

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

Vol 10 Issue 1

Mar/Apr 2019

In This Issue

☞ From the Desk of Dr Jit K Aggarwa	1 - 2
☞ Practitioner Profiles	2 - 3
☞ Case Histories using Combos	4 - 8
☞ Answer Corner	9 - 10
	10
☞ Announcements	10
☞ In Addition	11 - 15

☞ From the Desk of Dr Jit K Aggarwal ☞

Dear Practitioners

I am very happy to be writing to you during the auspicious time of Maha Shivaratri. Our beloved Master, Sai Baba, who is verily the combination of the Shiva and Shakti energy, had said "Endeavour. That is the main thing, that is the inescapable task for all mortals. Even those who deny God today will have one day to tread the pilgrim road, melting their hearts out in tears of travail. If you make the slightest effort to progress along the path of liberation, the Lord will help you a hundred-fold. Shivaraathri conveys that hope to you." -- **Discourse by Sathya Sai Baba, Maha Shivaratri, Prashanthi Nilayam, 4 March 1962.** I urge all practitioners to take this message to heart and implement it in all aspects of your life with great rigour. This is bound to give you immense success in your vibrionics practice.

We have made great strides towards enhancing the quality of vibrionics practitioners and also emboldening our organizational capabilities. I am delighted to report that our efforts are paying off in many ways. I would like to share some of them here.

We have strengthened our administrative base and have appointed many new reports coordinators; resultantly, reporting has substantially improved. In fact, some reporters are able to personally follow up with practitioners who are lagging behind and obtain their reports by phone but at the same time encouraging and helping them to fill their own seva hours. I am happy to announce that this has resulted in 100% reporting by some!

Our refresher workshops are really gaining momentum. Technology has certainly played a key role in bridging the distance as we can now skype or use other internet-based video conferencing to bring people residing in distant locations together to have a highly fruitful discussion on various topics. In the US, our **coordinator**⁰¹³³⁹ has been conducting regular monthly telephone conference calls for 5 years and these have been very popular and successful.

It is heartening to see not only the frequency and types of workshops increasing but also the resulting enthusiasm of practitioners who attend these workshops. The recently held refresher workshop in Mumbai (see In Addition #3) has inspired some coordinators to arrange similar events in their areas. I appeal to coordinators to please come forward and contact as many practitioners as possible in your area with a view to organizing **local meetings**. We are ready to provide all help and full support to organisers to facilitate such activity. In the spirit of ensuring a productive and coherent session, it is best to have an agenda in advance and intimate all participants through mail. Each meeting can focus on one aspect of the subject and its practice and have interactions from the perspective of its theory, its practice, updates from our newsletters, and any constraints felt. Discussion can include successful cases related to the subject, whether published or ready for publication, as well as difficult cases which pose challenges.

With the explosion of data breaches, data protection is a hot topic. It is important for us to comply with the latest regulation and also implement best practices. To this end we have taken appropriate measures in

our Practitioners' website. Visit <https://practitioners.vibrionics.org>, look at the bottom of the left-side menu, click on GDPR and complete the form with your choice of options and submit. This is mandatory for all practitioners for the protection of their personal data.

Wishing each and every one of you a blissful Shivaratri!

In loving service to Sai
Jit K Aggarwal

☪ Practitioner Profiles ☪

Practitioner ^{11585...India} is a mathematics teacher by profession. He came into Swami's fold in 1990 and soon became an active seva dal member of Sai organization. Now, he is a district coordinator. He translates books on Swami and articles for the spiritual journal, Sanatana Sarathi. He came to know about Sai vibrionics from a senior practitioner in September 2016 and immediately sought admission. He qualified as an AVP in March 2017 and immersed himself in vibrionics seva after his school hours and during holidays. He became a VP in September 2017 and an SVP in November 2018.



He recalls a vivid dream of Swami he had while travelling by train to Puttaparthi to attend the SVP workshop. In the dream he was administering remedies from the 108CC box. He stood up in awe on seeing Swami next to him. Swami embraced him with a bewitching smile and said in Telugu with great love and appreciation "Neevu naakosam pani chestunnavu" (*you are doing my work!*). The dream touched him deeply, filling him with greater courage and conviction to pursue vibrionics as Swami's work.

He, together with other practitioners, organises weekly camps to give remedies where he also spreads awareness about vibrionics, using audio-visual aids. He has arranged such camps in all the seven Sai centres in the district where he resides and one in the adjoining village. He also had an opportunity to address the office bearers at a State level meeting, and this was favourably received and appreciated.

He has successfully treated more than 1100 patients where he could clearly feel Swami's invisible hand in curing them. In this context, he shares a memorable case. A woman aged 50 had been suffering for over 4 months from throat cancer and the tumour had not gone even after chemotherapy. She stopped taking allopathic medicines and contacted the practitioner in October 2017. He gave **CC2.1 Cancers - all + CC2.2 Cancer pain + CC2.3 Tumours & Growths + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS**. Within 4 months, the tumour vanished completely. She has been on a reduced dosage of **OD** for the past 10 months with no complaints. The practitioner plans to taper it gradually to **OW**.

