

Sai Vibrionics Newsletter

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“Whenever you see a sick person, a dispirited, dishisconsolate 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

I hope and trust you enjoyed a powerful Mahashivratri and can now witness its benefits in your lives. In one of His many Shivaratri discourses, Swami said “You are unable to trace the root cause of your suffering. So undertake meritorious deeds. Cultivate sacred feelings. Serve your fellow beings. Taking to this path amounts to devotion.” He urges us to follow in His footsteps by undertaking service in villages and slum areas in need of the basic necessities. This He Himself practiced from His childhood... **Sathya Sai Speaks Volume 32 part-1**

Let these words and sentiments encourage and inspire our resolution to make this our life's guiding principle. Let us push our boundaries by increasing our research program as we need to keep the wheels of innovation in motion. Following our annual objective for 2017, as per our last newsletter, we will be expanding our organized research for treatment options and remedies regarding plants and animals. We intend working with a sizable population of both test and control groups. This requires a suitable environment and dedicated researchers. I'm requesting all those with a keen interest and expertise in animal and plant welfare to kindly come forward and send me an email of your interest in this landmark project.

I am filled with deep gratitude to report that Swami has showered immense grace on the vibrionics program by making it an integral part of the Wellness Clinic at the Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield, Bengaluru which was started on the eve of Mahashivratri, 23 Feb 2017.

Spiritual progress and excellence in vibro are deeply intertwined – one cannot make meaningful progress as a practitioner without regulated spiritual life. I am happy to report that our Kerala practitioners organized the first ever Sadhana camp on the first day of the New Year 2017 at the Sai Hospital in Shormnur, Kerala. This was a momentous event for vibrionics in Kerala. We strongly encourage conducting more such inspirational Sadhana camps on a regular basis all over the world with a view to shedding light on the significance of spiritual well-being in a practitioner's life. We enthusiastically applaud this wonderful endeavour!

In this issue our health topic is “water”, Swami says “water is the very life of man”. We are featuring the amazing properties of water and an article on dehydration and how to prevent it. I think you will find this very interesting and informative, especially as summer is just round the corner. Also, we are profiling four of our many younger practitioners who have taken up vibrionics comparatively recently. It is really encouraging to see their enthusiasm which is reflected in their results and has touched the lives of many patients.

I trust that as you immerse yourself in soaking up the rich content, you will be inspired to pay attention to Swami's words, “Have high ideals. Strive to elevate yourselves. Strive for the highest goal:

God.” ...**Mahashivratri discourse, Brindavan 7 Mar 1978.** The Loving Truth of Divinity is indeed our highest goal, which we hope the vibrionics seva helps each of us to attain.

In loving service to Sai
Jit K Aggarwal

❧ Case Histories Using Combos ❧

1. Multiple strokes, hearing and memory loss ^{03535...USA}

The practitioner visited an 89-year-old man recently discharged from hospital. The man expressed his desire to take vibro remedies for his low energy, two-year-old hearing loss (one had to practically shout into his ear) and one-year-old mild memory lapse (for example, forgetting particular names and certain incidents). He was not taking any medication for these conditions. Over the past few years, he suffered silent heart attacks and several transient ischemic attacks (TIAs or mini-strokes). Ever since then he has taken blood thinner medication but this led to chronic anaemia from intestinal blood seepage. The result was frequent hospitalization (every 2-3 months) to prop up his haemoglobin level through blood infusion. He also had difficulty walking and standing without support and required a full-time attendant.

On 2 November 2015, the patient was given the following remedy:

#1. CC3.5 Arteriosclerosis + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic + CC20.3 Arthritis...BD

He continued the blood thinning medicine during vibrionics treatment. After one month, the combo for hearing loss was added:

#2. CC5.2 Deafness + #1...BD

Two weeks later, the practitioner found out that the patient had been taking medication for high blood pressure and diabetes for a decade. On an average, his BP was 125/75 but his HbA1c was 8.7%, indicating high blood sugar levels in spite of allopathic tablets. So the following combos were added to cover these 2 conditions:

#3. CC3.3 High Blood Pressure + CC6.3 Diabetes + #2...BD

On 15 January 2016, during a large get-together with family and friends, all were pleasantly surprised by his improvement. Two of his daughters informed the practitioner that their father had difficulty sitting for more than ten minutes; he used to lie down or sleep in his bed for the better part of the day and night. However, during this get-together in their home, which included many different activities continuing late into the night, they were thrilled to see him sit up and enjoy the entire five-hour program. Significant improvement was observed and remarked by many people during this event. His son was astonished at his father's renewed attention, focus, memory and hearing improvement while witnessing him critique a performance. In April the dosage of **#3** was reduced to **OD**. By June 2016, his hearing had improved by 80% and his memory and energy levels improved by 100%.

He continued his allopathic medications for both diabetes and high BP along with vibrionics. In December 2016, the HbA1c assay reflected an improvement in blood sugar level as this reading had come down to 6.25%. Currently the patient walks without an assistant but with the help of a support. Most of the time, he talks, watches television and reads books in a **sitting** posture.

As of 30 January 2017, the patient remains well. After starting vibrionics treatment, he has not been hospitalized even for a day during the past fifteen months. His family attributes this entirely to vibrionics as this is the only change in his medication; all the rest of his medicines have remained the same for a decade or so. This impressive success resulted in the practitioner getting six new patients from the family and friends of this elderly person.

Patient's son comments:

For the past five years, my father's general health has been on the decline, even though he enjoyed very good health for most of his life. He is very spiritual and has enormous faith in God, and in his younger years, he used to help many people by providing free homoeopathy remedies. We were all pleasantly surprised to note that suddenly there was a significant improvement in his hearing and his memory. His haemoglobin levels are holding up very well (as indicated by recent blood tests) without requiring any hospitalization since the start of vibrionics treatment. Overall, his general health has improved and he appears to be enjoying a much better quality of life. He is hale, healthy and doing all his activities by himself, unassisted, which was not the case earlier.

2. Anxiety, fear, panic attacks ^{03535...USA}

A 30-year-old man contacted the practitioner about his anxiety, intense fear, panic attacks and depression which he had noticed for at least a decade but worsening for the past two years. When in a crowd, terrifying thoughts of being fatally attacked plagued him, and he worried how his family would cope if he died. Consultation with a psychiatrist did not help much. During the anxiety attacks, his blood pressure shot up to 160/80, heart rate increased and breathing became laboured and he felt dizzy. These episodes increased further in intensity over the past five months when his wife gave birth to their first child and there were complications at the time of delivery. He would not share his worries with anybody, not even his wife and mother. He could not focus at work and constantly felt fearful and anxious. He felt hopeless and wondered if he would ever come out of this hellish torment which he said he "would not wish even on his worst enemy". He confided that he had always been fearful, even as a child. He lost his father in infancy and his mother was an anxious, fearful person prone to depression. The patient was not on any medication.

He was given the following combo on 10 February 2016:

#1. CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders + CC17.2 Cleansing + CC17.3 Brain & Memory tonic + CC18.1 Brain disabilities...TDS

Patient was monitored weekly and after two weeks he reported feeling much better. In another three weeks, there was 90% improvement in his anxiety, fearfulness and panic attacks. His BP fluctuations were less intense at 135/80.

