

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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☞From the Desk of Dr Jit K Aggarwal ☞

Dear Practitioners

As we bid farewell to 2018 and welcome 2019, warm greetings to all of you! 2018 has been a landmark year for us; we have had numerous accomplishments in the year and so much more to achieve. It's a great time for goal setting – both on the personal and the professional fronts. It is my humble request to each practitioner that you set at least one goal in your practice of vibrionics – for your own growth and that of our mission as a whole.

We share below some of our key achievements in the year 2018:

- All three websites (Vibrionics.org, newsletter site and practitioners' site) have been overhauled and enhanced.
- The screening/application process for future new candidates has been streamlined and has been made highly selective to ensure quality over quantity (a lesson, Swami in His physical body, personally emphasised to me while talking about vibrionics). Additionally, the bar has been set even higher for new SVPs with the introduction of mandatory administrative duties.
- A core leadership team, comprising of dedicated and accomplished SVPs, has been identified for running various functions of the organization - training, development, research, publications etc.
- Our one-to-one mentoring program now covers all new AVPs until they become VPs.
- We have come out with new editions of the AVP and SVP manuals and the 2018 edition of vibrionics guide for SVPs. Substantial additions have also been made to the 108CC book.
- Regular vibrionics clinic at the Wellness Centre in SSSIHMS (Whitefield, Bengaluru), and in the ladies and gents seva dal buildings at Prashanti Nilayam are now well established.
- We have successfully set up two robust networks for treatment – sending remedies by post via a central team (in India) and treating patients globally via a broadcasting network in the US.
- We have started transmitting healing vibrations to Mother Earth and also spraying the same in public parks. Practitioners have already started to witness the beneficial effects of doing this.

Some other initiatives that we would like to build upon in 2019 are as follows:

- Translating vibrionics books into other Indian languages (eg, Hindi, Telugu, Tamil) to ensure maximum spread of vibrionics. Marathi translation of 2 AVP books has been done so far.
- Greater rigour in conducting research projects – one already underway is to determine the efficacy of vibrionics in treating depression during pregnancy; another starting soon relates to diabetes.

- c. Cohort structure to foster collaboration – this includes meeting regularly with other practitioners for group discussions on topics in the newsletters, sharing success stories, writing case histories which is the cornerstone of our work, and above all, informal friendly get-togethers to build lasting bonds for moral support.
- d. Our database has to be completely revised to include only active practitioners. A substantial amount of work has been done to this end but much more is yet to be done.

I would like to leave you with a very strong and at the same time encouraging message from our dearest Loving God – *"Many people expect the New Year to confer happiness and prosperity on them. But in fact, the New Year confers on you, only the results of your past actions. In order to atone for your past sins, you have to cultivate sacred qualities and involve yourself in sacred activities even more in the New Year.... Under all circumstances, let your feelings be pure and ideal. Let all your actions be for the welfare of others."* – **Sathya Sai Baba, Divine Discourse, 1 January 2001, Prasanthi Nilayam.**

Let us all carry these words of our beloved Sai in our hearts as we march together into the new year and join hands in commitment to making it our finest year yet.

In loving service to Sai
Jit K Aggarwal

❧ Practitioner Profiles ❧

Practitioner ^{11586...India}



, a qualified banker, worked in India for 24 years and later in Indonesia in the financial sector for 21 years till mid-2015. He came into Swami's fold in 1970 after he was inspired by Swami's biography, "Sathyam Sivam Sundaram". He soon started participating in various service activities of Sai organisation. His career took him to different places in India and abroad. He always found an opportunity to do seva by contacting local Sai centres. While in Indonesia, in 2010, he heard Swami speak about the healing potential of vibrations from vedic chanting. Soon he started learning and practising it. He witnessed its power within 2 years of chanting at home. The rudraksha trees in his front yard, which had been barren for years, started flowering! After a while, they bore fruits which could be processed to get 20000 rudraksha beads. He distributed them with reverence to temples and people around him in India.

In 2013 he came to know about Sai vibrionics from Souljourns videos featuring Dr Jit and Mrs Hem Aggarwal. He was intuitively drawn to it. He was also inspired by Swami's words, "Vibrionics is the medicine of the future". He made up his mind to learn this therapy. He retired from his employment and returned to India in May 2015. As soon as his circumstances permitted, he applied for the AVP course in 2016. After the e-course, workshop, and the necessary tests, he qualified as an AVP in March 2017. He became a VP in October 2017 after completing the mentoring process. His dedication to vibrionics made him work hard and he became an SVP in November 2018.

The practitioner started his practice by treating himself and his pre-identified patients. Soon domestic commitments made him go to USA for 4 months to stay with his son. He got an opportunity to talk about vibrionics in a Sikh and a Hindu temple, as a result he treated 72 patients! In early 2018, he visited his son in Germany for 2 months. There also he could spread awareness about vibrionics in a local religious gathering. As his son spoke German, consultations became easier. This enabled him to treat a total of 26 patients. Each time, before leaving for India, the practitioner handed over details of all the patients to the local practitioners for follow up.

