

Sai Vibrionics Newsletter

<http://www.vibrionics.org>

"Whenever you see a sick person, a dispirited, disconsolate or diseased person, there is your field of seva."
...Sri Sathya Sai Baba

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In This Issue

☪ From the Desk of Dr Jit K Aggarwal	1 - 2
☪ Case Histories using Combos	2 - 4
☪ Health Tips	4 - 6
☪ Answer Corner	6 - 7
☪ Divine Words from the Healer of Healers	8
☪ Announcements	8

☪From the Desk of Dr Jit K Aggarwal☪

Dear Practitioners

It is fulfilling to receive and read reports from all of you on how many hours of service you have logged with Vibrionics each month...and it is even more wonderful when I imagine how many sick people have found relief with this form of treatment. Indeed, the Lord's grace is and has always been abundantly with us. Swami has been opening new avenues for vibrionics seva in the USA (where the camps have become an on-going bi-monthly endeavour) and in the UK.

On two Sundays a month, a spiritual group from various beliefs feed 100-150 homeless people in a park near the White House in Washington, DC. Delicious hot vegetarian food is prepared and served along with hot and cold drinks and warm loving smiles. A senior Vibrionics practitioner^{1339...USA} and her assistant were permitted to set up a table in the park and offer Sai Vibrionics to the homeless while lunch was being served. One woman was given the combo for cataract. She came back a month later looking for the practitioner because her eyesight was much improved. Such incredible results have led to the Vibrionics table being a regular feature at the park. The practitioner has been struck by how open the homeless people are to alternative treatments. As they have little to no access to healthcare, they are looking for natural means to heal themselves.

The Unity of Faiths Festival is an annual event at Southall Park in London. This year, the Vibrionics team was invited to set up a stall and conduct a Vibrionics Healing Camp at the festival, which was held on 8th of July. Though the weather started out to prove spoilsport, Swami arranged for the sun to come out later in the day and sent not only crowds of people to enquire about Vibrionics but some to take treatment too. A total of 121 patients were seen by a team of dedicated practitioners who sat throughout the day from 10 am to 5 pm. Many new practitioners, who were only trained two months ago, also came to help. Tasks were assigned to the various practitioners to streamline the process of seeing patients – someone made the remedies, someone else explained the guidelines to the patients, and others assisted in making reports. One group was kept busy giving demonstrations on the laptop. Swami's presence was undeniably felt by one and all.

While it is great that all of us, as active practitioners, take time out to practice the seva of Vibrionics, for those whom it is feasible, it is worth thinking of moving out of the comfort zone of our own homes and reaching out to a larger population – many of whom have never heard of Vibrionics – through such camps. If you have organised or been a part of any such Vibrionics camps recently, we would love to hear from you. The overwhelming response at such events from patients (many of whom cannot afford any other form of treatment) is a reminder that Swami is constantly guiding us – He sends us the patients and He alone cures them.

Recently, I came across a very interesting and informative website that I would like to share with you all. Check out <http://www.nlm.nih.gov/medlineplus/tutorials>. This site from the US National Library of Medicine,

provides video tutorials about various medical conditions and procedures. I found it to be a brilliant resource, especially for Vibrionics practitioners, as many of us have no medical background and the tutorials are designed for the layman.

May I just remind you all once again that you must send us your outstanding case histories. We are in the process of bringing out another book based on interesting and incredible cases and we cannot do this without your help. This is also a chance for all of you to get your cases in print (though, to protect practitioner-patient privacy, we are unable to print your name; we will only mention your practitioner number). I look forward to hearing from you all soon.

In loving service to Sai
Jit Aggarwal

Case Histories Using Combos

1. Hyperactive Child ^{2640...India}

A mother brought her small daughter aged 4 years to the practitioner because she was hyperactive – a behavioural disorder in children characterized by emotional instability, anger, anxiety, and aggressive or destructive behaviour, that is on the increase these days. All the allopathic treatments given so far were of no use and the mother was exhausted, both mentally and physically because of her daughter's behaviour. She was given the following:

CC15.5 ADD & Autism...TDS.

After a month of treatment she was perfectly normal.

With hyperactive children, it is very important that they are not given most of the packaged drinks, candies and other foods that are available today because many contain artificial colour and flavour additives and large amounts of sugar that can cause imbalance in growing children. Read each product package.