In April 2016 his remedy was changed to include combo for hypertension:

#2. CC3.3 Blood pressure + #1...TDS

At the end of six weeks he was completely free of the chronic anxiety and fearfulness. In August his BP came down to normal at 120/80. In four months, the patient experienced 100% improvement, being free of all his symptoms. The grateful patient told the practitioner that he could hardly believe it, as he did not have much faith in vibrionics initially. His family were amazed at his remarkable transformation from an anxious wreck to a calm, serene person. Remarks like "is it really you who is not getting worried?" from his wife were directed at him in disbelief. Patient felt confident and energetic throughout the day. Being free of anxiety and fear, his mind was clear and he could easily focus on his work. As per the last update in January 2017, he has had no more relapses of any of his earlier problems and continues to take **#2 at TDS**. Additionally, he is now being treated for recently diagnosed Achalasia by the practitioner.

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3. Haemorrhoids, faecal incontinence, irritable bowel syndrome, gastroesophageal reflux ^{01001...Uruguay}

A 74-year-old man with a 15-year history of bleeding haemorrhoids (which was so severe that he had to use pads) and faecal incontinence visited the practitioner on 20 June 2016. He had also been diagnosed with irritable bowel syndrome IBS and gastroesophageal reflux just one month earlier.

He was treated with the following combo:

#1. CC3.2 Bleeding disorders + CC4.4 Constipation + CC4.6 Diarrhoea + CC4.10 Indigestion + CC12.1 Adult tonic...TDS

Patient was not taking any other medication for his problems. By 27 June bleeding stopped completely. There was 20% improvement in the symptoms of IBS. However, there was no improvement in the faecal incontinence.

On 13 July, the combo was changed to:

#2. CC4.2 Liver & Gallbladder tonic + CC4.8 Gastroenteritis + CC15.1 Mental & Emotional tonic + #1...TDS

The practitioner, on the guidance of her mentor, also provided information about anal muscle strengthening exercises for the faecal incontinence, to be practiced several times a day by the patient, which he did. On 19 August, patient experienced 90% improvement in the faecal incontinence and IBS, and was happily almost completely free of all his problems. He continued to take **#2 TDS**. On 17 January 2017 the dosage was reduced to BD for two weeks. On 31 January it was further reduced to OD. However he had a relapse of the bleeding. The dosage was immediately restored to BD, obviously it was too soon to reduce to OD. The bleeding stopped and the patient continued to do well with no relapse of any of his problems. He continues to take the remedy BD.

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4. Allergic rhinitis, indigestion, anxiety ^{01001...Uruguay}

A 49-year-old lady having allergic rhinitis for the past 32 years, indigestion with flatulence, bloated abdomen, headaches and emotional problems since she got divorced in 2014, came to see the practitioner. She had been feeling insecure, anxious and tired all the time since her divorce. She took to binge eating for comfort and to calm herself. Patient had not had any treatment in the past and was not on any medication. On 26 September 2016 she was treated with the following combos:

Digestive and emotional problems:

#1. CC4.1 Digestive tonic + CC4.2 Liver & Gallbladder tonic + CC4.10 Indigestion + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC15.3 Addictions + CC15.4 Eating disorders + CC18.1 Brain disabilities...TDS

Allergic rhinitis:

#2. CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies + CC19.5 Sinusitis...TDS

The patient did not attend follow-up appointments or phone the practitioner for over two months. On 10 December, she turned up to get a refill of her vibro remedies as these were about to finish. She had been taking the remedies regularly and was making steady progress. She had experienced 100% improvement in her digestive and respiratory problems since early November. She also felt calmer, secure and more stable emotionally, and rarely developed a headache. At her next appointment on 16 January 2017, the patient reported that she was doing well with no relapse of any of her symptoms; so the dosage of the remedies was reduced to **BD**. On 7 February, she was feeling really well. It is planned to reduce the dosage further to **OD** in mid-February to be taken for a month before stopping.

5. Eyes – itching, burning ^{01001...Uruguay}

A 57-year-old lady had itching, burning sensation and tiredness in both eyes for the past 4 years. She spends long hours on computer and this may have caused the problems. She had been under allopathic treatment for 4 years. She was prescribed anti-allergic medication and moisturizing eye drops which did not help but she still took them.

On 8 August 2016, she was treated with the following combo:

#1. CC4.2 Liver & Gallbladder tonic + CC7.1 Eye tonic + CC7.3 Eye infections + CC7.6 Eye injury + CC15.1 Mental & Emotional tonic...TDS

The patient continued allopathic eye drops along with the vibro remedy. On 18 August there was 20% improvement in all the symptoms. After five weeks there was 60% improvement. By 15 December, the patient experienced complete relief in all her eye problems. She stopped the allopathic treatment and continued to take vibro remedy **TDS**. She could do her work on the computer without any problem. On 29 December 2016, the dosage was reduced to **BD** for two weeks then to **OD** for two more weeks, tapering down to **3TW** until 15 February 2017. She continues to do well and has had no recurrence of any of the symptoms.

6. Excessive body heat ^{11577...India}

On 4 April 2016, a 35-year-old male patient came in with a complaint of excessive body heat for the past one month. His job required him to travel a lot in the blistering summer heat. The heat caused him stomach pain, loose motions and unbearable burning sensation all over his body. Patient drank plenty of fluids, yet the problem persisted. He was not on any treatment for this condition.

He was treated with the following combo:

CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC21.3 Skin allergies...TDS

In two days, his excessive body heat had disappeared and he started to feel 100% normal. At the next follow-up after four weeks, he was perfectly well. As a precaution, he took the remedy **TDS** to the end of summer. He was doing well when he next reported after a period of several months.

7. Chest injury ^{11578...India}

On 28 April 2016, a grandmother brought her nine-year-old granddaughter to the practitioner because of pain in her chest. Four months prior, while at school, she got hurt by a ball, and this resulted in swelling near her nipple and pain in her chest. She had not consulted a doctor and wanted to take vibrionics.

She was given the following combo:

CC3.1 Heart tonic + CC3.7 Circulation + CC10.1 Emergencies + CC12.2 Child tonic + CC20.2 SMJ pain + CC20.7 Fractures...QDS

After a week, the swelling near her nipple had completely subsided, but 50% of initial level of pain was lingering. In another week, the girl had completely recovered and there was no pain. She was asked to continue the remedy **BD** for two weeks. As the patient felt completely fine, the remedy was then stopped.

Editor's comment:

As the chest pain was clearly due to injury, the heart remedies in the above combo were not needed.



8. Clinical Depression 02799...UK

A 61-year-old lady suffering from clinical depression for the past twenty years visited the practitioner on 6 August 2016 along with her husband who is a medical doctor. They had witnessed the effects of vibrionics on their friends and felt it was their last hope. Her husband described her as timid, having trouble socializing, with obsessive-compulsive disorder (OCD) and several phobias. She even panicked at the sight of trashcans on the roadside. On the whole, there was little normalcy or happiness in their day-to-day life. Though outwardly she did not exhibit severe mental or emotional problems, she did appear to be timid to the practitioner and she seldom spoke. She was showing signs of distress and discomfort while her condition was being discussed.

