

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

It is a great privilege to be writing to you just before the highly auspicious festivities of Navaratri and Dasara begin. In Swami's own words: "Indians have been celebrating the Navaratri festival from ancient times as a mode of worship of Devi, the Divine as mother. They worship aspects of Devi as Durga, Lakshmi and Sarasvati during those nine days." - Divine Discourse 18 October 1991. "Durga grants us energy - physical, mental and spiritual. Lakshmi bestows on us wealth - not just money but wealth of other kinds such as intellect and character. Even health is a form of wealth. And Sarasvati bestows on us intelligence, capacity for intellectual inquiry and power of discrimination. The Navaratri festival is celebrated in order to proclaim the power of the goddesses (aspects of the Divine Feminine) to the world." - Dasara discourse, October 1988.

This newsletter also comes to you on the heels of an increasing number of devastating hurricanes, floods, forest fires, earthquakes and droughts throughout the world. Our most sincere prayers are for those who have experienced loss and grief as a result of a disaster in their part of the world. I am making a humble request to all practitioners to spend time in deep silence and send copious amount of healing energy to all peoples of the world who have been affected by these natural disasters. Also radiate your healing energy to Mother Earth for all the changes she's experiencing from global warming as a result of man's destruction of her resources. It is important that we have faith in God, be positive and radiate the light of love within our hearts to all living beings throughout the day.

Our sisters and brothers in Poland have been silently flying high our Vibrionics flag throughout the country by engaging in dedicated selfless service. In the May-June 2017 issue of our newsletter, we wrote about Polish National Seminar, a phenomenally successful workshop that was held in Poland during 24-27 March. As a token of our gratitude, we dedicate this issue to showcasing the efforts of practitioners from Poland and neighbouring European countries via practitioner profiles, case histories, and research on the benefits of an alkaline lifestyle.

As part of our continued organizational digitization efforts, we are in the process of developing a new web-based portal where all practitioners will be able to update their personal data and submit their IASVP applications online. They will also be able to file their monthly reports online, thus eliminating the need to send these to their respective coordinators. We expect to complete this process within one month and all practitioners will be intimated of this via their registered email id.

I truly believe we have not even scratched the surface in terms of building awareness of vibrionics around the world. I would like each and every practitioner to take initiative and reach out to at least one new person each week and share with them an overview of Vibrionics (strictly as per the guidelines provided in the Vibrionics manuals for AVPs and SVPs) and also share with them the link

https://www.youtube.com/watch?v=roXS0_WcU28&feature=youtu.be to our "What is Vibrionics?" video. This is bound to have a windfall effect in spreading the vibrionics mission to each and every corner of our planet so that many may experience the benefit of the vibrational remedies. Do send us stories of interesting experiences you have along the way as they are certain to be a big source of inspiration for all of us.

As our mission continues to grow impressively along an upward trajectory, our administrative needs continue to increase proportionally. This means that we need more show of hands from practitioners to take on global, regional, and local administrative functions and tasks. Kindly come forward as every and any form of contribution to this end counts immensely. Please write to 99sairam@vibrionics.org or contact your regional/country coordinator to get more information on seva opportunities.

On behalf of all practitioners, I wish a belated Happy Onam to our entire Kerala, India vibro team! Swami said, "Whatever they do, the men and women of Sri Sathya Sai Organisation of Kerala conduct on a grand scale. I wish and bless that the devotees of Kerala must keep up this spirit in all their service activities in future also" in His Divine Discourse on Onam, September 2008. Keep it up, Kerala!!

In loving service to Sai
Jit K Aggarwal

☪ Practitioner Profiles ☪

Practitioners 03040 & 03039 from Poland who recently immigrated to Germany, are truly family practitioners



of Sai Vibrionics. The entire family practices vibrionics, including their three young children who give remedies to their friends at school. They follow a unique approach to vibrionics. They believe that a patient's illness is rooted in the entire family situation and hence they treat the family as a whole. They once heard that if you want to help a sick child you should treat the mother first. Indeed their general experience corroborates this approach. Many parents consult them for their children; more often than not, the practitioners discovered the parents are the ones who need treatment more. If the parental origin of problems with children is addressed and tackled, the child often heals itself. Results are best when all family members take the remedies which are indicated after the practitioners have analysed the overall state of the whole family environment.

Their home medical kit consists of the following remedies:

CC10.1 Emergencies, their 3 children carry only this remedy with them.

NM35 Worms + NM66 Bilharzia + CC4.6 Diarrhoea

SR315 Staphysagria; to this was added **CC11.2 Hair problems** and given to their boys when lice appeared in their school last year, consequently the boys never brought lice home.

SM1 Removal of Entities, used as a spray once or twice a month to clean their environment. They recommend this remedy for family members who show signs of nervous restlessness.

SM1 Removal of Entities + SM2 Divine Protection made in water in a spray bottle for cleansing their apartment of undesirable energies when they feel an increase in anger, aggression or other negativity. This cleansing is done regularly to restore and maintain harmony, peace and love in the home.

CC1.2 Plant tonic

CC9.2 Infections acute to treat any minor infections which are removed within 2 days

CC11.6 Tooth infections

When on holiday, they leave **SM2 Divine Protection** card in the machine in order to protect their property.

Initially, the practitioners would describe in detail a diagnosis of their patient's health situation (based on

their bio-resonance study) and what should be done to "understand the purpose of the disease" in order to recover as quickly as possible, and to restore optimum health. Unfortunately this often overloaded the patient's capacity to comprehend and adjust, resulting in confused discouragement and often causing fear. Consequently they altered their approach, giving more attention to sensitively assess their patients' state of awareness and ability to accept this diagnostic information optimistically. The practitioners adjusted their communication to suit each individual's mental and emotional state, in order to improve or at least maintain a level of balance and comfort.

Then they carefully recommend the appropriate vibrionics, a beneficial diet and the necessary body cleansing techniques. Most importantly, they encourage a technique for spiritual cleansing called Ho'oponopono, an ancient Hawaiian practice of reconciliation and forgiveness. In their experience, this combination of therapy yields perfect results. They find Ho'oponopono a very powerful tool in their spiritual healing and cleansing toolbox. In addition they no longer use the allopathic terms for diseases, refusing to employ the conventional names and labels. Explaining that every disease has its helpful purpose in our lives, they claim all illness and imbalance often reveals something that one needs to acknowledge and understand, an experience one needs for deeper healing, but certainly they stress, not for killing us.

The practitioners have discovered it best to choose specific tonics according to sex and age. They commonly use specific combos for women of all ages to quickly harmonize body and soul at all levels: **CC8.1 Female tonic + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS** for 1 month, then BD for 2 months. For men they use **CC14.1 Male tonic** and for older men, **CC14.2 Prostate**. For children **CC12.2 Child tonic** improves grounding which increases stability and common sense. They report this isn't infallible, but for many the effects are so good that most of the ailments, sometime even very severe ones, disappear. The practitioners find it a perfect combination for those who are weak and just starting on vibrionics therapy.

