

In 1980, Rumi and Khorshed Bhavnagri lost their sons Vispi and Ratoo 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 Ratoo 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 Ratoo 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 2

[Continued from the previous newsletter titled, 'Self-Improvement – Part 1.']

3. Acceptance:

Through gaining spiritual knowledge you will be able to correctly understand *how to identify* your flaws. Once you identify or recognize your flaws, then you must **accept** them, which is most important. The flaws within others that disturb you are often those that exist within yourself, even though you may try to hide or disguise them. It is easier to notice flaws in others, but you need to look within yourself *first*.

Your physical mind will always try to **justify** your flaws and shield them from exposure. *When you identify your flaws, you may experience feelings of guilt or anger which, in turn, may make you even more negative.* However you must accept them bravely and positively, and understand that you are human and can make mistakes. Nevertheless once recognized, do not repeat them.

An acceptance of your flaws will bring peace and true understanding, not resentment. You are on Earth to follow the Godly Good Path, and to keep changing for the better by correcting your negative qualities and helping others. If you have identified a flaw within yourself consider it a blessing as now you can work on that flaw and improve your soul. Very often a major part of acceptance is knowing where your flaw originated from. You may have a number of core beliefs that are wrong and that you need to change.

Remember that this means you have to take your happiness in your own hands and stop blaming others. Only **you** have the power to make yourself either positive or negative. The only person you can truly change is **yourself**. You must realize that **you cannot change others**, not even your own children. You can advise, guide and help others but true change can only come from within the person himself.

4. Positive Action or Change:

People don't like change. Change involves new experiences and new experiences. It brings new knowledge. Change requires strength and courage.

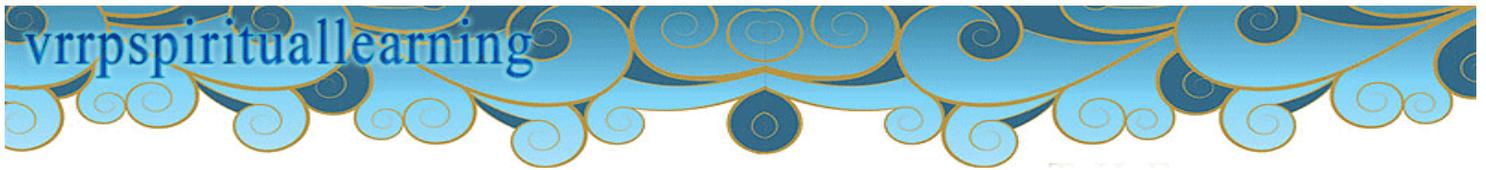
Acquiring spiritual knowledge and even accepting one's flaws are of no use unless you take the right action (i.e., to change or improve spiritually). The only way to change is through action (just go ahead and do it!). Overanalyzing the situation is only an exercise of the physical mind.

Remember that to change means to do something different than what you have done yesterday. Being aware is not only enough. For example, suppose anger is one of your faults and you are tired of being angry every day. Today you decide to be aware of it and change for the better. However when the situation arises, you become aware that your anger is rising but yet do not control it. It is of no use. You were just as angry as you were yesterday and there has been no change. Change only occurs when you are able to look back at your day and see some positive action or change when compared to yesterday.

Also change can only be made in the present moment, within the current thought or situation. That is where you must begin if you want to change. Change the thought that is running through your mind right now to a positive one and you have begun the process. Just as you find God in the details; spiritual improvement is only in the details, i.e. in the very single thought that is currently in your mind.

Change also occurs step by step. As you start to improve or change for the better, you will be guided to the next step and only that will guide you forward on the Godly Good Path. Trust in this divine wisdom and do not try to aim too high or you will miss the very step that has been placed before you. All that we need for spiritual improvement is already around us.





Change always starts only with you. First improve yourself. Then attempt to help your family, loved ones and finally others. Helping those that God has already put around you (i.e. yourself, family and loved ones) is your duty, and you have come together to help each other. So do not try to skip past them.

Prayers and **positive affirmations** do help. Positive affirmations are statements that are repeated all through the day to give the right understanding to your physical mind. Once you identify what needs to be changed, create positive affirmations. Some useful positive affirmations from Louis Hay's book, '*You Can Heal Your Life*' (Hay House publishers, September 1999) are:

- I love and approve of myself.
- I trust the process of life.
- All I need is always taken care of.
- I release the past. I am free to move forward with love in my heart.
- It is safe to be who I am.
- I trust my inner voice.
- I am strong, wise and powerful.
- I release, I relax, and I let go.
- All is well.

Do not try to make this great journey alone. Pray to God and ask Him and His helpers, i.e. angels to do what is best for you and your loved ones. Also talk to your own spirit guide and sub-conscious mind and ask them for guidance and wisdom. On Earth you can speak to people who you trust and who are your

well wishers. If your desire to change is genuine, then such a trustworthy person will appear in your life to help you. God has not left anyone alone.

Finally, remember that often all you do is ask, ask, and ask for more, every single moment of your life while forgetting to say "thank you." You must learn to be grateful and thank God, every single moment of your life. If there is no gratitude, then there is nothing!

If God Almighty has given you the gift of being able to sing well, you may feel proud when you receive praise from others. However, if you wish to improve, you will become aware of your proud thoughts, accept the fact that you are proud, and gain the right understanding. This way, whenever you receive a compliment, instead of feeling proud, you will feel grateful to God Almighty for giving you this gift. Furthermore, you will share your gift to make others happy. This is the change that has to be made.

What motivates us to change? If you practice your newly-gained knowledge you will attain true peace and happiness. This feeling of lightness, peace, and happiness is a gift from your subconscious mind that will motivate you to take even further action.

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. 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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