He had a unique experience while pursuing the SVP e-course. In two separate cases he experienced the symptoms of the patient, for about half an hour soon after the patient took the first dose and left. Later, Dr Aggarwal mentioned in the SVP workshop about some practitioners who felt the pain and symptoms of the patients even before they came for treatment. The practitioner got the confirmation that this kind of experience was possible. This made him reflect on Swami's divine words that all are **one**. He says that as an AVP he was like a fledgling, focussed on understanding the basics of vibrionics and how to transform self. As an SVP he feels responsible for taking vibrionics forward as a mission to fulfil Swami's words "Vibrionics is the medicine of the future".

His passion to serve and his commitment to vibrionics is worthy of emulation. He has translated 27 vibrionics newsletters and the AVP manual from English to Telugu. He is working towards completing the translation of 108CC book in 2019 to facilitate AVP workshops and mentoring in Telugu in rural areas. He says that the time has come for "each practitioner to bring in a potential new one", to expand love and light through vibrionics. One resolute step towards living His message will beget His 100 steps towards us; every noble dream will get translated into reality. The practitioner has composed a prayer to express his gratitude to Swami:

Beloved Lord

*You showed the way to love You, By loving Your magnanimous form
You showed the way to serve You, By serving Your all-pervasive form*

Dear Lord

Let my heart love Thee by loving Thy children,

*Let my hands serve Thee by serving Thy children
Let my prayerful tears wipe out, Thy children's sorrows and sufferings*

*Dear Swami
Let me surrender at Thy Lotus Feet, Without leaving any trace of mine!*

Cases to share:

- [Cancer](#)
- [Polyps in uterus](#)
- [Tumour on neck](#)



Practitioner ^{11587...India} is a post-graduate in Labour Welfare & Human Resource Management.



He was born in a spiritually inclined family and has been an active participant in community service since childhood. He became attracted to Swami in 1974 through bhajans sung regularly in the vicinity of his residence. After he moved to Bengaluru in 1979, he had Swami's mesmerising darshans several times in Puttaparthi and Whitefield. Gradually, he started to participate in various service activities of Sai organization during holidays and special occasions. From 2001, soon after his retirement, he immersed himself in Sai seva.

The practitioner has been rendering free service in astrology as a hobby for the past 30 years. He imbibed this knowledge from his father whom he lost at an early age. He was driven by a desire to help people who approached him for solutions to the problems in their life. He learnt Reiki. Then he did a course in Homoeopathy in 1993-94 but could not appear for the examination due to domestic constraints. He promptly enrolled for the vibrionics course when he came to know about it through his son-in-law, who had already registered himself to attend the workshop in March 2017 but sadly he passed away. Despite the emotional setback, the practitioner pursued the course and became an AVP in July 2017 and a VP in February 2018. He does not practise any other system of healing or therapy but continues to counsel on astrology.

Immediately after becoming an AVP the practitioner stayed with his son in US for a year as part of his bi-annual visits. Initially he found it quite daunting to introduce vibrionics to the local residents including their Indian acquaintances. He could treat 120 patients during his stay, with the guidance of his **mentor**¹⁰³⁷⁵ and USA & Canada **Coordinator**⁰¹³³⁹.

Back in India in June 2018, in addition to catering to patients who visit him, he sends remedies by post to those who stay far away. He visits two spiritual centres close to his residence and one in a neighbouring village to treat patients every week. The cases treated successfully include common ailments like indigestion, cold, cough, and fever, as well as chronic digestive disorders, skin allergies and infections, toothaches, and severe joint pains. A 10-day old case of tinnitus got cured in 4 days through ear drops made with **CC5.3 Meniere's disease, one drop in 30 ml of olive oil...BD**. He could help relieve the pain of cancer patients and control the severity of asthma and migraine. He feels many patients could have been totally cured, if they had come back for refills. He is concerned that many of the patients do not care to continue the remedies once they get substantial relief. He has treated about 275 patients since his return to India.

The practitioner carries the Vibrionics wellness kit with him wherever he goes, as advised in the workshop. This gives him self-confidence and a sense of responsibility that he should ever be prepared to meet any emergency. He keeps himself up-to-date with our newsletters. He is an active member of the team to update the database of practitioners. He is grateful to Swami for the golden opportunity to do his sadhana through vibrionics; he feels guided by Swami at every step. He attributes his growth as a practitioner to the timely guidance and encouragement received from his mentor. He feels vibrionics has transformed him at all levels. He prays before treating his patients and listens to them patiently and lovingly. He says, love and compassion towards his patients creates a sort of magic and half of their problems get dissolved. He never forgets to advise his patients to eat right, drink an adequate amount of water at appropriate times, and sleep well to get cured.