In 2013 they treated a 15-year-old son of a friend who suffered from many ailments: hypoxia from birth, convulsions, Asperger syndrome, obsessions, nervous ticks (constantly rubbing his nose), pollakiuria, poor handwriting and school work, defective vision, constant allergies, frequent pneumonia, fear of darkness, addiction to sweets. Initially he was given **CC4.6 Diarrhoea + CC4.10 Indigestion + CC7.2 Partial Vision + CC15.5 ADD & Autism + CC17.2 Cleansing**. After a month a new remedy was prepared by removing **CC17.2** and by adding **CC18.2 Alzheimer's disease + CC18.3 Epilepsy + CC18.5 Neuralgia** to the earlier combo. After 3 months, they further added **CC12.2 Child tonic + CC15.2 Psychiatric disorders**. The treatment lasted until January 2016 when all his problems disappeared. Currently this 19-year-old young man is about to graduate and plans to continue his studies.

This boy's 72-year-old grandmother had been receiving chemotherapy every 2 weeks for colon cancer from May 2013. She was also suffering from Parkinson's disease, constipation and hernia. In September 2013 her vibro treatment began with **SR350 Hydrastis + SR405 Ruta + SR559 Anti Chemotherapy + CC2.1 Cancers—all + CC2.3 Tumours & Growths + CC4.9 Hernia + CC17.2 Cleansing + CC18.6 Parkinson's disease**. In addition, an easy to digest and evacuate diet was recommended. After a month a new remedy was prepared by removing **CC17.2** and by adding **NM13 Constipation + BR8 Constipation + BR12 Liver + CC4.4 Constipation**. This resulted in a very gentle chemotherapy experience without serious side effects. With each successive check-up her number of tumour markers decreased and by the end of 2014, her cancer had subsided. Now she is a healthy 76-year old.

On 8 February 2014, they treated a 75-year-old woman with a disturbed state of mind. She had severe dizziness, sometimes lost consciousness and once fainted while driving. For a long time, she suffered from muscle cramps, hypertension, heart problems, foot mycosis, eye problems, eating disorder with specific craving for sweets etc. Using bio-resonance method, she was diagnosed to have trypanosomiasis. After a long conversation about her life, family situation, the environment in which she lived, she was given **CC8.1 Female tonic + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS** for 1 month followed by BD for two months. For parasites, they gave **CC4.6 Diarrhoea + CC4.8 Gastroenteritis + CC4.10 Indigestion...TDS** for 1 month and after 14-day break, for another month. For Trypanosomiasis, she was given **CC9.3 Tropical diseases + CC20.4 Muscles & Supportive tissue...TDS** for 1 month, then after 14-day break, for another month.

After one month, the patient reported that all symptoms related to parasites had subsided. Subsequently her other health concerns were addressed using the common combos at various times. After two years of regularly taking vibro remedies, she was completely cured except for foot mycosis.

Thrilled by the effectiveness of the treatment, she sent many patients to the practitioners. They treated her cat, dog and plants in addition to several of her family members and friends. Most notably, it was her 84-year-old husband who had suffered a stroke ten years prior. During the past one year, the patient was seriously ill preferring to remain in bed. He was lethargic and depressed, having been diagnosed with prostate cancer. He had the cancerous nuclei removed and was catheterized. He consequently became aggressive and suffered memory problems. He was treated for prostate cancer and after 3 months, his PSA (marker for prostate cancer) became normal. He was also given remedies for kidney and bladder, nervous system, physical vitality, emotional harmony, foot fungus, tooth pain and many other ailments. Once a year, he was given **SM10 Spiritual Upliftment** with wonderful effects on his personality. He sprayed his room with **SM1 Removal of Entities + SM2 Divine Protection** for cleansing purpose. Further, for three years, he continuously received broadcasting help from **Practitioner**⁰⁰⁵¹². The net result of all this loving care was that he began to sing, create poems, and he even wrote a book a year before his death! At the age of 87, he died smiling, reconciled with his family and indeed with his whole life.

According to the practitioners, our environment can significantly increase or deplete our precious life energy. By 'environment' they mean everything that surrounds us, including our occupation, our domestic work, our food, our homes, our plants and animals, and especially all the people around us who play various roles in our life. Living in an unfavourable environment can lead to 'invermination of the mind'. (A saying in Polish refers to "parasite-infected mind"). This makes us more vulnerable to unfriendly bacteria, fungi, viruses etc. Therefore, in their practice, they first concentrate on treating the mind.

Finally the practitioners wish to emphasize their gratitude for all the help their friendship and cooperation with **Practitioner**⁰⁰⁵¹² has provided. They meet as often as possible and to maximize this beneficial contact, are constantly in communication with her. She helps them diagnose difficult patients and provides invaluable advice. Using her pendulum, she recommends which vibration to use. She would even broadcast remedies to their patients, if needed. The practitioners report the effects of this "collaboration" to be sensational, even difficult to describe in words. Patients receive seemingly perfect help which enforces and strengthens the practitioners' faith in Sai Vibrionics. They feel blessed to be part of a selfless and expanding vibrionics community, one whose service has gradually become a powerful instrument in the hands of a loving God. They are delighted to be doing good work and serving people, animals, plants, and even the ecological environment.

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Practitioner^{00512...Slovenia} from Slovenia was profiled in vol 7 issue 6. In view of her close association with Polish practitioners, she was invited to the Polish National Seminar as a special guest. In her presentation, she highlighted her way of working and shared a number of outstanding cases.



She considers the first meeting with the patient extremely important to engender trust, confidence and respect for the practitioner and these are to be sustained in subsequent visits. She listens to her patients with great patience, then records all their symptoms carefully and tries to make an accurate diagnosis. It is the lack of self-esteem/self-acceptance and lack of love that are the foundation of any disease. She shares this information with the patient.

People in general are unaware of the emotional and psychological reason underneath their illness and this often lies in their past and manifests itself as anger, resentment, fear or jealousy. In this situation, forgiveness is crucial. This practitioner helps open the door to a new life while the remedies help to dissolve the source of the illness. The vibrations in the remedy go to each cell which has its own consciousness. When a cell receives the appropriate vibrations, healing starts from the basic cellular level. Patients generally need to access painful memories. By working with the practitioner and taking vibrations regularly, symptoms of illness and suffering often disappear.

This practitioner recommends taking charge of one's own health through the necessary changes and transformation in a two-stage process. She advises first to become aware of and accept the illness at all levels then to use one's determination to decide that one really wants to heal oneself. God resides in every patient and ideally we should all live together harmoniously. This would result in inner harmony and outer harmony will naturally follow, resulting in good health. It is said "there are no illnesses, there are only sick people"!

The practitioner believes that we reflect what we eat and think. She shares her knowledge about nutrition and health with all her patients, maximizing their options for healing. Modified and processed foods have little life and poor nutritional value. She has found macrobiotic diet to be really healthy for her. Our digestive system works best with vegetarian food. We bring into embodiment essential energies which

accumulate in our kidneys. Vital energy is renewed every day; we can live on two litres of water and very little food. She believes that as long as we kill animals, the world will have wars, thus causing disharmony.

