

Sai Vibrionics Newsletter

www.vibrionics.org

"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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In This Issue

☪ From the Desk of Dr Jit K Aggarwal	1 - 2
☪ Practitioner Profiles	2 - 4
☪ Case Histories using Combos	4 - 9
☪ Answer Corner	9 - 10
☪ Divine Words from the Master Healer	10
☪ Announcements	10 - 11
☪ In Addition	11 - 15

☪From the Desk of Dr Jit K Aggarwal ☪

Dear Practitioners

I consider it to be the highest privilege to write to you during one of the most auspicious times of the year with Ugadi, Ram Navami, Good Friday and Easter coming up one after the other over the next few days. We are all truly blessed to have none other than the Lord himself explain to us the significance of each of these festivals. To help us to understand this, below are some snippets:

"Today is Ugadi, the New Year day for the people of Andhra Pradesh. Right from this moment, embark on a new life giving up bad thoughts and bad qualities. Purify your heart. Only then will your life be blissful. You do not need to wait even for a fraction of a second. Whatever Sai says is bound to happen. Being Sai devotees, you should give up selfishness and dedicate your lives for the welfare of society."...Sathya Sai Speaks, vol 35

"Every year comes the festival of Sri Rama Navami. But we have not so far understood its true significance. You identify Rama with a form. But Rama is not limited to any particular form. It is the name that is latent in your heart. Rama was not an ordinary individual. He was verily God who incarnated on earth for the welfare of mankind."...Sathya Sai Speaks, vol 40

"The holy festival of Easter is celebrated by Christians around the world. At this time, followers of Jesus remember with deep gratitude the sacrifice of His life on the cross and celebrate His resurrection three days later."...The Treasure of Life, Sathya Sai International Organization

<http://www.sathyasai.org/events/festival/easter-2017>

By Swami's loving grace, His mission of vibrionics is thriving as evidenced by a massive upsurge in enquiries from patients globally, including a significant number from India. As you can imagine, many of these enquiries are from parts of the world where we don't have a practitioner in close physical proximity to the patient. This, however, presents a huge opportunity for those who are ready and willing to give remote consultation on phone/skype. We wish to setup 2 networks of practitioners:

- who will mail/post the remedy bottles within the country as part of their seva and
- who are SVPs and will broadcast remedies using their SRHVP; they will also need to print colour photo of the patient for use as a witness. Any practitioner who would like to be a part of either network should email us at 99sairam@vibrionics.org.

Central to our mission's success is relentless and simultaneous pursuit of high standards in treatment and also maximum coverage of all patients who approach us for treatment. In line with this, we continue to build our practitioner base by inducting new AVPs, retraining existing AVPs and activating those who have become passive. Further, given that we have our largest base of Indian practitioners in the state of Maharashtra, our AVP manual was lovingly translated into Marathi by two of our most valued practitioners^{10355&10001}. I am sure this will be of great benefit to those practitioners who feel more

comfortable reading in their native language. A printed copy of the manual can be obtained by emailing admin1@vibrionics.org.

On the organizational structure front, we are envisaging ten departments and a core team to manage all functions and tasks. These departments are: IASVP membership, Database management, Teaching, Admissions, Promotions, Newsletter production, Translations, Research, Website production and maintenance, and General administration. We are requesting all those who can contribute to one or more of these important tasks, to come forward and express their interest along with the number of hours they can contribute to this service, by emailing 99sairam@vibrionics.org by 7th April 2018.

To make the process of submitting monthly reports more efficient and effective, we are providing practitioners the ability to enter their seva hours directly on the practitioners' website. We wish to encourage you to take advantage of this facility by sending an email to monthlyReports@vibrionics.org. You will then receive a complete set of instructions on how to proceed. Also you will be allowed to update your personal data and upload your photo.

It has now become mandatory for all VPs and above to obtain membership of the IASVP. Once you have signed up and completed the necessary steps for membership, you will receive an id card, which would be very helpful for you in your practice. Please note that the IASVP application can be directly submitted on the practitioners' website.

I wish you all a very happy and blissful Ugadi, Ram Navami and Easter!

In loving service to Sai
Jit K Aggarwal

Practitioner Profiles



Practitioner ^{12051...India} had an inclination towards medicine and research since childhood, did her post-graduation in molecular biotechnology, and worked as a research scientist in USA for ten years. In addition, she has been an active participant in various seva activities of Sai organisation since 2001, inspired by Swami's teaching that transformation happens through service. Guided by the Divine through dreams, she moved to Pune, India from USA in 2008 and continued her service activities with the same fervour. She was introduced to Sai Vibrionics during one of the mobile medical service activities. Inspired by a practitioner friend she soon enrolled into the vibrionics course and became an AVP in 2012 and a VP in 2013.

She shifted with her family to Bengaluru soon after becoming AVP on being guided by the Divine again through a vivid dream and plunged herself fully into practice by reviving a Vibrionics Clinic in the Sai Centre near her residence. She feels very happy to share that her 108CC box was blessed several times with

Divine vibhuti materializations during the last three years (see photographs). The practitioner has treated successfully several acute respiratory and digestive ailments, travel sickness and jet lag, ear infections, flu, etc and chronic illnesses like diabetes, asthma, high BP, hypothyroidism, hernia, tinnitus, skin diseases, various types of cancers, dementia, obsessive compulsive disorder, dental disorders, and gynaecological problems. She is overwhelmed with joy and gratitude on the significant improvement in almost all chronic cases. She feels humbled by the manner in which patients had come to know about vibrionics and approached her for treatment and how the Divine in His own mysterious ways had connected her with over 1000 patients. In one instance, a bottle of sugar pills materialised



at a patient's altar. The same day, she happened to meet the practitioner's friend and the ensuing

interaction between them led the patient to approach the practitioner for vibro treatment. In another instance, a patient received an answer in the form of vibhuti materialisation inside an envelope containing his prayer to Swami to ask if he should take vibrionics treatment.

