



Guilt

March 2013

In 1980, Rumi and Khorshed Bhavnagri lost their sons Vispi and Rato 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 Rato 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 Rato 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.

Guilt

Are you someone who never feels guilty? Do you think you never do any wrong and therefore need not read this newsletter? Or are you someone who feels guilty all the time and thinks “at least I feel guilty” and so never tries to change? Both these thoughts are incorrect. We **all** need to understand guilt, where it comes from and how to overcome it.

Where does guilt come from?

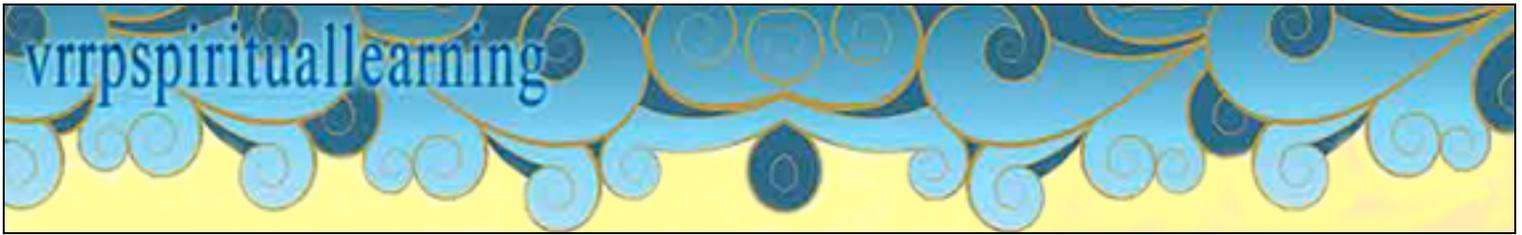
Guilt can come from **either the subconscious or the physical mind**. The subconscious mind gives you the feeling of guilt when you **have** done something wrong. However, the guilt that arises from the physical mind **does not necessarily mean** you have done anything wrong. It could be a result of the belief system you follow or your social conditioning. For example, some girls are brought up to believe that they should be married by a certain age and so they feel guilty when they pass that age and remain unmarried. So it is important for you to identify where your guilt is coming from. How else would you know if you are really going wrong and where you need to change?

Real guilt comes from the subconscious mind:

Real guilt (the one you have to pay attention to) arises from the subconscious mind. It acts as a **warning alarm** telling you when you have gone wrong. This guilt can arise when you unintentionally (mistakes) or intentionally (sin) do something or are about to do something wrong. Real guilt is a feeling that is not meant to punish you. Its job is to awaken you, make you more aware.

The purpose of real guilt (that comes from the subconscious mind) is to **act as a wakeup call** that enables you to take quick corrective steps. Guilt may not be realized instantly. Some may realize guilt as soon as they have taken a wrong step, and some may realize it at a later date.





Pray, open your subconscious mind, control your ego, be willing to accept and learn from your mistakes and improve yourself. As you progress spiritually and your subconscious mind opens up more and more, you will feel guilty as soon as you do anything wrong or even before you are about to do so.

Scenarios/ examples of guilt coming from the subconscious mind

When you hurt another.

When you judge another.

When you think negatively about another person.

When you harm another (physically or psychologically/emotionally).

When you are dishonest and have wrong intentions.

When you do not fulfill your duties.

Guilt arising from the Physical Mind:

A person may feel guilty all the time. This is not healthy. It may mean that you have had a strict upbringing with a lot of 'dos and don'ts' and therefore you are always judging yourself and feeling guilty.