So far he has treated 480 patients. The illnesses dealt with include arthritis, back pain, chronic cough, migraine, sleeping disorders, varicose veins, skin allergies, and vitiligo with positive results. In his experience most of the teenagers and adults had emotional issues as the underlying cause. The addition of **CC15.1 Mental & Emotional tonic** to the remedy produced excellent results. Similarly, for women above 45, the addition of **CC8.6 Menopause** worked well for back pain. He shares a heart-warming case of a pregnant woman of 21 who was very disturbed due to her stressful domestic atmosphere. Since her first child was retarded, she was considering an abortion at the time she visited the practitioner. **CC8.2 Pregnancy tonic** did wonders, she became calm and delivered a healthy baby. In another case, where a pregnant woman aged 35 was subjected to black magic, **CC15.2 Psychiatric disorders** given along with Pregnancy tonic helped her feel protected. Three months later, she gave birth to a healthy child.

The practitioner is part of a team who serve patients in far flung areas with no access to medical help. They interact with patients by phone and then send remedies by post. He has served more than 50 patients in this manner in the last 6 months. In his experience, chanting Sai Gayathri while making remedies makes them more potent. He found many patients to be careless about their health as they left the treatment midway even though they benefited from it. In such cases he carries on praying for them. He has also started transmitting remedy of peace and love to mother earth once a week.

He participates in the administrative work of updating the database of practitioners in Tamil Nadu and in uploading their monthly reports. He is arranging awareness talks in Sai centres of Chennai. This may inspire devotees to become practitioners. He takes every opportunity to inspire friends and acquaintances to learn vibrionics.

His life has taken a new meaning and purpose after he started practising vibrionics. It is his conviction that this would enable him to express love in action every day and to live Swami's messages of "Manav Seva is Madhav Seva" and "Love All Serve All". He offers a specific prayer to Swami every morning to bless all practitioners across the globe to be a pure channel of love, light and healing energy to all those in need.

Cases to share:

- [Migraine](#)
- [Low BP, chronic fatigue](#)
- [Injury in dog](#)

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Practitioner ^{10001...India}, a graduate in economics with a diploma in labour laws, worked in Mumbai for three years. After marriage she quit her job and started assisting her husband, a lawyer in the field of labour and industry in Pune. She came into Swami's fold in 1997 after reading "Man of Miracles" by Howard Murphet. Soon she involved herself in seva activities of Sai organization during weekends and holidays.



The practitioner had no idea about vibrionics till she attended the first workshop held in Mumbai in 2007. She had been persuaded by one of the devotees to join. She became the first practitioner of Pune. On the same day, she had to rush to the hospital to see her young nephews who had met with an accident. All the family members were in a state of shock. Her practice began from there. She immediately gave the remedy CC10.1 Emergencies + CC15.1 Mental & Emotional tonic to all the close members of the family. Her faith in vibrionics got established with their encouraging feedback about the effect of the remedy. Within six months she became a VP.

She had special regard for doctors since childhood as she saw them serving patients! Now vibrionics had opened the doors for her to serve selflessly as indeed was her desire. She qualified as SVP in April 2014 after braving cancer in 2012. She took allopathic treatment for a brief period to go through surgery and chemotherapy. After that, she was on vibrionics remedies.

As a balvikas guru, she used to visit nearby slums to hold classes for the underprivileged. There she started giving remedies to children for memory. The response was awesome. Within a few weeks they could remember their lessons better and started getting good marks in examination. They would not visit doctors for any health problem saying that they had taken medicine from her. Very soon their parents, grandparents, and neighbours started coming for remedies. Most of them were working as maids and their spouses were running rickshaws. Many of them were addicted to tobacco. Remedies helped 6 women to stop chewing tobacco within 4 months. One alcoholic got rid of his habit within a month. Vibrionics remedy helped those who were keen to kick the habit.

She treats patients in camps regularly in nearby villages. She has treated more than 9500 patients so far. The illnesses treated successfully are acidity, stomach ulcer, common cold, women and teenage related problems, skin allergies and infections, addictions, and chronic depression. She has also successfully treated patients with allergies from sun, wheat, sugar and jaggery by potentiating the allergen. She feels utmost satisfaction when she sees patients getting cured of their chronic ailments.

The practitioner has played an important role in encouraging practitioners in Pune and Nagpur to restart their practice. She helped her teacher and mentor in holding Refresher workshops for them in both the places. The participants were initially hesitant as they could not easily understand English so she gave support by explaining in Marathi. She played a key role in reviewing the translation of the JVP manual and

108CC book from English to Marathi and in printing the manual. She is known in Pune for the humility and love with which she does seva.

She is full of gratitude to Swami for making her a humble instrument to live His message of "Love all and Serve all". She says that her life has been transformed after becoming a practitioner as she stopped working for worldly benefits and immersed herself wholly in Sai seva. It has helped her to evolve spiritually and become more loving. She feels every household should inspire a member of the family to become a practitioner to be happy in life and to spread happiness!