In her experience, adding **CC10.1 Emergencies** speeded up healing in all cases and **CC12.4 Autoimmune diseases + CC21.10 Psoriasis** completely cured psoriasis. The practitioner's own condition of calcaneal spur (bony outgrowth at the back of the heel) and plantar fasciitis (spur under the sole) got completely cured within three months with **CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC20.1 SMJ tonic**. She has no trace of the pain she used to have while walking.

In a chronic migraine case, a 17-year-old girl had intense pain which affected her daily routine as well as studies. She could not move her head to see the black board in the classroom. She was cured within a month of taking the remedy **CC10.1 Emergencies + CC11.4 Migraines + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic**. The patient and her mother felt extremely happy about this miraculous recovery.

In yet another case, an 81-year-old man suffering from Alzheimer's and dementia has shown significant (80%) improvement in 18 months in terms of his behaviour from being violent to a composed state of being, with the remedies **CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC18.2 Alzheimer's disease**. His family members who were troubled by his uncontrollable behaviour expressed great relief and gratitude to Swami and vibrionics and are continuing with the remedies.

The practitioner has firm faith that Sai Vibrionics is a very effective system of healing. She is confident, based on her experience, that it can eliminate the need for antibiotics, especially in children. She is immensely thankful to Swami for giving her a chance to serve in the 'Wellness Clinic' of Sri Sathya Institute of Higher Medical Sciences, Whitefield, Bangalore, since April 2017. She is also an active member of the team that conducts regular Sai Vibrionics camps as an integral part of Gram (village) seva. With her background in research, she is now committed to whole hearted participation in our research projects.

Over the years the practitioner has learnt that forgiving, accepting the challenges in life, and putting best efforts in whatever one does would lead to a healthy and peaceful life. "We become what we eat and think", emphasized Swami. Hence she feels that we should eat healthily, be balanced in our relationships, and have pure thoughts. This can be achieved through continuous sadhana (spiritual practice). Sai Vibrionics for her is a complete sadhana!

Cases to share :

- [Chronic lymphoplasmacytic psoriasis](#)
- [Vertigo due to Tinnitus](#)
- [Psoriasis, rheumatoid arthritis, tinnitus](#)

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Practitioner ^{10608...India} has dedicated his life to Sai Vibrionics since 2009, after retiring from a long stint of



45 years in corporate management and engineering. A turning point in his life that veered him towards vibrionics was his wife's severe condition of rheumatoid arthritis in 2004 that had nearly paralysed her. She could not even lift a small glass of water or turn to any side without help while lying in bed. She lost interest in living after trying all kinds of treatments and painkillers without any success. In 2007, during a get-together, the practitioner got the reference of a vibrionics practitioner living on the top floor of a building without any lift facility. His wife braved the stairs and started taking the remedy, while she was already taking eight allopathic medicines per day. After a week, pain started reducing as well as the need for painkillers. After 15 days, she could climb the stairs in half the time she took earlier. In 10 months' time she was totally cured and started a normal and healthy life. This miraculous healing inspired the practitioner to join the vibrionics course along with his wife to become an AVP in 2009. Later he

came to Parthi in 2011 and did the SVP course. He experienced a number of miracles during this time that reinforced his faith in vibrionics. He was very fortunate to have had a last darshan of Swami before His Mahasamadhi and believes that this was Swami's way of showing His love and blessings to them to practice vibrionics. He became a certified teacher in 2011 and has since contributed significantly towards the training of AVPs and VPs through workshops and refreshers.

So far, he has treated, along with his wife, over 10,000 patients with heart-warming results. In his experience, vibrionics has cured chronic diseases in a very short time, when taken diligently as advised by

the practitioner. In addition to patients who visit his home, he treats patients twice a month in the vibrionics clinic at Dharmakshetra, Sai Baba's ashram in Mumbai.

In the case of a 52-year-old male with severe joint pain in every part of the body coupled with acidity, chest pain, water retention issues, breathing problem, vitamin D deficiency, low appetite, and itching all over his body, the combos given were: #1. **CC3.1 Heart tonic + CC3.7 Circulation + CC4.1 Digestive tonic + CC12.1 Adult tonic + CC12.4 Autoimmune diseases + CC13.1 Kidney & Bladder tonic + CC15.1 Mental & Emotional tonic + CC19.3 Chest infections chronic + CC20.2 SMJ pain + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue**; #2. **CC21.2 Skin infections**; #3. **CC15. 6 Sleep disorders**. After 2 days the patient felt 40% better in respect of almost all the symptoms with no sign of water retention and he had a sound sleep for the first time after years. Within a month he was 80% better in all respects. Some lifestyle changes including diet were advised. He is doing really well now.

In another case, a 48-year-old lady with pain in lower area of the chest, breathlessness after meals, heaviness in stomach, gas and acidity, cramps and feverishness during periods, joint pain and stiffness, and lump in her left breast was given **CC2.3 Tumours & Growths + CC3.7 Circulation + CC4.2 Liver & Gallbladder tonic + CC4.8 Gastroenteritis + CC4.10 Indigestion + CC8.3 Breast disorders + CC8.7 Menses frequent + CC12.1 Adult tonic + CC12.4 Autoimmune diseases + CC15.1 Mental & Emotional tonic + CC19.3 Chest infections chronic + CC19.6 Cough chronic + CC20.2 SMJ pain + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue**. After two weeks, she was not breathless anymore and showed significant improvement in other symptoms too. After three months, breast lump got dissolved and she was free of all her chronic problems.

