

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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☞From the Desk of Dr Jit K Aggarwal☞

Dear Practitioners

A couple of senior Vibrionics practitioners who conduct camps all over India sent in a wonderful report from a camp they conducted this summer in the Himalayas. The news about two foreigners giving out free medicine spread around the valleys over a large area of Himachal Pradesh and motivated many people to spend 5-6 hours on a bus and then walk another couple of hours just to get the medicine "*that works so miraculously*". They were very happy to get pills that cure without any side-effects and makes their arthritis, muscle pains, gastritis, toothaches, etc. vanish, many times over night. They passed the news to relatives and friends and without any advertising people would come every day not only from Manikaran, Barshini, Kalga, Keerganga, and Purana Kangra where the practitioners held the health camps but also from distant villages and towns like Manali, Mandi, Bunthar and Kullu.

With Swami's grace, the practitioners treated 412 patients and saw many miraculous cures. One elderly lady, who had severe body pain (osteoporosis), fever, liver deficiency, anaemia, was bedridden and also grieving because of her husband's demise. Three days after she started the Vibrionics pills, she was 70% better, could walk around the house on her own, the fever was gone and she was smiling again. All her family members were so happy and grateful. Several porters who carry heavy loads day after day were especially grateful when their body pain was relieved overnight. The practitioners were deeply touched by Swami's immense love and compassion and for Him giving them this wonderful opportunity to witness His Divine Healing Hand.

We conducted a workshop for Senior VPs in Venice, Italy this September. It was a very good group and all 9 practitioners who attended the camp worked very hard and had mastered the entire course book for SVPs, in advance of taking the course. Because of their dedication, it was possible to complete the course in just 3 days. All the applicants passed the tests set for them and thus qualified to receive Sai Ram Potentisers. Credit goes to our Italian Coordinator ²⁴⁹⁴ who made all arrangements for the workshop. He organises regular meetings of practitioners which provide a platform for exchange of experiences and this keeps the practitioners' interest alive!

I strongly urge co-ordinators and active practitioners in other regions to hold such meetings and refresher courses – they can be so motivating and inspiring and will only take us closer to our Lord by doing our chosen path of seva with more zeal, love and dedication.

In loving service to Sai
Jit K Aggarwal

P.S. As we all know, diet plays an extremely important role in treating an illness and keeping good health. I recently came across three very interesting and useful websites.

1. <http://www.acidalkalinediet.com/Alkaline-Foods-Chart.htm#.UC31BjICcdM.gmail>

This site is especially wonderful for distinguishing between acidic and alkaline foods.

2. <http://www.thefutureofhealthnow.com/defeating-ms-with-the-paleo-diet-drug-free> OR

<http://articles.mercola.com/sites/articles/archive/2011/12/23/overcoming-multiple-sclerosis-through-diet.aspx>

This is an incredible video of a medical doctor who defeated Multiple Sclerosis (MS) that took away her mobility and threatened her memory and cognitive motor skills. She did this by conducting a life or death experiment on herself and dramatically changing her diet. I believe that everyone can benefit from watching this video – it is a truly life-changing story!

3. http://www.bottomlinepublications.com/content/article/health-a-healing/how-a-harvard-brain-specialist-keeps-her-own-brain-healthy-simple-steps-anyone-can-take?utm_campaign=%20BQR0UVWB8to60A

Scientists used to believe that memory and other mental abilities inevitably declined with age. Not anymore. We now know that the brain has the ability to form new neurons and create new neural pathways throughout life. In this article, a brain and memory specialist from Harvard Medical School, USA, describes what she does to keep her own brain healthy. A very informative and interesting read.

Case Histories Using Combos

1. Hip & Leg Injury ^{01272J...India}

An elderly woman, aged 96, had a fall and fractured her hip and right leg. Despite her age, the allopathic doctors decided to set the fracture under anaesthesia to help her become mobile again. The Vibrionics practitioner gave the patient the following combos to help in her recovery after the operation:

#1. CC20.6 Osteoporosis + CC20.7 Fractures...6TD

#2. CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS

After 45 days, the patient was able to sit up in the bed without any help. A few weeks later, she felt very energetic again. An added bonus of taking the remedies was that her memory had improved and she was no longer so forgetful! The practitioner remarks that when you see Swami in each patient, interact with them lovingly, offer your prayers to Swami and do your seva with utmost dedication, the remedies can work wonders!

