

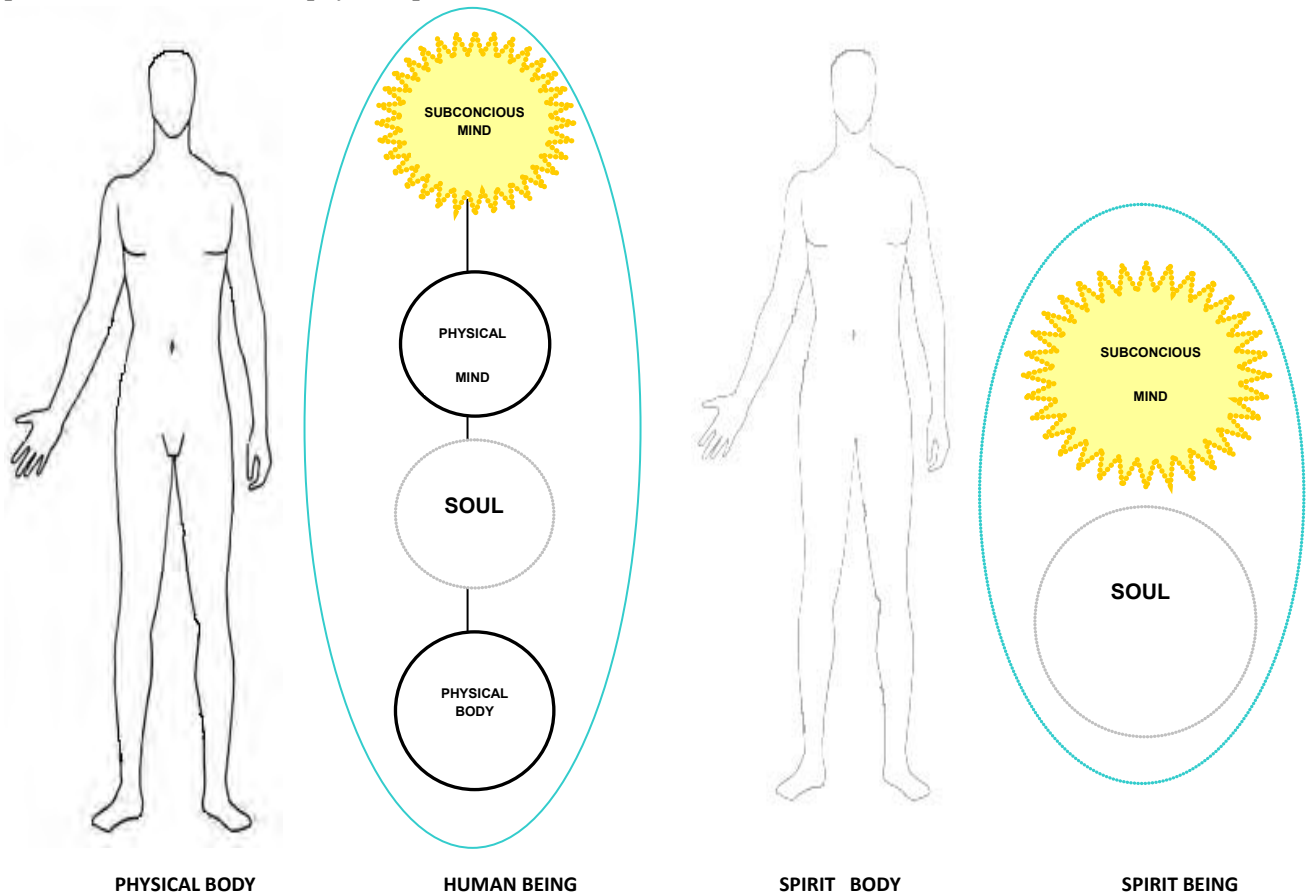
In 1980, Rumi and Khorshed Bhavnagri lost their sons Vispi and Ratoov in a car accident. Within a month and through a chain of people, they received a message that their sons wanted to communicate with them and they spoke to the boys through a medium, and were assured of their well-being. They had reached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

## Who Am I?

You may have heard the saying 'we are spiritual beings having a human experience'. But do we all really understand this simple truth?