Her allopathic medications included Citalopram 10 mg for depression and Quetiapine 200 mg usually used to treat schizophrenia or bipolar disorder. In spite of taking these medications, her mental state seemed to have worsened in the last two years.

The following remedy was given:

CC4.2 Liver & Gallbladder tonic + CC10.1 Emergencies + CC13.1 Kidney & Bladder tonic + CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders + CC17.3 Brain & Memory tonic + CC18.1 Brain disabilities...QDS

After three weeks, her husband reported that there was 25% improvement in her mental state and she was even feeling somewhat joyful. Being a GP and well aware of the side effects of his wife's medications, he was keen to reduce them. The practitioner advised a 10% reduction while continuing the vibrionics remedy at **QDS**.

In another ten days she felt 30% better and the allopathic dose was reduced by 15%.

Two weeks later, a 50% improvement was reported. She was happier and mingling with family members without fear. So her allopathic medications were reduced by 20% of the original dose.

Two more weeks passed, and the improvement was 60%. Her allopathic drugs were reduced by 25% of the original dose. She told the practitioner that household work had once again become enjoyable.

Two weeks later, towards the end of October, she felt 70% better and involved herself more in housework and social activities. Her allopathic medications were brought down to 50%.

In another three weeks, she felt 90% improvement. Her behaviour became close to normal, causing a 75% reduction in medicines. On 2 December 2016, in a short span of four months, the patient felt 100% better, even exclaiming she had never been so happy in her life. Her inferiority complex had become a thing of the past. On 16 December she shared the wonderful news with the practitioner that she was completely off allopathic medications. The husband was amazed and profoundly impressed that in such a short time the healing was complete including the weaning off of all allopathic medications. The vibro remedy was then reduced to **TDS** for a fortnight. As of January 2017, she is on a reduced dosage of **BD** and will continue this for another six months to avoid any recurrence.

Practitioner's comment:

I have seen many such successful cases but this one resolved very quickly since her husband played an important role in her healing. He monitored all her medications and vibro remedies with loving care and attention.

Editor's comment:

Liver tonic was added to address repressed anger and emergency remedy & kidney tonic were added to take care of fear.



9. Chronic cough, travel sickness ^{11570...India}

A 15-year-old girl suffering from chronic cough since childhood contacted the practitioner on the 12 July 2015. She had tried allopathic as well as homeopathic medicine in the past but had only temporary relief and the cough persisted. Her father had also been suffering from the same problem and it is suspected that there might be some allergen in their surroundings or the patient may have caught an infection from her father. She was treated with the following combo:

For chronic cough:

#1. CC9.2 Infections acute + CC10.1 Emergency + CC12.2 Child tonic + CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.5 Sinusitis + CC19.7 Throat chronic...TDS

Patient was not taking any other medication when she started the vibro treatment. After three weeks there was 75% improvement. As it was a very old problem the remedy was taken at the same dosage until 25 December when the patient, reported that she was completely free of the cough. The dosage was reduced to **BD** for two weeks, after which it was further reduced to **OD** for a month and then **stopped** on 10 February 2016.

On 25 December 2015, patient informed that she was going on a holiday with her parents, and was worried as she was very prone to travel sickness right from the age of two years, and requested treatment. In the past she had tried some home remedies, which had not helped. She experienced severe nausea and vomited if she ate anything when she travelled, so she just did not eat anything while travelling. She was given:

For travel sickness:

#2. CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC17.1 Travel sickness

She was asked to prepare the remedy in water and take 5ml every 15 minutes throughout the journey. During the onward journey she was sick only once, and on the return journey she did not experience any nausea and was able to eat and drink normally. Patient was asked to take the remedy as prescribed whenever she travelled and subsequently did not experience any travel sickness when she travelled. In June 2016 she went on a long seven-hour road journey without taking the remedy, and did not experience any travel sickness.

At the last update in December 2016, she has been relieved of the cough for a year without any relapse. She also does not experience travel sickness and does not vomit or feel nauseous. Moreover, she faces no problem while eating even though she has discontinued taking the remedy.

☪ Practitioner Profiles ☪

Practitioner ^{03535...USA}

with PhD in Chemical Engineering is a scientist by profession. Since coming into Swami's fold in his childhood, he has witnessed many service programs conducted by the Sai Organization. He participates in activities of all the 3 wings of his Sai centre and in particular is very active with teaching SSE.



Inspired by Swami's ideals, this practitioner always had a strong urge to render service. He first helped organize free medical screening camps in the US for people without medical insurance. This proved to be highly rewarding; still he longed for a simpler, cheaper and effective method to provide remedies to needy patients. Sai Vibrionics proved to be just the thing! He first heard about vibrionics in his centre in early 2015 from a fellow member. Realizing its potential he immediately applied for and qualified to receive initial training as an

associate practitioner AVP in Oct 2015. He quickly progressed to become a full practitioner in May 2016 and finally a senior practitioner SVP in Oct 2016. He feels that Swami answered his prayers by blessing him with vibrionics seva.

On initially becoming a practitioner, he aspired to treat 91 patients in just one year by Swami's 91st birthday. He found himself stressed wondering whether he can meet this target as he lives in a remote area in USA hardly knowing enough people who may be inclined to consider taking energy medicines. Offering remedies with whole-hearted love and compassion attracted many wanting help. Patients travelled even long distances for treatment. But he was still far from meeting his personal target. With his prayers, he got an opportunity to offer this treatment to a lot of people in India, the country of his birth. During a two weeks' vacation in his home town in Sep 2016, he gave a presentation to his local Sai centre

president and many devotees by showing them a vibrionics video and the Sai Vibrionics 1st International Conference book. Hardly expecting 20 people from this single presentation, what a surprise when large numbers thronged to the small and impromptu camps conducted from his home. He treated over 140 patients during this trip.

This practitioner was blessed to treat varied conditions such as acidity, allergy, amoebic dysentery, anxiety, arthritis, asthma, blood pressure, diabetes, epilepsy, flu, frozen shoulder, gout, hypothyroid, indigestion, kidney issues, migraines, panic attacks, psoriasis, sciatica, spondylitis, stroke, tremors and ulcerative colitis. A majority of these cases have seen significant improvements. Not having any medical background or experience, he never imagined or remotely dreamt that he could treat even a single patient. He is overwhelmed with joy and gratitude to Swami, having witnessed the alleviation of so much suffering of so many.