She selflessly serves people, plants and animals by preparing vibrations in pills and water. She works with several machines, some of which came to her from practitioners who are no longer active. All machines are always in service calibrated for each witness, broadcasting healing vibrations for a variety of conditions to people having suffered injuries in accidents, people in coma, children and adults with addictions. She helps in regions and districts of old Yugoslavia where there are no medicines and no doctors. People there trust vibrionics medicines because according to her, 90% of patients thus treated have been healed.

In 2015 the practitioner worked with 1300 patients. The numbers grew in 2016 to 1704 patients. When she came to attend the seminar towards the end of March 2017, she had already treated 430 patients including 280 new ones. Increasingly more of her patients are medical doctors. She shared many inspiring cases at the seminar; some are given below: A young female doctor's assistant came to the practitioner 2 months after a car accident. Her liver was completely damaged as well as the left side of her body. After working with her for 3 months, everything was restored to normal and the girl was able to swallow and speak. Unaware that the patient was treated with vibrionics, the attending neurologists pronounced that a miracle must have done the impossible.

- Twenty one girls, including the daughter of a doctor who was healed in four hours by vibro, had difficulty conceiving, some even after artificial insemination, became pregnant with vibrionics treatment. One of these young mothers brought her 7-year-old son who said that he knew the practitioner. She suspects that a child hovers in a woman's aura *before she gets pregnant!* She encourages women with trouble conceiving to improve their self-esteem and send this heightened love to the child they desire to have.
- The practitioner considers skin disease to be an outer manifestation of inner problems. The things we fear can be faster than our thoughts. Her own 12-year-old grandson suffered from albinism, mainly on the head and arms, but the ailment quickly spread. The dermatologist prescribed an ointment which didn't help even after one year. This practitioner only intervened when the marks appeared on his nose. She told him that she would only treat this reserved, introverted boy provided he is prepared to accept her help willingly. He consented, so she created for him affirmations to increase his self-love and gave him vibrational remedies which allowed him to open himself to the world. He won his first role in a school theatrical production and discovered that he is a natural-born actor, finally confident to present his talents and develop his skill. Within two months all the marks disappeared. Opening to love allowed the boy to start a new life.
- An 11-year-old girl couldn't read or count. The practitioner diagnosed the cause to be the girl's relationship with her father. A father is an authority to the child and so he should engender feelings of love and security. This father was very strict with his daughter and she was naturally very strict with herself. After one month of vibro remedies for both, the girl began to read and count.
- A 17-year-old boy smoking marijuana for one year got into trouble both at school and with his family. The reason for smoking was lack of motherly love. His mother was a perfectionist. She demanded only the best school results for her son and because she couldn't accept him otherwise, she shut him out of her affections. The practitioner told the boy to change his life, to start playing tennis and basketball, to swim and above all to believe in himself. Within a short period, the boy stopped smoking marijuana. Eight years ago, his sister had been healed of epilepsy and his father of a mouth ulcer with vibrionics.
- A boy had a swollen mouth because of a tooth infection, so the practitioner broadcasted **NM114 Elimination** all night and the patient healed by the morning.
- She has treated a prolific number of cancer cases including five of leukaemia, which were treated successfully without the need for blood transfusion. For cancer patients, it is of utmost importance to change their eating habits. Besides vibrionics and an overall healthy diet she recommends the following supplements:
 - Biobran - a powerful *immunomodulator*, which boosts an immune system compromised by disease or toxic treatment.
 - Green magma, a barley grass juice extract, rich in vitamins, minerals, amino acids & chlorophyll and a more potent antioxidant than vitamin E, aids digestion & detoxification; also it is a good natural alkaliser.
 - Shiitake mushrooms, high in B vitamins and vitamin D, have the ability to support cardiovascular health, fight cancer cells, improve energy levels and brain function, reduce inflammation, and support the immune system.

Whereas vibrionics works on the subtler levels, the above products improve her patients' physical health.

Patients who suffer from cancer need to accept the disease into their lives as a gift and so treat it as a blessing. They need to learn to respect what they have, and change their attitudes as much as possible, completely undergoing transformation and healing will follow.

She has treated a large number of animals (dogs, cats, horses) for various diseases e.g. udder infection; she has found they heal very quickly with vibro remedies. It is the same story with plants and trees too. These have their own memory and emotions. Following Dr Rudolf Steiner's technique, she has been running a biodynamic farm (4 acres) for 10 years and she uses only manure. Dr Steiner is the founder of contemporary anthroposophy and he produced the highest quality of biodynamic food.

The practitioner believes that humanity will survive these difficult times. She credits vibrionics for teaching and inspiring her with helpful ideas for survival. For example, in her home she has two containers of rain water. These are connected with a copper wire to the Remedy well of one of her SRHVPs. Invoking Baba's for blessings, she charges the water in these containers in turn with vibrations of **NM86 Immunity** and **SR315 Staphysagria**. She finds this water to be excellent for drinking and cooking. Finally, she continues to be a great support and inspiration to practitioners not only from Slovenia but also from neighbouring countries in Europe.

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Practitioner ^{01919...Poland} from Poland is a physician. Her first encounter with vibrionics took place in Sai Baba's ashram in January 2001. She was amazed to see with her own eyes the miraculous effects of the little pills on one patient. She was so inspired that she decided there and then to learn more about this unconventional medicine. A few months later when she learnt that Dr JK Aggarwal was coming to Poland, she jumped at the chance to enrol in a training workshop organized in Kraków. She passed the examination, procured the SRHVP and the associated cards and began treating patients beginning with herself. She worked on removing miasms and cleansing her body. She has used the SRHVP extensively for remote healing.



Preparing remedies with the machine was often time consuming. She was thrilled when the 108CC box was introduced in 2008, as this greatly shortened the time for making remedies. Not only that but she found the common combos were **amazing** - extremely effective, especially with skin disease, autoimmune disease, painful menstruation and depression; they work perfectly with children and are extremely effective with animals. In addition to dispensing vibro remedies, she strongly recommends the practice of Ho'oponopono to all her patients. In her own life, she, together with her husband, follows this Hawaiian practice of forgiveness and gratitude with great enthusiasm.

The practitioner shared at the seminar many cases, some miraculous and a few are enumerated below. What is truly astounding about her cases is that most of her patients heal within a few days, some within hours or even minutes.

A 53-year-old diabetic man with circulation problems in his leg was told by his doctor that it was necessary to amputate the leg below the thigh. The amputation procedure was scheduled in the hospital for Wednesday. The man came for the vibrionics treatment on the Saturday before. He was treated with **NM32 Vein-Piles + NM114 Elimination + OM5 Circulation + BR18 Circulation...TDS**. After two days of treatment, holes appeared at the tips of the toes of the affected leg, from which oozed pus looking like shoelaces. The circulation started working properly and the amputation wasn't necessary. The patient healed perfectly.

Later in her practice, in another similar case, a woman aged 70 was treated using the 108CC box. After one month of allopathic treatment of circulatory disorders in her left leg, her doctor referred the patient to the hospital for amputation of the limb above the knee. She went for vibrionics instead and was given: **CC3.4 Heart emergencies + CC3.7 Circulation + CC21.1 Skin tonic...TDS**. After three days of treatment, pus oozed out of the tips of the toes. The circulation in her leg was restored and the patient is in good health now.