Those with Sai Ram Potentiser machine can give:

#1. NM3 Bone I + NM20 Injury + NM25 Shock + NM32 Vein-Piles + NM67 Calcium + OM18 Sacral & Lumbar + OM27 Supportive Tissue + OM30 Connective Tissue + BR21 Injury + BR23 Skeletal + SM28 Injury + SM36 Skeletal + SR457 Bone + SR573 Osteoporosis...6TD

#2. NM4 Brain 2 + NM5 Brain Tissue Salts + NM6 Calming + NM12 Combination 12 + NM63 Back-up + NM69 CB8 + BR2 Blood Sugar + BR4 Fear + SM5 Peace & Love Align. + SM41 Uplift + SR325 Rescue + SR434 Larch + SR437 Oak + SR438 Olive + SR546 Baryta Carb (30C)...TDS

2. High Blood Pressure ^{2799...UK}

A 48 year old man came to see the Vibrionics practitioner because he was suffering from high blood pressure (around 160/100) for the last 15 years. He was taking allopathic medicine but it had not helped. He was given the following combo and asked to report back in two weeks' time:

CC3.1 Heart tonic + CC3.3 High Blood Pressure + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.1 Brain disabilities...TDS

A fortnight later he told the practitioner that his BP had fallen to 140/80 and in a further two weeks he reported that his BP was normal – 125/70. His doctor reduced his allopathic medicine accordingly. The practitioner told him to continue with the combo for another 6 months at the same dosage and then start reducing it gradually to OD.

You may be wondering why this patient was given so many combos for a case of just High BP. This experienced practitioner has done so keeping in mind the fact that the high BP allopathic medicine was unsuccessful for so many years and hence there may possibly be another problem. Therefore, she also included in her treatment combos for other possible mental/emotional stress and weaknesses in the nervous system.

The equivalent Sai Ram Machine combo would be:

NM2 Blood + NM6 Calming + NM12 Combination 12 + NM25 Shock + NM37 Acidity + NM57 Heart Palpitations + NM64 Bad Temper + NM69 CB8 + NM95 Rescue Plus + OM1 Blood + OM7 Heart + BR2 Blood Sugar + BR7 Stress + SM4 Stabilising + SM5 Peace & Love Align. + SM11 Blood Pressure + SM15 Circulation + SM39 Tension + SM41 Uplift + SR302 Nux Vom + SR433 Impatiens + SR461 Brain (Medulla) + SR462 Brain (Pons) + SR523 Pituitary Posterior + SR531 Suprarenal/Adrenal Gland + SR535 Thymus Gland.

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3. Houseplant's Recovery ^{00275J...India}

This practitioner treated a houseplant (Brahmakamal) for fungal infection - the symptoms being white spots on the leaves. One dose of **CC1.2 Plant tonic** was put in half a litre of water and sprayed on the plant daily. Within 2-3 days the white spots started to recede, new leaves appeared and one bud blossomed.

The leaves of another houseplant began to wither when its owners were moving house. It received the same treatment (**CC1.2**) and after only one dose of the spray, started to revive.

If you do not have the 108CC Box, to help plant growth or for disease in plants, give:

NM2 Blood + NM3 Bone + NM12 Combination 12 + NM20 Injury + NM25 Shock + NM91 Paramedic Rescue + SM1 Removal of Entities + SM2 Divine Protection + SM4 Stabilising + SM5 Peace & Love Alignment + SM6 Stress + SM14 Chemical Poison + SM26 Immunity + SM41 Uplift + SR325 Rescue + SR329 Crab Apple + SR360 VIBGYOR + SR432 Hornbeam + SR566 Fungi-pathogenic. Make it in alcohol in a dropper bottle, put 5 drops in one litre of water and sprinkle over weak or infected plants.

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4. Glaucoma ^{1176...Bosnia}

The practitioner, a woman aged 76, went to have her eyes checked two years ago because her glasses were not helping her vision as much as they used to. After testing her eyes the optician said that, like her father, she had glaucoma with pressure in both eyes of approx. 32 mmHg. She was also told that no lens could help her vision in the right eye as it had become a 'lazy eye'. The practitioner was given cause to worry as her father had the same condition when he became elderly and had eventually become totally blind. She was given eye drops (called Cosopt) to help lower the eye pressure. A re-examination after two months showed a lower eye pressure of about 20 mmHg. However, later she had to stop using the drops as she developed an allergic reaction to them and her tongue became swollen. New drops (called Xalatan) were given but these started to irritate her eyes so she stopped them too. The practitioner decided to treat herself with the following combo:

NM17 Eye + NM48 Vitamin Eye Compound + NM109 Vision + BR20 Eye + SR454 Aqueous Humour + SR465 CN2: Optic...TDS

When she procured the 108CC box sometime later, she also gave herself the following combo:

CC7.1 Eye tonic + CC7.4 Eye defect + CC7.5 Glaucoma...TDS

Since starting with Vibrionics remedies, her overall vision has gradually improved by about 25% and the eye pressure has become satisfactory, being between 15 and 20 mmHg. She is continuing to treat herself with all the above remedies.

