

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.

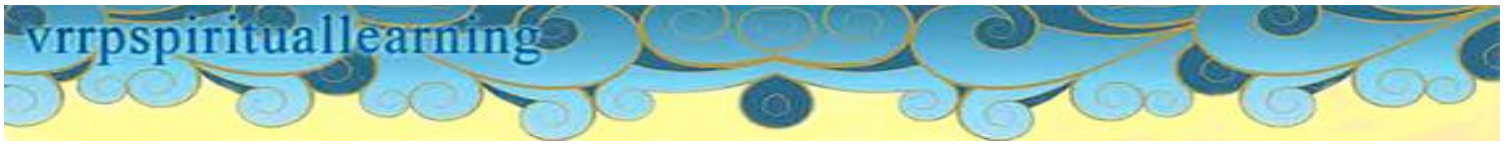
THE POWER OF PRAYER

A soul named Michael was busy gardening in the spirit world when he heard a desperate call of help from earth. It was his brother Ralph. Within seconds Michael was at Ralph's side. He saw that Ralph was crying as he had lost most of his money in an unwise business decision. He was begging Michael to help him. Being in the spirit world, Michael knew that this was Ralph's karma. In the past Ralph had wrongfully taken money from other people. Michael, though upset seeing his brother in pain, started to pray sincerely and asked God to give Ralph the strength and wisdom to overcome this situation. Immediately he saw Ralph calm down. He saw him suddenly get a realisation; it had dawned on him that maybe there was a higher reason for what was happening to him. Though he did not know what the reasons were yet, he felt calmer. Michael was happy that he could get through to Ralph and help him to move a step closer to deal with his situation and the learning (karma) this situation offered.

What can we learn from this story about prayer?

1. Genuine, heartfelt prayers for help are heard immediately by God's helpers such as angels, our spirit guides and our departed loved ones. **They understand the urgency of each prayer and answer them in order of the greatest need.** Just as when we go to the emergency department of a hospital and the more serious patients are seen first, in this same way the most genuine and urgent prayers are responded to first.
2. **Our loved ones in the spirit world are always connected to us.** We have a bond of love which connects us to our loved ones in the spirit world. True love is eternal and it transcends all worlds and universes. The true love which existed between Ralph and Michael created a bond, a connection which made it easy for them to communicate with each other. When we truly love another, whether it is our family or friend, even after they leave earth and go to spirit world, we can still talk to them as the love allows the communication to flow.
3. **They will only do what is best for us. God, His helpers and our departed loves ones will never interfere with our tests, training and karma.** They do however give us the clarity, strength and help to go through it bravely and smilingly. They will always do that what is best for our soul's progress.
4. God has many helpers in the spirit world who are always eager to help us. Even if they are busy working they will still rush to the aid of their loved ones, just as we do on earth. We have to learn to ask for their help. **Only when we ask for help, can they help us - that is the law, the law of Free Will.** Once we learn to ask for help, God and his helpers (from the spirit world) can come to our help very fast, within seconds. It is instant.
5. Unfortunately the only time we pray genuinely is when we are in trouble. **In good times, we often forget to**





pray. If we pray daily and build a connection, then when we face problems our communication will be stronger and we will be given the strength and wisdom to deal with the problem faster.

6. **All genuine prayers are always answered but not always the way we want them to be.** It depends on the situation, its urgency and after considering that what is best for our soul. Now before you complain that your prayer is not being heard or answered, ask yourself – am I asking for the right thing? Is this good for my soul's progress? Am I sincere and genuine in my prayer? **The best prayer is to ask God to do what is best for you as God always knows what is best for you.**
7. **When God, His helpers and our departed loved ones pray for us their prayers are very powerful.** They heal and protect us. Sometimes in tough times we feel calm and strong and wonder why? That is their prayers working on us.

What are prayers?