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2. Postnatal Infection with Breast Pain ^{2802...UK}

A 28 year old mother had a caesarean section delivery 2 weeks previously. A week after the birth, she suffered a viral infection; the symptoms were excessive sweating, body ache with a tired and drained feeling. She was also finding it painful to breast feed her baby. Her doctor had given her a course of antibiotics but there was no improvement when she came to see the practitioner a week later. She was given:

CC8.3 Breast disorders + CC9.2 Infections acute + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC21.11 Wounds & Abrasions...TDS.

The last common combo **CC21.11** was included as a safeguard in case there was a possible breast abscess. Six days later, the patient reported that she felt better even after two days of taking the combos and all symptoms had gradually receded. She is now completely well and able to feed her baby without any pain.

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3. Asthma ^{2789...India}

This patient was a 12 year old child who had been having asthma attacks since birth. She was given:

CC19.3 Chest infections chronic + CC19.4 Asthma attack...TDS.

During this period there was not a single asthma attack. The child continues to take the combos.

When a baby has asthma from birth, it indicates that she has the Tuberculinum miasm and it is therefore important to treat for this miasm at the earliest.

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4. Diabetes with High BP ^{01423J...India}

A 49 year old male patient was diagnosed with diabetes a year before he saw the practitioner. He also had high blood pressure and high cholesterol. He was given:

CC3.3 High Blood Pressure + CC3.5 Arteriosclerosis + CC6.3 Diabetes...TDS.

On a regular self-monitoring over a period of a few weeks, there was no change. However, what did come to light was that the patient's liver was also ailing and had problems; so **CC4.2 Liver and Gallbladder tonic** was added to the above. It was after this that the patient started to feel better. The continuing self-monitoring revealed that the patient's blood sugar became almost normal. Two months later, clinical tests showed that blood pressure was normal at 120/80 and cholesterol level was reduced. The family doctor remarked to the patient "You are almost a non-diabetic!" and asked the patient whether he was taking some alternative treatment. The allopathic medicine has been much reduced and Vibrionics treatment continues with the same combo.

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5. Pancreatitis ^{2494...Italy}

A female patient, who was hospitalised with pancreatitis, sent an emergency call to the practitioners to see if they could help her. The doctors were concerned because she was not responding to the allopathic drugs they were giving to treat the condition. With the Sai Ram Potentiser, the practitioners broadcast the following combo to her:

NM36 War + OM1 Blood + OM17 Liver-Gallbladder + SM1 Removal of Entities + SM2 Divine Protection + SR265 Aconite + SR271 Arnica + SR293 Gunpowder + SR516 Pancreas...day and night.

Within a few days, the patient started to improve; her pains became much less and her temperature was down. At the end of the week she was well enough to return home. The doctors were very surprised at this sudden improvement.

Practitioners with 108CC box and SaiRam Potentiser could have broadcast: CC4.7 + CC15.1 + CC12.1...6TD.

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6. Difficulty in Conceiving Children ^{00437...India}

A 29 year old female patient, having been married for 10 years, was not able to have a child. She had once become pregnant but had lost the foetus early during the pregnancy. Medical tests had showed nothing abnormal in her and in her husband but she was obese. Earlier, she had been operated on for removal of fibroids and possibly suffered from hypothyroid. The following was given:

For wife: **OM24 Female Genital + BR16 Female + SM21 Female + SM39 Tension + SM41 Uplift + SR255 Calc Sulph + SR262 Nat Phos...TDS.**

For husband: **OM22 Male Genital + BR17 Male + SM32 Male + SM39 Tension + SM41 Uplift + SR216 Vitamin-E + SR254 Calc Phos + SR522 Pituitary Anterior + SR534 Testes...TDS.**

With the grace of Baba, the patient conceived and a son who was born prematurely. He was in an incubator for nearly one and a half months and monitored by specialists in the hospital. He is now a two month old healthy baby and both parents are very happy.

For practitioners with 108CC box: for wife: CC8.1 + CC15.1...TDS and for husband: CC14.3 + CC15.1...TDS

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7. Slipped Disc ^{2799...UK}

A female patient, aged 55, was limping when she came to see the practitioner. She had been suffering from a slipped disc and knee pain for 10 years and even strong pain killers did not reduce her pain. She was given the following:

NM3 Bone-I + NM6 Calming + NM24 Rheumatism & Arthritis + NM36 War + NM40 Knees + NM113 Inflammation + OM3 Bone Irregularity + OM16 Knees + OM18 Sacral & Lumbar + OM30 Connective Tissue + OM31 Spine: Lumbar-Sacral + OM32 Spine: Dorsal + OM33 Spine: Brainstem + SM34 Arthritis + SM33 Pain + SR293 Gunpowder + SR295 Hypericum (200C) + SR457 Bone + SR463 Cranial Nerves (CM) + SR479 Cartilage + SR500 Intervertebral Discs + SR517 Parathyroid...TDS for three months.