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5. Alopecia ^{2640...India}

A woman came to the practitioner with 2 bald patches on the back of her head. One was 1 inch in diameter and the other was ½ inch. They were both close together. She had suffered with them for the past 2 years. The following combo was given:

NM84 Hair Tonic + NM90 Nutrition + OM12 Hair + SM41 Uplift + SR272 Arsen Alb + SR306 Phosphorus + SR318 Thuja + SR319 Thyroid Gland...TDS

In four months, both bald patches were covered with thick hair.

If you have the 108CC box, you can give CC11.2 Hair problems.



6. Depression ^{2365...Belgium}

This patient, a woman of 34, had suffered from depression for as long as she could remember. She was a divorcee with 2 children who were in the care of others because of her condition. She was very fearful, hysterical, sad and anxious with constant headaches and an uncomfortable sensation at the top of her head. She had no appetite or energy. However, the doctors said there was nothing physically wrong with her. She was given the following Vibrionics remedies:

#1. NM6 Calming + NM12 Combination 12 + BR2 Blood Sugar + BR3 Depression + BR4 Fear + SM2 Divine Protection + SM6 Stress + SM9 Lack of Confidence + SM39 Tension + SR360 VIBGYOR + SR561 Vitamin Balance...TDS.

#2. SR383 Cuprum Met made in olive oil to massage feet...OD.

There was considerable improvement in a week and she felt happier. In another month's time, she was feeling very happy and was no longer depressed. She continued the remedies for two more weeks and when the practitioner saw her again, she had completely recovered.

Those using the 108CC box can give CC15.1.



Health Tips

Are you Sabotaging Your Sleep?

After a marathon meeting at work or a fight with a significant other, it may seem impossible to enjoy eight hours of blissful sleep. But those tough times may be when we really need the rest, since skimping on sleep actually makes it more difficult to handle stress. So stop tossing and turning. We've got the best tips on how to get a good night's sleep even when you're stressed.

Beat the Bedtime Blues -- Your Action Plan

Don't work in bed, or even in the bedroom. Turning the sheets and pillows into a makeshift desk makes it harder to see the bed as a place for rest. And definitely put away the laptop, phone, and any other technological devices well before bedtime. The artificial light coming out of these gadgets can mess up the body's natural sleep cycles.

Go to sleep at a reasonable hour. (And make it a habit.) Especially when we're overwhelmed with work, it can seem tempting to stay up all night putting the final touches to a project. But pulling an all-nighter can make it much harder to focus the next day. And consistently staying up until sunrise may impair learning abilities and contribute to higher anxiety levels. (Now *that's* something to get stressed about.) Stick to a regular bedtime and things may look better in the morning.

Wind down. It's important to take some time to unwind between stopping work and crawling under the covers. Try taking a warm shower or sipping some herbal tea. If nagging worries are keeping you awake, write them down in a journal. Or mellow out as you're drifting off with some relaxing music.

Take a power nap. If the stress monster kept you from getting a solid night's rest last night, try dozing off during the day. Ten to 20 minutes should be enough to wake up feeling refreshed and more alert. Just make sure to keep naps to the afternoon, so you'll still be able to sleep soundly at night.

<http://www.livestrong.com/blog/are-you-sabotaging-your-sleep#ixzz26kWO1Bzt>



What Is Skin Cancer?

The term skin cancer is used to describe a number of different cancerous conditions that affect the skin. There are two main categories of skin cancer: melanoma and non-melanoma cancers. Non-melanoma cases are the most common and the most curable types of skin cancer. Melanoma, though also curable when caught early, is the deadliest form of skin cancer.

There are a few different types of non-Melanoma skin cancers. Melanoma is in a class all on its own.

Non-Melanoma Skin Cancers-Basal Cell Carcinoma

Basal cell carcinoma starts in the lowest layer of the epidermis, the basal layer. It is responsible for three out of four skin cancer cases, usually affecting areas maximally exposed to the sun, like the face. The most common forms look like small firm pale bumps, or a raised spot that is pearly and pink or reddish in colour. These cancers spread slowly and respond very well to treatment.

