

Sai Vibrionics Newsletter

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

As I write this, I can imagine these words reaching you. That is easy for me because I know almost all of you personally. I had the privilege of training you or have come to know you through various interactions in the course of your practice.

But I cannot say that I chose any of you to be Sai Vibrionics practitioners. That was all Swami's doing. You were hand-selected by Him to do a special job, a job requiring knowledge, skill and compassion. And each of you made a vow to God, not to me when you became a vibro practitioner. If you are reading this message now, you have most likely kept your vow or are still trying to do so.

Among other things, you promised God that you would treat all patients with love, offering at least one hour of seva a day, and that you would report the number of patients you treat every month and any noteworthy cases. I remind you of your pledge now because the time has come for each of you to begin to share your experience as a practitioner to a greater extent than you have done in the past. This is because in order for us to keep our vow to provide our patients with the best care and to enable us to serve more of the many patients who need our help, we *all* need to share what we know.

When we talk about serving patients, you may well think first of your own patients – the patients *you* treat as opposed to those of some other practitioner. But we can't really separate out patients like that. While it is true that Swami sends us different patients as individual practitioners, *all* patients are "our patients." This is because our field of seva does not end at our doorstep. "Whenever you see a sick person, a dispirited, disconsolate or diseased person, there is your field of seva," Baba teaches us. In other words, our field of seva has no geographic limits. That is to say, *your* field of seva is not restricted to the village, city, state, country or region where you reside.

Right now there are patients in your field of seva whom you may never meet but who could benefit from your knowledge, experience, and love. That is because, having chosen you and supported you in your practice, Swami has also imparted to you knowledge or experience that could benefit other practitioners and patients, if disclosed. To think otherwise is pure ego.

Having read thus far, you may well be wondering, How does this apply to me? I am aware that some of you may feel you have nothing to share so your first impulse is to remain silent. Others may feel that your healing work is too important to interrupt to take the time to explain what you have learned. Or you may feel that the information you have acquired is yours rather than a gift to pass on. If any of these applies to you, I would encourage you to reflect upon the extent of your surrender to God.

I believe Swami has shown us the way forward for vibrionics by emphasizing the importance of unity. The International Sai Vibrionics Conference gave a glimpse of how powerful such collaboration can be. Whether or not you were able to participate, you have probably heard how inspiring the exchange of information and experience was for healers. Many left with a renewed commitment to Vibrionics seva. Swami must have had this in mind when he decided that there would be such a Conference.

We plan to build on this experience. We also wish to extend the blessings of the Conference to the many practitioners who were not able to attend. We feel this is one of the most important things we can do. We are convinced that future developments in vibrionics will come from a greater exchange of information among healers. There is strength in numbers. By pooling our experience, with Swami's Grace, we will advance more rapidly than any of us ever could on our own.

Accordingly, I am issuing this direct call to you to participate in this Sai Vibrionics community effort:
Newsletter

In the near future, this Newsletter will be redesigned to serve as a better conduit for exchange of information among healers. We plan to include:

- case histories that reflect ordinary, daily experience of practitioners, as well as unusual cases
- tips that practitioners would like to pass on
- reports about revealing or inspiring experiences
- brief anecdotes about treatments
- reports on local vibrionics seva activities, projects or research, and
- 'Practitioner Profiles'. Here we will feature capsule profiles of different practitioners, with a personal photo. Practitioners will share a little about their background, how long they have been doing their seva and where, and give brief personal reflections in a few sentences.

This is how you can participate: We have organized a vibrionics task force to help collect such information. These volunteers will serve as contributing editors for the Newsletter. If you are contacted by any of them and asked to contribute, please do your best to respond. But you do not need to wait to be asked. In fact I hope you won't. You can also participate by sending your information directly to us at editor@vibrionics.org. Each contribution will be acknowledged and we will follow up with you as needed.

Agricultural research

In addition, we have also implemented a second task force to begin work on a long-term research project on the use of Sai Vibrionics in agriculture, following some successful experiments in Delhi and elsewhere in recent years. These team members will collect information available on the internet and other sources regarding the use of vibrionics in agriculture. **If you have any information relevant to this task, please contact me.** A preliminary report will be compiled and presented to a staff member of Sathya Sai University, Puttaparthi, who has agreed to supervise a Sai Vibrionics study on the effect of vibrionics treatment on fields, crop yields, and barren land. The goal is to benefit the agricultural community. But it is likely that evidence of successful agricultural applications of Sai Vibrionics will also help introduce vibrionics healing to many. As was with the case of radionics 100 years ago, it is expected that plant research will prove to be an effective way to demonstrate the power of Sai Ram Vibrational Healing because plants lack the mental complications that can muddy human results.