Cases to share:

- [Incontinence, dry mouth, high BP](#)
- [Cyst on eyelid](#)
- [Psoriasis](#)

❧ Case Histories Using Combos ❧

1. Migraine ^{11586...India}

A 34-year-old female was suffering from headache on the left side that troubled her almost every day for the past 10 years. Each time it lasted for at least two hours. Being an IT professional, she had to work on computers all day long. She was fearful of headaches and took allopathic pain killers when needed. Her mother's quick recovery from chronic cough inspired her to opt for vibrionics treatment. On 8 February 2018, she was given the following:

CC11.3 Headaches + CC11.4 Migraines + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS

After a week she reported with awe that she did not have headache even once since taking the first dose. The practitioner asked her to continue the same dosage. After a month, her remedy got misplaced. By then the practitioner had left for Germany for 2 months. During this period she had intermittent headaches every week, though less severe than before. On his return the practitioner gave her the same remedy on 20 May 2018.

After 2 months of resuming the remedy, the headache troubled her only after a head-bath but not otherwise. It was severe only once and lasted only an hour. She did not take any painkiller. After 5 months, dosage was reduced to **BD**. After every head bath she did have a mild headache but this lasted a short time. She was no longer afraid of headaches, so she could comfortably work on computers. As during the next two weeks there was no episode of headache, the dosage was reduced to **OD**. She lost her mother on 6 December 2018 and had to take head-baths several times as per tradition. She did not have any headache. On 23 Dec 2018 she was advised to continue **OD** for another month before tapering it down further. She has agreed to later take cleansing and immunity remedies alternately for a year to prevent any illness.

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2. Low BP, fatigue ^{11586...India}

A male carpenter aged 42 had low blood pressure for the past 20 years and fatigue for a year. He was on allopathic treatment for low BP with no relief. He had to temporarily suspend his carpentry work, instead started delivering newspapers every morning to about 24 high rise buildings. During his delivery rounds, he could not visit a washroom resulting in pressure and pain in his bladder. He had irregular meal times and took tea frequently. He was addicted to chewing betel leaf.

On 10 May 2017 he was given the following remedy:

CC3.2 Bleeding disorders + CC4.1 Digestion tonic + CC12.1 Adult tonic + CC13.1 Kidney & Bladder tonic + CC15.1 Mental & Emotional tonic + CC18.1 Brain disabilities...TDS

After two weeks, he reported total relief from fatigue. After another week his BP was found normal and his physician discontinued his medicine for low BP. The practitioner advised him to continue the remedy **OD** for a month. Soon his tea consumption reduced considerably and he started taking lunch properly. He resumed his carpentry work in addition to continuing his newspaper rounds. The patient stopped coming for remedies stating he was fine. As of December 2018 his BP continues to remain normal and he feels fit to carry on his profession. He continues to chew the betel leaf with no inclination to kick the habit.

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3. Injury to dog ^{11586...India}

For the past 8 years, a male stray dog had been living in and guarding the apartment building where the practitioner resided. He got hit by a motorbike about 2 years ago and was given first aid. As there was no follow up he was in a pitiable condition. His skin was covered with rashes, and he hardly ate anything.

On 25 March 2017, the practitioner gave:

#1. CC1.1 Animal tonic + CC20.7 Fractures + CC21.1 Skin tonic...BD, in his drinking water

After two weeks, he started moving about a little and started having food. After another week, since his skin condition did not improve, the practitioner made **#1** in vibhuti and mixed this in water for bathing the dog and afterwards for applying to the rashes. There was hardly any improvement. **#1** was replaced by the following remedy and mixed in his drinking water:

#2. CC1.1 Animal tonic + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.1 Brain disabilities + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC21.1 Skin tonic + CC21.11 Wounds & Abrasions...BD

Within one week, the skin started to heal and the dog regained strength and appetite. After 7 weeks of starting **#2**, the dog recovered fully. The remedy was continued **OD** for another 4 weeks and stopped. As of December 2018, the dog is still fit and healthy.

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4. Incontinence, dry mouth, high BP ^{10001...India}

A 79-year-old woman had been suffering from frequent urination, sometimes with burning sensation, for the past 6 months. Her tongue would suddenly become dry and red and her speech would become unclear once or twice a day.

On 27 April 2018 she was given the following combo:

#1. CC11.5 Mouth infections + CC13.3 Incontinence + CC15.1 Mental & Emotional tonic...TDS

All her symptoms disappeared in two weeks. The dosage was reduced slowly to **OW** over a month and then stopped. She again visited the practitioner on 26 May 2018 for treatment of another problem. Her BP had been high for the past 2 years in spite of taking allopathic medicine.

She was given:

#2. CC3.3 High Blood Pressure (BP)...TDS

She reported after a week that her BP had become normal for the first time in 2 years; It has been normal ever since. As of December 2018, symptoms of incontinence and dry mouth have not recurred. Her BP continues to be normal and she is taking both allopathy and vibrionics.

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5. Cyst on eyelid ^{10001...India}

A 15-year-old girl was having a 4-5 mm cyst on her left upper eyelid for the past 4 months. She had been on allopathic medication including eye drops with no success.