A woman aged 35 suffered from psoriasis on legs, arms and abdomen for 10 years. She was treated pharmacologically but there was no improvement. The remedy given was **CC21.10 Psoriasis...6TD** for one week and then reduced to **TDS**. After three weeks the symptoms of psoriasis subsided and the patient was completely healed. Another case of skin problem was that of a 7-year-old girl diagnosed with atopic dermatitis on both her feet when she was two. At first blisters filled with serous fluid appeared, then these

ruptured forming wounds, which made walking very difficult. She was on pharmacological treatment for 5 years without any improvement. The girl was treated with **CC21.3 Skin allergies...TDS**. After one week all symptoms subsided and the girl healed.

A man aged 76 suffered from pain in his knees for two years. He was treated pharmacologically but still his knee pain woke him at 5am every morning. He couldn't even climb the five steps to his flat. One evening at 10pm the practitioner gave him **CC20.1 SMJ tonic + CC20.2 SMJ pain + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue**. Next morning the patient woke up at 8am without any pain and since then he has been feeling well. He no longer has problems with his knees and walks without difficulty. The same combo was given **TDS** to a 57-year-old woman who had swollen and painful knees and had difficulty in walking and kneeling. Earlier the allopathic treatment had not provided relief. After one week of taking the remedy, swelling and pain disappeared completely. Since then she has been feeling great.

Another patient has been long suffering from thyroid disorders, resulting in a big bronchocele on both sides of his neck and proptosis. Consequently he had distorted head posture and due to the large size of bronchocele, his head leaned sideways. The doctor recommended surgical removal of the bronchocele, which the patient refused. He first visited the practitioner three years ago and was given **CC3.1 Heart tonic + CC6.1 Hyperthyroid + CC12.4 Autoimmune diseases + CC13.1 Kidney & Bladder tonic**. Phlegm started to pour out **and** the bronchocele and proptosis were gone. But even after 3 years of vibro remedies, long strings of smelly phlegm, some extending all the way to his groin, are still being expectorated. The treatment continues.

A 16-year-old girl was in critical condition in the anorexia ward of a clinic in Zabrze. The doctors informed the family that these were her last hours; they should be prepared for her passing away any moment. The girl's grandmother contacted the practitioner who gave **CC15.4 Eating disorders**. After two days the patient was able to get up from bed and after four days she left the clinic. She healed regaining her old body weight.

A 30-year-old man had been suffering from depressive states and he was treated pharmacologically without positive result. The practitioner broadcast **SM5 Peace & Love Alignment** using the patient's picture as a witness. After three days, his depression was healed and his mental balance was restored.

A woman aged 37 suffered from piles so intense that she couldn't walk. After two days of taking **CC4.4 Constipation** the ailment disappeared.

A woman aged 27 had very intense menstrual pain. With a few doses of **CC8.7 Menses frequent + CC8.8 Menses irregular**, the pain subsided and never reappeared.

A six-month-old puppy of a rare breed developed a limp which defeated the vets. They prescribed strong painkillers and anti-inflammatory medicines, which brought no relief. The dog limping with pain couldn't run. He was treated with **CC1.1 Animal tonic + CC20.2 SMJ pain + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue** in water. The pain disappeared after two days. Now the dog is healthy and the owner forgot all about its ailments. In another case of an animal, a 2-year-old guinea pig wouldn't eat, lying listless in her cage. The vet couldn't help and said that the animal was dying. One dose of the remedy **CC1.1 Animal tonic + CC3.1 Heart tonic + CC10.1 Emergencies + CC 13.1 Kidney & Bladder tonic** was given in water. Only 5 minutes later, the animal got up, began licking its fur and lived one more year in very good health.

Sixteen years into the practice, she remains delighted and fascinated with Sai Vibrionics. In her own words "I am continually grateful for the valuable bi-monthly information from Dr Aggarwal. I also greatly appreciate our country **coordinator** ⁰²⁵¹⁵ for his support and I am confident of his help whenever a problem arises. I thank God for this gift of healing seva.

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Practitioner ^{02652...Poland} from has found, during 13 years of her practice, that vibronics remedies are an excellent tool for restoring the health of many patients. She has also discovered that a change in lifestyle is a must. Without this, in one way or another, the illness often comes back. Now she counsels her patients, teaching them how to change to a healthy lifestyle, which she calls an alkaline lifestyle. Consequently she has witnessed a big improvement in the health of her patients. Several exemplary cases were presented at the seminar and two of these appear at the end of this article. She is so convinced by this approach that she was eager to share her knowledge with other practitioners. It is not surprising that the subject of her power point presentation at the seminar was 'An alkaline

lifestyle - key to health'. According to her an alkaline lifestyle is a way of living that harmonizes the body, returning it to its naturally balanced functioning. The areas she featured are: the mind, diet, sleep, exercise, sunlight and fresh air.

- The mind is the most important and powerful tool in healing ourselves. Sai Baba says, "*Mind is the cause of every disease.....and the mind can heal it*". He also says, "*...nature is a manifestation of God and the same divine force is our true nature*". So when we tune in to the divinity within us, we unlock a limitless healing power that can reverse all diseases. This divine power is pure unconditional love. If we allow that love to flow from our hearts, to guide every thought, word and deed, we transform into a state - science calls it, coherence of the heart. Studies have shown that in this state, our body regenerates, our hormones regulate, our youth hormone production increases and our immune system strengthens. We experience peace, happiness, security, confidence, trust, acceptance and love for ourselves and consequently others. Stress, fears, depression and other negativities are eliminated. Unconditional love (frequency - 528Hz) is the strongest healing vibration in existence, balancing the body's alkaline and acidic levels into a perfect state and creating radiant health.
- The next area is diet. Much of what we eat today causes our body to be overly acidic, thus creating an environment for nurturing viruses, bacteria, fungus, and yeast. With an acidic body, our immune system is lowered and our cells suffer oxygen deficiency, which hinders their proper regeneration. In 1933 Dr William Howard Hay declared that acid culmination in the body, poisons the whole system, creating the foundation for all diseases. He said, "It might seem shocking to hear that there is only one cause for all diseases, even though they appear on the surface as different, but that's the truth".

Acidity has also been linked to cancer. Biochemist Otto Warburg in 1931 was awarded the Nobel Prize for discovering that all cancer cells are characterized by oxygen deficiency which creates an acidic environment. So keeping an alkaline diet is extremely important. Eat as much raw food as you can, drink freshly made juices, especially from green leafy vegetables full of chlorophyll; they alkalize the body wonderfully. Some symptoms of over acidity are: chronic fatigue, lack of energy, weakness, restless sleep, irritability, lack of concentration, anxiety and fear, and low sexual desire.]

We must also remember to drink daily at least two litres of good quality water, which means it should have a high pH level and a proper structure for full absorption by the body. Water is alkalized by the addition of a little Himalayan salt or lemon or silica stones. We can enhance the vitality of water by adding the following combo to pure drinking water: **NM12 Combination-12 + SR360 VIBGYOR**. Alternatively, add **CC12.1 Adult tonic**.