I heartily thank you for your seva on these projects.

In loving service to Sai
Jit Aggarwal

❧ Case Histories Using Combos ❧

1. Atopic Dermatitis & Hyperacidity ^{10001...India}

In June 2013, a male patient, age 18, came for treatment of acute atopic dermatitis and hyperacidity. He had suffered from both since age 5. Black patches and boils were seen on his whole body, but especially on his hands and feet. The lesions were itchy. The itch worsened at night, causing him chronic loss of sleep. He was referred by another vibrionics patient, who had been successfully treated for High BP and spondylitis.

The following treatment was given:

#1. CC10.1 Emergencies...3 times every hour for 2 days

After this, the following remedies were given:

#2. CC4.1 Digestion tonic + CC4.10 Indigestion...TDS

#3. CC21.1 Skin tonic + CC21.3 Skin allergies + CC15.1 Mental & Emotional tonic + CC15.6 Sleep disorders...TDS

By the end of 15 days, the boils and patches, and the itchiness had subsided by 50%. After one month, they disappeared completely. The patient now slept soundly.

Five months later (November 2013), the patient came in complaining of a cough and cold, and also cracks on his feet. He was treated with the following:

#4. CC9.2 Infections acute + CC19.6 Cough chronic...6TD

#5. CC21.1 Skin tonic + CC21.3 Skin allergies + CC21.5 Dry Sores...TDS

After a week's treatment, cough and cold were 100% gone. So were the cracks on his feet. He felt well.

Now the patient continued with treatment for hyperacidity:

#6. CC4.1 Digestion tonic + CC4.10 Indigestion + CC21.3 Skin allergies + CC15.1 Mental & Emotional tonic...BD

As of March 2014, the patient had achieved 70% improvement in acidity and was continuing treatment. The patient is very happy that his skin is now completely normal and he can travel for family business.



2. Epilepsy ^{01626...Greece}

A woman aged 40, sought treatment for epilepsy. Her symptoms began when she was 14, after she suffered the shock of her parents' divorce. She was given:

CC12.1 Adult tonic + CC15.1 Emotional & Mental tonic + CC18.3 Epilepsy...TDS

Since commencing vibrionics some six months ago, she has experienced no further epileptic seizures. Her mood has improved, she has more energy and she is now able to make plans for her future. Her treatment is ongoing. As of April 2014, she plans to continue with vibrionics indefinitely.



3. Tongue Cancer ^{10831...India}

A 54-year-old woman suffering from tongue cancer had been undergoing chemotherapy and other related allopathic treatment. When there was no noticeable improvement she came to see the practitioner to see if vibrionics would help. She was given the following remedy:

#1. CC2.1 Cancers - all + CC10.1 Emergencies + CC11.5 Mouth infections + CC12.1 Adult tonic...TDS

After taking the remedy for 4 months, her condition showed some improvement. Her combo was changed to:

#2. CC2.1 Cancers - all + CC 2.2 Cancer pain + CC3.1 Heart tonic + CC10.1 Emergencies + CC11.5 Mouth infections + CC12.1 Adult tonic + CC20.4 Muscles & Supportive tissue...TDS

By the end of 3 months, the growth on the tongue had completely disappeared. The following combo was then given for long-term use to prevent any recurrence:

#3. CC2.1 Cancers - all + CC2.2 Cancer pain + CC3.1 Heart tonic + CC10.1 Emergencies + CC11.5 Mouth infections + CC12.1 Adult tonic.

Note: As the tongue was now normal the maintenance combo above could have been reduced to: CC2.1 Cancers - all + CC11.5 Mouth infections + CC12.1 Adult tonic.