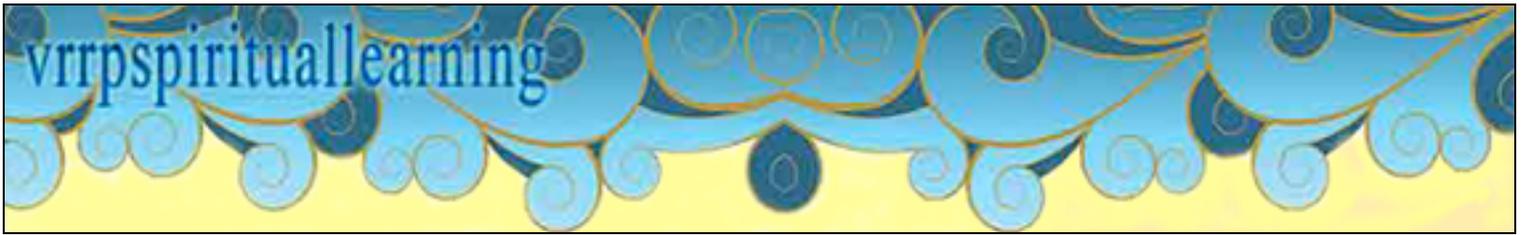
Scenarios/ examples of guilt coming from the physical mind:

Guilt due to your social conditioning or expectations of others: You feel compelled to live within certain social norms and expectations from the community you live in. Sometimes friends and family members have high expectations or demands from you. No matter how much you do for them they are never satisfied or fulfilled. They keep taunting you or leave you with a feeling that you are not doing your best. For example, when a child does not live up to the academic expectations of his or her parents, in spite of working hard, the child feels guilty.

Guilt used as a weapon: Emotional blackmail and nagging are used as tools to manipulate others for selfish motives. A loved one or even a colleague may use your vulnerability to control you by continually bringing up a weakness in you (one which you could be working on) to make you feel bad. For example, a husband may have spent a lot of time at work during the early stages of his marriage and even though he is now trying to find a balance and correct his past mistakes his wife continues to pinpoint his previous behavior to control him and get her own way.

Guilt arising from fear: Due to your own insecurities you are a people pleaser and **are unable to say no**. You have to be able to say "No" to a friend's request if the inability is due to a genuine reason. This should not make you feel guilty. Often due to a lack of self-esteem you constantly need to gain approval from others by doing whatever they demand of you. You feel guilty when you say no fearing that the other person may cease to care for you or even need you. For example, a friend has a habit of constantly borrowing your car. You need the car yourself





and so you politely refuse to lend it to him once, but you still feel very guilty.

Guilt arising from low self-esteem: Low self-esteem results in you believing that whatever you do is wrong or not good enough. You need to have faith in yourself. Don't be too hard on yourself even if you make a mistake. You are human, not perfect.

Differences between Guilt arising from the Subconscious Mind and guilt that arises from the Physical Mind:

Subconscious Mind

1. Subtle voice
2. Makes you aware
3. Will give you a hint/feeling that you are doing something wrong
4. Empowers you to take corrective action strongly and wisely
5. Truth
6. Always gives you the larger picture

Physical Mind

1. Loud voice
2. Justifies your wrong.
3. Will nag you
4. Will lead you to more negativity
5. Trick
6. Makes you guilty about even something petty or small minded

The above guidelines will help you identify where your guilt is coming from. **Focus and give importance to only the feeling from the subconscious mind.**

Sometimes when you are aware that you have done something seriously wrong you feel overwhelmed by your wrong action. Unable to deal with the truth of the situation you suppress the guilt within as you cannot face it or deal with it. *Over a period of time if you constantly ignore the subtle voice of your subconscious, the subconscious will slowly go to sleep and stop guiding you. As a result, even when you have done something wrong, because you do not feel guilty, you feel you have done nothing wrong. This is very dangerous. In fact you are falling spiritually and your subconscious has become dormant.* Therefore there are some people who never feel guilty even after they have committed the most heinous crimes (like murderers, terrorists or rapists), not because they have not done something wrong but because their subconscious minds are dormant and cannot guide them.

How to overcome guilt:

Earth is a school where we have all come to learn our lessons and improve ourselves. During our time on Earth we make mistakes or wrong choices. Nobody is perfect. **A point to remember is that guilt can be overcome only when you are ready to do so.**

In order to overcome guilt, you first have to discern where it is coming from and once you are sure it is from the subconscious mind you must take the following steps:





Accept: *Stop justifying your mistakes. Take responsibility and stop blaming others* for your wrong choices. Know that we are all on Earth to learn and improve.

