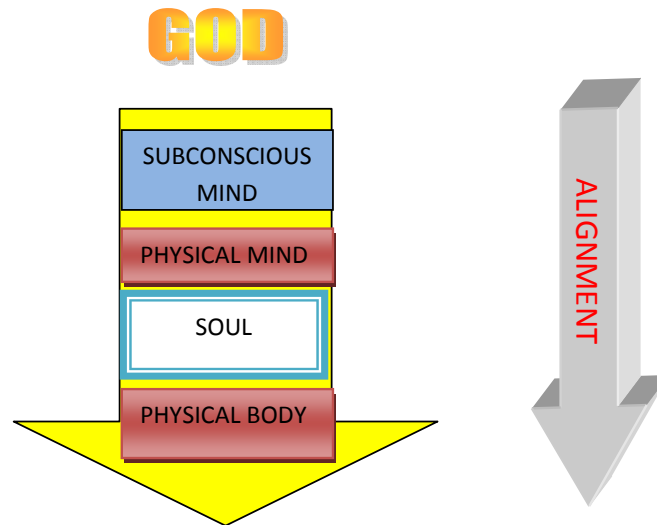


In 1980, Rumi and Khorshed Bhavnagri lost their sons Vispi and Ratoos in a car accident. Within a month and through a chain of people, they received a message that their sons wanted to communicate with them and they spoke to the boys through a medium, and were assured of their well-being. They had reached 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 - Laws of the Spirit World.

Spiritual Enlightenment through Alignment

In the previous newsletter you have learnt that human beings are comprised of a physical body, physical mind, a subconscious mind and a soul. Earth is our school. We take a physical incarnation to experience and learn lessons. Therefore, your body is a temple. You need to respect it. It is a vehicle for your soul to experience and learn lessons on Earth. It takes you to your tests and training, it helps you to pay off your karma. It is like a car that takes you from place to place, your soul being the driver. Therefore, it is important that you always look after your body. However, you also need to pay attention to your physical and subconscious minds. They too have an important role to play in you paying off karma and leading you to and helping you successfully undergo your tests and training.

You have to train your physical mind by quietening it so that your soul can choose to listen to the guidance of your subconscious mind. Then, in turn, you (your soul) make your physical body obey the subconscious mind and take the correct action, without resistance from the physical mind. In this way, you are said to be in 'alignment' - 'A LINE MEANT TO BE'



Another word for this is **balance**. You are said to be in balance when all four aspects of your being - your physical mind, physical body, soul and subconscious mind are in tune. This means that you have learnt to do the following:

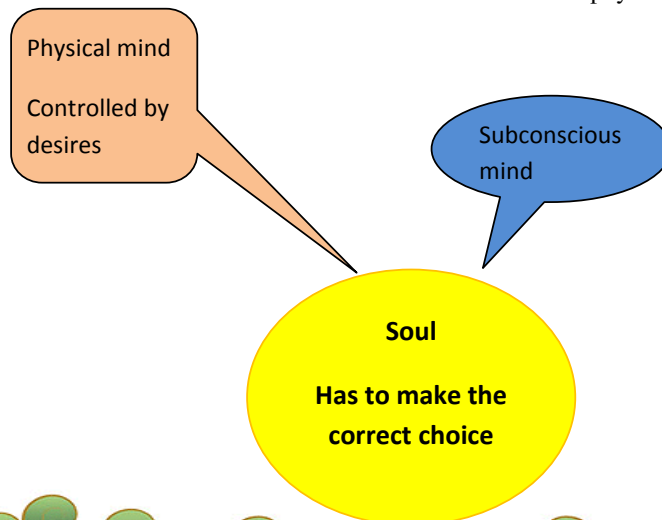


1. Control the physical mind
2. Open the subconscious mind
3. Make the correct choice
4. Take the right action

Control the Physical Mind: You can begin to control your physical mind by being more and more aware of your thoughts. For this it is important to learn to be in the present moment. Gradually you will come closer to viewing your thoughts on a regular basis and you can then start accepting the positive thoughts and rejecting the negative ones. You will also learn to stop thinking too much or over analysing. This will help you stay **calm and relaxed** (quiet the physical mind) and lead you to start listening to the subconscious mind (your inner voice or conscience). It is only when you are calm and relaxed that you can hear the advice coming from the subconscious mind.