Here are some of the healings that stand out in his records:

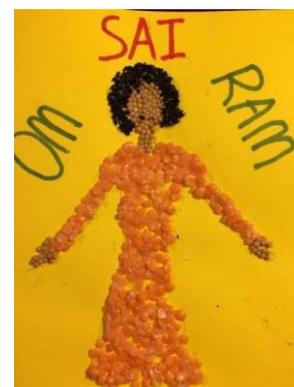
1. Once, mother of a 13-year-old girl came to the practitioner expressing deep gratitude. Her daughter having suffered severe asthma requiring an inhaler since early childhood, was completely relieved of her inhaler after a few months of vibrionics treatment. Earlier she was too weak for much exercise or play, now she is practicing karate.2. A patient having suffered amoebic dysentery for 26 years was severely restricted in his diet affecting his overall health. After taking vibrionics for three months, all his symptoms have gone. Now he is able to eat even in restaurants without any problem.3. For many years a female patient had difficulty in conceiving and suffered a miscarriage in 2013 and again in 2016. Deep in grief from the second miscarriage, she feared conception was no longer possible. The practitioner mailed remedies to the couple in November 2016, and she became pregnant after just 2 months in January 2017. Her joy knew no bounds.

2. A person suffering with cerebral ataxia for more than three years with severe gait and speech issues significantly improved after taking vibrionics remedies for two months.5. Diabetic cases have seen amazing improvement, many reducing their sugar levels to normal; some were taken off their insulin with vibrionics treatment.6. The practitioner and his entire family have noticed a marked strengthening of their immune system by using vibrionics (previously they repeatedly took allopathy) for recurring cold and flu which once plagued the whole family. Now any such symptoms disappear within one day or even hours after taking the remedy.

The practitioner shares the following two incidents of remarkable healings through broadcasting using SRHVP.

1. During his SVP training workshop, he learnt from his wife about a distant relative in intensive care unit (ICU), now on a ventilator because his vitals were not returning to normal after stent implant to relieve arterial blockage. Remedies were broadcasted for two days during the training course and later from his home for a few more days. The patient became stable and was discharged from the hospital. His relatives had lost all hope and felt his recovery to be a miracle which they attributed to vibrionics.

2. Recently the broadcasting team asked the practitioner to take charge of one case of a 12-year old boy, suffering from a brain tumour. He had been in an ICU for a few days; the tumour had spread throughout the brain. According to the mother, he had shivers and nausea. He could not speak, not even his name and was unable to recognize family and only responded to some commands from the doctors. The practitioner broadcasted continuously and next day, the patient was talking. He was transferred to a regular room and was discharged from the hospital after 2 days. Broadcasting continued and the patient's condition improved significantly. One day, his mother brought a card where the young boy had made a picture of Swami composed of seeds and written a note of thanks to the practitioner. This was a rare, unexpected, and precious moment for the practitioner to be receiving such a genuine expression of love and gratitude from a child.



While making remedies, the practitioner always chants Sai Gayatri. While holding the remedy in his hand, he then meditates and visualises an hourglass in which Swami is in the upper part and is showering his healing energy into the pills below. He feels that it is entirely Swami who heals the patients, so he strives to be His humble instrument by surrendering to Him. He believes his vibrionics practice has improved his overall personality by making him more humble, loving, caring, compassionate, confident, diligent, disciplined, and devoted to Swami.

He finds Vibrionics seva to be an effective spiritual sadhana; uplifting and rewarding, inducing contentment and joy whenever he remembers the smiling faces of patients relieved of their maladies and suffering. For him these incidents are much more gratifying and satisfying than any professional achievement or monetary reward.

Cases to share :

- [Multiple strokes, hearing and memory loss](#)
- [Anxiety, fear, panic attacks](#)



Practitioner ^{01001...Uruguay} from South America has loved God with immense devotion since her early childhood. As a little girl of five, she once had a beautiful vision of Mother Mary. However, she actively started her spiritual journey at the age of 21 and two years later, she heard about Sai Baba from her yoga teacher. She immediately knew intuitively that He was her divine teacher, who would help her on the path to self-realisation. Six years later in Dec 2009, she travelled to Prashanti. At that time her life was falling apart; she was going through a relationship separation and also the dissolution of a restaurant she owned with two partners where she also worked. Feeling hopelessly lost, she asked Baba at darshan for guidance with her whole heart.



Right after Darshan, an Uruguayan friend from the group with which she travelled asked her to help an Argentinian lady with the translation of some healing work. When she entered the room and saw Dr Jit and Mrs Hem Aggarwal doing their seva work with vibrionics, she felt deeply and profoundly that someday, this was what she wanted to do in her life. Baba had responded beautifully to her heartfelt prayer. But due to shortage of time, she was unable to do the training during that trip. However, her love for vibrionics was so strong that she kept going back every day to help with translations, just to be part of vibrionics work and to experience the joy of seva.

In Dec 2011 she was back in Prashanti Nilayam and applied once again for the vibro training program, but was turned down as she worked professionally as an acupressure therapist. Still keen to train in her beloved vibrionics, she had to bide her time. Meanwhile she continued working with acupressure and met a wonderful man and they had a lovely baby boy in 2013.

In Nov 2015 an elderly lady from Uruguay, who had been treating this practitioner for 5 years, received guidance through her pendulum that her vibro machine and books etc were to be given to her. She got in touch with Dr Aggarwal straight away! He sent her the application and she had to decide whether to continue with acupressure or follow the call of her heart i.e., choose vibrionics. She had been pondering over this and one night, Baba appeared in her dream and with absolute clarity showed her that seva through vibrionics was the path for her. She then knew without a shred of doubt that she was meant to give up acupressure. Once the decision was made, she received the SRHVP machine and other materials from the elderly practitioner who passed away the following month!

Our practitioner did online training for AVP and in June 2016, she travelled to London for the practical workshop and she received the 108CC box of premade remedies. Since then, she has been working with a heart full of gratitude to the Lord for choosing her as His instrument in this work. *She is a keen learner and works very hard spending a great deal of time doing vibrionics work, despite being a young mother. In the short span of six months, she has already seen over seventy patients with varied health issues ranging from arthritis, skin ailments, digestive disorders, cardiac problems and psychiatric conditions.*

In an impressive case of healing, a 78-year-old man had an acute episode of cystitis where he had fever and frequent urination. He started taking antibiotics immediately but did not experience any relief of symptoms even after 10 days. When the practitioner gave him vibrionics remedies, all his symptoms were gone within just 24 hours. He was back to his normal self.

A 31-year-old lady doctor had been feeling continuous colic in her abdomen with constipation changing to diarrhoea frequently for five months. It all started with an emotional problem in the family. As a doctor she thought the diagnosis could be celiac disease but decided not to take allopathic medicine. Within 10 days of taking vibro remedy, she felt 80% better and in another two weeks she had complete recovery.

She has many similar cases of wonderful healing and she already has several published cases to her credit. Many of her grateful patients have been blessed with complete healing.

Cases to share:

- [Haemorrhoids, faecal incontinence, irritable bowel syndrome, gastroesophageal reflux](#)

- [Allergic rhinitis, indigestion, anxiety, mindfulness](#)
- [Eyes – itching, burning](#)



Practitioners ^{11577 & 11578...India} have been practicing vibrionics since March 2016, both in and around Puttaparthi. Husband is a PhD in Chemistry and wife is an MSc in Human Development and Family Studies and also MSc in Technical Communication.