Understand: *Choose to acknowledge and accept your wrong actions.* When you are genuinely sorry for your mistake you will feel the need to correct the situation. **Mistakes are there for your learning and when you learn from them (and stop feeling guilty) it becomes an experience.** A lesson learnt.

Change: Be humble, accept responsibility for your actions in a calm state of mind, sincerely apologize to the person or people affected by your actions and do all you can to correct the wrongdoing. **Choose to take corrective action instead of staying in a guilty feeling/mind set for too long as this will lead you onto a negative path of increased insecurity, loss of self-worth, self-pity and unhappiness. Worse still, you will build karma as you continue making further wrong choices due to your negative state of mind.**

Forgive: Let go of the guilt and **forgive yourself.** Be willing to forgive yourself. This can be the hardest part.

Guilt has been given to us as a tool to help us improve spiritually. However, it can also keep you stuck in your own loop of negative thinking. If the guilt is coming from the physical mind, it is time to change your old beliefs or conditionings and reevaluate your thinking based on the new truths that spiritual knowledge has given you. To change, you have to understand and be open to the fact that with spiritual knowledge and wisdom you can change your entire belief system and as a result, something that felt very wrong previously can now be viewed correctly.

This newsletter is written so that you do not always say “Sorry, sorry, sorry, sorry!” If there is cause to say sorry – **change**; and if there is no cause to say sorry, then **stop saying “sorry”**. *Sorry has no meaning.*

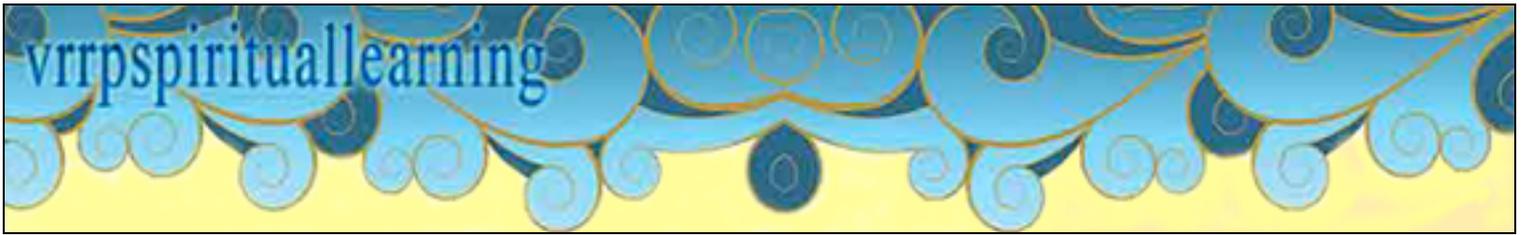
Question & Answers:

I made an investment which caused my family to lose a lot of our hard earned savings. Now my parents are working hard to make two ends meet. I feel very guilty about this decision. What do I do?

Everyone is human and makes mistakes. The motive or intent behind every act is important and what you did was not intentional. We cannot live our lives replaying our mistakes. Very often our physical mind is caught up in a loop taking us from one negative situation to another. These situations may be old regrets. Your mind has short circuited, it is time you rewired your mind. Every time it tries taking you back to this thought, STOP IT.

Yes, it is true that when you see your family struggling every day it is a constant reminder for you, but remember, everyone has their own karma to go through. At this time maybe they were not meant to have that money, the loss of which would help them to learn some karmic lessons. Sometimes it happens that something is taken away and replaced by something else of a higher nature. This is to protect you. Your family may have been given the gift of good health instead. If your family makes you feel guilty explain to them that at least they are healthy! Help them to





count their blessings. However also make sure you are doing everything possible not to repeat the mistake.

I have been raised in a strict vegetarian family. When I go out with my friends I love to eat chicken. I feel very guilty. Am I sinning?