The practitioner has obtained wonderful results with blood nosode and potentised antibiotics. Combos in the form of pills and eye drops* have cured glaucoma, eye cyst, watering eyes, and other eye diseases. According to the practitioner, distant healing using the SRHVP machine is a great blessing from Swami. It has enabled him to treat over 100 patients with varied ailments including sinusitis, arthritis, polycystic ovarian disease (PCOD) and Lipoma. Miraculous results start showing within 5-10 minutes of broadcasting the relevant remedy using a photograph or a blood sample of the patient.

The practitioner has observed that many patients, after their symptoms have gone, don't follow the discipline of vibrionics, especially in respect of tapering of the dosage. Even when they get cured, their problems come back as they do not have a strong will to change their life style which is the cause of their health problems.

* to make eye drops, refer to Answer Corner in vol 9 #1 Jan-Feb 2018 newsletter.

Case to share :

- [Vitreous floaters and Glaucoma](#)

☪ Case Histories Using Combos ☪

1. Chronic lymphoplasmacytic psoriasis ^{12051...India}



A 9-year-old boy suffering from chronic lymphoplasmacytic psoriasis had lesions on both his palms and right heel from the age of four. He had two additional lesions, one on his back and the other on his left leg. He underwent many medical tests as recommended by different skin specialists. He was treated with many different allopathic medicines and ointments over the past 5 years but there was no improvement. In July 2016, the practitioner gave the following combo: **CC10.1 Emergencies + CC12.2 Child tonic + CC12.4 Autoimmune diseases + CC15.1 Mental & Emotional tonic + CC21.10 Psoriasis + CC21.11 Wounds & Abrasions...TDS** and also in olive oil for external application.

As the patient lived in a remote place, he was unable to visit the practitioner often. After three months, about 50% improvement was observed. The boy continued with the above remedy and on his next visit after another three months, there was 70% improvement. At end of one year of treatment, there was 100% recovery on the palms and heel (refer to the pictures). Lesions on the back and leg also subsided. The

dosage was reduced to BD for two months and then to OD for the next four months. The patient has not taken any other medication while on vibrionics treatment. The boy's parents are delighted with his remarkable recovery and have referred many patients to the practitioner.

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2. Vertigo due to Tinnitus ^{12051...India}

A 44-year-old female was suffering from severe vertigo due to tinnitus (as diagnosed by her doctor) for the past 2 years. She had nausea and for the past two and half months, sometimes she observed blood spots in her vomit. She started taking allopathic medicine for vertigo. As there was no improvement, she started feeling depressed. She was given the following combo in July 2016:

CC5.2 Deafness + CC5.3 Meniere's disease + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC18.7 Vertigo...TDS in water

Within a week, the patient felt 100% improvement from vertigo and 80% from tinnitus. She fully recovered within a month but she decided to continue the remedy at **TDS**. After 3 months, the dosage was reduced to **OD** for 1 month and then to **OW** which, to be on the safe side, she continues even now in Feb 2018. Having had such a good experience herself with vibro treatment, she has become a good advocate of vibrionics.

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3. Psoriasis, rheumatoid arthritis, tinnitus ^{12051...India}

A 63-year-old patient was suffering from psoriasis for 10 years and rheumatoid arthritis for the past 1 year. He had sores on his hands and pain in the joints. He had itching all over his body. He was taking allopathic medicine (methotrexate, an immunosuppressant) only for rheumatoid arthritis. He was given the following remedy in November 2015:

#1. CC10.1 Emergencies + CC12.1 Adult tonic + CC12.4 Autoimmune diseases + CC15.1 Mental & Emotional tonic + CC20.3 Arthritis + CC21.10 Psoriasis...TDS

In one month, there was improvement in his condition but he had developed tinnitus in the right ear. He consulted an ENT specialist who conducted a hearing test which showed 70% hearing loss in his right ear. So, he was given the following additional remedy:

#2. CC5.2 Deafness + CC5.3 Meniere's disease + CC18.5 Neuralgia...TDS

Within four months of taking **#1** and **#2** above, patient reported 100% relief from psoriasis and arthritis, and 40% improvement from tinnitus. No trace of arthritis was found in medical tests. Therefore his physician reduced the dose of methotrexate from 15mg to 5mg. The dosage of **#1** was reduced to **OD** and **#2** was continued at **TDS**.

After another 6 months, the patient completely recovered from tinnitus, so the dosage of **#2** was also reduced to **OD**. When he got his ears tested in October 2016, tremendous improvement in his hearing was observed and tests showed only 20% hearing loss. Patient's physician was surprised at the progress. Rheumatoid arthritis tests were still completely normal. Currently he continues to take **#1** and **#2** at **OD**.

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4. Vitreous Floater and Glaucoma ^{10608...UK}

On 17 Feb 2017 a 65-year-old female came to seek vibrionics treatment for vitreous floaters and glaucoma in both her eyes, which was detected on 3 Sep 2016. The pressure in the right and left eyes respectively was 28 and 34, much above the normal pressure range of 12 to 22 mm Hg. The doctor advised laser surgery as a permanent cure. But as the patient was fearful and disturbed merely by the thought of surgery, the doctor prescribed eye drops that would control and subside her eye pressure for the time being.

