



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.

What are tests and training? Are they the same as Karma?

Though Karma is linked to Testing and Training, they are not the same.

Every soul's journey is unique and different but the eventual goal is the same – to become one with GOD. It is a journey of self discovery and self improvement, transforming our negative soul characteristics to positive ones and getting closer and closer to our final home - God. Karma, test and training are tools and opportunities presented to us (by our own subconscious mind) to facilitate our earthly journey. Training prepares you for your tests. It is what you choose to go through so that you can pass a particular spiritual test. But it is your own willingness to learn and make the right choices that determines whether you will rise or fall spiritually.

As discussed in the previous newsletter, Karma is the Law of Learning and not a punishment. It is based on the principle, what you sow, you reap. (For more information on Karma, please refer to previous Newsletter - Jan 2012).

In this newsletter we will talk about testing and training. Tests and training come your way as difficult situations in your life so that you can become aware of your weaknesses and negative soul characteristics. This gives you the opportunity to make the choice to refine your negative soul characteristics to positive ones.

Training helps you realize certain truths about yourself and makes your spirit strong. It helps you recognize your negative characteristics, your weaknesses. It helps you acquire certain qualities that are essential for you to pass your spiritual tests and fulfill your mission on earth.

Tests allow you to recognize the weaknesses you need to work on to improve your self. Tests exist to determine whether you have learned the spiritual truths or lessons that you needed to and if the learning is genuine i.e. if your soul has improved and evolved spiritually. Is your learning temporary or of a more lasting nature?

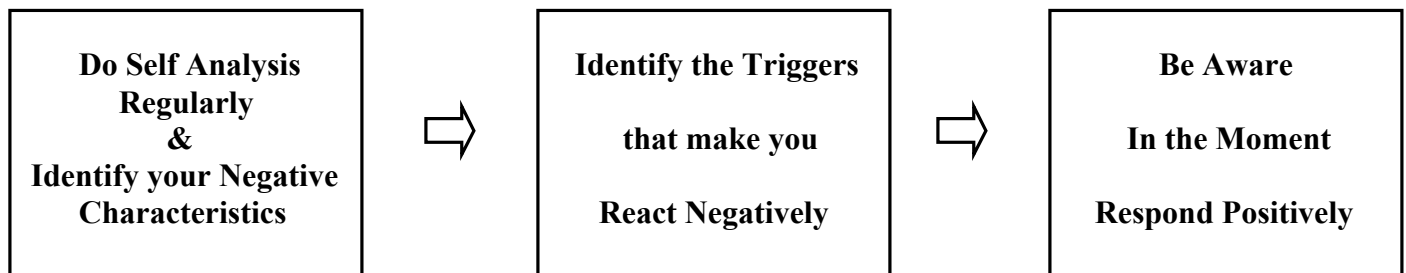




An example of tests and training: You are a good soccer player, but very proud of your success. You will come across situations in which you will experience failure (your training) such as injuries etc. If you understand that this is presented to you to teach you humility, and you do become humble, you have learned the lesson and therefore passed the test. You have replaced a negative soul characteristic (pride) with one that is positive (humility). But remember only if this change is genuine, will you have passed the test.

Remember it is not important to know whether a situation you face is your test, training or karma – what is important is that you go through each experience bravely and smilingly. Pray to God to give you strength, protection and wisdom to go through your spiritual tests and training with courage and understanding.

So where do you start?



STEP 1. Self Analysis

In order to change, you first need to know what it is that you need to change about your self. Analyze your weaknesses and negative characteristics by completing the Self Analysis exercise listed on page 315 of the book **Laws of the Spirit World** on a daily basis for a period of at least 4 weeks. If any of the boxes are marked frequently through the weeks, it indicates that those negative characteristics need to be worked on and improved.

Identify your negative characteristics

Here are some other ways to discover your weaknesses

- **What annoys you continuously in another person is often what you do not want to recognize in yourself.** Always look within yourself before you pass a judgment, as you may have the very same quality that you dislike in the other person.





- **If your negative reaction is more than what the situation warrants**, it means there is a deeper issue that needs to be dealt with. For example, if someone jokes with you and you react violently it may be that something else about that person annoys you or it's a series of such situations that have been building up and this was your tipping point when you just burst out and reacted badly. In these situations, first calm down and analyze yourself then respond positively instead of reacting negatively.

STEP 2. Be aware of conditions that Trigger your Negative Characteristics

Now that you are aware of your negative soul characteristics, try and understand what kinds of situations trigger them. Do they get triggered with one particular person, a particular group of people, or with your parents or at work or when you are not given attention? Also try and understand why such situations keep repeating - what is it that you need to learn in these situations? Are these situations actually trying to teach you the very same lesson or is each situation trying to teach you a different lesson and why is it that you are not learning the lesson? (Remember that your learning is always connected to your negative soul characteristics, for example: an angry person needs to learn to be calm, a jealous person needs to learn not to compare, a proud person needs to be humble, an unhappy person needs to be more joyful.)

STEP 3. Be Aware In the Moment

Being aware of your self in the situation while it is happening will help you to identify your triggers and control your negative characteristics. Your awareness has to be developed so that when you are faced with a situation you can respond calmly instead of reacting.

Control your mind and Respond Positively instead of reacting to a situation.

If you do this consistently, you will eventually transform your negative soul characteristics into positive ones and such situations will not affect you anymore.

Here are some additional points that will help you when you are faced with a challenging/difficult situation or if you are helping someone else face a difficult situation:

1. **You are never alone or helpless** in any situation. God is with us always. If your call for help and your prayers are genuine, then help will come to you in some form. This help may not come in the form or timing that you expect, but rather as what is best for your soul's progress. In addition, God has given you a subconscious mind, a guardian angel, your loved ones in the spirit world from whom you can seek guidance and comfort.





2. **The problem is given as per your capacity.** You will never get a problem that you cannot handle. If you are in the 5th grade you will not be given a grade 7 test. Also remember that every problem comes with a solution. It is a test of your faith and patience.
3. **When a problem comes to you, it is not a reflection of you** as a person but of what you have chosen to learn spiritually and work on in this lifetime.
4. **Spiritual tests are surprise tests** and they come to you when you least expect them, as this is the only way to know if you have truly learnt the lesson.
5. **The same situations may come again and again** to test your moral strength and resilience.
6. **View every situation as an opportunity.** Deepen your understanding of self with every occurrence, interaction or situation.
7. **Once you have learnt the lesson, share it with others.** Remember that the lesson may be yours alone but the learning is for all. However, do not preach. Just be there as a humble friend.
8. **Tests and training help you** to attain certain positive characteristics, which will eventually help you in your mission.
9. **If someone makes a mistake, do not hold it against them.** You are given many chances to learn and improve. Give others the same opportunity to learn and change.

Exercise: Take a deep breath, calm yourself and answer the following with honesty and an open mind.

- What are some of the difficult situations that you are experiencing currently?
- Have these situations been there for a while?
- Are these situations trying to teach you something that you need to learn?
- Why is it that you are not learning the lesson?
- What temptation or soul characteristic is so powerful that it does not allow you to make the right choice?
- Are you truly willing to change and improve?

Remember all is in your own hands.

It is your own willingness to learn and make the right choices that determines whether you will rise or fall spiritually.





Pray to God to give you strength, protection and wisdom to go through your spiritual tests and training with courage and understanding.

For more information on Tests and Training, please refer to page 205 under the heading “Karma” in the book **The Laws of the Spirit World** by Khorshed Bhavnagri.

“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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