Always remember the crucial importance of getting enough sleep during the night. Otherwise the body turns acidic. An adult person needs at least 6-7 hours of sleep. From 10pm to 12 midnight is the best time for regeneration of our cells. Each hour of sleep before midnight is worth as much as 2-4 hours after midnight!

- Exercising the body eliminates toxins and increases oxygen intake which in turn helps to balance the body's pH. Be sure to avoid overexertion because this stresses the body and thus increases acidity. Follow your body's signals when you exercise and get moving at least 30 minutes per day.
- Finally it is essential to get enough fresh air and sunlight for vitamin D3 production; this is essential for our bodies to function properly.

The practitioner narrated the case of a friend who was having numerous fears. She was often angry and had difficulty accepting her child with Asperger syndrome. She was unhappy most of her life and often fell ill as did her child. She was given **NM6 Calming + NM25 Shock + SM1 Removal of Entities + SM2 Divine Protection + SM3 Soul Cleansing + SM4 Stabilizing + SM5 Peace and Love Alignment + SM6 Stress + SM39 Tension...TDS**. She took this remedy for one month, releasing many tears and strong emotions from past traumas.

Then she was given **CC12.1 Adult tonic + CC15.1 Mental and Emotional tonic...6TD** for 6 months during which time she often consulted with the practitioner. They discussed at length various aspects of her diet as well as her thinking and daily habits. She began to alter her lifestyle, affecting many amazing changes over several years; the most impressive being in the mental realm. She changed her way of thinking. She now acknowledges a divine power that guides and protects her and to which she prays. Most importantly she feels greater love for herself and increased self-esteem. She has accepted her son almost completely and taken huge steps with her diet, eating far more alkaline food than she did previously. She makes fresh juices for her whole family who now eat much less meat.

During this period she became pregnant with her second son. Her pregnancy was supported with **CC8.1 Female tonic + CC8.2 Pregnancy tonic + CC8.9 Morning sickness...TDS** throughout the term. The doctors had warned her that she might miscarry or be forced to spend the nine months in bed. She felt fine throughout her time of pregnancy. Thanks to her change of attitude, her fears subsided, allowing her to sail through the pregnancy with a positive outlook. The practitioner reports that she is really proud of all the effort her patient made in changing her lifestyle. She now portrays far greater happiness and contentment.

One of the practitioner's recent patients has obviously benefitted from changing his lifestyle. This 36-year-old man whose stomach ulcer (caused through long term acidity) had burst, requiring emergency ambulance assistance, was saved at the last minute by the doctors. After that incident he requested vibrionics treatment and was given **CC4.5 Ulcers + CC4.10 Indigestion + CC15.1 Mental and Emotional tonic...TDS**. After several consultations he changed his diet to a more alkaline one and reduced his work hours as his hours and style of work were the main reason for his stress. After just two weeks, his condition improved by 20%. He is still taking vibrionics remedies **TDS** and gradually continues to change his lifestyle. A complete shift in one's long ingrained habits is seldom easy and generally requires time.

The practitioner concludes that an alkaline lifestyle is creating a life in harmony with the divine within. When we reach that state of mind we prevent illness, increase vitality and slow down the aging process.

☞ Case Histories Using Combos ☞

1. Tinnitus ^{02856...UK}

An 82-year-old female with severe tinnitus requested vibrionics treatment from the practitioner on 15 August 2015. She had lived with this condition for a year and had been hearing various loud noises in both her ears. Her GP had diagnosed infection in her ears and treated her with gentamycin antibiotic ear drops for a year. Yet, her symptoms did not subside. She was given the following combo in olive oil to be used as ear drops as she refused to take the remedy orally:

CC5.1 Ear infections + CC5.3 Meniere's disease...BD, two drops at a time

She stopped using gentamycin despite the practitioner's advice to continue the antibiotic along with vibrionics.

Within a week she recovered completely and stopped using the remedy. On a follow-up call in August 2017, the patient confirmed that this condition had not recurred.

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2. Cold chills on left half of body ^{11520...India}

A 48-year-old woman was experiencing cold chills on the entire left side of her body for almost three years. It happened only during the winter months (Nov to Feb) throughout the day irrespective of whether she was indoors or outdoors. The temperatures usually drop to as low as two degrees during the winter season in her neighbourhood. The patient did not have any other acute or chronic health issues.

On consultation, her physician dismissed the condition as just her mental confusion and recommended taking multivitamins and doing regular exercises to improve her blood circulation. The patient, not being satisfied and still suffering with this condition, approached the practitioner for help on 7 Nov 2016. She mentioned that her 75-year-old aunt had suffered from similar symptoms and the doctors treated it as a case of vitamin deficiency. However, the aunt eventually became paralyzed. So, the patient had this fear that she might end up in a similar situation.

The following combo was given for one week:

CC3.1 Heart tonic + CC3.7 Circulation + CC15.1 Mental & Emotional tonic + CC18.1 Brain disabilities + CC18.4 Paralysis + CC18.5 Neuralgia...TDS

Meanwhile, the practitioner discussed the case with her senior. The senior practitioner felt the underlying cause might be due to clogging of the vascular system and also wanted to address any underlying shock that the patient might have been through.

So, when the patient came back after a week on 13 Nov 2016, the following combo was given:

NM25 Shock + SR548 Colocynthis + CC3.1 Heart tonic + CC3.2 Bleeding disorders + CC3.3 High Blood Pressure + CC3.4 Heart Emergencies + CC3.5 Arteriosclerosis + CC3.6 Pulse irregular + CC3.7 Circulation + CC18.3 Epilepsy + CC18.4 Paralysis + CC18.5 Neuralgia...TDS

After three weeks, the patient reported 30% improvement. She now experienced localized chills only on certain parts of her left side like the shoulder or thighs. The patient continued to take the remedy and after five weeks, reported 70% improvement in her condition. She felt normal most of the time and experienced chills only when her body got exposed to the cold waves directly.

After two months on 16 Jan 2017, the patient reported 100% recovery. The dosage was the reduced to **BD** for a week and then **OD** for a month and then **OW** for four weeks after which the remedy was completely stopped. As of September 2017, the patient feels completely normal.

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3. Rheumatoid Arthritis ^{11582...India}

On 27 August 2016, a 37-year-old woman visited the practitioner seeking treatment for Rheumatoid Arthritis. A mother of two, she started experiencing severe pain in her joints, fingers and toes after her second delivery. Her painful condition had persisted for seven years. She had been taking Nimesulide tablets **BD**, as prescribed by her doctor. Additionally, she had also tried Ayurvedic oil massage. But neither of these provided any relief to her. The practitioner also observed that her fingers were bent. The woman decided to stop the other treatments and try vibrionics.