A month later, the patient reported she was 75% better. She continued taking the above. In a further month she had no pain. The remedy was reduced to BD and a month later reduced to OD and she

continues to take the remedy at this dosage.

For practitioners with 108CC box: CC20.1 + CC20.2 + CC20.3 + CC20.4 + CC20.5...TDS

☪ Health Tips ☪

TAKE PAPAYA AS OFTEN AS YOU CAN

Originally native to southern Mexico and now cultivated in many tropical countries (including Brazil, India, Indonesia, South Africa, Vietnam and Sri Lanka), the papaya plant has been touted by traditional healers for centuries as a source of powerful medicine. Not only is papaya fruit delicious and loaded with vitamins and phytochemicals, but other parts of the plant have been used historically to treat health problems too.



Now University of Florida (UF) researcher Dr. Nam Dang and his colleagues in Japan have announced new evidence that the papaya fights cancer cells. In fact, they discovered that an extract made from

dried papaya leaves produced a dramatic anti-cancer effect against a broad range of tumours grown in the laboratory — including cancers of the cervix, breast, liver, lung and pancreas.

The study, recently published in the Journal of Ethnopharmacology, not only showed that papaya has a direct anti-tumour effect on a variety of malignancies, but it also documented for the first time that papaya leaf extract increases the production of key signalling molecules called Th1-type cytokines.

That's important because this regulation of the immune system raises the strong possibility that the use of papaya could help the body's own immune system to overcome cancers. In addition, it suggests papaya could be helpful in treating or preventing other health problems such as inflammation and autoimmune diseases.

The research team found that papaya's anti-cancer effects were strongest when cancer cells received larger doses of the papaya leaf extract — yet, unlike many mainstream cancer therapies, there were no toxic effects at all on normal cells.

In a statement to the media, Dr. Dang pointed out that the ability of papaya extract to stop cancer without toxicity is consistent with reports from indigenous populations in Australia and in his native Vietnam.

"Based on what I have seen and heard in a clinical setting, nobody who takes this extract experiences demonstrable toxicity; it seems like you could take it for a long time — as long as it is effective," stated Dr. Dang, who is a professor of medicine and the medical director of the UF Shands Cancer Centre Clinical Trials Office.

In all, the UF scientists exposed 10 different types of cancer cell cultures to four strengths of papaya leaf extract. When they measured the effect of the extract after 24 hours, the papaya had slowed the growth of tumours in all the cultures.

What exactly does papaya do to halt malignancies? To find out, the researchers focused on a T-lymphoma cancer cell line. They discovered that at least one of the mechanisms that make papaya extract a potent anti-cancer weapon is the natural compound's ability to cause malignant cells — but not normal ones — to die.

The researchers hope to follow up these experiments by eventually testing the papaya cancer treatment in animal and human studies. Up next for Dr. Dang and his colleagues: they have applied to patent a process through the University of Tokyo to distil the papaya extract and they are working to identify all the specific compounds in the papaya extract that are active against cancer cells.

To this end, Dr. Dang has partnered with Hendrik Luesch, a UF Shands Cancer Centre professor of medicinal chemistry, who is an expert in the identification and use of natural products for medical purposes. Dr. Luesch recently discovered yet another natural cancer fighter — a coral reef compound that blocks cancer cell growth in cell lines.

Health Benefits:

Sweet and tasty papaya makes an excellent breakfast and is good in fruit salads. It can be blended with yogurt to make a delicious digestive smoothie. It also works well as an added ingredient in green salads. It tastes particularly good with lemon juice squeezed over it. The health benefits of papaya include heart disease and cancer prevention, cold and flu prevention and healthy digestions.

Papaya Nutrition:

Papaya is an excellent source of vitamin C, with one medium papaya containing about 150% of the Daily value. It is also a good source of vitamin A, in beta-carotene form. It is also a good source of vitamin K, vitamin E and folic acid as well as the mineral potassium.

Papaya for Heart Disease Prevention:

One of the health benefits of papaya is related to the fact that it contains high doses of three vitamins involved in heart disease prevention- vitamin A, vitamin E and beta-carotene. In addition, the high levels of folic acid found in papayas can help lower levels of the heart disease promoting amino acid homocysteine.