Squamous Cell Carcinoma

This cancer also begins in the epidermis, but in the top layer. These look like lumps, with reddish and rougher surfaces and can start in the same areas of the body as the basal cell cancers.

A big difference between these two skin cancers is that squamous cell is more likely to spread, making it a bigger threat to your overall health.

Melanoma

Melanoma is also related to sun exposure but more so with a history of a bad sunburn in areas like the back and lower legs. This is much less common than basal cell and squamous cell carcinomas, but melanoma is much more serious. What makes it so dangerous is the fact that it is more likely to spread to other organs in the body and can actually lead to death.

Melanoma starts in melanocytes, the cells that produce the colour in skin. These cells make you tan or freckle in the summer and often, but not always, turn cancer cells brown or black, which is actually good. This way, you can spot this cancer before it's too late.

Preventing Skin Cancer

The reason the sun is harmful to your skin is because it contains dangerous ultraviolet light, or UV rays. Here are some ways to protect yourself and your children from these rays.

- *Stay out of the sun for extended periods of time.* This is especially important during the peak hours between 10 am and 4 pm. Remember, the UV rays are just as powerful on cloudy days as they are on sunny days.
- *Use sunscreen daily.* Use a "broad spectrum" sunscreen with an SPF of 15 or higher. Fair-skinned people should use SPF 30 or higher. Apply sunscreen 20 to 30 minutes before going outside and re-apply every 2 hours.
- *Wear protective clothing.* This can include wide-brimmed hats, sunglasses, and clothing with a tight weave fabric. Also, darker colours will offer more protection.
- *Get to know your skin.* Check your skin for any changes, especially in moles and freckles. There are specific variables you should be aware of, which can be easily identified using the ABCDEs.

What Are the ABCDEs?

This is a simple way for you to remember what to look for in changes in the skin.

- A.** Stands for 'Asymmetry.' - Does your freckle or mole look uneven?
- B.** Stands for 'Border Irregularity.' - Are the edges irregular?
- C.** Stands for 'Colour Variation.' - Are you seeing multiple colours within the lesion?
- D.** Stands for 'Diameter.' - Is it wider than 6 mm?

Stands for 'Evolution.' - Is the colour, size or symptom changed?

Treating Skin Cancer

The good news is that skin cancer, when detected early, is very curable. This includes melanoma.

If you spot any changes in your skin as described above, you should call your doctor. He or she may perform a biopsy to confirm the presence of skin cancer.

Treatment of skin cancer may include minor or office surgery, or something more extensive like radiation or chemotherapy. It depends on the type and stage of the skin cancer you have.

Some skin cancers are recurrent, even if already treated. So it's important to perform regular self-skin exams, especially if you've been diagnosed with skin cancer in the past.

Sources: *What You Need To Know About Skin Cancer*. Rockville, MD.: National Cancer Institute.: 2005. (Accessed October 17, 2009 at <http://www.cancer.gov/cancertopics/types/skin.>)

Sai Vibrionics offers health information and articles for educational purposes only; this information is not meant as allopathic medical advice. Counsel your patients to see their allopathic medical doctor about their specific health condition.

☪The Answer Corner☪

1. Question: *I am confused about the shaking procedure while making remedies and when refilling the dropper bottles with alcohol in the 108CC box. Please clarify.*

Answer: Many practitioners are also confused about this procedure. While we addressed this issue in previous newsletters, we realize this is very important. So, we took this opportunity to review all previously written material. Based on this further research, we outline below the correct procedure for shaking during preparation of remedies.

- a) While adding pills to a drop of charged alcohol, the bottle is to be shaken 9 times in a figure of flat 8.
- b) While transferring vibrations from pills to water, add 5 pills to a maximum of 1 litre (1,000 ml) of water and mix with a non-metallic stirrer until pills are dissolved.
- c) For transferring vibrations from alcohol to water, we need only 1-2 drops of alcohol in 200 ml of water and shake/stir 9 times.
- d) For making larger quantity of remedy in water, add 100 ml (3½ ounces) of charged water to a maximum of 20 litres (5 gallons) of water and stir 9 times.
- e) When a remedy in the 108CC box is running low, fill the dropper bottle 2/3rd with alcohol and shake it 9 times by tapping against the palm of your other hand.
- f) When making a remedy in cream/gel/oil, you need to add a few drops of charged alcohol to about 50 ml of cream etc and mix well with a non-metallic stirrer.