Cases to share:

- [Skin allergies](#)
- [Abdominal bloating](#)
- [Constipation, back pain](#)



Case Histories Using Combos

1. Cancer ^{11585...India}

A 91-year-old bed-ridden woman had a large tumour on her right kidney and this was diagnosed 6 months ago (Nov 2016) as cancerous. She had severe pain in the right lower abdomen and pelvic region for the past 2 months. One week prior to meeting the vibrionics practitioner, the doctors had declared that she would survive only for a week or so. She stopped taking allopathic medicines for cancer as these were not helping her anyway. However, she continued taking medicines for her long-standing gastric problems and high BP. On 28 April 2017 her family requested the practitioner to visit her. For the past one week she had not eaten anything due to a painful swelling in her throat. It was a palpable small lemon-sized protrusion in the neck region. She had not passed motion for more than a week. Her right eye was red, swollen, and oozing pus for the past 2 weeks.

She was given the following remedies which she took with reverence:

#1. CC2.1 Cancers - all + CC2.2 Cancer pain + CC2.3 Tumours & Growths + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS

#2. CC4.4 Constipation + CC7.3 Eye infections + CC13.2 Kidney & Bladder infections...TDS

The patient got 100% relief from constipation within a week and could eat soft foods comfortably. She got only marginal relief from other symptoms. After another month the practitioner received feedback from the patient's son-in-law that she was nearly free of all her symptoms. The practitioner visited her after a week on 14 June 2017 and found that she was taking normal diet, her throat pain and swelling had disappeared, her eye was in perfect condition, and she felt no pain anywhere in her body. She continued the remedies and passed away peacefully after about three months on 21 September 2017.

Editor's note: It is heart-warming that the practitioner, soon after qualifying, treated such a difficult case with great love and compassion and the elderly patient had the last three months of her life completely pain free. Ideally the combos could have been given in the same bottle as dosage was the same. Apparently not interrelated, all symptoms seem to have arisen from cancer.

+++++

2. Polyps in uterus ^{11585...India}

A 37-year-old woman had bleeding during urination for the past 3 months. Medical tests revealed a 7cm long cervical polyp in her uterus. She was told that recurrence cannot be ruled out even after it is removed by surgery. After trying allopathic and homoeopathic treatments for 3 months without any success, her husband consulted the practitioner by phone.

The following remedy was immediately sent by courier and started on 19 June 2017:

#1. CC2.3 Tumours & Growths + CC3.7 Circulation + CC8.4 Ovaries & Uterus + CC12.1 Adult tonic...TDS

The patient had already stopped all other medicines. The bleeding did not stop even after a month of taking the remedy, though it had reduced marginally. They were advised to approach a senior practitioner¹¹⁵⁶² for more specific remedies using SRHVP.

The practitioner gave all the details about the patient to the senior practitioner, who replaced #1 with the following remedy on 24 August 2017:

#2. CC2.1 Cancers - all + CC8.4 Ovaries & Uterus + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...6TD for one week followed by TDS

#3. SR249 Medorrhinum - 1 dose every three days for one month

Totally disappointed and desperate that there was no change, they called up the practitioner on 26 September 2017 expressing their anguish over their situation. The practitioner calmly consoled them and urged them to continue #2 with faith and patience, and also to pray to Swami from the bottom of their heart. The practitioner also started praying along with another practitioner¹¹⁵⁹².

On 28 September, the senior practitioner stopped #2 and gave the following after taking into account the disturbed mental state of the patient:

#4. SR249 Medorrhinum + SR274 Aurum Mur Nat 200C + SR318 Thuja 200C...OD

#5. CC2.3 Tumours & Growths + CC8.1 Female tonic + CC10.1 Emergencies + CC12.4 Autoimmune diseases + CC15.2 Psychiatric disorders + CC17.2 Cleansing + #2...6TD for 1 week followed by TDS



Within 4 days, on 2 October, the practitioner received a WhatsApp message from patient's husband that a big polyp and some smaller ones had just then got flushed out from his wife's uterus (see pic).

Bleeding stopped the very next day. Soon after that, an ultrasound test was done and the uterus was shown clear as was confirmed by her gynaecologist. The patient continued **#5 TDS** for 2 weeks and **OD** for another month and then stopped on 4 November 2017. As of February 2019, she is perfectly healthy.

Inspired by this incident and filled with deep gratitude to Swami, the patient's husband promptly sought admission and became an AVP in February 2018 and later became VP¹¹⁵⁹³. Such is his commitment that he travels 250 kilometres up and down for conducting a monthly vibro camp at the Sai centre in his home town.

Editor's note: As advised by the practitioner, with effect from 15 February 2019, the patient has started taking remedies from her husband - CC17.2 Cleansing... **TDS** for a month to be alternated with CC12.1 Adult tonic for a year to build-up immunity.