Papaya for Cold and Flu Prevention:

Foods high in vitamin C, such as papaya, help boost the immune system. Vitamin C has been shown to help ward off symptoms of influenza A, the common cold and pneumonia. Vitamin A provides additional immune system support.

Papaya for Neural Tube Defect Prevention:

Because papayas are rich in folic acid, they have applications in preventing neural tube defects. Eating folic acid-rich foods pre-pregnancy and during pregnancy can help the foetal spinal column to develop normally.

Papaya for Digestive Health:

Papaya contains special digestive enzymes, called papain and chymopapain, which help digest proteins. Papaya is often used as a detoxification food and to give the digestive system a break, because it is so rich in its own digestive enzymes. Papaya also contains anti-oxidant vitamins C and E as well as folic acid, all of which can help prevent colon cancer.



Vitamin D Absorption and the Skin

Sometimes called the "sunshine vitamin," many people think of vitamin D as the nutrient they absorb from the sun. The sun rays themselves don't actually contain any vitamin D; instead, skin that is penetrated by specific ultraviolet rays works to synthesize this energy into vitamin D, starting a process involving the liver and kidneys to create the essential hormone *calcitriol*.

Nutrient Qualities:

Vitamin D functions as a precursor to the hormone calcitriol, which current research finds plays a major role in how cells are developed and maintained. This makes vitamin D different from other vitamins that fuel bodily processes rather than direct them. As a fat-soluble vitamin, excess vitamin D is stored in the body's fatty tissues rather than being excreted through the kidneys like water-soluble vitamins, such as vitamin C and the various B vitamins.

Vital Roles:

Vitamin D plays many roles in the body, primarily promoting the uptake of calcium in the small intestine during the digestive process. Without vitamin D, proper mineralization of the bones cannot occur, including the building and remodelling of bones. Deficiencies can lead to rickets in children and osteomalacia and osteoporosis in adults. Vitamin D helps regulate the amount of calcium and phosphorus in the blood, reduce inflammation, support immune function and modulate the development of proteins involved with gene encoding.

Vitamin D Sources:

Specific sunlight kicks off the vitamin D synthesis process. According to the National Institutes of Health's Office of Dietary Supplements, "Ultraviolet (UV) B radiation with a wavelength of 290-315 nanometres penetrates uncovered skin and converts cutaneous 7-dehydrocholesterol to previtamin D3, which in turn becomes vitamin D3." Other non-sun sources include sockeye salmon, cod liver oil, fortified dairy and mushrooms, as well as supplements, since vitamin D doesn't naturally occur in significant amounts in other forms.

How to Get It:

The best way to receive sufficient UVB rays to facilitate vitamin D synthesis requires a balance of enough sun, but not so much as to increase the risk of skin cancer. Just a few minutes of exposure a day provide enough UVB to kick off the vitamin D process. People with darker skin need more time in the sun than those with fair skin, due to their skin's melanin, which impedes absorption. Researchers suggest spending five to 30 minutes in the sun between the hours of 10 a.m. and 3 p.m. twice a week, to replenish your vitamin D stores. For people at higher risk of skin cancer, or for people with sedentary, indoor lives, supplements work as well.

What Prevents Absorption:

Location, season and physical blocks can prevent UVB absorption. Anything physically blocking the sun's rays impedes vitamin D synthesis, such as clothing, sunscreen with a sun protection factor higher than SPF15, coatings on windows and clouds in the sky. People with darker skin also require more sunlight, as their higher amount of melanin reduces their UVB exposure.

www.livestrong.com/article/109767-skin-absorb-vitamin-d-sun/#ixzz20jZYHZLf

☞ Answer Corner ☞

1. Question: What ratio should a patient use when needing to transfer the vibrations from pills into water?

Answer: Here, the ratio is not important; in fact, there is no fixed ratio! In 200 ml of water, we usually suggest you put 4 pills. But in one litre of water, about 5 pills are sufficient. It is important to shake vigorously 108 times. Normal dose in water is 5 ml to be taken with non-metallic spoon. Hold remedy under the tongue for one minute before swallowing it.

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2. Question: I have noticed in my 108 Combo Box that the level of liquid is going down even though I have not yet used them. Why is this?

Answer: This is normal. The medical alcohol molecules are very fine and its boiling point is low. So, it tends to evaporate quickly, even when the bottles are properly closed.