- Prayers are **invisible and positive rays of light.**
- Praying is a spiritual practice. Spiritual practices are things that you do **daily to bring you closer to God and help you in your spiritual journey.**
- Prayers are **a form of communication with God, his helpers, and your loved ones in the spirit world.**

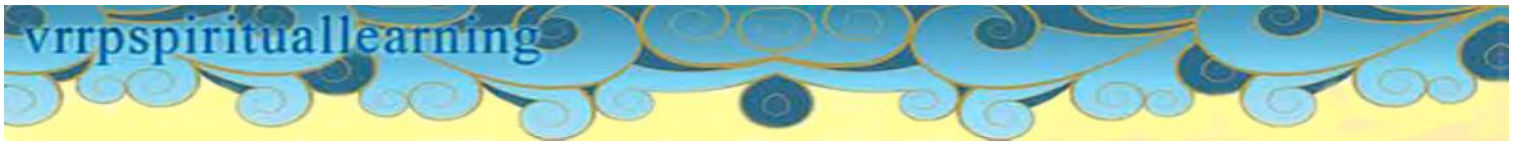
Why should we pray daily?

We cannot see the effect or power of prayers and therefore we do not pray daily. We only believe in things that we can hear, see, smell, feel or taste. Prayers are beyond all the 5 senses. We do not see the prayer itself nor do we see the result of the prayer. Therefore we do not know the magical effect of prayer. But once we starting praying regularly we will start to realize its effect.

Here are some reasons for us to pray daily:

1. **Prayer is food for the soul:** Just as food is important for our body and needed for us to have energy to function on a daily basis, prayer is food for the soul and is necessary for our soul in order for it to make the right decisions and choices. *Prayer helps us put our spiritual knowledge into action.* It helps us build spiritual muscle. Once the muscle is built, you are strong enough to do the right thing no matter what the temptation. Eventually the soul is nourished as a direct result of action, of putting knowledge into practice.
2. **Prayer is positive energy:** It helps us **to be positive** and see things in a better light and from a higher perspective. This positive attitude in turn gives us the strength and courage to face life's problems smilingly and bravely.
3. **It builds our connection with God and the spirit world:** It is like paving a pathway in a jungle. When you repeatedly walk on the same path you will automatically make a clearing. The same way daily prayers will help you build a stronger connection with God and his angels in the spirit world.
4. **It keeps us stay connected to a higher source:** Just as when we talk daily to our family and friends on earth we feel closer to them, similarly we must communicate and talk daily to God and his helpers to further strengthen our connection with them. It should become a habit, a part of who we are.
5. **Prayers provide protection and healing to our loved ones on earth and us:** It creates positive energy in





and around you by creating a force field around you. It cleanses our aura. The stronger, regular and more genuine the prayer, the more powerful and stronger is this force field.

6. Praying regularly teaches us discipline, humility, and above all makes us constantly aware that we are not alone and are always loved.

How do I start praying? I don't really know any prayers.

Prayer is a form of communication with God, his helpers and your loved ones in the spirit world. It can be as simple as talking to them in your own words similar to how you would talk to your friend, parent or loved one on earth. Prayers can also be repeating certain words in a particular way (for example certain prayers, that have been passed to us over generations) which are a secret code which contain positive vibrations.

Start by having simple conversations with God in your own words. Ask Him to help you. Then follow the instincts that are given to you. Be open to change. You will be led to the next step and how to pray. Each individual will experience prayer differently, but for that *you need to start somewhere*.

How do we make prayer a part of our lives when we have so many responsibilities?

Our days are full of activity - we take care of our families, have careers, have hobbies and even do some socializing. Sometimes our lives are full of challenges and our days are spent trying to solve our problems. In both these circumstances we must find time to pray as it will not only help us to fulfill our duties and responsibilities better but also help us to face our problems bravely and smilingly. As we experience the power of prayer we will find ourselves looking forward to praying and when we love to do something, we will always find the time. So begin NOW.

What is group prayer and why is it important?