If using the 108CC box, ignore #4 and give only #5 after adding CC8.4 Ovaries & Uterus to it.



3. Tumour on neck ^{11585...India}

A 66-year-old male had a tumour on his neck for the past 4 years. He had no pain and did not take any medicine. On 19 July 2018 he contacted the practitioner after witnessing the tumour of a young female vanish within a month of taking vibrionics.

He was given the following remedy:

#1. CC2.3 Tumours & Growths + CC3.7 Circulation...TDS

After a month, the patient went to the practitioner's house to attend bhajans and took this opportunity to express disappointment that there was no change in his condition. The practitioner assured him that he will review his case and change the remedy. Immediately after the bhajans, the patient showed his neck to the practitioner. He pressed the tumour and said "the size of the tumour has not diminished". Next moment, to everyone's astonishment, the tumour burst open and pus started to ooze out. In total awe the patient took his refill and left quietly. Within a week, the tumour vanished totally and the wound was also healed. The dosage was reduced to **OD**. After taking the reduced dosage for a month, the patient stopped the remedy on 21 September 2018.

As of February 2019 he is fine and the practitioner has inspired him to take the following:

#1...OW for prevention

#2. CC12.1 Adult tonic + CC17.2 Cleansing...TDS for general health



4. Skin allergies ^{11587...India}

A 72-year-old man living under poor hygienic conditions in a slum was having fungal infection on his right foot for the past 12 years. The condition of the skin was pitiable. A black patch of about 3 inches in diameter was oozing pus. He had terrible itching and pain and could not walk properly. He was unable to discharge his duties at work and had to be on leave often. He got temporary relief whenever he got admitted to a hospital for some time. He was applying some ointment purchased from a pharmacy but was not taking any medicine when he visited the practitioner on 19 July 2017.

He was given:

#1. CC10.1 Emergencies + CC12.1 Adult tonic + CC21.7 Fungus + CC21.11 Wounds & Abrasions...QDS

#2. CC21.2 Skin infections + #1...BD in vibhuti for external application to affected body parts

Within a week pus stopped. Itching and pain stopped within another 10 days. He could walk without discomfort and resumed his duties, though the patch continued to be dark. When the patient came after 6 weeks, the patch had disappeared. Dosage of **#1** was reduced to **TDS** and **#2** was continued at **BD**. After a month he reported he was keeping fine but did not come for refill. Therefore, the dosage could not be

tapered to **OW** as intended by the practitioner. As the patient resided close by, the practitioner could see him and found out that the problem has not recurred as of Feb 2019.

+++++

5. Abdominal bloating ^{11587...India}

A 49-year-old male was suffering from abdominal bloating with heaviness and pain for the past 6 years. He loved to eat in restaurants every now and then, tended to over-eat, and was fond of packaged foods. He consulted several doctors and tried different systems of medicine including ayurveda and homoeopathy without any result. He was traumatized as nothing seemed to work to give him relief.

On 1 Feb 2018 he was given the following remedy:

CC4.2 Liver & Gallbladder tonic + CC4.6 Diarrhoea + CC4.8 Gastroenteritis + CC4.10 Indigestion + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC15.4 Eating disorders...one dose every 10 minutes for 2 hours followed by 6TD.

Within 2 weeks bloating had reduced substantially, heaviness had virtually gone, and there was no pain. The dosage was reduced to **TDS**. After another 6 weeks, all the symptoms had vanished. The patient chose to continue the remedy **TDS** for another 3 months. He was asked to modify his eating habits to suit his system. He then took the reduced dosage of **OD**. As the practitioner returned to India from US, the patient was referred to another practitioner. As of December 2018 the patient continues to take the remedy **OD** as a precautionary measure and the problem has not recurred.

+++++

6. Constipation, back pain ^{11587...India}

A 63-year-old female in US underwent surgery 7 years ago for her long-standing lower back pain. The pain continued even after the surgery, so was prescribed pain killers which provided only temporary relief. She also started having severe constipation but was told by the attending doctor that her constipation had no relation with the operation performed on her. She started taking home remedy for constipation but without much relief.

She decided to consult the practitioner who gave her the following remedy on 22 March 2018:

CC4.4 Constipation + CC10.1 Emergencies + CC12.1 Adult tonic + CC20.5 Spine + CC20.7 Fractures...one dose every 10 minutes for 2 hours followed by 6TD.

Her daughter-in-law reported after 10 days that both constipation and back pain had reduced magically by 80%. Dosage was reduced to **TDS**. After another 10 days she reported 100% relief from both the symptoms. The dosage was reduced to **OD** which she continued for 6 months. According to the latest information received by the practitioner in October 2018, there has been no recurrence.

+++++

7. Ovarian cysts ^{03524...USA}

A 23-year-old female was suffering from heavy bleeding and painful periods for close to 10 years. In June 2015, she was diagnosed with a 2mm cyst in her left ovary. She took allopathic medication for two months and stopped as there was no improvement. In December, she was diagnosed with a cyst of the same size in her other ovary.