4. Kidney Damage ^{01339...USA}

In August 2013, a 74-year-old man came to the practitioner, suffering from kidney damage verging on renal failure as a result of an enlarged prostate for many years. His nephrologist had put him on a strict diet hoping to stave off kidney dialysis. The patient knew nothing about energy healing and was sceptical but being an acquaintance of the practitioner and trusting her, he agreed to try vibrionics. He was given:

CC10.1 Emergencies + CC12.1 Adult tonic + CC13.1 Kidney & Bladder tonic + CC13.2 Kidney & Bladder infections + CC13.4 Kidney failure +CC14.2 Prostate...TDS

In December 2013 he was taking the remedy but reported he was taking it only BD. He didn't feel much different but was still able to avoid dialysis. He had lost some weight since August. He promised to take the remedy TDS. He was told to now take the pearls in water.

In April 2014, having gained fifteen pounds, the patient went to his doctor for a check-up. The doctor was happily shocked to see him. The patient's blood work was excellent, his kidneys, while having some dead tissue, were functioning normally again and he could now resume a regular diet. The patient was told to come back in a year for a follow-up exam.

The patient is thrilled and believes it was the vibrionics that healed him. He continues to take the remedy BD.

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5. Alcohol Addiction ^{11210...India}

A 26-year-old youth had been drinking every day for 4 years. He fell into this habit because he was mentally stressed owing to property disputes in his family. In 2011 his blood pressure was so high that he had to be admitted to hospital for treatment. After several tests and subsequent treatment his BP. became normal again. In May 2013 he asked his mother to help him find some treatment to break his drinking habit. She asked this practitioner and the following remedy was provided:

CC15.1 Mental & Emotional tonic + CC15.3 Additions...TDS

In August 2013, after 3 months' treatment, the family reported that his alcohol drinking had totally stopped. In fact, he was unable to take even light alcoholic drinks such as beer for fear of vomiting.

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6. Bull with Asthma ^{11278...India}

The practitioner, who holds a Masters of Veterinary Science, was asked to treat a bull with asthma, who had been suffering from shortness of breath, a warm tongue, and poor appetite for several months. The bull was given:

CC1.1 Animal tonic + CC19.2 Respiratory allergies + CC19.6 Cough chronic + CC19.7 Throat chronic...TDS

By Sathya Sai Baba's Grace, he was cured in 3 days.

☞ Important: Attention All Practitioners ☞

Many of the cases we receive are excellent but we are not always able to share them because some essential information is missing, which only the practitioner can supply. So PLEASE when you send in your cases do make sure to include the following:

Age of the patient, male/female, date treatment started, detailed list of all acute symptoms, detailed list of all chronic symptoms, duration of each symptom, possible cause of each chronic symptom, any other past/existing treatment, combo given and its dosage, date-wise record of percentage improvement, final condition, any other relevant information.

This will help us include your cases in future Newsletters.

☞ Health Tips ☞

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

Six Health Benefits of Beets (Beetroot)

Beets, also called beetroot, are an ancient, prehistoric food that grew naturally along coastlines in North Africa, Asia, and Europe. Originally, it was the beet greens that were consumed. The sweet red beet root that most people think of as a "beet" today wasn't cultivated until the era of ancient Rome.

By the 19th century, however, the natural sweetness of beets came to be appreciated and beets began to be used as a source of sugar (Reportedly, Napoleon was responsible for declaring that beets be used as a primary source of sugar after the British restricted access to sugar cane).



A root vegetable, the reddish and bulbous portion of the beetroot is grown underground while its leafy top is seen above the ground. It grows in both tropical and temperate areas, and takes about two months to reach maturity. Though the plants have been cultivated for thousands of years due to their dietary benefits, it is only recently that their many health benefits have been explored.

Today, sugar beets are a common raw material used for the production of sugar, but many people are missing out on them (in whole form) in their regular diet. In fact, today's studies prove that not only are they loaded with beneficial nutrients, but beets can help ensure that a person stays healthy. Beets contain a variety of unique health-boosting nutrients that you may not be getting elsewhere Plus, they're delicious!

Beets equalizes mental health

Betaine, the same component that is used by practitioners to treat depression using certain methods, is found in beetroot. Another great element that beets contain is tryptophan, which has been shown to create a sense of well-being while also relaxing the mind. They are also a great way to lower blood pressure, which can help offset the effects of stress on the body.