On 20 April 2018 the following remedy was given:

CC2.3 Tumours & Growths + CC7.3 Eye infections + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic...TDS orally and **BD** in water for external application.

After a month, the cyst became half its size and the redness also faded. In 2 months, the eye became perfectly normal. The dosage was reduced to **OD** for 2 weeks and then to **OW**. She wants to continue **OW** till the end of her board exams in March 2019.

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6. Psoriasis ^{10001...India}

A female aged 30 years had light red patches all over her legs and arms (including palms) for the past 10 years. Itching was only on her palms. This had been diagnosed as psoriasis but she never took any kind of treatment.

On 12 December 2015, she consulted the practitioner who gave the following:

#1. CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC21.10 Psoriasis...TDS

After 15 days itching became less but there was no change in the patches. After one month, the practitioner decided to re-make #1 but without **CC10.1**:

#2. CC15.1 Mental & Emotional tonic + CC21.10 Psoriasis...TDS

After a total of 3 months, her skin became normal. The dosage was gradually tapered down to **OW** and she has been on this maintenance dosage since August 2016. At her last consultation in November 2018, the skin was perfectly normal.



7. Chronic sciatica pain ^{11600...India}

The 75-year-old mother of the practitioner was having pain in her right leg, particularly the knee, for 10 years. She used to take pain killers whenever needed but this gave her only temporary relief.

Soon after qualifying as an AVP, the practitioner decided to treat her and gave this remedy on 13 Aug 2018:

#1. CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC20.3 Arthritis...TDS

After 3 days the patient reported 30% relief and 50% after 7 days. She had stopped the painkillers before starting the vibronics remedy.

On 23 Aug 2018 there was substantial increase in the pain covering her back and her entire leg. Immediately #1 was enhanced to:

#2. CC3.7 Circulation + CC18.5 Neuralgia + CC20.4 Muscles & Supportive tissues + CC20.5 Spine + CC20.6 Osteoporosis + #1...TDS

On 26 Aug 2018, the patient developed symptoms of cold and cough for which she was given:

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

After another 3 days, the patient felt 80% relief in the cold and cough and improvement in pain came back up to 50%. Dosage was now reduced to **OD** for both #2 and #3. By the end of one month on 12 September, the patient reported 100% relief in her pains as well as cold and cough. The dosage of both remedies was tapered at weekly intervals to **3TW**, **2TW** and finally to **OW**. As of December 2018, the patient continues to take **OW** and there has been no recurrence of symptoms.

Editor's note: Normally, we start tapering of dosage on disappearance of symptoms. In this unusual chronic case, the reduction of dosage was started on only 50% improvement of symptoms and still, 100% relief was achieved very quickly.



8. Whitlow ^{03572...Gabon}

A 35-year-old woman was suffering from unbearable pain on her left ring finger for 3 days. There was inflammation from the tip of her finger up to the nail. It had been diagnosed as whitlow. She did not take any medicine and consulted the practitioner on 5 August 2018. He asked her whether she was having this problem for the first time. She recalled that 20 years ago she had a similar condition which was very painful.

She was given the following combo:

CC18.5 Neuralgia + CC21.11 Wounds & Abrasions...a dose every 10 minutes for 1-2 hours followed by TDS

Within one hour her pain had decreased by 50%. After another hour, she hardly felt any pain. The patient thought she was already cured and so stopped taking the remedy. However, the pain reappeared after three days, so she restarted the remedy at **TDS**. That very night her pain disappeared! For fear of recurrence, she decided to continue the dosage at **TDS** for 2 weeks before reducing it to **OD**. After another 2 weeks, the remedy was stopped. As of November 2018, her problem has not recurred.



9. Fungus on scalp, black magic, poor memory ^{03572...Gabon}

The 9-year-old son of the practitioner had a fungal infection that looked like dandruff all over his scalp, extending down to the neck (see the pic below).

It was often itchy. Each time either parent combed his hair, dandruff-like white particles would fall off. He also had large white spots on the right and back side of the neck and on top of the head. All the symptoms

had started three years ago. During this period he consulted several reputed dermatologists. Laboratory tests of samples scraped from his scalp did not reveal any medical diagnosis. Various allopathic medicines did not bring any improvement. The child had trouble doing his school assignments and had no self-confidence. It was thought the child was under the spell of some black magic which was prevalent in the place where he lived.



On 3 August 2018, allopathic medications were discontinued and the following were given:

- #1. CC11.2 Hair problems + CC15.2 Psychiatric disorders + CC21.7 Fungus...TDS** in coconut oil and then mixed with vibhuti for external application
- #2. CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic + #1...QDS**

After three weeks, there was 50% reduction in the white particles on the scalp, but no change in the white spots. After another 2 weeks on 8 September 2018, sensing that the healing process had slowed down, the practitioner enhanced **#1 & #2** as follows:

- #3. CC11.1 Hair tonic + CC17.2 Cleansing + CC21.2 Skin infections + CC21.3 Skin allergies + #1...TDS** for external application

#4. CC17.3 Brain & Memory tonic + #3...QDS

After 6 weeks, the white spots as well as the white particles completely disappeared (see pic). There was no more itching. His learning capacity and memory power to retain his lessons improved tremendously. He was happily doing homework assignments. The dosage of **#3** was reduced to **OD** for 6 weeks and stopped. The dosage of **#4** was reduced to **TDS** for a month followed by **OD** for two weeks and then to **OW**. As of December 2018, the boy is free of all his symptoms.