### What is a spirit being?

Created by God, the spirit being is a soul with a subconscious mind. It is our eternal spirit body. When you choose to take rebirth, the spirit being comes to Earth as a human being, with a physical body and a physical mind to enable the spirit being to live, experience and learn on the physical plane.



The diagram above represents the composition of a spirit being and a human being.

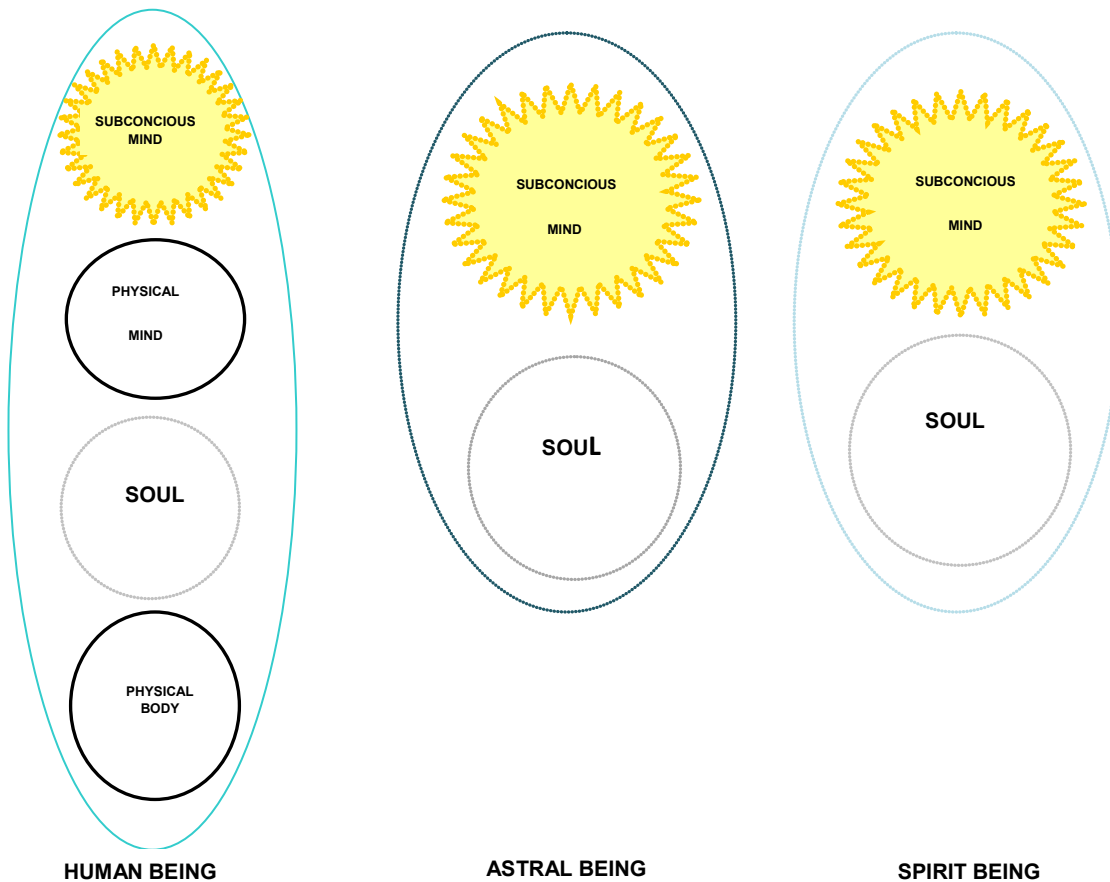


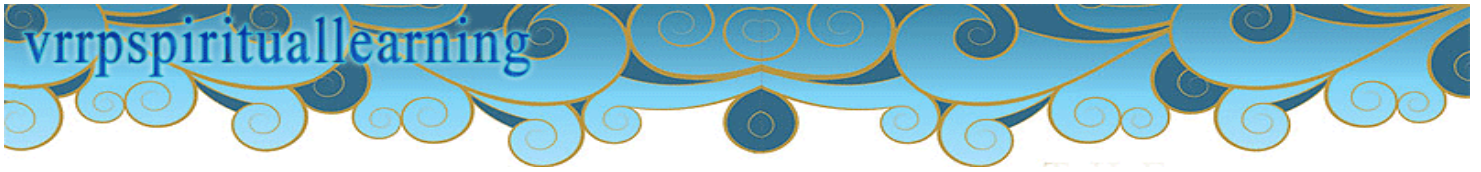
As human beings living on the physical plane we readily identify ourselves with the physical mind and the physical body, forgetting our true eternal identity which is the soul and the subconscious mind.