Beets increases energy levels

Because the sugar contained in beets is released slowly throughout the body, even though the sugar levels are high, they help maintain steady energy levels. When compared to foods such as chocolate whose sugars are processed quickly by the body, beets, which are also low in calories, make its energy boost last a great deal longer.

Beets are high in vitamins and minerals

Because they are high in vitamin B and iron, beets are especially beneficial to those women who are pregnant. Vitamin B and iron are necessary for the growth of new cells as well as replenishing the iron levels that often dip at this time of life. In addition, beets are high in the following vitamins and minerals: fibre, phosphorus, potassium, folic acid, beta-carotene, vitamin A, magnesium, vitamin C and betacyanin.

Beets help cleanse the body

Beets work to cleanse and clarify the liver. It can also purify the blood and has been shown to help prevent some forms of cancer. Eating beets can also indicate whether a person has low amounts of stomach acid. This is shown if their urine turns pink.

Adding beets to the diet is easy. Many people simply add beets that are mashed and cooked to their smoothies. Another way to prepare it is by thinly slicing it before drizzling with olive oil and broiling it.

Beets for blood pressure management

Researchers have known for some time that beet juice may help lower blood pressure but in 2010, UK researchers revealed that nitrate is the special ingredient in beets which lowers blood pressure and may help to fight heart disease.

In a study by Queen Mary University of London, healthy participants had to drink a glass of beet juice while others had a dummy (placebo) drink. Blood pressure was lowered within 24 hours in people who drank beet juice. The study was funded by the British Heart Foundation and is published online in the American Heart Association journal *Hypertension*.

Beets for the brain and dementia

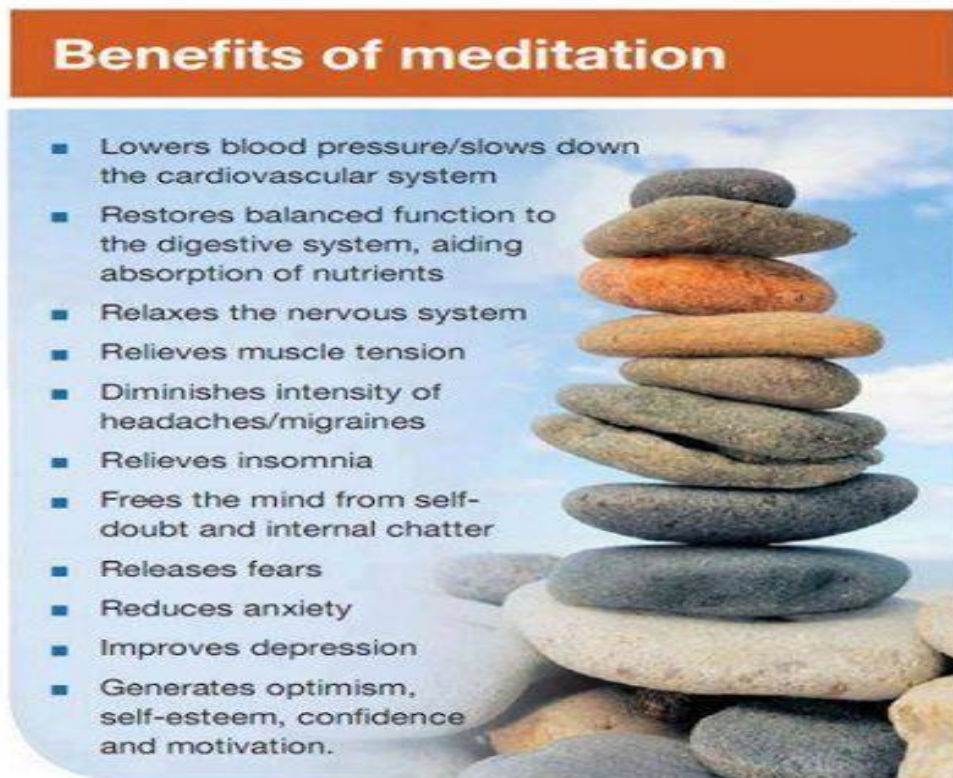
Drinking beet juice increases blood flow to the brain in older people, which may be able to fight the progression of dementia, a 2010 study suggested. Beets contain high concentrations of nitrates, which are converted into nitrites by bacteria in the mouth. Nitrites help open blood vessels in the body, increasing blood flow and oxygen to places lacking in oxygen.