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10. Delusions, incoherent speech, possession by entities ^{03572...Gabon}

A 33-year-old male was brought by his sister to the practitioner on 3 August 2018 at 2 am. He had been suffering from delusions, speaking incoherently, and unable to sleep at night, for the past two weeks. His actions were so disturbing that no one could sleep that night, hence the treatment was sought at this unusual hour. His behavior caused fear in the children at home. The patient said that he was possessed by his grandfather's spirit who incited him to blurt out family secrets. This angered the family members.

He was taken to a Catholic priest who told the family that the patient was being chased by negative entities. However, exorcism was not performed. He was also seen by a doctor who prescribed antidepressants of which he took only one dose. Seeing his pitiable health condition, his employer gave him a few days off work to get medical treatment.

The patient relied only on vibrionics and took no other treatment. The practitioner gave him the following combos:

- #1. CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders + CC15.6 Sleep disorders...every ten minutes** for one hour, followed by **6TD**

- #2. CC15.2 Psychiatric disorders + CC17.2 Cleansing...6TD** in water to spray on the patient's body

That very night the patient slept well and called up the practitioner next morning to give him the good news. His sister reported that there was less incoherence in his speech. Ten days later, he resumed work and in another ten days, his overall health improved by 70%. In the next two days, all his symptoms disappeared. The dosage was tapered down to **OD** over a period of 2 weeks. On 8 September, the spirit stopped speaking to the patient and the treatment was stopped on 20 September. As of December 2018, none of the symptoms have recurred and the patient is doing well.

11. Grief, shock ^{11389...India}

A domestic helper aged 46 visited the practitioner on 27 April 2017. She was in a desperate situation as her 19-year-old daughter had run away from home 3 days ago. The patient was in a state of shock and suffering from inconsolable grief, severe headache and breathlessness, and appeared to have high BP. But she was not hypertensive and was not taking any medication.

She was given the following remedies:

#1. CC3.3 High Blood Pressure + CC10.1 Emergencies...6TD

#2. NM6 Calming + SR327 Walnut...6TD

The very next day she was feeling better overall with 70% relief in breathlessness as well as headache. On the 4th day, she felt completely calm, so she resumed her duties. As she looked her normal self, the dosage was reduced to **TDS** and then to **OD** after 2 weeks. In spite of no contact from her daughter, the woman was perfectly normal and the remedy was stopped after another 2 weeks. After 6 months, the mother heard that the daughter had married the man of her choice and was doing well.

If using the 108CC box give #2: CC15.1 Mental & Emotional tonic...6TD

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12. Acidity, incontinence, pelvic inflammatory disease ^{11601...India}

An 86-year-old woman had multiple acute and chronic ailments. For the past one year she was suffering from heartburn every day and burping after every meal. She could not eat with ease due to constant burning sensation in the throat and oesophagus. She visited the practitioner on 25 September 2018 as the symptoms of acidity had become severe. For the past one month she had episodes of bedwetting at night and involuntary urination during the day as well as pain in the lower abdomen. It was diagnosed as UTI and kidney infection for which she took allopathic medicine for a short time. As it did not help much she stopped taking it. She pointed out that by the age of 46 she had several heart attacks; ever since she has been on allopathic medication.

The practitioner gave:

#1. CC3.1 Heart tonic + CC3.7 Circulation + CC4.2 Liver & Gallbladder tonic + CC4.10 Indigestion + CC10.1 Emergencies + CC13.1 Kidney & Bladder tonic + CC13.2 Kidney & Bladder infections + CC13.3 Incontinence + CC15.1 Mental & Emotional tonic...every 10 minutes for the whole day and then 6TD

In 2 days the patient reported that all her complaints relating to acidity, bedwetting, and incontinence were gone. Also pain in abdomen reduced by 90%. After 4 days, on 1 October 2018, the patient developed sudden severe pain in the lower abdomen and was hospitalised. She was in ICU for 2 weeks while various tests were done. The doctors were suggesting surgery but the patient was not willing. So she was discharged with advice to take a painkiller when needed but it did not give any relief. On 20 October 2018 she contacted the practitioner. Not knowing what to give to the patient, the practitioner prayed intensely. In her meditative state she was guided to give the following combos for pelvic inflammation and surrounding organs:

#2. CC4.3 Appendicitis + CC8.4 Ovaries & Uterus + CC8.5 Vagina & Cervix...every 10 minutes for one hour followed by 6TD

Within 2 days, the lower abdomen pain disappeared. After 5 days, the dosage was reduced to **TDS**. After 8 weeks, the patient reported that there was no recurrence of pain. The dosage was reduced to **OD** for a week and then stopped. As of 30 December 2018, the patient is free of all symptoms.

