stopping you from wanting a job?

Is the situation there to teach you to be patient and to have faith?





Use this time to get to know yourself better or to spend time with a loved one. You may have been given this time as a gift.

Be open to all possibilities without your ego coming in the way. The reasons and possibilities are endless, but the bottom line is that you must be positive, have faith, keep trying, and never lose hope. Do not compare your journey to that of others. Focus on your own journey.

2. I am a housewife who has never worked. I got married at a very young age and since then have only looked after my husband and kids. I feel I don't contribute to the family.

Do not underestimate your role in your family. Your husband can go to work and provide for your family only when he knows that you are looking after the home and the kids. Both your husband and you have a role that is equally important to maintain a happy family life. Look after your children, support your husband, and keep your family united. You too will get the opportunity to work once your kids are older and independent. For now cherish this time and make the best of it. Be grateful.

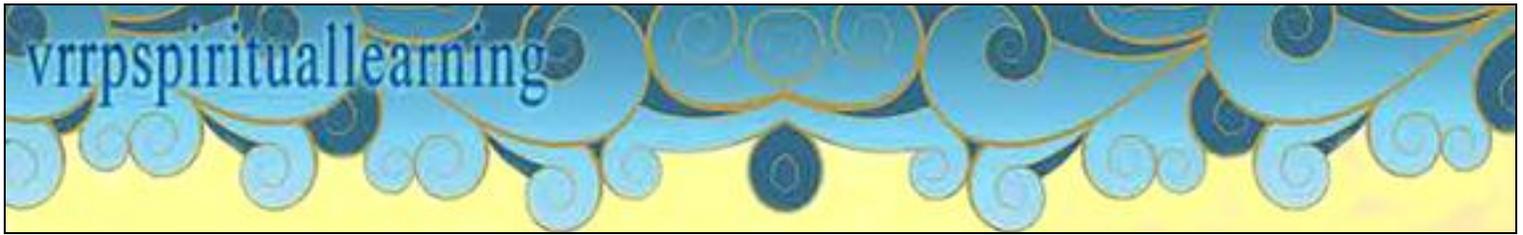
3. I am a successful career woman and have worked hard to achieve this success. I am getting married and my husband and in-laws don't want me to work after marriage. What should I do?

This is entirely up to you. The choice is yours. Unfortunately, it looks like at this point in time you have to choose between your career and marriage. All we can say is that whatever choice you make, make it happily and without any pressure and interference. Take the advice of those you trust but make sure the decision is yours in the end. There is no wrong or right choice; it is the intention behind the choice and what you do with it, which matters. Be clear about your intentions from the start.

4. I have been laid off. What do I have to learn?

We understand that losing your job is not easy, but it is not the end of the world. Sometimes it may open the door to better possibilities. Don't lose hope, have faith. It is important that you ask yourself why you were laid off. Was it because you were lazy or because you disrespected a co-worker or simply because of the state of the economy (or any other such reason where you had no control), etc? If the reason is a factor that you can work on, then simply make sure you work on it and do not repeat the same mistake during your next employment. If it is due to a reason beyond your control, then just shrug it off and look for another job. Either way use this time wisely: work on yourself, spend time doing things you love to do, and try and find a job that interests you.





5. *I do my best at work and perform well but what do I do about the jealousy and back biting around me?*

You cannot control others but only yourself. You cannot control how other people behave or feel about you; you only have control over your own actions and reactions. Use this as a training ground to become stronger. The choice is yours and you are the best judge to know what you need to do. Having said that, if it is your fault because you continuously boast or if there is something that you are not learning, then don't run away from it by quitting or finding a new job as wherever you go, the learning will follow you. Be grateful and thank God as at least you have a job.

6. *I am getting stagnant at work and feel I am going nowhere in my career. Should I change my job?*

It is difficult for us to answer your question without knowing your full circumstance. Having said that, there can be many reasons you feel stagnant at work. Try and find out what is making you feel stagnant: is it because you are not getting what you want? Are you blaming it on work when it is actually something else - is it a reflection of another facet of your life or your current state of mind? Be sure that it is your career itself that is stagnant and not something else. All we suggest is whatever you do, do not make a hasty decision, consult those who you trust, and be sure of the reason and the motives behind your final decision.

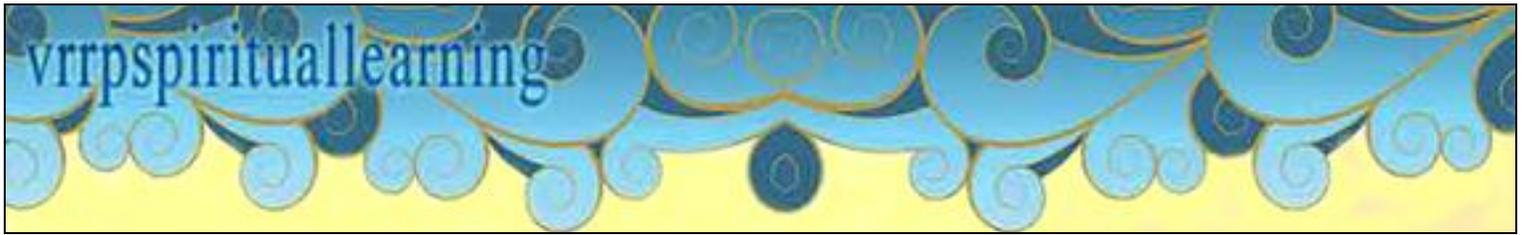
7. *I am constantly changing jobs because I am never satisfied with any job. What should I do?*

Ask yourself the following questions and you may get more clarity:

- Are you sure that it is the job that is a problem?
- Are your expectations unreasonable?
- Do you think that the work you do is not good enough for your standards?
- What is it about the job that does not satisfy you?
- Is there a way that you can be self-motivated which will eventually lead to job satisfaction?
- Are you changing jobs because you are running away from some learning?
- Are you in a field that is not your passion?

Whatever the conclusion, be honest with yourself and ask God to help you. Once you have more clarity, you will be in a position to make better decisions.





Conclusion

Though this newsletter focuses on spirituality at our workplace, don't forget that we are spirit beings having a physical existence and therefore work is not only what we do for money, but more importantly relates to self improvement, selfless service, and sharing our gifts and talents for the growth of others.

In the end, the goal is to be the same person whether at work or elsewhere. The goal is to be the same person in all your interactions without putting on a mask or an act. Use your work as a platform to grow spiritually, discover your talents and gifts, help others, make new friends, etc. Be grateful for what you have and do not compare your journey with anyone else's. 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.