Previous studies have shown that nitrites widen blood vessels, but US researchers writing in *Nitric Oxide: Biology and Chemistry*, the peer-reviewed journal of the Nitric Oxide Society, say theirs was the first to find that nitrites also increase blood flow to the brain.

Sources:

- <http://www.webmd.boots.com/healthy-eating/guide/beetroot-benefits?page=2>
- <http://articles.mercola.com/sites/articles/archive/2014/01/25/beets-health-benefits.aspx>
- http://www.naturalnews.com/044774_beetroot_healthy_vegetables_increase_energy.htm#ixzz2zSgdvhL

Encourage Your Patients to Meditate Daily



Benefits of meditation

- Lowers blood pressure/slow down the cardiovascular system
- Restores balanced function to the digestive system, aiding absorption of nutrients
- Relaxes the nervous system
- Relieves muscle tension
- Diminishes intensity of headaches/migraines
- Relieves insomnia
- Frees the mind from self-doubt and internal chatter
- Releases fears
- Reduces anxiety
- Improves depression
- Generates optimism, self-esteem, confidence and motivation.

Chakras and Improving Chakra Health



The term **chakra** comes from Sanskrit – the ancient, sacred language of India – and means “spinning wheel”. It refers to the ever turning energy centres that are a part of your subtle or energetic body. Yogis and clairvoyant seers (people who can see energy and auras) describe chakras as spinning fans, lotus flowers, or suns of light stacked along the body.

While chakras are not physical, they do correspond to specific locations, organs, hormones and activities of the body. They also influence and are influenced by your thoughts, feelings and life areas. Their function is to process life force energy (known as prana or chi) to bring about holistic wellness.

Each chakra is associated with particular functions within the body and with specific life issues and the way we handle them, both inside ourselves and in our interactions with the world. As centres of force, chakras can be thought of as sites where we receive, absorb, and distribute life energies. Through external situations and internal habits, such as long-held physical tension and limiting self-concepts, a chakra can become either deficient or excessive—and therefore imbalanced.

The Seven Chakras at a Glance

Chakra 7 – The Crown

Its colour is violet and is located at the top of your head. It is associated with the cerebral cortex, central nervous system and the pituitary gland. It is concerned with information, understanding, acceptance and bliss. It is said to be your own place of connection to God, the chakra of Divine purpose and personal destiny. Blockage can manifest as psychological problems.

Chakra 6 – The Third Eye or Brow

Its colour is Indigo (a combination of red and blue). It is located at the centre of your forehead at slightly above eye level. This chakra is used to question the spiritual nature of our life. It is the chakra of question, perception and knowing. It is concerned with inner vision, intuition and wisdom. Your dreams for this life and recollections of other lifetimes are held in this chakra. Blockage may manifest as problems like lack of foresight, mental rigidity, 'selective' memory and depression.

Chakra 5 – The Throat

Its colour is blue or turquoise and is located within the throat. It is the chakra of communication, creativity, self-expression and judgment. It is associated with your neck, shoulders, arms, hands, thyroid and parathyroid glands. It is concerned with the senses of inner and outer hearing, the synthesizing of ideas, healing, transformation and purification. Blockage can show up as creative blocks, dishonesty or general problems in communicating ones needs to others.

Chakra 4 – The Heart

Its colour is green and it is located within your heart. It is the centre of love, compassion, harmony and peace. This chakra is associated with your lungs, heart, arms, hands and thymus gland. We fall in love through our heart chakra, then that feeling of unconditional love moves to the emotional centre commonly known as the solar plexus. Blockage can show itself as immune system, lung and heart problems, or manifest as inhumanity, lack of compassion or unprincipled behaviour.

Chakra 3 – The Solar Plexus

Its colour is yellow and is located a few inches above the navel in the solar plexus area. This chakra is concerned with your digestive system, muscles, pancreas and adrenals. It is the seat of your emotional life. Feelings of personal power, laughter, joy and anger are associated with this centre. Your sensitivity, ambition and ability to achieve are stored here. Blockage may manifest as anger, frustration and lack of direction or a sense of victimization.

Chakra 2 – The Sacral or Navel

Its colour is orange and it is located between the base of your spine and your navel. It is associated with your lower abdomen, kidneys, bladder, circulatory system and your reproductive organs and glands. It is concerned with emotion. This chakra represents desire, pleasure, sexuality, procreation and creativity. Blockage may manifest as emotional problems, compulsive or obsessive behaviour and sexual guilt.