On 16 February 2016, on the advice of her mother, she decided to take vibrionics treatment and the practitioner gave:

CC8.1 Female tonic + CC8.4 Ovaries & Uterus + CC8.7 Menses frequent + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.1 Brain disabilities...TDS

Within two weeks, her mother informed the practitioner that her daughter was feeling more relaxed, looking confident and happy to continue the remedy. Six weeks later, she had an ultrasound test and the report showed both the ovaries being normal with no cysts. Her menstrual pain and bleeding had also come down by 50%. In fact, her condition was improving with each cycle, and by July, there was 75% relief. After another 3 months, she had completely recovered from heavy and painful periods. The dosage was then reduced to **OD** for two weeks, followed by **3TW** for two weeks, **2TW** for a week, and then to **OW**. Treatment was discontinued towards the end of December 2016. At the time of last contact in February 2018, the patient confirmed no recurrence of cyst and her menstruation was normal without pain.

+++++

8. Rhinitis ^{03572...Gabon}

A 29-year-old woman had been suffering from frequent (on average twice a month) headache and pain in gums along with sneezing in the mornings. Actually her problem started in her childhood but it was only two years ago that it was diagnosed as chronic rhinitis by her ENT specialist. Normally she would take allopathic medicine but this gave her relief for 2-3 days only, after which her symptoms would recur. So she decided to go for vibrionics treatment. She visited the practitioner on 31 August 2018 with intense headache and gum pain which had started 3 days ago (She also had short-sightedness since the age of seven and was keen to improve her vision).

She was given:

CC7.1 Eye tonic + CC7.2 Partial Vision + CC10.1 Emergencies + CC11.3 Headaches + CC11.4 Migraines + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies...every 10 minutes for 1 hour followed by 6TD

This time she did not take any allopathic medicine. After ten days of taking the remedy, she had a pullout during which her pain and sneezing became worse. But she continued the dosage at **6TD** to overcome the pullout faster. The pullout lasted only 2 days and her condition started to improve. Three days later, she got 90% relief from all her symptoms which vanished by 17 September. The dosage was then reduced to **TDS** for a week followed by **OD** for another week and finally stopped on 30 September 2018; for vision, a separate combo was given. As of February 2019, her symptoms of rhinitis have not recurred.

9. Migraine, menorrhagia ^{11602...India}

On 26 July 2018, a 32-year-old female came with multiple complaints. She suffered from headache, accompanied with nausea, once or twice a month for the last five years. It was left-sided throbbing headache which increased with stress and exposure to light. She had excessive menstrual bleeding, sometimes with pain, for the last 3 years, though her cycles were regular. She was also experiencing fatigue and lack of energy for the past 2 years but more so in the last 2 months. She looked pale and was apprehensive of going to doctors and hospitals.

The following remedy was given:

CC3.1 Heart tonic + CC8.7 Menses frequent + CC11.4 Migraines + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS

She followed the practitioner's advice to drink adequate water and include sufficient protein and green leafy vegetables in her diet. Within a week she started feeling energetic and happier. In another week, she felt 90% improvement in her energy level. After one month on 10 September 2018, she visited the practitioner as she had headache since that morning. She confessed that she had not taken the remedy for the past 2½ weeks as her headaches had stopped. She was advised to resume the remedy **TDS**. After a week on 17 September, she reported that she was feeling energetic, had neither pain nor excessive bleeding during her menses, felt no stress, and had no headache. She could enjoy her work as well as activities with her children. The dosage was reduced to **OD** and after 2 weeks to **OW**. As of 21 February 2019, she is healthy with no recurrence of any of her problems. She continues to take the remedy **OW** as a precautionary measure.

10. Plantar fasciitis ^{11601...India}

A woman aged 42 years was having pain for the past 4 years on the soles of her feet which also had deep cracks. During the past 4 months the pain became so intense that she could neither stand nor walk properly. She took allopathic medicine which did not help and she also started having burning sensation on the soles. So after a week she stopped this medicine.

On 7 October 2018, her husband took her to the practitioner who gave:

#1. CC3.7 Circulation + CC12.1 Adult tonic + CC20.4 Muscles & Supportive tissue + CC21.5 Dry Sores...one dose every hour for a week followed by 6TD

#2. CC21.5 Dry Sores...OD in olive oil for external application.

After 2 weeks the patient still complained of pain and burning sensation, though marginally less. The practitioner found that the patient was stressed due to domestic problems. She was especially worried about her differently-abled son.

On 23 October 2018, the practitioner, after consulting Combo queries, substituted **#1** and **#2** by the following:

#3. CC15.1 Mental & Emotional tonic + CC20.1 SMJ tonic + CC20.4 Muscles & Supportive tissue + CC21.5 Dry Sores...6TD

#4. CC20.1 SMJ tonic + CC20.4 Muscle & Supportive tissue + CC21.5 Dry Sores...OD in olive oil for external application.

