

*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*.*

How to Go Through Tough Times

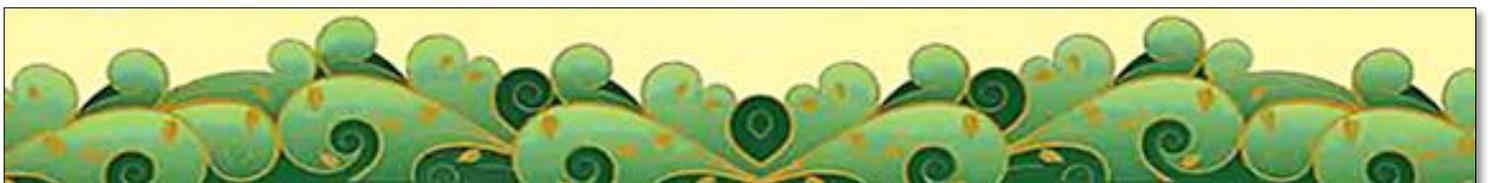
We all go through tough times.

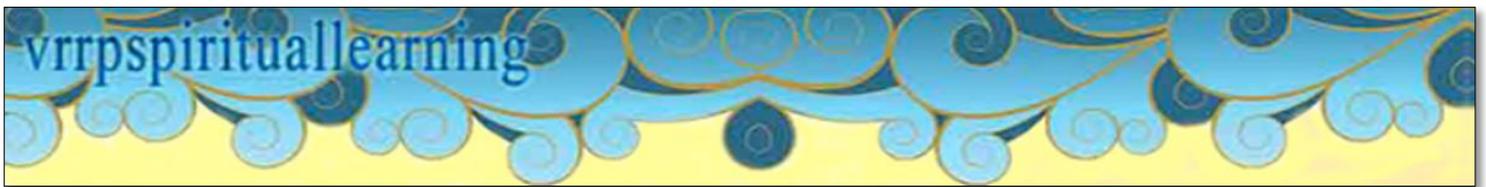
Tough times may affect us differently and to varying degrees, but going through them is never easy. Tough times affect us mentally, emotionally and physically. We don't feel like working, meeting our friends or even reading this newsletter. We feel angry, bitter, revengeful, unhappy, lost, betrayed, hopeless and many other such negative emotions. We distance ourselves from our loved ones, curse God and wonder - Why me?

*Our only focus is to find a quick and easy way to get rid of the pain and suffering. We try various ways to get rid of this pain, whether by indulging in addictions such as overeating, alcohol, cigarettes, gambling, or going to people who claim that they have the capability to help us get rid of our problems. The truth is none of these will help us. **There is no instant coffee.** If anything, these will give us the temporary, false impression that our pain has gone away. Wishing the situation away or repeatedly thinking - I wish this had never happened, will not make the situation better. *The only solution is to face the situation head on and go through the tough times smilingly, positively and bravely.**

Below are simple but powerful ways in which you can deal with your tough times. Please see how they relate to you and your situation and use them accordingly.

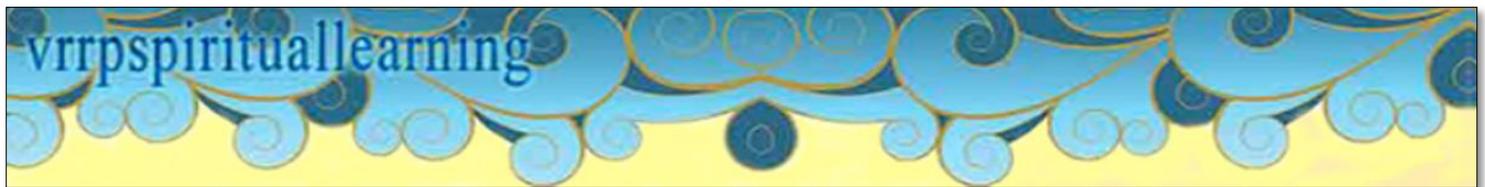
1. **Acceptance:** First, be honest with yourself and accept that you are in pain. *Only when you accept the pain can you deal with it.* For example, people who feel lonely will often cover it up by drinking, over eating, partying and surrounding themselves with people all the time. They are trying to run away from dealing with the fact that they are feeling lonely. This does not help. If anything, it will further aggravate the pain and suffering. So start by accepting what you feel and how it has affected you, your loved ones and the people around you. Now your journey has just begun.
2. **Don't try to analyze whether it is your karma, testing or training:** It is not important whether the situation is your karma, your test, or training. Whatever the reason be, the answer is the same - you have to go through it smilingly and bravely and *learn the lesson.* So stop wasting time and energy figuring out what the cause is - just be positive.