The following remedy was given:

CC3.7 Circulation + CC15.1 Mental & Emotional tonic + CC20.1 SMJ tonic + CC20.2 SMJ pain + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue...QDS for 15 days, thereafter **TDS**

She experienced quick relief and happily reported about 35% progress after the first month. She continued to take the remedy **TDS**. In another two months, the patient felt 90% relief from her pain. Her fingers were no longer bent and she was able to perform her activities without any difficulty. On 3 January 2017, she reported 100% improvement following which her dosage was reduced to **BD** for two months, and then further reduced to **OD** until it was stopped on 5 August 2017. As advised by the practitioner, the patient made a few lifestyle changes that included an exercise routine and practice of yoga. She also made dietary changes that eliminated consumption of vegetables such as brinjal and potatoes. As of September 2017, she continues to remain pain-free and feels very happy and grateful for this miraculous recovery.

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4. Carpal tunnel syndrome ^{11576...India}

A 46-year-old woman had developed carpal tunnel syndrome (CTS) in her right wrist in May 2016. Neither was she an avid user of computers or cell phones, nor did she have another medical condition that suggested an underlying cause. She had severe pain and mild swelling in her right wrist for about 4 weeks. She also felt pain along her thumb, index and middle fingers which sometimes extended up to the shoulder. Her doctor diagnosed the issue to be a case of severe CTS. The doctor had to put her arm in a sling with a splint on her wrist. She was given a pain killer injection on her first day of allopathic treatment. In addition, she was taking Ibuprofen **BD** but as this caused nausea and breathlessness, she had stopped it about a week prior to meeting the practitioner. She was also taking homoeopathic remedy, Ruta Graveolens 30C, which was discontinued before the start of vibrionics treatment.

A pendulum scan confirmed compression/inflammation of a nerve in the right wrist as well as deficiency of calcium. On 3 June 2016, the following remedy was given:

CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.3 Arthritis...TDS in water

In two days, there was a 20% improvement following which the patient removed the sling of her own accord. By the fourth day, her pain had completely vanished, as if by a miracle. On 16 June, the dosage was reduced to **OD** for a month and a half, and then to **OW** until October after which the treatment was stopped. As of August 2017, she remains free of CTS, not even mild pain.

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5. Gummosis in peach tree ^{01620...France}

In April 2017, a lady asked the practitioner for treatment for her peach tree affected by gummosis. There were no leaves left on the tree. The previous year, she had not picked any fruit as there was almost none and the very few remaining peaches were full of maggots. The practitioner prepared the following combo: **CC1.2 Plant tonic...OW**

She was instructed to dissolve 5 granules into 200ml water; when dissolved, shake well and then add water to make one litre; shake well again and if needed, add water to make up to 10 litres.

The lady sprayed the tree only twice at two weeks' interval. Three days after the first spray, leaves started to grow.

The September 2017 peach harvest was both excellent and unusual with 30 kilograms of beautiful non-wormy peaches and the leaves remain superb.

Tree owner's comments:

I marvel at my peach harvest this year and I made plenty of jam and cakes. On seeing the result, I sprayed all the plants of my garden in the same way and I am very happy with the results.

***Gummosis** is a disease of plants that is characterized by the flow of a gummy substance on the surface of branches or the trunk of certain trees. This disease of physiological or parasitic origin particularly affects certain deciduous trees, such as cherry, plum, apricot, peach and citrus fruits.

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6. Back pain ^{11578...India}

On 23 May 2016, a 53-year-old man with chronic back pain met with the practitioner. Twelve years prior, he had a severe back injury. Even though his entire back was affected by the pain, it was more intense in his lower back. He lived with this pain every single day and getting out of bed was a task. He was treated with allopathic medicines for six months, and thereafter he continued taking them only when the pain was unbearable. He suffered the most during winters. He was given the following combo:

CC3.7 Circulation + CC10.1 Emergencies + CC12.1 Adult tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC20.7 Fractures...TDS in water

Shortly after starting the treatment, he left for his country where it was the winter season. Within 2 weeks, he had made some recovery as he felt more comfortable and flexible despite the cold weather.

After four weeks of treatment, he reported 40% improvement and after six weeks, there was 100% improvement. He could move around easily, there was neither stiffness nor any difficulty in getting up from the bed in the mornings.

He took the remedy for two more weeks but then stopped owing to his international travel commitments. In July 2017, a year after the treatment, he reported that there had been no recurrence of the back pain.

Answer Corner

1. Question: a. When treating a chronic disease, some of my patients have reached a recovery level of 80%. Then even after trying other combos for the condition for several months, there is no further improvement. Should I consider that 80% improvement is enough to start the reduction plan? Or should I continue the vibro remedy for a longer period?

b. I have a few patients that achieved almost 100% recovery, but when put on the reduction plan, the condition started to get worse. So I went back to the original dosage. Two such patients have already been taking the vibro remedy for several months at full recovery. Is this too long?

Answer: a. You should not start the reduction plan until the patient's symptoms have almost gone. When a patient's recovery reaches a plateau, whatever may be the recovery level, it implies that the patient is carrying a miasm which has compromised the patient's immune system. The best way to deal with this situation is to eliminate the miasm from his system by treating him with **SR560 All Miasms** in accordance with the following procedure. Stop the treatment you are giving, then after 3 days give one dose at two potencies of 30C and 1M together and wait. If there is a pullout, repeat one week after the pullout subsides. Continue this until there is no pullout at which point, restart the main remedy. If there is no pullout, give 3 doses at weekly intervals and afterwards restart the original remedy. It has been one practitioner's experience to give 1 dose of SR560 All Miasms 10M after this treatment every 3 months if the patient still shows some signs of a return of the original condition.

b. In a case where a patient has almost fully recovered and his condition becomes worse on reducing the dosage, it is also appropriate to give the patient **SR560 All Miasms** as per the above procedure.

2. Question: I have used **CC17.1 Travel sickness** when I travel long distance by air but I still get jet lag, what else can I do?

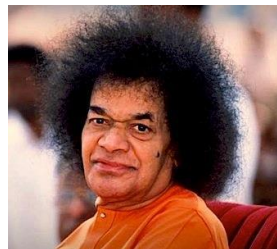
Answer: We wonder whether you took the remedy for a long enough period? It is best to start taking **CC17.1 Travel sickness...TDS** two days before the start of and **6TD** during the journey. Continue the remedy at **TDS** for three days after the journey. Remember to drink plenty of water especially during your flight and also to take short strolls to help with circulation. To this end, many airlines recommend in their In-Flight magazine simple foot exercises while seated in the plane.

3. Question: A patient of mine has Myeloproliferative blood disorder. Her condition fluctuates between two types of this blood disorder: sometimes it manifests as Polycythaemia Rubra vera (high RBC count) and at other times as Essential Thrombocythaemia (high platelet count). I am treating her with blood nosode. When she first gave sample of her blood to make a nosode, she had high RBC count. I have been using the same original nosode as we are supposed to keep treating with the original blood nosode. However, this lady's condition fluctuates between two different manifestations of the illness. Do I still keep using the same nosode?

Answer: Make two blood nosodes one when the RBC count is high and the other when there is a High Platelet count and mix them together to give a nosode of both!

4. Question: I dispense remedies to my patients in pills as normal but as the first dose, I have been putting the liquid remedy from 108CC bottle dropper directly under the tongue. Is this correct?