Although the medicines were expensive, the patient was greatly relieved from her worries of an eye operation. After five months of using the eye drops, tests were done again, which revealed that the eye pressure was still quite high (18 and 25) and the doctor advised laser surgery at the earliest but the patient instead opted for vibrionics treatment on the recommendation of a friend. The patient stopped her eye drops and the practitioner gave the following remedy:

#1. CC3.7 Circulation + CC7.5 Glaucoma + CC11.3 Headache + CC15.1 Mental & Emotional tonic...6TD

#2. CC7.5 Glaucoma...6TD in water to be used as eye drops

After a month, eye tests were repeated and to the doctor's surprise, recovery was beyond expectation. The eye pressure had decreased to 15 and 16, so the surgery was cancelled. The doctor repeatedly enquired if any changes were made in food and lifestyle habits that could have led to such an amazing recovery, as the patient had not disclosed taking vibrionics remedies and discontinuing allopathic treatment.

The dosage of both #1 and #2 was reduced from 6TD to TDS. Currently the patient feels relieved of vitreous floaters as well as other eye concerns and but to be on the safe side continues to take the same dosage.

Practitioner's comments:

The patient's fast recovery can be attributed to her regularity in taking remedies and disciplined follow-ups.

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5. Cancer pain ^{03533...India}

The practitioner visited her 82-year-old terminally ill aunt on 9 November 2015. The aunt had been diagnosed with breast cancer two years ago; however, her family did not want any medical intervention due to her age and frailty. Around mid-October, due to excessive pain, the patient was admitted to the hospital where she was given morphine-based painkiller. This made her so ill that she was brought back home in a stretcher (she was perfectly mobile before going to hospital). Now she was semiconscious and barely opened her eyes. She was bedridden, unable to talk, restless, tossing and turning, and moaning with pain. She was unable to eat or even sip liquid foods. This was very distressing for the family who kept a constant vigil. But they were wary of giving her any more analgesia. She was treated with the following combo:

CC2.1 Cancers – all + CC2.2 Cancer pain + CC15.1 Mental & Emotional tonic + CC18.1 Brain disabilities...TDS

Patient was not taking any other pain medication. Ten days later, her family informed the practitioner that she was not in any pain. She would wake up when hungry take a little food and then fall asleep. Doctors were surprised that she was 100% pain free. She continued to take the vibro remedy until she passed away peacefully two months later on 15 January 2016. The family were very grateful and felt vibrionics was a gift to their mother enabling her to make a peaceful transition.

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6. Ulcerative Colitis ^{02802...UK}

A 55-year-old lady suffering from ulcerative colitis for many years, contacted the practitioner on 6 September 2014. She had intermittent diarrhoea and abdominal pains. Her bowels would open up 4 to 8 times a day. She was under the care of a gastroenterologist who had prescribed Pentasa (anti-inflammatory tablets used for treating mild to moderate symptoms of IBS) 500 mg BD in addition to several courses of steroids each year. She was treated with the following combo:

#1. CC4.1 Digestion tonic + CC4.2 Liver & Gallbladder tonic + CC4.6 Diarrhoea + CC4.10 Indigestion + CC15.1 Mental & Emotional tonic...TDS

Patient continued to take her allopathic medicines. As there was no change in her condition on 9 May 2015 her remedy was changed to:

#2. CC10.1 Emergencies + #1...TDS

Her condition remained unchanged though she took the remedy regularly. On 1 October 2015 the practitioner treated her with:

#3. Stool nosode prepared at 1M potency...TDS

Within two weeks, there was 50% improvement which had progressed to 80% in six weeks. She was reviewed by her gastroenterology consultant who had earlier planned to start her on Azathioprine (an immunosuppressant used for Crohn's disease) to control her symptoms. As her condition was much better, he decided not to commence it. By nine weeks there was 95% improvement and she was able to travel to India and required no allopathic medicine. When reviewed in February 2016 she was stable and happy that her colitis was now under control without any medication except for #3 above. As the patient was well, she reduced the dosage to OD and gradually stopped it in June 2016. In August 2016 she noticed a little recurrence of her colitis symptoms, so she restarted the #3 and started improving again. She was advised to continue taking #3 OD for some time before stopping. When enquired in Jan 2018, the patient was not on vibro medication and she continues to do really well without any recurrence of the colitis.

7. Hypothyroidism, chronic cough and asthma ^{03542...UK}

On 26 July 2016, a female aged 60 saw the practitioner for her health problems.

Her asthmatic condition started over 40 years ago that subsequently had stopped and resurfaced recently. The condition was rapidly deteriorating and she needed to use Ventolin inhaler or nebuliser at least twice a day to control her wheezing. She was also suffering from cough for the past few months and allopathic medication had not been effective. The cough was exacerbating her asthma, and her doctor was quite concerned about her worsening condition. She had also been taking thyroxine 100mg/day for the past several years for hypothyroidism. She was fatigued all the time and was regularly monitored by her doctor. She also suffered from low blood pressure which was kept under control with allopathic medication.

She was given the following remedies:

For hypothyroidism:

#1. CC6.2 Hypothyroidism + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS

For chronic cough and asthma:

#2. CC9.2 Infections acute + CC19.3 Chest infections chronic + CC19.6 Cough chronic...TDS

Four weeks later, she reported that she had recovered completely from cough and she did not take any allopathic medication. She was 80% relieved from asthma and did not need to use her inhaler even once during this period. In another two weeks, her thyroid function had significantly improved and her thyroxine dosage was reduced to 50mg/day by her doctor. Overall, she felt a lot better and calmer. A month later, much to the amazement of her doctor, a series of lung function and blood tests showed marked improvement in her lungs.