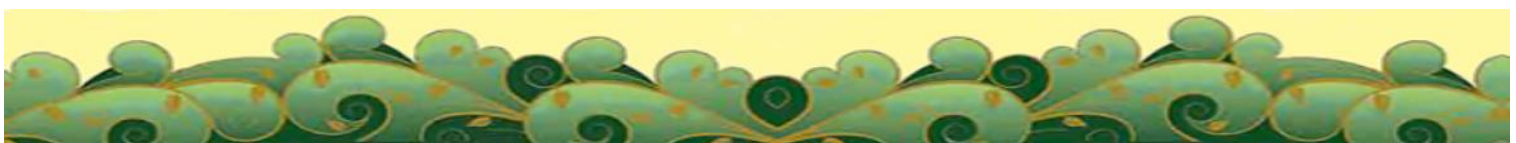
There is strength in unity. When a group of individuals pray together for a common cause the strength of the prayer is magnified. We see its effect when a family prays together for a sick relative or a community prays together for a neighbor or friend. Prayers are made up of energy and the energy gets magnified when instead of one ray of light there will be many rays of light asking for the same greater good. Group prayers help us to be more compassionate, teach us to be selfless, more united and to co-exist.

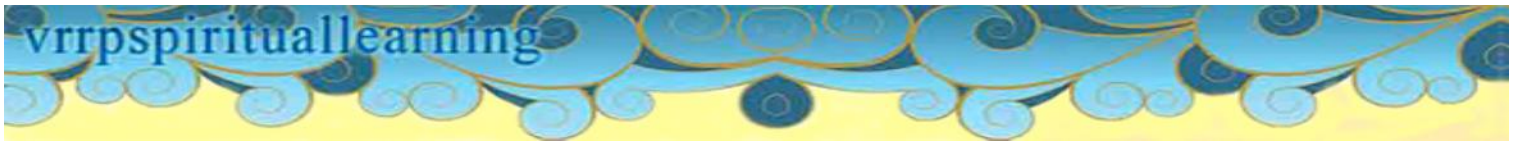
Where is the best place to pray?

It is not necessary to go to a place of worship to pray or feel that your prayer will only be heard by being there. One can pray anywhere and at any moment, having said that if you pray in one particular spot, you will build stronger vibrations in that place.

I pray daily but do not see results? Why do my problems not go away?

- Prayer is like fuelling your car. Without fuelling your car, the car will not move. However, you still need someone to drive the car. Similarly **prayer must be coupled with action**. For example, if you are unwell you must pray and ask God to help do what is best for you but, you must also make an effort to eat healthy, visit the doctor and follow the medical advice. You might pray all day but you have to follow it through with effective positive action. Prayer is a means to the end. It is not the end itself. Doing selfless good deeds is the ultimate aim.
- What results are you looking for? We as humans feel the results have to be visible but very often the results are invisible such as protection, good health, strength, clarity, calmness etc. (as seen in Ralph's story above)
- Sometimes what you see as problems are opportunities to learn and rise spiritually. Do not pray for your problems to go away rather pray for you to have the strength, knowledge and wisdom to deal with them smilingly and bravely. Therefore always pray for God to do what is best for you or for whomever you are





praying for. True prayer will not make your problems go away as that would go against your spiritual journey. What you are going through maybe a part of your test, training or karma and you have to face it. Prayers will guide you through your problems; it will show you a *WAY* to deal with your problems.

How do I teach my children to pray?

While constructing a building it is very important that the foundation must be strong. When we teach our children how to pray we build a foundation of love and understanding in the family and an established routine of prayers that stay with them into their adulthoods. Don't *force* them; make it a part of their routine in a *fun* way. Children will know that they always have someone they can talk to and are never alone. Teach them simply to talk to God just as they would talk to a friend. Children are like sponges and absorb what they see. It is important for them to see their parents praying as children will follow in their footsteps. Most importantly, the child will observe the parent's behavior. For example, if the parent prays, but is not kind, the prayer may not make sense to the child.

Prayer and devotion to God is a source of peace and contentment. **Now that you know the power of prayer, get connected NOW.**

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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