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3. Question: If I go away for two months, what arrangement can I make for my patients to receive remedies during my absence?

Answer: We recommend that you identify a suitable person, from among your family members or your regular patients, who will prepare the remedies in your absence. They could also be trained to become your assistant. Also, make contact with another practitioner in your area, whom your patients can approach while you are away. If you don't know of another practitioner, then please write to healerInfo@vibrionics.org for practitioner location information.

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4. Question: I am confused about the procedure for shaking a 108CC bottle after a refill. Please clarify.

Answer: A 108CC remedy bottle should be shaken 9 times by hitting the base of the bottle hard against the palm of the other hand. If you feel inclined to say a prayer as you shake the bottle, viz. "O'Lord! May this remedy be empowered with your Divine Love and Healing" or words to that affect. This will add extra empowerment to the remedy as you focus your mind on making the affirmation.

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5. Question: I understand that the 108 Common Combo bottles need to be shaken every two years to activate the remedies in them. Is this correct?

Answer: There is no hard and fast rule here as many bottles are getting shaken during normal use and during refill. To be on the safe side, however, we suggest that you shake each bottle by hitting 9 times against the palm to ensure the efficacy of the combos.

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6. Question: *Is a female practitioner allowed to give medicine during menstruation?*

Answer: Yes, by all means; it is allowed. It is good for the practitioner, male or female, to have clear thoughts and be at peace within him or herself while treating a patient.

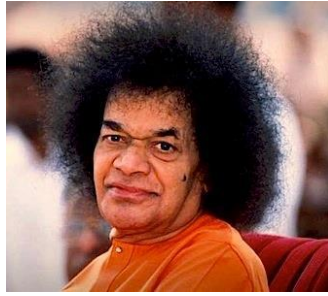
Practitioners: Do you have a question for Dr. Aggarwal? Send it to him at news@vibrionics.org



Vibrionics stall at the Unity of Faiths festival in Southall Park, London



**Vibro in Park - Serving the Homeless
Washington DC USA**



☪ Divine Words from the Healer of Healers ☪

"Service, in all its forms, wherever undertaken, is essentially spiritual discipline; a form of mental clean-up. If one does not consider service thus, the urge to serve is bound to ebb and grow dry, or it may meander into pride and pomp. Just think for a moment - are you serving God or is God serving you? When you offer milk to a hungry child, or a blanket to a shivering brother on the pavement, you are but placing a gift of God, into the hands of another gift of God! You are reposing the gift of God in a repository of the Divine Principle! Always remember - God serves! And He allows you to claim that you have served! Without His will, not even a single blade of grass can quiver in the breeze. Fill every moment with gratitude to the Giver and the Recipient of all gifts!"

...Sathya Sai Baba - Divine Discourse, Feb 20, 1966



" Mere external cleanliness is not enough you must cleanse your mind and develop inner purity. Remember, the all-pervasive God is present within everyone. You must aspire and work for the happiness of others. True celebration lies, in each sharing the happiness of the other. Give happiness to others. Only then you have the right to receive it from others. Always practice "Give and Take". Strive for the welfare of everyone, not just you and your family."

... Sathya Sai Baba, Divine Discourse, Apr, 2003



☪ Announcements ☪

Forthcoming Workshops

- ❖ **India** 21-22 Jul in **Mumbai** - Junior VP training on 108CC Box. Details from Nand Agarwal at agarwalnl60@yahoo.com
 - 28-29 Jul in Kasargod in **Kerala** - Junior VP training on 108CC Box. Details from M. Pankajakshan at pankajsai9@gmail.com
- ❖ **Italy** 14-17 Sep in **Venice** - Senior VP workshop. Details from Fabio Previati . previati.fabio@gmail.com
- ❖ **United States** Oct 6-7 in **Dallas, Texas** - Junior VP training on 108CC Box
Oct 20-21 in **Hartford, Connecticut** - Junior VP training on 108CC Box
Details from Susan at sairamhealing@gmail.com
- ❖ All Trainers: If you have a workshop scheduled, send details to: 99sairam@vibrionics.org



ATTENTION PRACTITIONERS

If your email address changes, please inform us at news@vibrionics.org as soon as possible. Please share this information with other vibro practitioners.

You may share this newsletter with your patients. Their questions should be directed to you for answers or for research and response. Thank you for your cooperation.

Our website is www.vibrionics.org

You will need your assigned Vibro Registration number to access the Practitioner Portal.

Jai Sai Ram !