The feminine half of this happy couple first learnt about vibrionics in 2015 through a family friend and instantly a keen interest was ignited. She is a caring and loving BalVikas guru with whom the children in Puttaparthi and surrounding villages often shared their health issues during their classes. She felt that vibrionics might be a Divine tool to help the students with their health problems, so she developed a strong determination to learn and practice this system. Though the husband had heard about it some 9 years before, he became truly inquisitive only when his wife started studying for the course. He was thrilled to learn that vibrionics remedies were not only very effective in treating various ailments but were also harmless with no side effects as they were free of chemicals.

Both undertook the e-course and attended a 4-day practical training workshop to become associate practitioners. Just five months later, after fulfilling all the requirements, they earned promotion to full vibrionics practitioners in August 2016.

With Bhagawan's blessings, since April 2016, they have been conducting regular vibrionics health camps twice weekly in the nearby village of Yenumulapally. To date, they have helped over 500 patients mostly with various acute ailments like cold, cough, fever, headaches, sun stroke and diarrhoea, with impressive results. They have also treated various chronic ailments such as migraines, back pain, kidney infection, asthma, eye and ear infections, knee pains, irregular periods, skin allergies, eating disorders and incontinence.

In the initial phase of their practice, they took advantage of the proffered guidance from their mentors and other senior practitioners. This helped them in understanding more about the various ailments and suitable options for remedies. They soon noticed that the patients' confidence in them significantly increased when they inquired into the root cause of their illness, especially in case of emotional tension stemming from current and past circumstances.

The couple has experienced the effectiveness of vibrionic remedies in their own improved health conditions thus relieving them of any dependence on allopathic medicines. About this they feel very happy. The husband eventually eliminated his three and a half year old chronic allergy to nuts. To his utter amazement, within 2 months of taking vibro remedies he was free of the allergy and could happily consume all the nuts he fancied. Prior to this, he had been treated with ayurvedic medicines for about 6 months as well as homoeopathic remedies for about a year, both resulting in very little improvement in his condition. The wife too relies only on vibrionics for her own acute ailments.

They both feel very blessed to be practicing this system which provides them with a sense of contentment and wellbeing. Most of all, they cherish and value the personal satisfaction that they experience in seeing their patients improve and regain health. They look forward to becoming Senior Vibrionics Practitioners in order to be of greater service, not only in terms of helping their patients, but also in furthering the divine mission of the blessed Sai Vibrionics.

Presently, both are also participating in vibro administrative work. The wife is working with the team that assists in formatting newsletters. The husband participates in the groundwork involved in mobilizing, and coordinating practitioners to initiate Sai vibrionics in Sathya Sai Hospitals in Puttaparthi and Whitefield.

The sweet and positive ongoing vibrionics journey of this young and energetic practitioner couple serves as yet another inspiring example for other young practitioners.

Cases to share:

- [Excessive body heat](#)
- [Chest injury](#)



Answer Corner

1. Question: I have found that if I put 5 pills in 200 ml of water at TDS or lower dosage, the water becomes stale before the remedy water has finished. Is there an alternative?

Answer: Depending on the climate and environmental conditions, water could become stale after 3-7 days. For this reason, our new directive is to dissolve 3 pills in 100 ml of water and keep the container covered. Purified water will last a little longer. Incidentally, after holding the remedy under the tongue for one minute, it is best to swish it around the mouth before swallowing.

2. Question: If we shake the remedy bottle of pills or water every time before using it, will it make the remedy more effective?

Answer: Yes, shaking the remedy 2-3 times is a bit like awakening the resident power which may have gone dormant. Be careful not to shake briskly otherwise the potency of the remedy may change!

3. Question: In order to prepare eye or nasal drops (by adding 3 pills or one drop of combo to 100 ml of water), can I use drinking tap water? I have been using only distilled water which lasts 4 weeks and I have found it very effective, especially in cataract cases?

Answer: If you are happy with using distilled water then do so. It is acceptable to use purified/bottled water but it will last only a week or two. Do not use tap water even if it is drinkable since in many areas, the water is recycled with chemicals that could disturb the action of vibro remedies. Also, it could cause irritation in the eyes unlike distilled or purified water. If you have to use tap water, boil it for 20 minutes and then cool it before making the eye drops.

4. Question: Once the patient is 100% better, can I reduce the dosage from TDS directly to OW?

Answer: No, we should not reduce directly from TDS to OW. In order to ensure that symptoms don't return, it is best to taper the dosage down slowly, going down to OD then to 3TW, to 2TW and finally to OW. This reduction procedure should be followed in all chronic cases. However in acute cases, depending upon the situation, we can often reduce from TDS to OD for a few days before stopping the remedy.

5. Question: We have been treating some cases of back-ache and myalgia. The patients are very happy with the treatment. After their pain has gone, they don't want to taper the dosage down all the way to OW but insist on continuing at OD. Is this acceptable?

Answer: With older patients, yes you can continue with OD but with younger patients, I suggest you taper it slowly down to OW to be used as prophylactic.

6. Question: If during aggravation of symptoms due to 1st type of pullout, the patient decides to take allopathic medicine for relief along with vibro, will this be counterproductive to his treatment?

Answer: No, since allopathic medicines are fully compatible with vibrational remedies. The latter will keep working at the subtle level whereas the allopathic medicine may well provide relief at the physical level.

7. Question: In the case of an acute illness, if the symptoms worsen after start of a vibro remedy, does this indicate pullout?

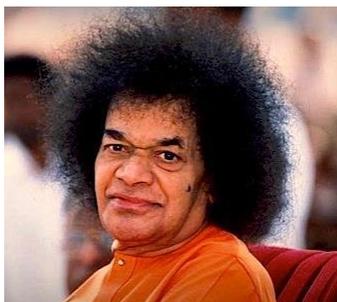
Answer: Generally, we don't expect to see a pullout in acute cases. Once an acute illness enters the body, the symptoms are expected to worsen, unless properly treated. Even if an appropriate vibration is given, it may take some time to act but in the meanwhile, the symptoms may seem to become worse. Obviously, in such cases, this does not indicate a pullout.

8. Question: Can another combo be given when a patient is taking a miasm remedy?

Answer: No vibro medicine should be given for three days before and 3 days after taking a miasm for chronic problems. In between, another combo may be given. A miasm should not be given when treating acute problems.

9. Question: I understand that I am supposed to recharge my 108CC box every two years from the master box kept in Prashanthi Nilayam (PN). If my box is overdue for a recharge and I am unable to travel, is it in order for me to make the 108 combos using my Sai Ram Healing Vibration Potentiser.

Answer: It is possible for practitioners who have the Sai Ram potentiser to make the 108 combos themselves. However there is an extra dimension in each one of the combos, and that is the healing energy of Bhagawan Sri Sathya Sai Baba. This was given when the combos were originally made with the guidance and blessings of Bhagawan. Since then the combos in the Master Box in PN are regularly updated and re-energised in the Force Field of Baba's energy which is as powerful as it ever was. The proof of this lies in the countless cures and healings, far beyond expectations, received from practitioners over the years. Practitioners unable to travel to PN can contact their local coordinator for an up-to-date recharge of their boxes.