Chakra 1-- Base or Root

Its colour is red and it is located at the perineum - base of your spine. It is the chakra closest to the earth. Its function is concerned with earthly grounding and physical survival. This chakra is associated with your legs, feet, bones, large intestine and adrenal glands. It controls your fight or flight response. Blockage may manifest as paranoia, fear, procrastination and defensiveness.

What causes the blockages in the seven chakras?

If a person consumes the wrong type of food (anything taken in through the five senses is food), unsuitable vibration from this food will initially go to one of the chakras which in turn will go out of balance. The time lag between the chakra going out of balance and its manifestation as a physical symptom in an organ can be very long — as many as ten years for a serious disease like cancer or as little as a few hours or days for an acute illness like flu. Without intervention, other chakras start to go out of balance also as all are interconnected. This causes the illness to spread through the body and eventually, the problem becomes chronic.

The causes could also be memories buried deep within the subconscious mind from childhood trauma, abuse, a learned restrictive belief system or emotional injuries that haven't been forgiven. Just lack of attention can also cause a chakra to shut down. Tension builds up in one of the chakras from repeated denial, guilt, repression and unfelt emotions. These seven chakras hold all the good and bad thoughts, deeds, and actions you've committed in all of your souls lifetimes here on earth. It's the repression of emotions that causes pain, suffering, and disease.

Accepting your rejected feelings...feeling them deeply and forgiving is the key to healing.

Forgiveness is one of the most important ways to heal blockages in the chakras:

Where do you think those unfelt emotions go? They stay with you and accumulate, not leaving room for anything new to come in. Thank these people even in silence, they are your teachers.

Change your thinking and heal suppressed emotions to change your life experience:

To heal the effect, release the cause. Is it really worth the price you are paying to hold onto suppressed negative emotions? You only hurt yourself. Be open to the other point of view you have been rejecting. Your body will rejuvenate itself. But you have to release that stuck energy with conviction and love.

Other ways to help clear chakras and promote healing of the mind and body:

Vibrionics remedies: Vibrational remedies work on the chakras and hence on the corresponding organs or body parts. These are administered in the form of small sugar pearls which contain the appropriate vibrations and thus bring the relevant chakras back into balance.

Yoga movements: Yoga means "union" or "discipline". It's the yoking together of the mind, body and soul in order to liberate the True Self. Yoga is particularly effective in releasing these energies. Through movement and stretching, energy is pushed through the energy centres away from its point of concentration. Often a negative issue will come to mind as this blockage is broken up. It serves to let you know what caused the blockage in the first place, so you can mentally let it go.

Acupuncture/Massage/Chiropractic/Reiki etc: These healing forms again serve to move the energy in their own ways. If the issue is not resolved mentally, then the problem will return. The relief can be permanent or temporary depending on the person's willingness to forgive and release the cause of the problem or imprint in the first place.

Physical exercise: Again the energy is moved but may not be permanent, this time through exertion.

Heat: Heat relaxes the muscles, allowing the negativity to flow out of the body. Heat can be from a sauna, whirlpool, or any other prolonged heat source.

Sources:

Manual for Junior Vibrionics Practitioners, 2007

<http://www.flourishinglotus.com/what-are-chakras-anyways-a-simple-guide-to-your-complex-energy-centers>

<http://www.yogajournal.com/basics/898>

<http://www.zenlama.com/the-7-chakras-a-beginners-guide-to-your-energy-system/>

<http://www.2012-spiritual-growth-prophecies.com/seven-chakras.html>.

☪ The Answer Corner ☪

1. Question: I want to login to the practitioner's portal of our website. Please advise me of my username and password.

Answer: First ensure that you know your personal 5-digit Registration number (Regn no) correctly. Incidentally, you will find this number in the subject line of the email which is sent to you every 2 months with your Newsletter. Then visit our website: www.vibrionics.org. For example, if your Registration number is 01234, your username will be 01234 and your password will be SaiRam-01234. As it is case-sensitive, it must be written exactly as shown.

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2. Question: Should I ask my patient to write down his or her problems before coming to the first appointment?