2. Question: *Is it true that vibrations are more effective in water than in pills?*

Answer: Yes. Over the years we have received reports from a number of practitioners (and it is our personal experience too) that Vibrionics remedies work faster when administered in water. We believe that this is so because **a.** Out of all known substances, water has the best memory. **b.** Because the body consists of nearly 70% water, the absorption of vibrations from water is faster and more extensive. So, whenever convenient, it is worth advising your patients to dissolve 5 pills of the remedy in about 200 ml (7 ounces) of water. To dispense one dose, 5 ml (1 teaspoon) of this water is more than sufficient.

Make sure you tell your patients to use a glass or plastic container (not metal) and the usual precautions like keeping it away from mobiles, computers, direct sunlight etc. For your own family use, always try to make your remedies in water. This water can be used for quite a few days. Try it and you might just be surprised by the results!

3. Question: *Can I safely treat a pregnant woman for ailments not connected with her pregnancy?*

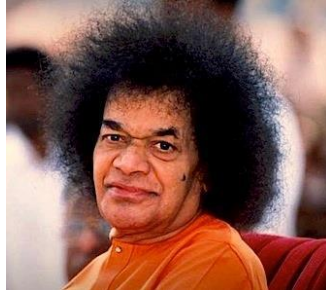
Answer: Yes, you can give any combo from the 108CC box or a remedy made with the Sai Ram Potentiser to a pregnant woman (in addition, give a standard remedy to help potential mothers through their pregnancy, e.g. Pregnancy tonic). Remember to advise the patient to stay in touch with her doctor for regular prenatal/antenatal check-ups.

4. Question: *How important is healer's physical and mental health at the time of prescribing? Can I prescribe if I am running a fever/cold or having a migraine attack? Also, is it OK to prescribe when one is stressed/depressed/sad?*

Answer: It is good for a practitioner to be fit physically and mentally. Yes, it is OK to prescribe when you

are not too well, provided: **a.** you are able to think clearly. **b.** you are able to pray to Swami with a clear mind in order to seek His guidance and help before the start of a healing session. When engaged in such seva with a loving heart, a practitioner will often overcome his own depression/ sadness etc (sometimes only temporarily) while helping patients with their problems.

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



☪Divine Words from the Healer of Healers☪

“Each and every moment should be spent in the contemplation of God. You may think, “If every moment is spent in the contemplation of God, how is it possible to do our work?” Do not distinguish between your work and God’s work. Your work is God’s work because you too are God. It is a mistake to think that all that you do in the prayer hall is God’s work and outside it is your work. You should not entertain such feelings of separateness. Consider that your heart is the altar of God and turn your vision inward. One who understands this truth and acts accordingly is a true human being.”

... Sathya Sai Baba – Divine Discourse, Ganesh Chaturthi 2000

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“Service in all its forms, all the world over, is primarily spiritual discipline-mental clean-up! Without the inspiration given by that attitude, the urge is bound to ebb and grow dry or, it may meander into pride and/or 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.”

... Sathya Sai Baba – Sanathana Sarathi, December 1993

☪Announcements☪

Forthcoming Workshop

- ❖ **UK London**, JVP workshop 27-28 Sep 2012, contact Pavalam Gunapathy by email at: pavalam1@hotmail.co.uk
- ❖ **Poland, Wroclaw**. Junior VPs workshop plus refresher course for existing AVPs, 6-7 April 2013.
- ❖ **Poland** (venue to be decided) Senior VP workshop 27-29 September 2013, contact Dariusz Hebisz by email at wibronika@op.pl for all workshops in Poland.
- ❖ **India Nagpur in Maharashtra**: JVP workshop 13-14 Oct 2012, contact Ashok Ghatol by email at vc_2005@rediffmail.com
- ❖ **India Punjab**: AVP workshop 1-2 December 2012, contact Pushkar Mehta by email at: prmehta11@yahoo.com
- ❖ **India New Delhi**: AVP workshop 15-16 December 2012 and SVP workshop 10-19 Dec 2012, contact Vinod Nagpal by email at: vinodknagpal@gmail.com
- ❖ **India Mumbai** (Dharmkshetra): AVP workshop 21-22 December 2012 and Refreshers workshop 23 December 2012, contact Sandip Kulkarni by email at: sanket265@yahoo.co.in

❖ **United States Hartford, Connecticut** JVP training 20-21 Oct 2012, contact 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

Practitioners; you will need your assigned Vibro Registration number to access the Practitioner Portal.

Om Sai Ram

Sai Vibrionics...towards excellence in affordable medicare - free to patients