☪ Divine Words from the Master Healer ☪

“Bad thoughts and bad feelings arise in the mind. At the same time, there are also good thoughts and good feelings. It is only when bad thoughts and feelings are weeded out that man can have good health. Many diseases have their origin in the thoughts that fill the mind. Bad thoughts cause indigestion, affect the heart, bring about variations in the blood pressure; worries are the cause of many mental diseases. Diabetes and pulmonary diseases are traceable to mental causes.”

...Sathya Sai Baba, “The power of the Lord's name” Discourse, 25 November 1998
<http://www.sssbpt.info/ssspeaks/volume31/sss31-05.pdf>

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“Unfortunately today, they talk of social service in many ways in our country. This kind of service often deserves the name “showy work” and not “social work”. There are many leaders who want to do social work. They take a broom stick and sweep the streets, call a photographer and obtain a photograph of themselves holding the broom stick, and take care to see that the photograph appears in the newspaper. Never should one go into that kind of publicity. Never should one develop such an ego. All service should come from your heart.”

...Sathya Sai Baba, “Service To Man Is Service To The Lord Summer Showers in Brindavan 1973
<http://www.sssbpt.info/summershowers/ss1973/ss1973-08.pdf>

☪ Announcements ☪

Forthcoming Workshops

- ❖ **India Puttapparthi:** AVP Workshop 17-21 March 2017, contact Lalitha at elay54@yahoo.com or by telephone 8500-676 092
- ❖ **Poland Wroclaw:** National Refresher Seminar 25-26 March 2017, contact Dariusz at wibronika@op.pl
- ❖ **France Dordogne:** Refresher Seminar & AVP workshop 3-4 June 2017, contact Danielle at trainer1@fr.vibrionics.org
- ❖ **India Puttapparthi:** AVP Workshop 10-14 July 2017, contact Hem at 99sairam@vibrionics.org

❧In Addition❧

1. Health Tips

Water and Health Part-1 – Wonders of water!

To understand water is to understand much about the cosmos, the marvel of Nature, and Life itself¹. First, we need to know about water and how it can transform our lives! Water, a common but most amazing element, has been glorified as sacred by the Vedas as well as extensively studied with awe by scientists. Water is part of our daily experience; we see, drink and use water every day. All aspects of our living require water, and generally clean water. Can we exist without water?

1. Planet Earth is predominantly water

Water is present on planet earth as one of the five basic elements (panchabhutas), others being Earth, Fire, Air and Space (Ether). Water occupies about 72% of our planet. Similarly the human body, composed of the same five elements, is about 72% water². Plants and animals contain more than 60% water by volume³. It is the major constituent of almost all life forms.

2. Divine Dictates

"The water we drink is life giving. It issues from the head of Shiva. It is sacred" – Baba⁴. Apah Suktam of 9 verses in the Rig veda (10.9) glorifies and implores water as a source of life and energy; it is medicine, to be approached with reverence, always with a prayer to protect and nourish⁵. "A large part of water we drink is expelled as urine. A minute part of the water consumed becomes prana (life force). Therefore, the nature of the food and water that we take in decides our character. Only by controlling the quality of our food and water can we attain divinity."...**Sathya Sai Baba, quoted from Vision of Sai vol-2 by Rita Bruce, p234**

3. Water has unique properties

Science tells us that water is simply two hydrogen atoms bonded to one of oxygen and therefore has unique electro-chemical properties. It naturally exists in three states: solid, liquid, and gas. Without its uniqueness, there would be no life on this planet. Water is vital, both as a solvent in which many of the body's solutes dissolve and as an essential part of many metabolic processes within the body³.

4. Water can respond and react^{1,6-8}

Water has the ability to copy and memorize information and can be energized; as such it has healing capabilities. Water responds and reacts to thoughts, words, and music, accordingly changing its physical structure. Polluted water can be cleaned through prayer and positive visualization and vice versa. This has been demonstrated through water crystal experiments done in 1990s by Masaru Emoto, Japanese author, researcher, photographer, and entrepreneur. He exposed water to different words (spoken and typed), pictures, videos, music, and prayer, then quickly froze and examined the aesthetic properties of the resulting crystals with accurate microscopic photography. He found that frozen tap water or stagnant or polluted water formed asymmetrical ungainly crystals whereas rainwater, water from clean streams and rivers, from glaciers, and water from holy places around the world formed beautiful crystals. He also found that water exposed to positive vibrations through sound, thought, script etc resulted in visually "pleasing" symmetrical crystals, whereas water exposed to negativity yielded deformed frozen structures. Prof Emoto says that positive words spiritualize water revealing life at its most harmonious and fullest. Crystal formation in response to Love and Gratitude is nothing less than grandeur. If thoughts can do that to water, imagine what our thoughts can do to us!

Though the scientific world is divided on the science of his experiments, others in their experiments have further strengthened proof of water's miraculous properties and amazing memory⁹⁻¹¹.



Truth



Thank You



You Fool

5. Water - A liquid computer with photographic memory!

Water Memory documentary¹⁰ made in 2014 by a Nobel laureate demonstrates the amazing photographic memory of water showing how clusters of water act like a computer memory card capable of recording and storing information. It seems the molecular structure of water is much more important than its chemical composition. Water remembers pollution, chemical abuse, our emotions, even our preferences and aversions. Crimes occur where people often curse. How we treat water alters its state accordingly. Holy baptismal water from churches when tested in a laboratory after the service, had a powerful stable structure. Water can receive and transmit signals. One can imprint water with subtle energies even from a distance of 10000 km.

Water memory has been used in homoeopathy to make the remedies more potent by successive dilution and succussion of a substance to a level where there is no trace of the substance in the remedy. Only the memory of the substance would be retained by the remedy without causing harmful side effects.

6. Soil moisture Memory¹¹ - A new unique study

The National Aeronautics and Space Administration NASA in the USA collects data from space, air, land and sea to increase understanding of our planet for improving lives and safeguarding our future. Scientists from Massachusetts Institute of Technology (MIT) in Cambridge and NASA lab have been working to estimate soil moisture memory in the top 2 inches (5 cm) of earth's top soils since 2015. Soil moisture memory tracked by their study can help in modelling earth's climate, forecasting weather and monitoring agricultural crop growth.

7. Revere water

The key to health lies in treating water with reverence. By negative emotion and thought we pollute water in our own body. Indifference can be even *more* harmful as shown by the incomplete crystal formed by the ignored water¹. With our thought or emotion we can change the molecular structure of water without changing its chemical composition. Even the way we look at a glass of water and hold it and drink it or offer it to someone can have an impact on it and in turn on us and others¹². Our lives can be more healthy, peaceful, and blissful by treating water with respect, peace and tender care. Being worshipful towards water can become a form of "Love All, Serve All", offering our loving gratitude to humanity and our Planet.