The practitioner intends to give the following on her next visit in 2 days:

#3. CC3.1 Heart tonic + CC4.10 Indigestion + CC12.1 Adult tonic...TDS, as a preventive measure.

Editorial note: The practitioner included combos for heart and circulation as a precautionary measure due to the history of her heart condition.

☪ Answer Corner ☪

1. Question: If my life style as a practitioner is not a model to emulate and I am not able to transform to make it perfect, how do I change myself and be an inspiration to my patients?

Answer: No one is perfect in the worldly sense. But, the divine power within is perfect. (Incidentally, that's why Swami addresses everyone as 'embodiments of love'). So, make up your mind to change,

resolve and adhere to it. Your “will” would find its way. The power to do so is already given by God. Effort is always rewarded by Him. Feel the delight of change. If the will is not strong, if circumstances are overpowering and you yield, pray intensely. If needed, seek counselling from a friend you trust or from another practitioner and take an appropriate combo for cleansing.

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2. Question: May I administer to my patient the first dose of remedy in water instead of a pill?

Answer: Yes, if time and situation permit, it is a good idea to administer the first dose of remedy in water. As we expect the patient to take the remedy in water anyway, this will serve as a demonstration of how to make the remedy in water. It will inspire the patient to do the same at home. Otherwise many patients like to take the easy way out viz, pop a pill under the tongue! They simply forget the fact that the remedy taken in water is more effective. If you can spare the container, give the remaining remedy water to the patient. If not, use this water for your plants. You may ask your patients to bring an empty bottle with them.

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3. Question: Is it appropriate and professional to send a form to my patient to get details of his ailments before he comes for consultation?

Answer: Yes, you can but first, speak to your patient to find out if he feels comfortable and would really like to complete it. Explain that filling the form will give him a chance to think carefully and write down all his symptoms and their duration in the comfort of his home. Design your form carefully so as not to ask too much or for sensitive information in the first interaction. By the same token, you can give in writing the precautions to be followed by the patient in addition to verbal instructions and These can also be displayed in your clinic or place of consultation.

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4. Question: We give remedies in plastic bottles. But there is a worldwide campaign going on ‘Say No to Plastic’ to preserve environment. How long will these bottles last without harming the remedy and for how long can we reuse them?

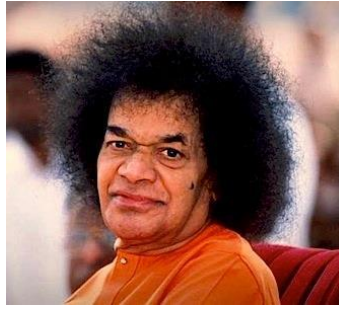
Answer: You are right about saying no to plastic. The campaign is essentially against low grade plastics which are not re-usable and pollute the environment. We can use glass bottles but they are not only expensive but also impractical, may break easily and glass splinters can get into the pills. We cannot use metallic containers as the vibrations may get disturbed. For practical reasons we are using high grade plastic bottles procured from reputable homoeopathic shops. The remedy can be prepared in water and kept in glass containers at home. But to carry the water remedy during travel, food grade plastic bottles can be used. The one-time-use plastic bottles should not be used repeatedly. Using plastic bottles is more for practical reason rather than choice.

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5. Question: How to inspire patients to avoid non-vegetarian food without offending them?

Answer: Until we know our patient better and develop a rapport with him we should only touch upon this subject briefly. Once the patient feels the benefit of using vibrionics, he will develop more faith in what you tell him. Counselling should be done appropriately with sensitivity. It would be easier to convince Baba devotees. One can refer patients to Swami’s talks on health and food by giving them links to appropriate divine discourses. The human body is so designed by God that we are meant to live long and remain healthy in a natural way with only vegetarian food, preferably raw.

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6. Question: Can we give CC1.1 Animal tonic to humans for treatment of dog bite?

Answer: **CC10.1 Emergencies** is the most appropriate combo containing all the relevant simulator cards for injury, shock, fear, tetanus, and divine protection in addition to several others. There is no need to add **CC1.1 Animal tonic** which is meant to be a health booster for animals and also to treat them for worms and rabies. In the unlikely event when **CC10.1** is not available, **CC1.1** will certainly help.



☪ Divine Words from the Master Healer ☪

"Keeping the mind fixed on God and good ideas and things also helps health. Keep the eye, ear, tongue, hands and feet under restraint. Don't read enervating or exciting stuff; don't attend film shows which exhaust or inflame the mind. Don't lose faith in yourself, you are the Divine encased in the body. Contentment is the best tonic; why inflict on yourself the disease of greed and consume tonics to get strength, and to hanker further? Use the body as a boat to cross the ocean of life, with devotion and detachment as the two oars."