Answer: You don't have to, but some patients prefer this. Some like to pen their problems in the comfort of their home when they have ample time to think about all their symptoms, their duration and cause if possible. This is helpful specially in the case of multiple chronic problems and can save the practitioner's time during the consultation.

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3. Question: Can we use the remedy left in a cracked CC bottle to start a new bottle? Or do we need to approach someone with a Master Combo box?

Answer: If the remedy in the cracked bottle contains no glass fragments, then use this to start a new bottle. If you are not sure about this, then you need at least one drop from another Combo kit to remake a new bottle. This drop need not be taken from a Master Combo box.

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4. Question: *If some of the bottles (with no cracks) are almost empty, can I just fill them with alcohol?*

Answer: Of course you can. But before using the refilled bottle, shake it 9 times by tapping its bottom against the palm of your other hand.

5. Question: *After making a remedy in water either directly in the machine or from a Combo box, how long will it keep?*

Answer: The remedy can keep anything from 2 days to 2 weeks, depending on the environment and temperature. As the remedy is prepared in water fit enough for drinking, it will keep for as long as the water will; generally one week is OK.

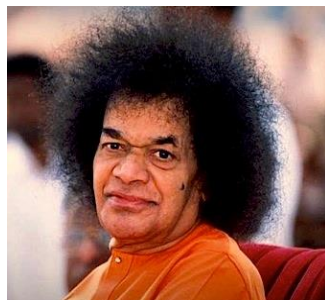
6. Question: *If we tried all remedies in our Common Combo box and nothing works, do we then refer the patient to a more experienced healer?*

Answer: If you have already established a rapport with the patient, it's best to preserve that relationship and continue with the treatment yourself. You can consult a more experienced healer to take advice. If this is not possible and you practice outside India, write to comboQueries@vibrionics.org for advice, giving details of treatment given so far. If you practice in India, write to comboQueries@in.vibrionics.org.

7. Question: *Should we also have the patient pray or chant something when receiving the remedy?*

Answer: If a patient is happy to do that, it will certainly be helpful! For a prayer to be effective, it must be intense and emanate from a pure heart.

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



☪ Divine Words from the MASTER Healer ☪

“An action performed as an offering to God, gets sanctified. Such an act becomes Anapeksha (desireless act). Every selfless act of devotion becomes an action free from the taint of desire. With his Mind firmly rooted in god, man should engage himself in service.”

...Sathya Sai Baba, Book Commemorating Sathya Sai Baba's 80th Birthday, 2005

“You must be able to get up with the same ease with which you sat to have your food. If you sit down feeling light and feel heavy and difficult to get up after eating, you have taken more than you need and it will develop Tamasic qualities. The space in your stomach is divided into four parts. Youngsters should fill three parts of their stomach with food and remaining one part with water. For adults, two parts of stomach with food, one part for water and one part for air is advisable. If you fill all four parts with food with no place even for water, you are violating the rules for digestion! After having your lunch, rest for just ten minutes. That will help blood to circulate freely from your head to your toe. At night, after dinner, you must go for a walk. This is a sound routine for good health and to develop Satvic nature.”

...Sathya Sai Baba, Divine Discourse, 'My Dear Students', Vol 2, Ch 2

❧ Announcements ❧

Forthcoming Workshops

- ❖ **Italy Spinea Near Venice:** AVP workshop 17-18 May 14, contact Manolis at monthlyreports@it.vibrionics.org
- ❖ **UK London:** Annual Practitioners' Meeting 18 May 14, contact Jeram at jeramjoe@gmail.com
- ❖ **Poland Wroclaw:** Practitioners' Meeting 31 May 14, contact Dariusz Hebisz at wibronika@op.pl
- ❖ **USA West Virginia:** AVP Training 6-8 June 14, contact Susan at trainer1@usa.vibrionics.org
- ❖ **India Cochin, Kerala:** AVP Training 21-22 June 14, contact Rajesh Raman at trainer1.ker@vibrionics.org

All Trainers: If you have a workshop scheduled, send details to: 99sairam@vibrionics.org

ATTENTION PRACTITIONERS

- ❖ Our website is www.vibrionics.org. You will need your Registration number to login to the Practitioner Portal. If your email address changes, please inform us at news@vibrionics.org as soon as possible.
- ❖ 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.

Om Sai Ram!

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