The nature of the physical mind is to doubt, to fear, to protect the ego, to have negative thoughts, to have endless desires etc. This is how your physical mind controls you. You are unable to separate it from the real YOU (see previous newsletter). You have to learn to control your physical mind by training it (imagine training a monkey who jumps from branch to branch). Your negative soul characteristics e.g. pride, jealousy, anger, greed etc lead you to react to various situations. Your physical mind starts to justify your behaviour or hide the very flaws that cause the reaction. It will try to lay the blame on externals like other people or circumstances and not take responsibility for anything. By controlling your physical mind you should soon be able to shorten the time it takes to calm your mind and get back 'in alignment'. For example, you get angry every time you are told to work late at the office just because your boss comes late to work every morning. Initially, your anger may last for a whole day; however, slowly your anger will last for a shorter time until one day you accept your boss's unpunctuality and do not get angry at all.

Open your Subconscious Mind: Your subconscious mind is only interested in making you doing the right thing. However, on Earth, your subconscious mind is open on an average only 1 - 2% while your physical mind is open 100%. Therefore, we have to learn to open the subconscious mind more so that it can overcome the physical mind and help us to do the right thing.

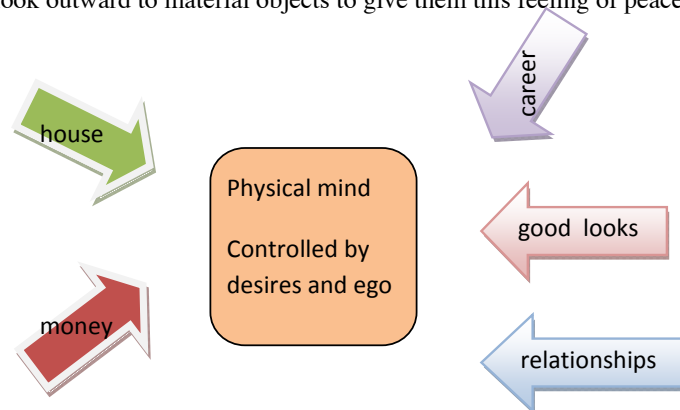


You can see from the diagram above that in any situation both your subconscious and your physical minds will give you impulses (send you a thought). If your subconscious is not open enough the thought coming from the physical mind will be stronger and therefore the soul, who has to make a choice, will make the wrong choice. This makes you add more karma. There may be souls whose subconscious mind is dormant and in those cases there will be no thought coming from it at all- this is when the person's conscience is said to be dead. There is no inner voice telling them that they are doing something wrong. You can open the subconscious mind by praying, by listening to it, by talking to it or by blanking the mind. (See page 197 of *The Laws of the Spirit World* by Jaico Publishing)

Making the correct choice: Life is all about making choices. In a day there are a several times when you have to make a choice between right and wrong, or even between two rights. These choices are made by your soul. Your soul can choose to listen to your physical mind or your subconscious mind. For example, you have made a mistake at work but do not want to own up to it, even though you are getting an uneasy feeling within. Later, someone else is blamed for the mistake, which makes you feel even worse. This feeling of guilt comes from the subconscious mind. You had a choice to admit to your mistake or to continue to keep silent. By remaining silent you made the wrong choice. (Very often the right choice is the more difficult one).

Taking the correct action: Once your soul has made the choice you will take the appropriate action. Very often the soul has makes a wrong choice (listening to the physical mind) resulting in the wrong action, as in the above example, where you decide not to take responsibility for the mistake. The correct action would be to listen to the nagging feeling from within and speak up.

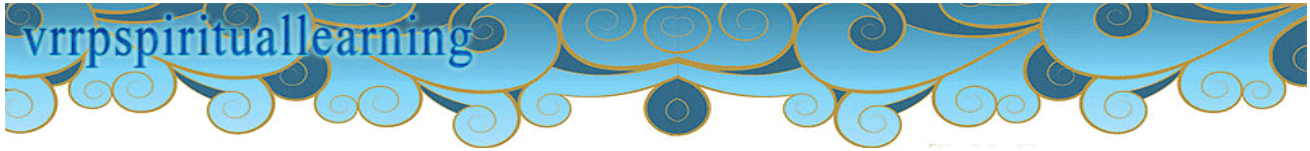
When all the four aspects of your being are in alignment, the result is **peace of mind**. *Peace of mind is a reward for your soul doing the right thing.* Peace of mind does not come from possessions or relationship, though most people strive to attain it through external means. They look outward to material objects to give them this feeling of peace and contentment.



Contentment or peace of mind is a result of you listening to your subconscious mind. It is a result of being 'alignment'.

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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