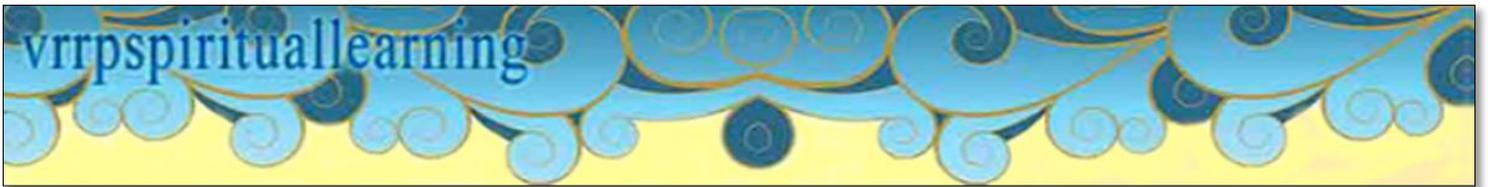
3. **Don't complain and indulge in self-pity:** While it is important to accept you are in pain, continuous complaining is also wrong. It is a way of escaping and not wanting to deal with your problem. *You want attention and sympathy which is nothing but self-pity.* Neither complaining nor self-pity will help you deal with your problem. It will only make you negative and exaggerate the problem.
4. **Do not magnify the situation:** Keep the problem in perspective. *Do not let the problem corrode other aspects of your life.* For example, if you are facing legal problems, do not let that affect your marriage, your other relationships, your work or your health. Keep it in perspective. Do not only think and focus on the problem all the time.
5. **Be positive:** Don't imagine the worst. *You will attract what you fear, so change your attitude.* The law of attraction states that you will attract what you send out. If you fear something all the time, then that is the signal you are sending out to the universe. The universe may send you something in connection to that same fear to learn the lesson.
6. **It is a step by step process:** When you feel lost and don't know what to do, just think of the next step. For example, you suddenly get sued by your partner. Now instead of thinking of how this is going to affect your family and work life, just think of the next step - which lawyer should you hire? *Take small steps, always keep moving forward* and this way the problem will never seem insurmountable.
7. **Be patient with yourself:** It may take us years to learn certain lessons. You have to be patient with yourself and never stop trying. *Love yourself and forgive yourself* for any mistakes made along the way. (http://vrrpspirituallearning.com/Newsletters/NL_apr14_14.pdf)
8. **Open your subconscious mind:** Our subconscious mind is the link to the spirit world, our angels and so on. (http://vrrpspirituallearning.com/Newsletters/NL_sept10_04.pdf) It knows your life chart and how to deal with your problems. Tap into this wonderful spiritual resource and *ask it to guide you.* Keep talking to your subconscious mind and ask it to open up and help you.
9. **Pray:** Regular and focused prayers give us the strength to go through the tough times. (http://vrrpspirituallearning.com/Newsletters/NL_sep14_17.pdf) We can also pray for help from God Almighty, your spirit guide, your departed loved ones, high good souls and angels. Don't ask for the problem to go away. Ask them to give you the strength, courage and wisdom to deal with your problems and to do what's best for you. Then surrender your problem to them. *No one is given a situation that they cannot handle or overcome,* so now ask for help genuinely and it will come to you.
10. **Ask for help from friends and loved ones:** Sometimes a situation has come to you so you can *put your pride in your pocket and reach out and ask your trusted family and friends for help.* For example, you may fall ill and are immobile and are forced to ask others to help you. Do not be stubborn or too independent or think that you don't need anyone else.





11. **Examine your belief system:** Many of our problems may be due to the wrong tuning of our physical mind because of our incorrect belief systems. For example, if one is not married and settled by a certain age, he or she cannot be happy. This is a wrong belief system. *The truth is one can find peace in any situation that life has to offer.*
12. **Repeating patterns:** Do you feel certain situations, patterns keep repeating in your life? Repeated financial problems, health problems, betrayal by friends, not getting the promotion that you deserve or being left out or isolated? In each instance ask yourself - What is this situation trying to teach me? *Repeated patterns are a signal that there is something that we have to learn.* So now stop thinking that God, the world, and everyone are against you, and just focus on the learning.
13. **Keep yourself occupied:** An idle mind is a devil's workshop. This is so true - many of our problems are due to an untrained physical mind. Keep yourself positively occupied with work, a hobby, a sport, exercising and so on. This will help you *keep your problem in perspective and you will find additional strength and energy to face your problems.*
14. **Don't blame others:** Constantly blaming others can make the situation worse than it is. When you take on the responsibility (but not the blame) then you are affirming that *you and only you have the power to make the situation better.* Even if you may have been cheated by someone or lost money due to someone's bad financial advice, blaming them will not help the situation as it will only make you more negative. Instead ask the question - What do I have to learn in this situation? Did I do anything to attract this person or situation? Take responsibility, forgive and keep moving forward.
15. **Be compassionate:** Be compassionate with yourself and others. See the situation from the other person's perspective. It will make you less judgmental, more forgiving, and less selfish. Eventually you will *view yourself and others from a higher perspective* and the pain you feel will slowly but surely melt away.
16. **Learn to forgive:** Very often *the inability to forgive someone may be what is causing you the pain.* The feeling that injustice has been done to you is what is keeping the pain alive. (http://vrrpspirituallearning.com/Newsletters/NL_nov13_13.pdf)
17. **Count your blessings:** *Focus on what you have rather than what you wish you had.* Be grateful. Thank God for all the good in your life and this will make your problems surmountable.
18. **Learn the lesson:** The truth is simple, the only way to get rid of your pain is to learn the lesson the situation is offering. But what is the lesson? The lesson is very personal and depends on the situation. It can be difficult to pinpoint the exact lesson the situation is offering. Just as it is difficult to know whether the situation is karmic, a test or your training. Hence, *go through the situation positively and your soul will learn the lesson and gain the wisdom.* For example, at work you are giving your best, people are appreciating your work and you truly feel that you are deserving of a promotion. However, you never get