The pain reduced gradually over a period of 2 months and she started walking comfortably. After another 2 weeks, on 10 January 2019, she reported that she was free of pain as well as burning sensation and the feet had become smooth with no trace of cracks. The dosage of **#3** was reduced to **TDS** and after another week to **OD**. As of 24 February 2019 she is absolutely fine and continuing both **#3** and **#4...OD** to prevent recurrence. The dosage will be tapered after considering the comfort level of the patient.

Practitioner's note: SMJ tonic along with the Mental & Emotional tonic proved to be the most appropriate combination in this case.

+++++

11. Knee pain, fluoride toxicity ^{11578...India}

A 50-year-old lady had intense pain in her right knee every day for the past 2 years. There was also swelling around the knee. The practitioner felt strongly that fluoride toxicity could be the root cause as the village where the patient lived was known for excess fluoride in water. Her teeth were also found discoloured.

Accordingly, on 10 December 2018, the following remedies were given:

#1. SR253 Calc Flour...6TD

#2. CC3.7 Circulation + CC20.1 SMJ tonic + CC20.6 Osteoporosis...6TD

Within two days the pain and swelling disappeared. On the 4th day dosage was reduced to **TDS**. The remedy finished in 3 weeks but she could not visit the practitioner for a refill as she had to leave her village for some urgent work. Seven weeks later on 18 February 2019, she reported that she was fine and her problems never recurred in the last 2 months. Remedy **#1** and **#2** were resumed at a reduced dosage of **OD**. The practitioner intends to maintain this dosage as a precautionary measure since the patient continues to be exposed to excess fluoride in the water.

Editor's note: It is an inspiring case where the cause was identified and addressed to give complete relief in 2 days for a two-year-old problem, revealing the immense power of vibrionics.

If using the 108CC box, give only #2 as it includes SR253 Calc Flour.

+++++

12. Betwetting/Enuresis ^{11568...India}

A 13-year-old boy, timid by nature, had episodes of bedwetting every night for the past 10 years. This used to happen within 3 hours of going to bed, around 1am, even though the mother ensured that he would pass urine just before sleeping. She would also take care, especially during colder weather, that he does not drink much water in the evenings which he would otherwise like to do. He was given allopathic treatment for two months but this had no effect; so it was stopped. This was very distressing for the boy and lowered his self-esteem. He could not even think of going on any of his school outings which involved overnight stay. He avoided spending his vacation with relatives.

On 29 September 2018, he came to the practitioner who gave the following remedy:

CC13.3 Incontinence + CC15.1 Mental & Emotional tonic...TDS

He was advised to avoid drinking water at least an hour before going to bed. In 2 weeks the bedwetting episodes reduced by half. After another fortnight, these came down to once a week. The boy was on **TDS** for another 2 months during which the frequency of bedwetting decreased further to once a fortnight. On 5 January 2019, the dosage was reduced to **BD** after which there were no further episodes. It was reported that the boy was more confident and happier than before. On 5 February, the dosage was further reduced to **OD** and this will be tapered down gradually to **OW**. As of 23 February 2019, there has been no recurrence of bedwetting.

Editor's note: Senior practitioners can try the card NM65 Bedwetting which produces faster results in many cases.

☪ Answer Corner ☪

1. *Question: Why do we shake the bottle of remedy pills 9 times in the figure of flat "8"?*

Answer: Shape 8 represents infinity, eternity, and never-ending possibilities. It signifies resurrection and regeneration, according to the Bible. This gives a spiritual focus to the process of shaking.

On a physical level, figure 8 consists of 2 circles. When the pills are shaken in circular motion, centrifugal force generated makes the pills mix well with one another. The healing vibration from the remedy drop permeates each pill. The shaking should be done in a horizontal plane; if not, the pills will tend to collect at the lowest point owing to gravity and the mixing will not be so effective. Nine times is considered long enough for the pills to mix well. Also 9 is considered a divine number since it never diminishes!

+++++
2. *Question: Why should the practitioner put the first pill in the mouth of the patient?*

Answer: A practitioner has 100% faith in vibrionics and treats his patients with love and compassion. A patient may or may not have that faith or receptivity to healing vibrations especially when he is unwell. When the first pill is put in patient's mouth, healing process is triggered. A triangle is formed, establishing a connection between the patient, practitioner and the Divine, and healing energy flows from the Divine to the patient through the practitioner. If a patient prefers to take the first dose himself the pill may be put in the cap of the bottle and given to the patient. It is important to consider the comfort level of the patient. If the remedy has been sent by post, the patient is required to ring the practitioner who will pray and direct the patient to take the first pill while they are still connected.