On 10 December 2016, she reported 100% relief from her asthma, cough and hypothyroidism. She did not use her inhaler at all after commencing vibrionics and her doctor removed it from her prescription. So the dosage of **#2** was reduced to **BD** for 2 weeks, **OD** for 2 weeks, **OW** for a month and then stopped. No further allopathic medication was necessary for her hypothyroid. However, the practitioner advised her to continue **#1**. The patient went abroad for a few weeks and unfortunately, she did not take the remedy. Upon her return, she had a routine blood test done and her doctor re-introduced her thyroxine medication at 50mg/day as a precaution. Consequently, **#1** was reinstated **TDS** from the beginning of February 2017. In July, her doctor reduced the daily thyroxine dosage to 25mg. Since November she has not been taking **#1** and feels fine and content with the improvement, As of January 2018, she has not had any relapse of asthma or cough.



8. Rheumatoid arthritis ^{01448...Germany}

A 64-year-old man had been suffering from rheumatoid arthritis for 35 years. It started with inflamed and swollen joints in his fingers and wrists which spread to the legs and back over the years. He had severe pain and stiffness in all the joints of his fingers, wrists, hands, legs, knees and back. With time, the pain had increased and he was unable to manage even his normal daily routine. His symptoms were worse in the morning. He felt so weak that he was unable to hold anything in his hands. Slowly his spine got bent almost 60°. The severity of the disease had restricted his movement, so he was confined to his home. He had tried allopathic medicines prescribed by renowned orthopaedic specialists for decades. He was on anti-inflammatory drug Diclofenac 50mg **BD** for 20 years. It was then changed to Aceclofenac 100mg **OD**, this caused stomach upset for which he took Omeprazole 40mg **BD**. In desperation, he went to different parts of India and tried several alternative treatments but nothing ever helped.

The orthopaedic doctors had to "fuse" both his knee joints surgically to prevent further damage. This reduced his mobility even further as he could not bend his knees at all. He managed just minimum activity like walking with support a few steps within the house eg, to go to restroom, with the help of non-steroidal anti-inflammatory drug (NSAID). Side effects of NSAIDs over the years caused problems like increased blood pressure, cardiac arrhythmia and swelling in the legs, for which he was prescribed Ramiril 5mg **BD** by his cardiologist. This vicious circle of having to take a second drug to counter the side effects of the first drug and their spiralling costs had caused the patient much stress. Blood test showed positive rheumatoid factor. X-rays also confirmed the damage caused to bones.

On 15 December 2015 he was given the following combo:

CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC20.1 SMJ tonic + CC20.2 SMJ pain + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC20.6 Osteoporosis + CC20.7 Fractures...QDS.

After four weeks there was 30% improvement in his symptoms, he therefore reduced the dose of his painkiller. After six months, he was 40% better and he completely stopped the NSAID painkiller and the Omeprazole, and took only the vibro remedy. After nine months, improvement had progressed to 50%. After a year on vibro remedy, he was nearly 80% better and at the end of 18 months, in June 2017 almost 90%.

As of November 2017 he is 100% free of the symptoms of rheumatoid arthritis with no swelling, pain or stiffness. Patient continues to take the vibro remedy regularly as prescribed. He understands that as his knees are fused he would always need crutches but he is very happy that he could carry on his activities within the house without taking the expensive painkillers with their serious side effects. He is hoping that with time, he may be able to stop Ramipril too which he takes for the heart problems, as he has started vibro remedy for it now since December 2017.

Editor's comment:

As the practitioner is in Germany and the patient in India all consultations took place by telephone and the remedies were mailed.

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9. Neck and shoulder Pain ^{11587...India}

Just over 6 months ago, a 48-year-old woman accidentally hit against a refrigerator and fell, thereby injuring her neck. She suffered from severe pain in her neck and shoulders and this extended to her lower back. The medical reports showed the alignment, bone density and vertebral heights as normal. There was minimal decrease in vertebrae disc space between C4-C5 and C5-C6. There was no evidence of any vertebral soft tissue swelling. No treatment given except for usual pain killers. When she visited the practitioner on 28 July 2017, the pain was so severe that she was unable to do her household chores.

The following combo was given:

CC3.7 Circulation + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.5 Spine + CC20.7 Fractures...6TD

In less than 2 weeks on 6 August 2017, the patient reported 60% improvement in her neck, shoulder and lower back pain. The dosage was reduced to **TDS** and after a week the patient reported a further 25% relief in pain. Within one month of starting the vibro remedies, she completely recovered and was able to do her regular household work. Over the next 2 weeks, the dosage was tapered down to **OW**. She decided to continue with this maintenance dosage. At her last review on 19 Jan 2018, she was absolutely fine.

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10. Varicose veins ^{03552...Qatar}

The 44-year-old practitioner had been suffering from varicose veins for the past 5 years. Bulging tortuous veins could be seen in both legs, though more prominent in the left leg. He experienced severe leg pain while jogging or even walking briskly for a few minutes. He did not take any treatment for this. On 13 Aug 2016, he started on the following remedy:

CC3.5 Arteriosclerosis + CC3.7 Circulation + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia...TDS

The day after starting the remedy, a pullout in the form of reddish skin rash appeared on the left side of his chest. This disappeared after three days without any treatment. After two weeks the leg pain had reduced by 25% while the physical bulge on both legs was continuously decreasing but slowly. After another two weeks on 10 Sep 2016, the pain in both legs had disappeared completely; the bulge in the right leg had substantially reduced. After two more weeks, varicose bulges in the right leg completely vanished and those in the left leg had started to lessen. The dosage was reduced to **BD** for two weeks and **OD** for another two weeks. By mid-October, 2016 even though the venous protrusions on the left leg could still be seen, the practitioner felt that as he had no discomfort, these protrusions were only superficial and would disappear in time. He discontinued the remedy and he has been absolutely fine ever since.