the promotion. You may never truly know your exact lesson but all you have to do is continue to be positive. In this situation, being positive means to continue to work hard, help others, not be bitter or angry and also not doubt yourself. If you stay positive in this situation and go through it bravely and smilingly, trust that ultimately your soul will learn a valuable lesson. In the end the situation and pain will pass but the lesson will stay.

Conclusion

TOUGH TIMES / PROBLEMS / PAIN / SUFFERING

Common to all

You have chosen the situation to learn a lesson

An opportunity to grow spiritually

You are never given a situation that you cannot overcome



FREE WILL

You always have a choice

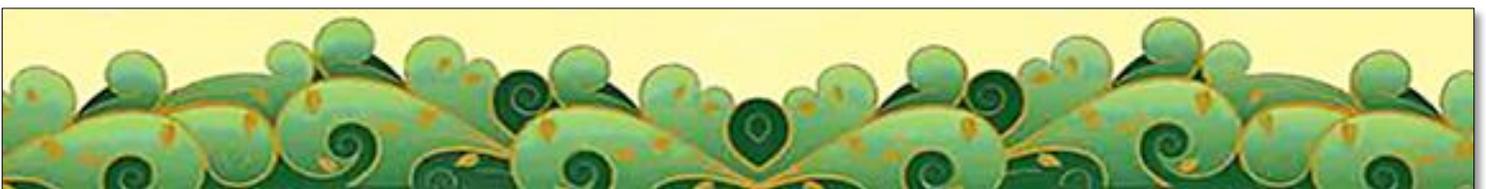


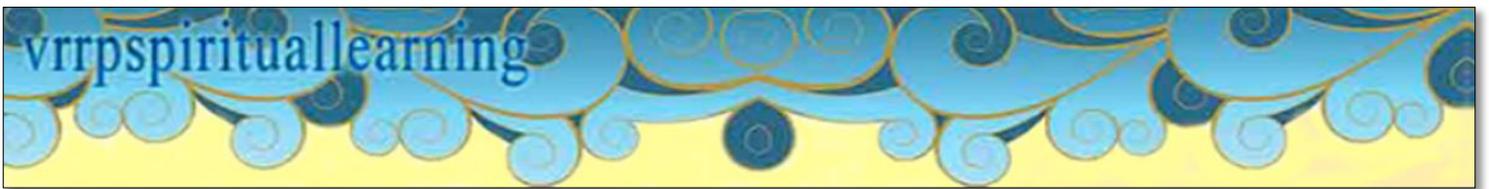
Negative ☹ choice

- A quick fix, temporary relief
- The tough time prolongs and becomes more difficult to deal with
- The pattern repeats
- The problem seems much bigger and it affects other aspects of your life
- Develops and/or exaggerates an existing negative soul characteristic
- Builds karma

Positive ☺ choice

- Tougher choice as we need to make the change internally, permanently
- The lesson stays but the problem dissolves faster
- The negative pattern does not repeat
- The problem seems surmountable and doesn't affect all aspects of your life
- Develops a positive soul characteristic which you can use to help others facing similar problems
- Helps you progress spiritually





The ultimate way to deal with pain is to help someone else deal with their pain. Khorshed and Rumi Bhavnagri's life is an example of how one can experience the highest level of pain but can still transcend it to help others deal with their pain. They lost both their sons and lost their faith in God and questioned - Why us?

Eventually, instead of grieving endlessly they focused on helping others. This made them forget their own pain and progress spiritually.

Take charge of your own journey. Spiritual law is simple. Along with the problem, you are given the solution. With the pain you are given the lesson. So choose to go through your problems bravely and smilingly.

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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E-mail: vrrp@vrrpspirituallearning.com