+++++
3. *Question: How can I advise my patient to keep the remedy away from sources of radiation, without creating panic in his mind?*

Answer: No doubt it is necessary to caution the patients about the neutralizing effect of radiation on the remedy but this should be done in a gentle, friendly way by pointing out that the remedy should not be in direct contact with a source of radiation; some distance (around 30cm or 12 in) should be maintained between the two. Instead of using the word 'neutralizing' we can say 'reducing the effectiveness.' It is good to suggest various simple ways of keeping the remedy safe, for example putting remedy bottle and mobile in different pockets and at home keeping it at one's altar.

+++++
4. *Question: How can I prevent the pills from becoming soggy when I want to add several drops from 108CC box to the same bottle of pills?*

Answer: To prevent the pills from becoming soggy shake the bottle of pills after putting each drop and finally in a figure of 8 after the last drop of CC. Another method is to put one drop from each selected CC into an empty bottle and use one drop of this mixture to make the remedy.

However, as has been repeatedly stressed by our head of research, it is advisable to add minimum number of combos, most appropriate to treat the symptoms of a patient. Through limiting the number of combos and giving those applicable to the symptoms, the root cause of the condition is more likely to be treated and this in turn will bring about a more speedy recovery. To include more combos just to support or hope they will help the patient during treatment can slow down the recovery process, because of diluting effect on the combos that are really needed.

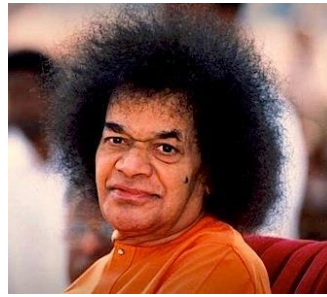
+++++
5. *Question: I add one drop of a combo to a 10 ml bottle of pills. Is it necessary to add 2 drops of the selected combo to a 20 ml bottle of pills?*

Answer: It is sufficient to add one drop of the combo to a 20 ml bottle of pills. Vibration, being pure energy, basically works at a qualitative level. Remedy will not be affected if more than one drop falls into it by mistake. Shaking is important to facilitate each pill to receive the appropriate vibration.

+++++
6. *Question: Is it obligatory to seek permission of the patient before broadcasting through the SRHVP?*

Answer: We don't believe it is obligatory as we are utilising the Potentiser blessed by Swami which He said can make only divine (hence always positive) vibrations. The process of broadcasting is akin to

sending a focussed prayer from a pure heart. It is the practitioner's intention to facilitate a cure that is very important. It is ideal if the patient (or his carer) is aware of the treatment so that he can be ready to receive the healing vibrations.



❧Divine Words from the Master Healer❧

"Man suffers from two types of ills, physical and mental, the one caused by the disequilibrium of the three tempers of Wind, Bile and Phlegm and the other caused by the disequilibrium of the three Attributes—Pure, Passion and Dull. One peculiar fact about these two types of illnesses is that the cultivation of virtue cures both. Physical health is a prerequisite for mental health and mental health ensures physical health! An attitude of generosity, of fortitude in the presence of sorrow and loss, a spirit of enthusiasm to do good, to be of service to the best one's capacity—these build up the mind as well as the body. The very joy derived from service reacts on the body and makes you free from disease." ...Sathya Sai Baba, "The Temple» Discourse 9 September 1959

<http://www.sssbpt.info/ssspeak/volume01/sss01-23.pdf>

"Everyone should have the conviction that wherever he may render service and whomsoever he may serve, he is rendering service to God because God is omnipresent. Such service alone is true sadhana." ... Sathya Sai Baba, "The Yoga of Selfless Service" Discourse 24 November 1990

<http://www.sssbpt.info/ssspeak/volume23/sss23-35.pdf>

❧Announcements❧

Forthcoming Workshops

- ❖ **India Puttapparthi:** 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
- ❖ **India Delhi-NCR:** Refresher seminar for AVP/VP/SVP - 23 March 2019, contact Dr Sangeeta Srivastava at dr.srivastava.sangeeta@gmail.com or dr.srivastava.sangeeta@gmail.com
- ❖ **India Bhilwara Rajasthan:** Refresher for VPs 13-14 April 2019, contact Manish Gupta
- ❖ **USA Richmond VA:** AVP workshop 26-28 April 2019, contact Susan at trainer1@us.vibrionics.org
- ❖ **India Puttapparthi:** AVP Workshop 17-21 July 2019, contact Lalitha at elay54@yahoo.com
- ❖ **India Puttapparthi:** AVP Workshop 18-22 November 2019, contact Lalitha at elay54@yahoo.com
- ❖ **India Puttapparthi:** SVP Workshop 24-28 November 2019, contact Hem at 99sairam@vibrionics.org

❧In Addition❧

1. Health article

Prevent and counter cough

"There is a limit and a balance that every limb and organ has to maintain. Insufficient or improper food will endanger this balance. An occasional cough helps to strengthen the lungs and to clear them of

extraneous matter, but fits of coughing are positive signs of illness. Eat in moderation and live long.” ...Sri Sathya Sai Baba.¹

