

*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 at a séance, 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 plane - to 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. Passages from the book and 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.*

## Forgiveness

Forgiveness is one of the highest spiritual qualities. **It is one of the most important and difficult lessons we have to learn on our earthly journey.** Let's start with a few examples:

Example 1: My friend wanted me to help him move house but I couldn't, as I had to study for an exam. My friend started telling people that no one should ever depend on me (as he was disappointed that I could not help him). I was surprised at the way my friend reacted and felt very angry.

Example 2: After 15 years of marriage, my spouse had an extra marital affair. I felt hurt, betrayed, angry and revengeful.

Example 3: My business partner duped me of money, which resulted in my having to sell my house to pay my creditors. My partner absconded and left me feeling very angry and revengeful.

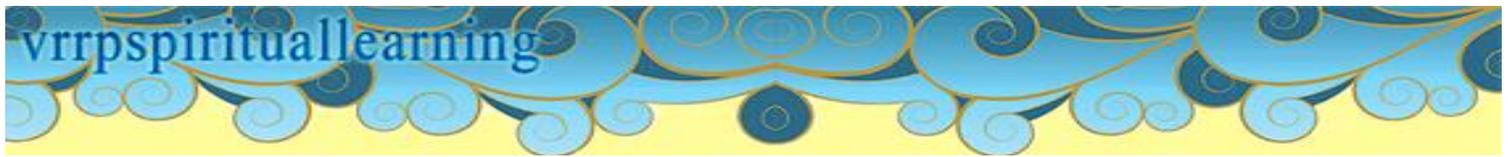
Example 4: In school I was bullied by someone constantly. I cannot forget the pain and embarrassment and find it difficult to trust and make friends even today (after 20 years).

The above examples are common scenarios that many face in their lives. In each of the above you have two choices:

- 1) To view the situation as a learning opportunity and let go of the pain and hurt it may have caused. Forgive and move on.  
OR
- 2) To hold on to the hurt and pain, feel bitter, jealous, revengeful and angry. These will eventually drain you of your energy - mentally, physically, emotionally and spiritually. When people hold onto these negative emotions for a long time, they create blockages in the flow of energy in the body. This, in turn, will cause diseases such as high blood pressure, diabetes, strokes, cardiac arrests, allergies, digestive problems, neck and back problems, autoimmune diseases, cancer and many more. However difficult the situations, you always have a choice (free will). **By not forgiving, you harm no one but your own soul.** If you are harboring anger, bitterness, hurt, pain or revenge, you have not yet forgiven. But even after knowing all this, why do you still find it hard to forgive?

The primary reason is **“wrong understanding” – you still feel that forgiveness has to do with the other person and not you. Till you do not take the onus and realize that forgiveness has only to do with yourself, you will not be able to let go.**





The following are a few more examples that will help you to better understand this:

1. “If I forgive, am I not allowing the person who wronged me to continue harming or hurting me and even others? Am I not allowing them to go scot free?”

**Each soul is on his or her own journey and you have control over your own thoughts and actions, not anybody else’s.** Yes, maybe the other person will continue their bad behaviour, but that is not in your control. ‘Allowing him to go scot-free’ is another way of seeking revenge, but remember that **God’s justice is perfect and everyone is accountable for their own actions.** So focus on your own journey. There is no need for you to make sure that others learn their lessons. You have to make sure that you learn yours. Also keep in mind that forgiveness does not mean you have to go back to having the same relationship with the person you are forgiving. It means you are moving on, letting go and learning the lesson.

2. “If the other person has caused me harm, why should *I* be the one to forgive?”

It releases *you* from the burden you have chosen to carry. It makes *your* soul lighter. It helps *you* progress spiritually. It makes *you* positive. It prevents *you* from manifesting the toxic feeling into a physical illness.

3. “The person who has harmed me does not seem apologetic at all. Then why should I forgive him?” Once again, it is not about another person’s journey, it is about yours. If the other person was apologetic there would be nothing for you to forgive. **You are not obliging or helping anyone by forgiving them.**

4. “Shouldn’t a person who does wrong be punished? Would I not be adding karma if I forgave such a person?”