Answer: No! Never dispense from the CC dropper directly into the mouth! The liquid containing the vibrations is high grade alcohol which we use because of its fast evaporation property, thus making it suitable for transferring vibrations to the glucose pills or other medium. Healing energy vibrations for oral use can only be dispensed in water, pills or vibhuti. Use only ethyl alcohol of 96% or higher purity for preparing/refilling your common combos. Of all the mediums, water has the best memory and hence if a single dose is to be given, prepare it in water for dispensing directly into the patient's mouth.



❧Divine Words from the Master Healer❧

"Eat only what you need to eat. Do not be greedy. Do not take more than you can eat and waste the rest, because wasting food is a great sin. The surplus food can feed another stomach. Do not waste food, because food is God, life is God, and man is born from food. Food is the main source of man's life, body, mind and character."

"The gross part of the food, which is the major portion of the food consumed by the body, is thrown out as waste matter. A minute amount of the food, which is the subtle part, is assimilated by the body and flows as blood. And a minuscule amount, which is the subtlest part of the food, makes up the mind. Therefore, the mind is the reflection of the food consumed. The reason for the present beastly and demonic tendencies in our minds is the food we consume."

... -Sathya Sai Baba, "Teachings of Bhagawan Sri Sathya Sai Baba-Volume 1"
<https://www.sathyasai.org/publications/TeachingsOfBSSSB-Vol01.html>

"Offer service to someone in need, with a full heart and experience the ananda that results. It need not be something big; it can even be small and unnoticed by others. It has to be done to please the God within you and him."

☪Announcements☪

Forthcoming Workshops

- ❖ **USA West Virginia near Washington DC:** AVP workshop 13-15 October 2017, contact Susan at trainer1@us.vibrionics.org
- ❖ **India Puttaparthi:** AVP Workshop 18-22 November 2017, contact Lalitha at elay54@yahoo.com
- ❖ **India Puttaparthi:** SVP Workshop 24-28 November 2017, contact Hem at 99sairam@vibrionics.org
- ❖ **India Puttaparthi:** AVP Workshop 17-21 February 2018, contact Lalitha at elay54@yahoo.com
- ❖ **India Puttaparthi:** AVP Workshop 22-26 July 2018, contact Lalitha at elay54@yahoo.com
- ❖ **India Puttaparthi:** AVP Workshop 18-22 November 2018, contact Lalitha at elay54@yahoo.com
- ❖ **India Puttaparthi:** SVP Workshop 24-28 November 2018, contact Hem at 99sairam@vibrionics.org

☪In Addition☪

1. Health tips

Enjoying Food the Healthy Way!

*"As is the food, so is the mind;
As is the mind, so are the thoughts;
As are the thoughts, so is the conduct;
As is the conduct, so is the health."*¹

1. What is Food? ^{2,3}

What we commonly relate to as food is taken through the mouth and it pertains to taste and form. However, it is only one part of our total intake. Food is what we take in every moment through our five senses of sight, smell, hearing, taste, and touch. Tendencies of the mind are based on the food that is eaten as well as absorbed through the other senses. Each sense organ needs pure food. So, we need to pay attention to **all** our intakes. The body becomes the temple of God only when pure food is taken through all the sense organs.

2. We need food ⁴⁻⁶

Among the necessities of life, food for nourishing the body comes first since every activity of man is dependent on the energy he derives from food. Also, it is needed for the mind to exist and to exercise discrimination. Life starts with and is maintained by food to achieve its purpose, which is to recognize and realize the spirit that lives in the body and enlivens it. Life sustained by food is limited; life sustained by our divine spirit is eternal.

3. Food impacts body & mind ^{2,7,10}

Food decides the nature of our mind. Like our body, food also has gross, subtle, and subtler elements to it. After digestion, the gross part of the solid food is thrown out as excreta, the subtle part goes into the making of muscles and bones to sustain the body, and the subtlest part becomes the mind. Similarly the gross part of the liquids and water we drink goes out as urine, their subtle part becomes the blood and the subtlest part becomes the prana or life force. So the nature and quality of food are very important.

4. Guiding principle for nourishment ⁸⁻¹⁰

God resides in each one of us as the digestive fire to facilitate digestion of the food taken in. To God what should be given as food should be His own creation, not what is made by man. With this being the guiding principle, food has been categorized by Indian scriptures as Satvic, Rajasic and Tamasic, based on the corresponding qualities in the food. It is recommended that everyone who wishes to advance spiritually should take satvic food. Satvic food is closer to nature and plant life, causing no harm to any other organism or evolved life or beings. It induces purity, contentment, health, long life and lightness of spiritconductive to spiritual practice.

Rajasic food is that which is highly salty, sour, hot or spicy; it has a stimulating effect on the body and mind keeping one always in a state of duality. Eating such food seems pleasurable in the short run but may harm later leading to illness. Tamasic food is essentially stale or overcooked or excessively fatty which would create physical and mental dullness and sloth and is detrimental to health.

5. Satvic food ^{1,4,8-11}

Examples include pure water, coconut water, fruits, green and other fresh vegetables, raw nuts (preferably soaked overnight), whole grain cereals, legumes and germinating pulses just sprouting. Pulses like mung beans and soya beans have high protein content. They should be soaked in water and eaten when they are chewable. Unpasteurized, non-homogenized and fresh milk (preferably diluted) and milk derivatives like yogurt, fresh butter, cheese, ghee and raw honey are considered satvic but these should be consumed in a limited quantity.

Uncooked natural food is considered to be the best satvic food. Why is cooking not recommended? When seeds are fried or roasted, they do not sprout because their life force has been eliminated. Man alone lives on cooked and denatured food of various kinds and becomes prone to illness. Birds and animals that live on natural food do not attract disease.

The next best in the satvic category is lightly cooked or steamed food including vegetables and greens, all freshly cooked. The longer one waits after cooking, more tamasic the food becomes. The cooking utensils and ingredients should be clean and the food prepared with love and served with a smile so that pure vibrations are passed on to the food to sustain and strengthen the body. Daily intake of satvic food would not arouse the rajasic impulses and emotions of desire, anger, pride, greed, illusion and jealousy.

6. Cleaning fruits and vegetables ¹²⁻¹⁵

Apprehension about the remnants of pesticides and insecticides in raw food cannot be brushed aside. One way is to wash the fruits and vegetables thoroughly under clean running water. They can also be washed with 2% salt water (20 gm of salt in a litre of water) to remove most of the residues on their surface. Some may require two to three washings. Another method is to soak fruits and vegetables for twenty minutes in a bowl half full of water with one tablespoon of salt and two of vinegar and then wash them thoroughly in fresh water. Soaking these for a longer period or blanching will clean them but this may cause loss of nutrients. Alternatively one may grow one's own organic vegetables or seek these from reliable sources.

7. Offer food to God first ^{11,16}

We should offer the food first to the God one has faith in or to one's highest Self, with gratitude. We should also thank all those who made it possible for us to have the food. One may pray before eating that no being should go without food and fresh drinking water. One may give thanks in silence or chant a mantra or any suitable prayer before starting to eat. This would purify and sanctify the food, removing any negative energy from the grower or preparer of the food and help to assimilate the food's essence into our body and purify the heart.