... Sathya Sai Baba, "Seaworthy boat » Discourse 12 October 1968
<http://www.sssbpt.info/ssspeaks/volume09/sss09-21.pdf>

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"When we do service, instead of merely doing service for one's own satisfaction, service that is done keeping the satisfaction of the recipient in the mind is the best form of seva. You must first introspect if your act of service is causing any harm or inconvenience to others. ... Serving humans alone is not service. It is essential to serve all beings and creatures when the need arises. God is present in all beings. You must first recognise this Truth that God is present in all. It is only when this sacred thought is established in your mind, the seva that you do is sanctified. Without this faith and belief, any service rendered merely for earning name and fame will not aid you in sanctifying your life."

... Sathya Sai Baba, "The Yoga of Selfless Service" Discourse 16 November 1975
http://media.radiosai.org/journals/vol_13/01AUG15/Sathya-Sai-Speaks-on-The-Yoga-of-Selfless-Service.htm

☪ Announcements ☪

Forthcoming Workshops

- ❖ **India Mumbai (DK):** Refresher Seminar 9 February 2019, contact Satish Ramaswamy at satish281265@yahoo.com
- ❖ **India Puttaparthi:** AVP Workshop 6-10 March 2019, contact Lalitha at elay54@yahoo.com
- ❖ **France Dordogne:** SVP workshop & Refresher seminar 16-20 March 2019, contact Danielle at trainer1@fr.vibrionics.org
- ❖ **USA Richmond VA:** AVP workshop 5-7 April 2019, contact Susan at trainer1@us.vibrionics.org
- ❖ **India Puttaparthi:** AVP Workshop 17-21 July 2019, contact Lalitha at elay54@yahoo.com
- ❖ **India Puttaparthi:** AVP Workshop 18-22 November 2019, contact Lalitha at elay54@yahoo.com
- ❖ **India Puttaparthi:** SVP Workshop 24-28 November 2019, contact Hem at 99sairam@vibrionics.org

☪ In Addition ☪

1. Health article

Exercise for health and happiness

"Man needs a healthy body for a healthy mind, filled with good thoughts. It must be recognized that sports and music have been designed to confer health and happiness on man. But, physical fitness alone is not enough. Mental health is equally important. Together with the gross physical body everyone has a subtle body. One has to take good care of this subtle body also. For this, spiritual exercises will have to be performed which will help one to realise the Divine."¹

1. What is exercise?

Exercise is any physical pursuit or workout that is more intense and hence more challenging than our usual level of daily activity.²

2. Why exercise?

The purpose is to be physically fit and healthy, mentally fresh and agile, to have fun, and feel happy and in harmony with oneself. This is regardless of age, gender, or physical ability.^{3,4,5}

3. Benefits of exercise are manifold!

- Any workout with sufficient intensity, time, and frequency will improve the body in terms of weight, body fat percentage, cardio endurance, and strength. Exercise burns calories and controls weight. It stimulates brain chemicals and improves cognitive functions and moods. It oxygenates the blood and the tissues, improves the muscle strength, enhances the cardiovascular and respiratory systems, and boosts energy levels. The brain releases endorphins which ease anxiety and depression, elevate the mood, and make one feel good.^{3,4,5,6}
- Physical activity with family and friends can make life enjoyable and promote better sleep. Women who exercise regularly will not develop complications during pregnancy and after child birth.³⁻⁵ Children from age 6 and teenagers would benefit from exercise and fitness as much as adults.⁷ Exercise minimizes complications for bed ridden patients and helps them to recoup faster. Exercise helps patients even in an ICU to leave the hospital sooner, stronger, and happier.^{8,9} People with disabilities can enjoy good health with exercise suited to their conditions.¹⁰
- Exercise helps to prevent and manage a wide range of health problems and diseases, especially cardiovascular diseases, stroke, metabolic syndrome, high blood pressure, many types of cancer, arthritis, and falls. It alleviates pain and swelling in joints.³⁻⁵
- Exercise is one of the cornerstones of diabetes management. It can delay the onset of diabetes, control blood glucose, and prevent diabetic complications. In some cases, exercise combined with a diet plan can control diabetes without the need for medication.⁶
- Research has shown that exercise can slow down aging and reverse the age-related decline on a cellular level.¹¹ One has to do exercise regularly and consistently to realise what wonders it can do.

4. Walking is the simplest of all exercises!

- Walking is a rhythmic, dynamic, aerobic activity of large skeletal muscles. It is simple and safe with minimum risk of injuries. It is free and does not need any skill and suits all ages. One can walk in sync with one's fitness and physical abilities, maximally fast, without losing breath.¹²⁻¹³
- Brisk walking has gained the status of exercise after a landmark 1989 Cooper Institute study of 13000 men and women for over 8 years in USA.¹⁴ Studies show that brisk walking is as effective as running in reducing a person's risk of hypertension, high cholesterol, and diabetes.⁴
- Walking has been considered as the best medicine since long ago.¹¹ Leisurely walking can boost mood and psychological being. Research has shown that walking 4000 steps a day can boost cognitive function in older adults.¹⁵ Meditative walking in fresh air in the early morning hours is a gentle exercise and a beautiful way to start the day. Walking barefoot on an empty stomach in the morning is regarded as best.
- Walking in the infinity shape of 8 has been an ancient practice in India to keep oneself healthy and free of diseases. The 8 shape can be formed by joining two circles of approximately 6 feet diameter each in north-south direction. This shape can be created in open space for walking. The infinity walk is being used worldwide as a skill building exercise by therapists and teachers in health care and education.¹⁶⁻²⁰