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11. Piles and constipation ^{11589...India}

On 29 July 2017, a 44-year-old male with piles and severe constipation for the past 4 months approached the practitioner. For the past 5 days he had difficulty in sitting down and he had also noticed blood in his stool. At the time of consultation he had not passed stool for two days and was in severe discomfort. He was given:

CC4.4 Constipation + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...one dose every 10 minutes for 2 hours and **6TD** thereafter

After 2 hours, the patient could pass the stool; there was no blood but it was painful. After three days, dosage was reduced to **TDS** as the patient was now passing stool without pain. Over the next two months, the dosage was tapered down to **OD** and then to maintenance dosage of **OW**. As per last update in February 2018, the patient has regular bowel movement without any pain and he has chosen to continue the remedy at **OW**.

Editor's comment:

The practitioner got similar result in another constipation case caused due to antibiotics. Also in the acute case of a 7-year-old girl who could not pass stool for five days, the child passed large amount of hardened stool after 3 hours of taking **CC4.4 Constipation + CC4.10 Indigestion + CC12.2 Child tonic...one dose every 10 minutes**.

Answer Corner

1. *Question: In 2016 book for SVPs, sometimes a mother tincture is required. If we are unable to find it in our country, can we make the same in the SRHVP machine?*

Answer: It is not possible to make a mother tincture in SRHVP. However, if we have a card for this substance, then in most cases, remedy made at **1X** (lowest potency that can be made in the machine) can be used as its best substitute. For example, if we need Aconite mother tincture and are not able to get it, then the best substitute is that we use the card **SR265 Aconite** and set the dial to **1X** (dial setting 40) and prepare the remedy in the usual way.

2. *Question: Has there been any study done on whether different kinds of radiation affect the vibrionics remedies?*

Answer: Though no such research has been done with respect to vibrionics remedies but in practice many practitioners have found that due to unintentional exposure of the remedy to cell phones, microwave ovens, televisions and computers, it stops working. When the same pills are recharged with the original vibration these start to be effective again. European researchers have looked at this question by testing the effect of homoeopathically prepared* thyroxine on frog tadpole development. The unexposed remedy had consistent predictable effect on tadpole development. When the remedy was exposed to cell phone radiation or microwave, it lost its ability to affect the tadpoles but exposure to X-rays and barcode scanners had no deleterious effect on the remedy.

*Source: Weber S, Endler PC, Welles SU et al. 'The effect of homoeopathically prepared thyroxine on highland frogs' Homeopathy, Vol 97, Issue 3, July 2008, page 165

3. *Question: Has a study been done to find out if a drop of 108CC put directly in water is more effective than pills put in water as we usually do?*

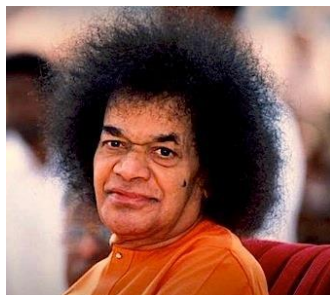
Answer: One practitioner in UK finds it to be more effective if a drop is directly put in water. At least 2 other practitioners have reported the same but so far no organised study has been done. The problem here is that we should not be dispensing in alcohol as it causes other practical issues. Therefore we are sticking to pills. However, it may be good for you to try this idea by giving some patients a water bottle (or he can bring his own) and you put a drop of the combo into this bottle. Never give the remedy in alcohol directly to the patient. Another view is there should be no difference between pills (assuming less than 2 months old) and a drop as quantity does not matter in an energetic system.

4. *Questions: How long do the vibrations last in pills, in alcohol and in water?*

Answer: Vibrations last for 2 months provided the pills are stored carefully and not exposed to direct sunlight or a strong magnetic field. You may like to store vibrations in alcohol (since these will last for 2 years) if you use a combination frequently. But we do not recommend dispensing in alcohol. In water, vibrations last as long as the water keeps because water becomes contaminated due to absorption of impurities from the atmosphere! Distilled or sterile water keeps longer.

5. *Question: I have a 10-year-old boy who snores while sleeping. His physician suspects that it may be due to his enlarged adenoids/tonsils. I am planning to give him the following remedy: **CC12.2 Child tonic + CC15.1 Mental and Emotional tonic + CC15.6 Sleep disorders + CC17.3 Brain and Memory tonic + CC19.5 Sinusitis + CC19.7 Throat chronic**. Please advise if I am doing this correctly.*

Answer: It is not necessary to include **CC17.3**, and **CC15.6** should be given separately before bedtime (details explained in newsletter vol 2 issue 6). If **CC15.6** is given during the day, the child may have trouble staying awake in school. The rest of your combo is fine.



❧ Divine Words from the Master Healer ❧

“Develop firm faith in the belief that every living being is permeated by God and act accordingly. God lives in every living being. God is installed in the temple of our heart. Only when you cultivate compassion in your heart, it can be called hridaya (heart). Therefore cultivate compassion. Any service you undertake with a compassionate heart becomes sanctified. Consider every human being as a living divinity. God is present everywhere. Forgetting such an omnipresent divinity, we are hankering after petty and trivial bodily pleasures. The fact, however, is that we can never attain real happiness with the body, you can never attain limitless Ananda (bliss).”