8. How to partake of food? ^{1,3,17-19}

Sanctified food is a divine blessing and best eaten in silence, with love and gratitude, in a calm atmosphere, in an erect but relaxed sitting posture. It should be chewed well with reverential attention and made into a meditative act to facilitate proper digestion and assimilation. 50% of digestion takes place in the mouth itself. One can make one's eating pleasurable by eating with family and friends or in any other good company, or alone with thoughts of the Divine. Ayurveda encourages eating with one's own hand as each finger is an extension of one of the five elements and aids in proper digestion.

It's best not to enter into any discussion while taking food, nor watch TV or listen to unsavoury matters to disturb the mind. What is seen and heard will take roots in due course and grow in the mind automatically and harm one's health. Food should not be eaten in haste or in a standing position or as an inevitable chore or duty towards the body.

One should take easily digestible food like fruits and some raw vegetables first before having any other kind of solid food. Water or liquids should not be taken during food unless the food is very dry. Drink water half an hour before and at least two hours after a meal.

9. How much and when to eat ^{3,10,17,18}

The food should be eaten in moderate quantity, to the extent necessary, as a medicine for the disease called hunger. Stop eating when you are still a little hungry. At the end of a meal, your stomach should

contain 50% solids, 25% liquids and 25% air to allow for the digestive juices and fermentation. The rule of thumb is that one should feel lighter even after a meal than the way one felt at start of the meal, and not feel sleepy or dull. Feeling full at the end of a meal indicates one has over eaten.

Even when one takes satvic diet, if the food is too rich (eg, it contains excess of ghee or jaggery) or taken in excess, this would awaken and aggravate rajasic and tamasic qualities.

The intake of food should be gradually reduced after crossing fifty years of age. If we cultivate the attitude of "I am not the body", the body will not demand so much food or variety. It is better to know and be sensitive to one's own bodily needs and calls. Dinner should be light and not taken late at night. The stomach should not be loaded out of habit. One should wait until one gets the call of biting hunger before proceeding to the next meal. It is known, one who eats three times a day is a rogi (diseased); one who eats twice a day is a bhogi (indulgent); one who eats once a day is a yogi (spiritually advanced).

10. Foods to avoid or minimize ^{10,18}

The following items should be eliminated or at least minimised from your diet: packaged food with additives - artificial emulsifiers, colourings, flavourings, MSG which is a taste enhancer and not a preservative but extremely harmful; sweets, chocolate, ice cream; carbonated drinks, caffeine as found in coffee and tea; refined, processed, fatty or fried food.

Try to reduce the consumption of the following five white food items: milk or milk products including cheese and butter (substitute with nut or coconut milk, buttermilk or yoghurt), white sugar (if you must, go for jaggery or unrefined raw cane sugar), salt (replace with rock salt), white flour or its preparations (use whole wheat flour or millets instead) and polished rice (unpolished and unrefined brown rice can be eaten).

Avoid non-vegetarian food including eggs and fish and also alcohol and tobacco since these are not amenable to the divine constitution of human beings. These act as barriers to spiritual growth.

11. How to change food habits ^{15,20}

Why wait until you become sick to change your unhealthy diet? But there cannot be ONE perfect diet for all. One can experiment with food to know what works best and what makes one feel happy and healthy. One should first make up one's mind by encouraging oneself or by shaking oneself up a little and bring about healthy changes in one's food habits over a period of time. This would give adequate time to both the mental and the physical bodies to adjust themselves and co-operate. One can set small food goals for each week and feel happy about the changes and then proceed steadily towards the ideal. For those who find this difficult, simply following the **middle** path may be more practical.

12. Food and character ¹⁰

Food is the basis of man's character. All men are essentially one but they become different because of the quality of food they partake through their senses and this paves the way for differences and conflicts in the society. There can never be a bond of understanding between two people if one of them is eating satvic food and the other rajasic food. If one wants to develop friendship with God, one should take satvic food, develop satvic nature and have satvic thoughts, because God is **purely** satvic in nature.

Links: This article is mainly based on teachings of Sai on food

1. Sathya Sai Speaks Vol 27-3, Food, the heart, and the Mind, 21st January 1994
2. Sathya Sai Speaks Vol 23-16, The Buddhi and the Atma, 26th May 1990
3. Sathya Sai Speaks Vol 29-03, Triple transformation: Sankranti's Call, 15th January 1996
4. Sathya Sai Speaks Vol 14-31, Food and Health, 21st September 1979
5. Sathya Sai Speaks Vol 24-16, The Human Predicament and the Divine, 30th May 1991;
6. Sathya Sai Speaks Vol 13-19, The Message of Love, 23rd November 1975 & Summer showers in Brindavan 1972, Chapter 4
7. Sathya Sai Speaks Summer Showers in Brindavan 1993 Chapter 11.
8. Sathya Sai Speaks 10th Aug 1983, Prashanti Nilayam, Sathya Sai Baba Speaks on Food, Sri Sathya Sai Sadhana Trust, Publications 2014, page 17-19
9. Sathya Sai Speaks Vol 11, Forms of Food, 28th January 1971; Bhagvad Gita, Chapter 17, verses 7-10
10. Sathya Sai Speaks Vol 16-19, Food and Character
11. Sathya Sai Speaks Vol 35-22, Listen to the Master of Universe and Transform Yourselves into Ideal Human Beings, 23rd November 2002
12. http://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf_128_02.html
13. <http://www.cseindia.org/node/2681>
14. <https://www.quora.com/How-much-of-combination-is-2-salt-water>
15. Manual for Vibronics Practitioners, chapter 9
16. Sathya Sai Baba Speaks on Food, Sri Sathya Sai Sadhana Trust, Publications, 2014, page 21-22
17. Food & Body, Isha Health and wholeness Guides
18. https://www.mygov.in/sites/default/files/user_comments/Health_Tips_latest%20pdf.pdf

19. Sai Vibrionics Newsletter, Vol.8 issue 2, p-15
20. <https://zenhabits.net/eating>

2. Sai Vibrionics in Poland as reported by Polish Coordinator ⁰²⁵¹⁵

The first Sai Vibrionics seminar took place in Poland in 1999 with the first visit of Dr Aggarwal to our country. Two years later he visited Poland again and held numerous workshops. Many devotees from Poland had earlier participated in Sai Vibrionics courses when they visited Prashanti Nilayam, Puttaparthi, India.

With the introduction of the set of 108 Common Combos, the system of training was simplified. Consequently, regular courses could be organized in Poland without additional support from outside Poland. Upto now there have been 12 seminars, with more to come; the last one was held in Spala. Currently in Poland there are over 250 practitioners who have completed the course and have fulfilled all requirements qualifying them for a certificate to practice this system of healing.

In the last five years, Polish practitioners treated over 29,000 patients and spent nearly 59,000 hours doing Vibrionics seva. We have been organizing two types of meetings: a course for beginners and workshops for advanced practitioners. Upto seventy people from all over Poland have participated in such meetings; these have enabled practitioners to develop skills and deepen their knowledge of Sai Vibrionics.



Vibrionics workshops in Poland





Om Sai Ram

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