8. Connect with water to spread Love and Gratitude



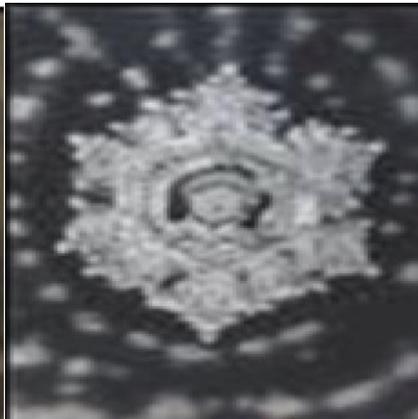
Love and Gratitude

In a way, we are *moving water tanks* actually living in a body. The quality of water inside us is thus directly related to the type of human beings we are¹³! This possibly indicates that so long as we are in the mental/emotional grip of the six enemies of desire, anger, pride, greed, attachment, jealousy, the water within our body, brain and heart would not be pure. We can purify and charge the water within and around us by connecting to it with positivity and Love and Gratitude. In this way, ubiquitous water in all its forms can be a medium for us to spread peace, love and joy throughout the universe; this will come back to us by reflection, reaction, and resound.

9. Vibrionics and water



Before Prayer



After Prayer

The inherent nature of water provides a clue as to why vibrionics remedies when taken or administered in water work more effectively and quickly. Furthermore, we really need to focus on a positive frame of mind not only while making, giving and taking the remedy, but also while drinking adequate water to more easily flush the toxins from the body.

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4. Rig Veda on water: http://www.greenmesg.org/mantras_slokas/vedas-apah_suktam.php
5. Water can Respond and React: Emoto's experiments with water crystals: <https://www.google.co.in/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=emoto+water> <https://www.youtube.com/watch?v=ls8FE0RQo8A>
6. What the Bleep do we know –Feature film on thoughts and also water crystals: https://archive.org/details/WhatTheBleepDoWeKnow_201601#
7. Water's memories :Scientific Proof <https://www.youtube.com/watch?v=59iueICL0M>
8. Water Memory – a 2014 Film on Water Experiments by Professor Nobel Prize laureate Luc Montagnier ,Virologist, applying technology of Scientist, Dr Jacques Benveniste who first raised notion of water memory in1980s) <https://www.youtube.com/watch?v=R8VyUsVOic0>
9. NASA study on Soil Moisture Memory <http://www.jpl.nasa.gov/news/news.php?feature=6726>
10. Sadhguru at Chennai IIT on Water has Memory: <https://www.youtube.com/watch?v=6C1p4HUHfE>
11. We are a bottle of Memory: <https://www.ishafoundation.org/news/columns/Mystic-Mantra/2012/DeccanChronicle-22-Mar-2012.pdf>

Water and Health Part-2 – Dehydration

1. What is dehydration¹⁻³

Simply stated, dehydration is a considerable reduction in the amount of water in the body which interferes with its normal functioning. It can happen to anyone.

Water, occupying at least two-thirds of our body, is a life-giving nutrient essential for health. It plays a major role in facilitating our normal functions. It carries nutrients to cells, regulates temperature, aids proper digestion, lubricates our joints and eyes, keeps our skin healthy by eliminating toxins and also acts as a shock absorber.

Our Body loses water and also some salts in the natural course of physiological processes like breathing, excretions, every day activities and climatic conditions. The body also has a sophisticated water management system and adjusts itself by shifting water to the needy cells. But the human body does not have a water storage system as it does for fat. Dehydration occurs when the threshold is crossed and the water balance is disturbed resulting in inadequate water for our cells and for the proper functioning of our organs.

Thirst, an invaluable inbuilt mechanism, is the body's signal to replenish itself when it loses 1 to 2% of its normal water content.

2. How does one reach the dehydration stage³

Dehydration does not always happen suddenly or due to illness. It may happen if one's daily intake is habitually inadequate. If one fails to heed thirst or does not register thirst due to repeated indifference, dehydration results. Gradual dehydration over a period of time may lead to various chronic illnesses.

There may be other factors or medical conditions. Dehydration happens with drinking less than the amount of water one loses, not only in the natural course but also due to excessive work or exercise, exposure to heat or stress, or any illness like vomiting, diarrhoea, high fever, frequent urination, or injury etc. Regular intake of cold drinks and beverages, like coke or coffee, or dry food items actually drain water from the body, thus causing dehydration. Some of these factors or their combination may silently lead the body to dehydration levels that actually result in sudden onset of sickness.

No other fluid can exactly replace the important role of water in keeping the body hydrated, not even milk and juices!

3. Symptoms/indicators of dehydration to be heeded¹⁻⁴

Increased or sudden bouts of thirst, dry mouth, swollen tongue, lethargy, lack of alertness, weakness, dizziness, palpitations, confusion, sluggishness, fainting, concentrated/decreased urine output, headaches, abdominal pains, low B.P, shrivelled or dry skin, deep yellow to reddish coloured urine (the normal colour of the urine should be colourless to light yellow). One should observe oneself to be aware of the body condition and one's hydration needs. Increasing water intake reverses dehydration, but in severe or complex cases one should seek medical care immediately, without delay!

It can be injurious to attempt silencing the body's different signal systems of water shortage with medication or chemical products. This in the long term can be detrimental to the body's cells.

4. Special care for infants and elders¹⁻²

Perception of thirst may diminish as we grow older. Without timely attention to drinking adequate water infants, children, the elderly, athletes and those with chronic ailments are more prone to dehydration. Parents and caregivers in homecare must pay attention to this aspect when they tend to their infants, children, elders or patients at home.

5. Prevention is best: Be hydrated appropriately!¹⁻²

It is important to be aware of one's bodily needs, to decide how much water to drink, when to drink, and how to drink to be appropriately hydrated and to remain disease free! It will vary for each individual based on age, gender, health condition, climate, place, etc. Those who have health problems and/or are on medication or treatment should exercise caution and may consult their physician.

6. Suggested water intake regime/schedule by a renowned doctor from Iran, who treated his patients with water instead of drugs, is being highlighted here as a broad basic guide³

- The body uses around 1.5 to 2 litres (6-8 glasses) of water daily to carry on with its essential functions. Drinking 1 or 2 glasses spaced throughout the day is generally ideal. It is best to drink water **before** one starts to feel dehydrated.
- Water should be taken first thing in the morning to correct dehydration during long sleep. One could start the morning regime with one glass of water and reach up to 3 glasses gradually over a month or so, taking one's own time. As the day's first input, water is the most effective laxative to flush toxins and keep the body clean from the inside. Care should be taken not to take any beverage like tea or coffee for at least an hour.
- Water intake is important before exercising to provide for perspiration.
- Drinking water before a shower is advisable for those who feel dizzy after a shower.
- Water should be drunk half an hour before every meal to prepare the digestive tract, especially for those who suffer from any kind of gastric or digestive disorder or discomfort.
- Water should be taken two to two and a half hours after a meal when the process of digestion in the stomach is complete. This will correct the dehydration caused by the breakdown of food.
- Water should be taken whenever one is thirsty—even during meals though in limited quantity just enough to quench the thirst.
- A glass of water should also be taken at night before going to bed to avoid risk of heart attack.

7. Food with 70-80% water content important for hydration⁵

There is a view that one should avoid sipping water throughout the day as it can cause imbalances in the system due to excessive absorption. Whenever thirsty, one should drink enough to quench the thirst plus 10-15% more.

One can set the body right by drinking adequate water appropriately every day, and by consuming foods with high water content like fresh vegetables and fruits especially in hot weather conditions. The water content of the food that we eat should be 70 to 80% so that it is in tune with the proportion of water in the body.