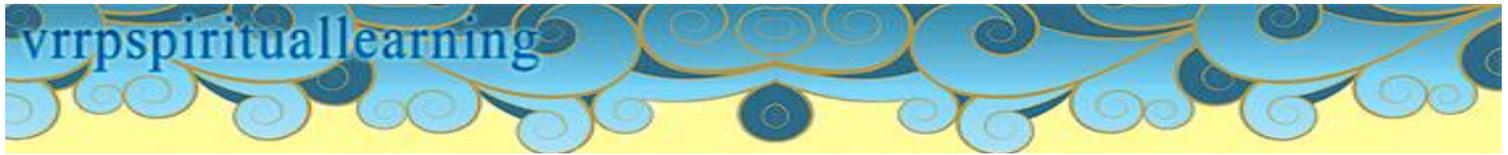
Are you waiting for the person to *fall or fail*? You may be in dangerous waters if *you* start thinking of how the other person may have to face his karma (this is called revenge). You may want to punish him but you are actually punishing yourself (by building karma). **You would only add karma if you didn’t forgive.**

5. “I have discussed it with my close friends/family and they agree that I was not in the wrong and that the anger I feel is justified”: Sometimes peer pressure will encourage you to hold on to this grudge and continue to be revengeful. This may be because they do not have the right understanding or are not telling you the truth. Also when you are negative and angry you will attract similar people into your life. You have to make your own peace. People who allow you to keep holding onto a negative feeling are not helping you but harming you. Do they want to see you miserable and re-living the past or happy and moving forward? Listen to what people have to say but be smart and make your own positive choice and move forward. **Do not get stuck in the past.**

6. “It’s been so long since the person wronged me but every time I see the person I still feel the deep hurt. I want to forgive but I can’t, what do I do? I just can’t get over it!” You will not be able to get over the hurt unless you first allow yourself to let go of the past and the feelings that are attached to the person and the situation. It is a step by step process. Be patient with yourself. Keep giving yourself the correct understanding every time you feel the pain and hurt. You will know that you are forgiving when the intensity of the pain and hurt reduces and over time disappears.

From the above we can now understand that it is our wrong understandings and beliefs that stop us from forgiving. We have to realize that forgiveness has nothing to do with the other person or situation. It is to do with our own journey and progress. In order to forgive, we have to gain the correct understanding. **Having the correct understanding refers to changing our lens and viewing the situation from a higher perspective.** We must ask ourselves - what do I have to learn from this situation? Did I have a part to play in it? Have I been too closed and fixed? Did I have unreal expectations? Be honest and open to the learning. Change your lens.





People often say, “forgive and forget”. But what should we forget? **Every experience can teach you something – the lesson we need to learn. You should remember the lesson but forget the pain.** It is this pain that does not let us forgive and move on. Whenever you replay the situation in your mind you remember and relive the pain. It is like a movie on repeat playing again and again in your mind causing you the same pain each time you view it. When you start to forgive, you will remember the situation and the lesson, but the pain will have disappeared. It will be an experience that you have learnt from and which has helped you in your spiritual journey.

**EXERCISE:** Think of all the situations and people who have hurt you and whom you have not forgiven (hint: think of the person or situation that still gets you angry, bitter, revengeful, negative and so on). Now view how this situation or person has affected you and your spiritual journey.

Next, take responsibility of the situation and realize that it is only you who has made the choice to hold onto it. Pray to God for help and begin to review the situation from a higher perspective. Ask yourself - what do I have to learn in this situation? Did I have a part to play in it? Have I been too closed and fixed? Have I had unreal expectations? Now keep repeating this learning every time you feel the hurt and pain. Over time, the pain and hurt will disappear as you replace it with the higher and correct understanding. You will have changed a negative situation into a positive one (this is spiritual progress). Slowly but surely you will forgive the person or situation which has caused you the pain and move on.

In conclusion: **Forgiveness sets you free.** It is one of the hardest lessons to learn and it makes your soul lighter and helps you progress spiritually. It sets you free of the hurt and pain that you may have been carrying for years. **Forgiveness is not easy; it requires courage and takes a lot of effort and time.** The effort and time refers to continuously controlling and training your physical mind (refer newsletter on “The Physical Mind” [http://www.vrrpspirituallearning.com/Newsletters/NL\\_aug12\\_10.pdf](http://www.vrrpspirituallearning.com/Newsletters/NL_aug12_10.pdf)) as it is your physical mind that will keep taking you back to the hurt. You must open your subconscious mind (refer newsletter “Spiritual Enlightenment through Alignment” [http://www.vrrpspirituallearning.com/Newsletters/NL\\_sept10\\_04.pdf](http://www.vrrpspirituallearning.com/Newsletters/NL_sept10_04.pdf)) as it is the subconscious mind that will help you look at your problem from a higher perspective and help you learn the lesson faster. It is only when the physical and the subconscious minds are aligned that you will forgive the other. Fake forgiveness comes easily; you can act as if you’ve forgiven when inside you are still reacting. Don’t fool yourself – it harms only *your* soul.

In the next newsletter we will discuss how to forgive yourself.

*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.

All rights reserved. No part of this Newsletter may be reproduced or transmitted in any form or by any means - electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system - without the written permission of the authors.

E-mail: [vrrp@vrrpspirituallearning.com](mailto:vrrp@vrrpspirituallearning.com)