Eating chicken is not a sin. It is due to your upbringing and family norms that you believe that eating chicken is wrong. We are a part of the food chain, a part of evolution. We have been the chicken and the lamb too. It is a circle of life. Yes, it would be a sin if you went around killing animals for pleasure and actually enjoyed it. Here the only wrong that you may be doing is not conforming to your parents' wishes.

I don't feel like going for religious pilgrimages and my parents make me feel very guilty. I did go when I was a child but now I don't feel the need.

When we were young we blindly followed our parents. Then when we grow up we learn to discern for ourselves. Now you don't feel the need to go on pilgrimages. You don't feel the need as you may feel that you can feel closer to God by opening your subconscious mind, improving yourself and serving others selflessly. As you gain knowledge your perspectives and priorities change. Explain this lovingly to your parents and stop the guilt. Religious dogmas bring about a lot of guilt because they expect all human beings to behave and conform to only one pattern. All people are equal but are not the same. A guilt ridden society is where people can go even more wrong.

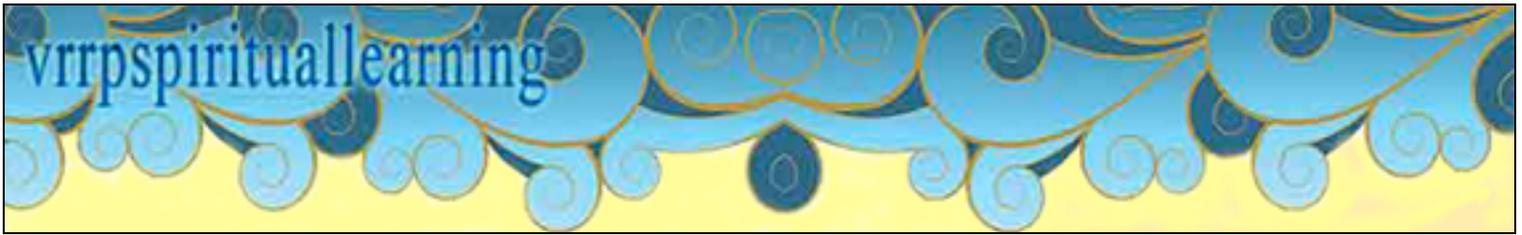
I am a 24-year-old male who has feelings for other men. I feel scared and guilty and I am afraid to tell my parents. What do I do?

You need to accept who you are and be true to yourself. You cannot progress or be at peace without knowing, accepting and loving yourself first. Friends and family, if they love you, will understand and accept who you are too. But the act of being open about your sexuality is **your** choice. Do it only if you are comfortable with it, when **you and only you** feel the time is right. Just make sure that you never force or coerce someone into having a relationship with you against their free will. Honour your soul; love yourself.

My company transferred me to New York. I had to leave my parents in India and I feel very guilty about it.

You had to do what is good for you and your family (if you have a wife and children). Very often our jobs force us to do things that we are unhappy about, for example, travel often, relocate, work long hours, sleep less etc. These in fact help us to grow as people and are in fact, not sins at all. Your parents should understand this. However, this should not stop you from doing **your duty**. Call them frequently; look after their emotional and physical well being (even if you are far away) by being caring and alert. Visit them whenever you can, invite them to visit you, tell them how much you care and how much you miss them. If after doing all this, you still feel guilty; see if you can be transferred back.





Earth is a school. Just as you have lessons to learn so do your parents. May be they have to learn to be stronger, braver and more independent. They may have to learn to cope with this situation. No good is achieved by feeling guilty.

Conclusion

Guilt is a very important tool for improving spiritually. Real guilt comes from the subconscious mind. It acts as a warning alarm and awakens you to instant awareness of a wrong action to enable you to take quick corrective steps. Pray, open your subconscious mind, control your ego, be willing to accept and learn from your mistakes and improve yourself. As you progress spiritually and your subconscious mind opens up more and more, you will feel the sensation of guilt as soon as you do anything wrong or even before you are about to do so. Do not allow your subconscious to become dormant by ignoring this feeling. Remember Earth is our school; nobody is born perfect, we are all here to learn and improve ourselves.

“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.