8. Vibrionics remedies to prevent and cure dehydration

The most appropriate remedy in vibrionics to maintain an adequate level of water in the body is NM34 Water Balance.

When using the 108CC box, depending upon the condition and the organ affected, one may appropriately choose one or more of the following combos: **CC3.1 Heart tonic, CC4.1 Digestion tonic, CC4.6 Diarrhoea, CC5.3 Meniere's disease, CC7.3 Eye infections, CC12.1 Adult tonic, CC13.1 Kidney & Bladder tonic, CC18.1 Brain disabilities, CC19.6 Cough chronic, and CC21.1 Skin tonic.**

If using an SRHVP machine, choose from: **NM2 Blood, NM5 Brain Tissue Salts, NM18 General Fever, NM34 Water Balance, NM63 Back-up and NM75 Debility,** depending upon the symptoms.

One should seek medical help without delay in acute and life threatening situations.

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Content is based on and inspired by data from various sites and books referred and does not purport to suggest or substitute or replace medical attention and care.

2. Sai Vibrionics clinic opens at SSSIHMS, Whitefield, Bangalore



Vibrionics is steadily moving towards becoming the medicine of the future, as declared by Baba in a private interview. In December last year, Dr Aggarwal received a call from the Medical Superintendent of the Sri Sathya Sai General Hospital (SSSGH) in Bangalore asking if he could present an overview on vibrionics at an information session on integrated alternative medicine at the Sri Sathya Sai Institute of Higher Medical Sciences, SSSIHMS, Whitefield. Just before the start of this event on New Year's Eve, 31 December 2016 in Dhanvantri hall, the program's agenda was placed at the divine lotus feet in Swami's room. Almost immediately, both sheets of paper were anointed with heaps of vibhuti – truly a big blessing for the new concept of starting integrated therapies at the Super Speciality Hospital!

Both the Director of SSSIHMS and the Superintendent of SSSGH, spoke at length on the significance of alternative therapy and the necessity for making it an integral part of Swami's healthcare mission. In addition to Sai Vibrionics, presentations were made on 3 key holistic healing therapies - Tachyon, Access Bars and Acupressure. It was decided to launch a Wellness clinic at the SSSIHMS as soon as practical. On 19 January 2017, the anniversary of the opening of SSSIHMS, a brochure for the Wellness Clinic was released by the member secretary of the Central Trust at a grand function presided over by the Health Minister of Karnataka and attended by members of the Central Trust and other dignitaries.



23 Feb 2017 was a landmark day in the History of Sai Vibrionics as a vibro clinic officially became part of the Wellness Centre opened on that day at SSSIHMS, Whitefield. On the auspicious day of the eve of Mahashivratri, the Clinic was inaugurated by the Hospital's Director at a grand function held in the OPD wing. So great was the interest in vibrionics that five patients were treated that morning itself, even though the vibro clinic was due to start 3 days later. Truly Swami's grace and blessing!

3. VP Refresher Workshop and Awareness seminar, Nagpur

In our drive to re-train the existing practitioners and bring them at par with the rigorous current standards of training, a Refresher Workshop and Awareness seminar was held at Nagpur in the State of Maharashtra. It took months of hard work by **VT¹⁰³⁷⁵** together with the Nagpur co-ordinator **SVP¹⁰²²⁸** to organise this seminar. Those who never underwent a correspondence course opted, willingly and enthusiastically, for the online course. Arrangements were made for computer non-savvy practitioners to attend a manual course. This two-day session was successfully



conducted by **VT¹⁰³⁷⁵** and **SVP¹⁰⁰⁰¹** with 29 enthusiastic practitioners (14 AVPs & 15VPs) in attendance. In addition, 8 prospective candidates aspiring to do Sai Vibrionics seva were present, on 18-19 Feb 2017.

The course included an introduction to vibrionics, the importance of maintaining patients' records, writing of case histories, latest developments in vibrionics and tips to practice vibrionics effectively and efficiently. The attendees actively participated in the session on the 21 Categories of 108CC Box incorporating basic anatomy from a practical point of view.

The course ended with all practitioners taking the test and passing with flying colours, after which they all renewed their 'Promise to God.' They were very happy to be addressed by Dr Aggarwal in the Valedictory session which evolved into a highly interactive telephonic conversation with questions and answers and clearing of any doubts. The session concluded with the important message "You should always remind yourself that HE is the Healer and you are His chosen instrument".

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4. Sadhana camp for practitioners, Kerala

Practitioners from Kerala organized the first ever Sadhana camp conducted on the new year's day of 2017 by Dr Anandamohan, state coordinator of the medical wing of SSSSO and care taker of Shormnur Sai Hospital owned by Kerala trust. He addressed the vibro team consisting of 32 practitioners and stressed the importance of spirituality and personal sadhana in their healing practice. He distinguished between healing (refers to a person) and curing (refers to a disease), noting that the spiritual dimension must be present for complete healing to take place. That implies each practitioner is responsible for their own spiritual development. The vibrionics system has been initiated and blessed by Sathya Sai Baba, ensuring its purity and beneficence. Each practitioner therefore must strive to be a pure and loving instrument in His hands, thus augmenting the effectiveness of the remedies. We must do our best to spiritualize our day to day life which of course benefits each one of us as well as those who come to us for help. He spoke in detail about the following aspects:

1. Body-mind-spirit relationship and its effect on health: Spiritually we are connected to the whole universe and the omnipresent Divine healer within everyone, the Master healer who is the basis and keystone of health and health care. Harmonizing and integrating body, mind, soul and spirit through counseling helps us connect with the Divine healer.
2. Spiritual care as an integral complementary therapy: It can be provided to all patients as tertiary care. Based on integrating the five human values into daily life, the program promotes a calm mind and relaxed body by encouraging introspection. This leads to a changed perception and consequentially to a higher level of consciousness and expanded awareness.
3. Spirituality in palliative care: Spiritual support reduces the burden of illness for everyone, especially during the critical and terminal stages. A clear spiritual understanding based on Bhagawan Baba's guidance and His teachings of universal values is required and should be understood by every health practitioner irrespective of their area of working (allopathy, ayurveda, homoeopathy or any other therapy).
4. Spiritual care as part of preventive medical care: A healthy mind is best for prevention, and spiritual knowledge is the foundation for such a mind. Mental power based in sound spirituality promotes and enhances the immune system which naturally augments overall health and the effectiveness of preventative healthcare.



Earlier the chairman (also the state vibro coordinator ⁰²⁰⁹⁰) in his opening remarks quoted Swami's words on Sadhana and pointed out that our mind and intellect should always be filled with pure thoughts and selfless love. This in turn equips practitioners to do healing work more effectively. In his short valedictory skype address, Dr Aggarwal gave a summary of new developments in vibrionics and also applauded the new initiative. Confident of enhanced results, he stressed the

importance of this new emphasis on the spiritual nature of all healing. Finally, the participants expressed their huge appreciation of what they just learnt, and expressed their hope that such sadhana camps will be held frequently in times to come.

Om Sai Ram

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