5. Choose a suitable exercise

- A healthy adult can and should do moderate aerobic activity like, brisk walking, running, jogging, skipping, cycling, swimming, dancing, gardening, or any sport. It should be for about 20 to 25 minutes every day. Instead, one may do 10 minutes of vigorous anaerobic activity like weight lifting and body weight exercises using individual's own weight to provide resistance against gravity.²¹ It can be an optimum combination of the two (moderate and vigorous) according to one's capacity, occupation, and health condition.³⁻⁵
- Diabetic patients are normally advised to do moderate exercises for half an hour to one hour daily.⁶ Children and teenagers should exercise or play a sport that is moderate to vigorous. It should

inspire them to challenge themselves physically. It should also make them breathe harder and make their heart beat much faster than normal to make their cardio vascular and skeletal systems strong. It should be for an hour per day, in small blocks or at a stretch.⁷

- Stretching, though mild, is an exercise in itself. It is best suited for those who cannot allocate time for exercise or do desk work for long. It would increase body flexibility, improve posture, and also reduce stress and body ache. It can be done several times in a day by taking short breaks from one's routine, even on days when one is not exercising. It would keep one relaxed and agile throughout the day.

Stretching can also be an integral part of daily exercises. One may do 3-5 minutes of dynamic stretches before exercise to prepare the muscles. Dynamic stretches are simple active movements of hands and legs to stretch the muscles. One should not hold the stretch in the end position. One may finish the exercise session with 3-5 minutes of static stretches. Each static stretch has to be held in a comfortable position for nearly half a minute. It is believed to be very beneficial after exercise to prevent injury, to reduce muscle soreness, and to improve one's range of movement. One may choose to do, under guidance, yoga asanas which include postures, stretching, and breathing techniques to unify the body-mind-spirit.²¹

- What would be suitable exercise for one may be too much or too little for another. It is better to choose an exercise one would enjoy doing and continue on a regular basis. It is good to start gently and slowly and gradually increase the intensity, duration, and frequency. When the body gets used to the current levels of exercise, one may change the regime to a more challenging or a different one. This will sustain interest and make it enjoyable. One may take the help of a fitness expert to decide. People with health issues should consult their physician or therapist before choosing an exercise.²⁻⁶
- Exercise done in fresh air, feeling the mother earth and the bounties of nature, will elevate it to a higher plane. Exercise done with awareness and undivided attention to our body and breath can take us deeper to feel the energy inside. It will then get transformed into a spiritual journey.^{1,22-25}

6. Transcend barriers to exercise

We may not have the facility or ability to go to a gym. There may be no time or space to do exercise regularly. One may not be inclined or may be lethargic, it does not matter. Any activity is better than none at all. We can reap the benefits of exercise by being active throughout the day. For instance, we can take the stairs instead of the elevator, walk instead of using a vehicle, do household chores by oneself instead of using machines, and so on. Regularity and consistency in doing them with enthusiasm is the key.^{3-6,26}

7. Safety tips for exercise

- One should remain adequately hydrated before starting any exercise.^{26,27} A common mistake is to stretch muscles before they are warmed up. One should not overstretch or overdo.²¹
- One should avoid exercise when one has acute muscle strain, joint sprain, or a fractured bone, until the body is fully healed. It is good not to exercise when sick or when there is a spike in blood sugar or BP.^{6,21}
- It is better to take a cardio stress test before beginning any exercise routine involving vigorous or high intensity aerobic exercises.²⁻⁶

Practitioners can utilize the 108CC box or SRHVP to make suitable remedies for strengthening the circulatory and skeletal systems, cleansing, and emergencies as an aid to hassle-free exercise.

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2. Three workshops in Puttaparthi, India, November 2019



November was filled with the fervour of workshops for AVPs and SVPs as usual, with an additional 2-day refresher seminar for 17 VPs and 2 AVPs from Kerala and Karnataka. These were conducted by two senior teachers^{10375 & 11422}, interspersed with inspiring sessions by Dr Jit Aggarwal and Hem Aggarwal. Dr Aggarwal shared at length how vibronics was started and reached this stage, how Swami guided him at every step, and how each practitioner had a role to play to take it forward with gratitude at heart for the opportunity given. It was emphasized how important it is to maintain **complete** patient records and document case histories properly.

AVPs and SVPs qualified after days of intense training. One of the SVP candidates participated from Uruguay through skype and WhatsApp (including exam via email) as she had an infant and a toddler to tend to and could not make a trip to Puttaparthi. Such was her zest to learn, she attended all the sessions every night into early hours of the morning (due to different time zone). All AVPs and SVPs made presentations on how their practice has paved the way for inner transformation. Each SVP promised to play his given role in taking vibronics forward.

Om Sai Ram

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