... Sathya Sai Baba, “Service to Man is Service to God” Discourse, 1 January 2004
<http://www.sssbpt.info/ssspeaks/volume37/sss37-01.pdf>

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“Food and recreational habits are the two main causes of ill-health. Great care has to be bestowed to ensure that injurious tendencies do not affect these two. At present, though drugs have multiplied and hospitals have been established in every nook and corner, ill-health is also widespread. This situation is attributable to the spread of deleterious food habits and pastime

... Sathya Sai Baba, “Hospitals and Health” Discourse, 28 August 1976
<http://www.sssbpt.info/ssspeaks/volume13/sss13-22.pdf>

❧ Announcements ❧

Forthcoming Workshops

- ❖ **Italy Venice:** AVP Workshop 23-25 March 2018, contact Manolis at monthlyreports@it.vibrionics.org
- ❖ **India Chennai:** Refresher seminar 15 April 2018, contact Lalitha at elay54@yahoo.com
- ❖ **France Dordogne:** SVP workshop 14-17 May 2018, contact Danielle at trainer1@fr.vibrionics.org
- ❖ **USA Richmond VA:** AVP workshop 22-24 June 2018, contact Susan at trainer1@us.vibrionics.org
- ❖ **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

Cleansing of mind-body complex

“A person might be an expert in any field of knowledge or a master of many material skills and accomplishments, but without inner cleanliness his brain is a desert waste¹⁻².”...Sri Sathya Sai Baba

1. Human body is ingenious!³⁻⁵

The human body is so amazingly designed that it can cleanse itself of day to day waste created in the body, through the liver and kidneys that work like detox horses and through the skin which eliminates toxins through sweat. Lymphatic system that maintains the immunity of the body works like a street cleaner, balances the body fluids, and defends against infections. It is supported by circulatory, digestive, and respiratory systems to keep the body clean and fresh, despite adverse external conditions. The body's self-regulating control system works quietly, usually without any awareness or thought on our part.

2. How does toxicity manifest in the body?⁵

The wonderful system of the body may get upset and start accumulating toxins through physical, chemical, or biological agents when the stress on the body, due to its intensity and/or duration, becomes too much for it to handle. Toxicity is a term used to convey that the body has been poisoned. It normally starts as a biochemical change leading to cellular and then physiological changes in the body.

General indicators⁶⁻⁸ are consistent fatigue, stubborn weight gain, bad breath, heavy white coating on the tongue, foul body odour, constipation, indigestion, excessive gas, and fetid stool, body aches, sensitivity to smell and chronic sinus problems and headaches, skin reactions, need for long hours of sleep etc. These could be acute or chronic. One may become prone to infections and attract life-wrecking chronic diseases, leading to coma and even death. Though toxic effects are normally said to be reversible, recovery may take a long time.

3. Is there need to detoxify?⁷⁻¹⁶

In medical terminology, there is no term called detoxification except in the context of treatment of alcohol/life-threatening-drug addiction; this is now referred to as withdrawal management. There is also the view that the body is essentially a self-cleaning machine and does not need any specific detox process. One only needs to limit processed, high fat, and sugary foods, and replace them with more whole foods like fruits and vegetables. According to medical experts, if there is build-up of toxins that the body cannot excrete through its organs and systems, it would be a serious condition needing immediate medical intervention.

On the contrary, dedicated health professionals and experts in other systems of medicine like Ayurveda, which is a 5000-year-old “science of life and longevity”, are clear that the role of toxins and need for detoxification have been ignored for long by modern medicine¹²⁻¹⁶. The idea is slowly gaining ground among medical practitioners that chemicals are polluting our bodies and attention and action are needed⁷.

Some medical experts have started studying Ayurveda and are effectively combining them with modern medicine to prevent accumulation of toxins¹³.

4. Keeping the body and mind clean!^{12,14-21}

Sources of external toxins: Our body absorbs toxins from the environment and the diet through our five senses. The body may tend to accumulate what it receives in the form of fumes and smoke from cigarettes, vehicles, and industry; heavy metals and pollutants through drinking water, and pesticides and chemicals from fruits, vegetables, and other produce. Personal health care products having chemicals are a potential source of toxins too^{12,14-16}.

Even unborn babies may not escape the net of toxic pollution. A research study in 2004 found an average of 200 industrial chemicals and pollutants in the umbilical cord blood from babies born in US hospitals. This study is a revelation that pollutants can bypass even the placenta (in mother's womb) that is believed to be a shield for the cord blood and the developing baby¹⁶⁻¹⁷. It is clear that we are not able to avoid toxins, so we need to know how to tackle them.

We may think of ourselves as healthy. If we do not feel vibrant enough or struggle to find energy to go through the normal day-to-day activities, it is a wake-up call to look into our life style! We may be creating toxins in our body through our habits! For instance the physiological systems may get clogged due to an overload of dairy, processed, or fatty food that one is used to relishing, as the body may not be either assimilating or eliminating it¹⁸.

Toxins can be created internally: Stress over a long period of time may become chronic/toxic and assault our body and brains¹⁹. Children who experience toxic stress may face long-term adverse health effects that may manifest in adulthood²⁰. Our thoughts, if left unchecked, may become a cause for building up of toxins, eventually leading to disease. The six vices of desire, anger, pride, greed, illusion, and jealousy can disturb the equanimity within and lower our immunity, making us susceptible to absorbing toxins²¹.

5. Adopt simple ways to reduce and eliminate toxins²²⁻³⁵

Yoga²²⁻²⁴ can be a means to make life enjoyable by preventing the body from working overtime to handle invasive toxins as well as those produced from within. It involves following some basic interconnected guiding principles of truth, contentment, nonviolence, self-study, and dedication, as well as asanas and pranayam (technique to understand various dimensions of body and breath). Yogic practices enhance blood circulation and lung capacity and stimulate and strengthen the most vital organ 'liver', primarily responsible for detoxification. One may adopt a yogic life style under the guidance of an expert or established yoga school.

Sai Vibrionics remedies blessed by Sri Sathya Sai Baba, contain only vibrations and work at the subtler realms of the body and mind, cleanse the system by flushing out toxins smoothly, and build up both immunity and equanimity. Practitioners, refer to '108 Common Combos' and 'Vibrionics 2016' for the purpose.