The soul our **eternal spirit body** never dies. It carries all of our negative and positive soul characteristics gained through our experiences from all of our lifetimes. The soul is therefore the most important part of YOU.

Our subconscious mind eternally connected to our soul, is **our guiding or guarding light**. The subconscious mind is often called the higher or spiritual mind, the `inner voice' or `conscience'. It helps us to do the right thing and stops us from doing wrong. The subconscious mind will always protect and save YOU. Simply put, it is like a lantern which sheds light and guides the soul onto the right path.

Every soul wants to improve and progress to higher realms. Experiencing life on earth allows a soul to improve much faster. We choose to come to Earth to purify our soul by learning to make the right choices and change our negative soul characteristics to positive ones. Therefore we say that Earth is our **school**.





With every incarnation the soul chooses, it takes on a different physical form (body) in order to experience and learn what it chooses to in that lifetime. The physical body is simply the vehicle for a soul to live on earth.

We also have an astral body. In deep dreamless sleep when we visit our loved ones for guidance every night, the soul, guided by the subconscious mind, travels in the astral body to a place in between the earth plane and the spirit world. The soul remains connected to the physical body by a silver chord during this time.

When we die we shed the physical mind and body and become an astral being. We can choose to stay in this form or become a spirit being by going to the appropriate realm in the spirit world. Only a troubled soul would choose to remain in the astral plane.

So the real truth is - that what is invisible to the human eye i.e. the soul and the subconscious mind, is of vital importance because it is the eternal component of who YOU really are. Unfortunately most of us tend to get stuck on the desires of the superficial physical form ie the physical mind and body, which have no permanence.

Focus on the needs of your soul -the eternal part of YOU. Created by God, the soul is very beautiful and divine. God has given us all the power of free will to shape and improve our souls. You alone are responsible for the YOU that leaves Earth and goes back to the spirit world. Learn to cherish and nurture your soul.

When you start to look inward and understand this truth and become responsible, you will start your spiritual journey. Your subconscious will then help you manage the training and tests it requires to help purify your soul and pay off the karma YOU have accumulated.

If you go through this with a positive state of mind, it will also attract the help you require and you will begin to recognize the lessons and gifts along your journey. As you work from the inside (your soul) your physical state and circumstances will start to reflect the internal improvements.

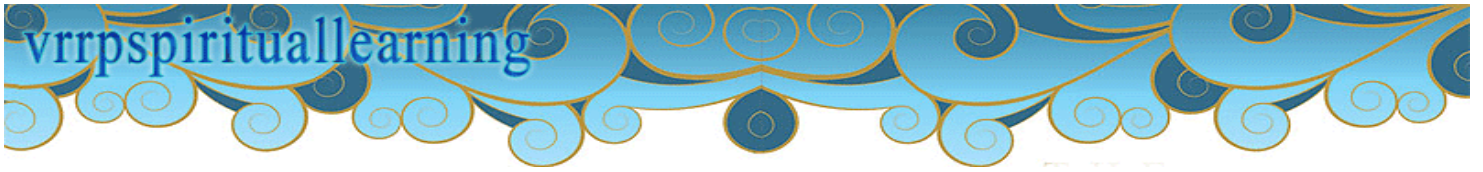
When changes are made from the inside out you create a strong inner foundation. The more you listen to your subconscious mind and improve the more you enable yourself to progress. If you only work at a physical level, with no true inner desire to improve, it is like building a house of cards which can fall over at the slightest disturbance.

So remember the next time you say "I" you are not only referring to the physical you but also the more important YOU that is the soul.

Be in awareness of the truth always. Listen to your subconscious mind. Be aware of your spirit being... be aware of the true YOU.

*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](mailto: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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