Ayurveda^{12,25-26}: If one opts to go in for a detoxification process, like colon cleansing or body cleansing, one should choose the right system and institution after ascertaining its authenticity and efficacy. There are established methods in ayurveda to minimize the toxins that come in, maximize the toxins that go out, and thereby prevent accumulation of toxins. Change of season, especially spring and fall, are considered important times of the year to detoxify the body and the mind. Some of the simple detox methods at home include cleaning the tongue using a tongue scraper, dry skin brushing, massaging, sauna etc. Half a teaspoon of triphala (an Indian herbal formulation of three native fruits) in a cup of hot water before going to bed helps to remove toxins from the digestive system.

Simple home remedies¹³ in the form of tea and soups can work wonders to detoxify the body. Some examples are barley water, fennel tea, sorghum/tapioca/rice soup, and broccoli, cabbage and onion soup with cloves of garlic. **Detox drinks²⁷** and recipes can be made at home combining two or more of the following nature's gifts depending on their benefits and suiting one's needs: water melon, cucumber, lemon, lime, grape fruit, raspberries, strawberries, mint, ginger, rosemary, dandelion, apple cider vinegar, and aloe vera gel.

Oil Pulling²⁸⁻²⁹ is considered as good detoxifying technique in ayurveda, and for dental hygiene and to prevent infections in the body as each section of the tongue is connected to a different organ. One needs to take a spoonful of pure coconut/sesame oil and swish it around in the mouth for about 20 minutes till it becomes white and watery. Then it should be carefully spit out and the mouth should be thoroughly rinsed followed by regular brushing and cleaning of teeth as one would normally do. It should be ideally done early in the morning on empty stomach.

Some simple strategies to prevent and reduce accumulation of toxins³⁰⁻³⁵:

- Have a healthy natural diet comprising locally grown fruits and vegetables and stop snacking or eating canned or denatured or genetically modified food of any kind;
- fast once a week or so with understanding; ayurveda can be adopted for detoxification as described earlier;
- ensure proper hydration;
- avoid use of plastic bottles;
- choose wisely skin care products and household cleaners;
- live consciously to minimise stress levels and thus prevent emotional toxins from building up;'
- have adequate rest and sleep on time³⁰⁻³².

Sleep helps to detox our brain. Recent research shows that there is a special mechanism in the body like the lymphatic system that removes wastes from the brain and it is mainly active during sleep. Sleeping on our side is the best way to stimulate this process³³⁻³⁵.

6. We can be toxin free²¹

Our health is very much in our hands. Our body is surrounded with divine vibrations of light. If we recognize the presence within ourselves of "Nature" and the "Divine" and ourselves in them, no toxins can

invade us and no disease can arise as God is the creator of the five elements of “Nature” and the cells in the human body have limitless potentialities.

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2. AP, India marches on! Awareness talks by Practitioner¹¹⁵⁶⁷



A highly interactive awareness seminar was held on 18 February 2018 at Sai Soudha in Vizag, AP. The topics covered were disease, its origin, causes, effect of thoughts on disease, role of vibrionics in healing and information related to Sai vibrionics. Three successfully treated cases with relevant photos were also displayed during the power point presentation. It was attended by more than 60 people. On the request of the seminar organizers, the practitioner has agreed to conduct regular monthly vibrionics camps, the first such clinic will be held on 25 March 2018.



This was followed by two awareness talks held at Illandu and Aswaraopeta in Bhadradi district on 5th and 9th of March respectively and another talk in Khammam on 8th March. We are grateful to the state joint coordinator, district presidents and Samiti convenors for providing their full support in organising these talks which were very well received. District president spoke very positively about vibrionics and intends to take steps in

spreading this therapy to as many areas as possible. The program received huge applause as many participants including convenors are interested in learning and receiving vibro treatment. In fact, a large number of patients were treated after each seminar, thanks to **practitioner**¹¹⁵⁸⁵ who worked late hours to make this possible.

3. Kerala, India - 2-day refresher workshop 3-4 March 2018



A two-day state level refresher workshop was held in Aluva, Kerala. The State President gave an inspiring inaugural address reminding the attending participants that Sai service should be done according to need and not according to convenience. He concluded his speech with the assurance that SSSSO will give full support to vibro seva in his state.

The state vibrionics **coordinator**⁰²⁰⁹⁰ reminded the practitioners that our service may be part-time but devotion and loyalty must be full-time and encouraged them to resolve to improve both the quantity and quality of vibro seva. It was clarified during the seminar that vibrionics is a divine tool which enables one to practice important teachings of Sai Baba, so the practitioner should treat this seva as spiritual sadhana. Kerala state has been divided into 4 zones, each headed by an SVP. From now on zonal meetings will take place every quarter and district meetings once a month. It was resolved to train more new VPs and retrain existing practitioners. The core group will personally contact the inactive members and make every effort to inspire them to become active VPs. Awareness seminars will be conducted regularly at district and zonal levels since a large numbers of active vibro practitioners are needed to effectively cover the entire population.

4. Puttaparthi, India – regular workshops

We have now been regularly holding AVP and SVP practical training sessions (each lasts full 5 days) in Puttaparthi at least 3 times a year over Shivratri, Guru Purnima and Baba's birthday. All AVP workshops are now conducted jointly by 2 experienced certified Teachers^{10375 & 11422}. During this intense training over full 5 days, all AVPs receive hands-on experience of treating under supervision at least 15 patients each.



Each newly qualified AVP is allocated a personal mentor under whom he is supposed to serve until his promotion to full VP. During the last four workshops conducted by these teachers during 2017-18, they have trained 16 people from India and 5 from Australia. SVP workshops in India are only conducted in Puttaparthi once a year. In November 2017, seven new SVPs were trained and in Feb 2018, they all received advanced training.

Om Sai Ram

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