1. What is cough?

Cough is our body's natural reflex to clear our throat and airways of irritants and prevent infection. An occasional cough is considered normal and healthy. It can be annoying but it helps our body to protect and heal itself. If it persists, it should be addressed immediately.^{2,3,4}

2. Nature, causes, and types of cough

Cough can be acute or chronic. It is considered acute if it starts suddenly and lasts up to 2 to 3 weeks. In some cases it may last up to 8 weeks. Cough is termed chronic if it goes on for more than 8 weeks in adults and 4 weeks in children.⁴

Causes of acute cough: Smoke, allergens such as pollen, fungus, or mould spores found in and around homes on moist surface, or dust can irritate the nerve endings in the airways and produce coughing.² It could also be due to a common cold or a contagious respiratory tract infection caused by flu virus or by bacteria.²⁻⁷

Causes of chronic cough: It can be caused by gastroesophageal reflux disease (GERD), sinus infection or allergies, chronic lung condition like asthma or bronchitis, or chronic obstructive pulmonary disease (COPD). Chronic cough in old age is mostly due to acid reflux.² It could be due to medicine one is taking.²⁻⁷

A stubborn cough called chronic refractory cough is also associated with psychological factors, such as low mood, negative illness perceptions, and fatigue.⁸

Broadly speaking, there are two types^{6,7} of cough - dry and wet:

Dry cough is due to irritants, like, smoke, medicines, respiratory infection in early stages, or progressive lung disease like pulmonary fibrosis. In dry cough there is no discharge of phlegm.^{6,7}

Wet cough or a chesty cough, also called productive cough, often follows a common cold with throat infection and could also be due to infectious bronchitis, pneumonia, tuberculosis, or heart failure with fluid in the lungs. It discharges mucus. Mucus is essentially produced everyday by the mucus glands located on the mucous membrane that line multiple organs, namely, nose and sinuses, mouth, throat, lungs, and gastrointestinal tract in order to clear the airways and to prevent critical organs from drying out. It acts as a trap for irritants and contains antibodies and enzymes to fight infection. It is noticeable only during an illness. In an illness, secretion from the lower airways of the respiratory system, when expelled by coughing, is referred to as phlegm. “Sputum” and “Phlegm” are used synonymously, but in medical parlance, phlegm, when taken as a sample for testing, is known as sputum. Thick sticky mucus or phlegm implies that dehydration and/or infection is progressing. Its colour would indicate the underlying illness. Colour may change even within a day.^{6,7,9-11}

Colours of phlegm: Thin and clear mucus is considered normal and healthy so long as it does not affect our daily life. Clear phlegm is caused by nasal allergy, hay fever, viral bronchitis, or viral pneumonia. If there is cold, flu, sinusitis, bronchitis, or pneumonia, the colour of phlegm could be yellow progressing to green, indicating growing infection. White phlegm is caused by allergies, asthma or COPD, viral infections, GERD, or congestive heart failure. Grey or charcoal phlegm is found in cases of fungal infection and black lung disease, in smokers and those who work in or near coal mines. Rusty colour (of old blood) is a sign of chronic lung disease. Red colour could be due to blood discharge indicating infection and also a disease like cancer.^{12,13}

Some infectious coughs:

Croup is a viral throat infection in children under the age of 5. It is characterised by barking cough with noisy breathing due to inflammation of voice box, wind pipe, and airways. Worse at night, this normally gets settled in 2-5 days. It may sometimes last longer.^{14,15}

Whooping cough is an acute, highly contagious respiratory tract infection caused by bacteria. It may last 6-8 weeks with flu like symptoms. It can be prevented through vaccinations. It occurs mostly in infants before they are vaccinated or those whose immunity is low or faded due to old age or disease.^{16,17}

3. Treatment of cough

Cough is not a disease in itself. It is a symptom of an underlying condition; the most common symptom of a respiratory disorder.¹⁸ Vigorous cough may cause pain in ribs and chest, sleeplessness, headache,

vomiting, or incontinence. One may consult a physician if cough is severe or lasts more than 3 weeks, or if there is blood in sputum, shortness of breath, consistent chest pain or tightness in chest, or breathing difficulty.⁴⁻⁶ A practitioner should ask pertinent questions before treating a cough.¹⁸

Some home remedies:

- *Steam inhalation* for wet cough, salt water gargle to soothe the throat, and adequate hydration to clear the toxins.²¹
- *Natural cough syrup* made by mixing honey in warm ginger extract.¹⁹
- *Herbal cough syrup* made from thyme and ivy leaves has been found to give quick relief, more rapidly than a placebo syrup for acute bronchitis.²¹ Thyme is an officially approved cough treatment and remedy in Germany.²² Adding marshmallow root to the syrup would effectively relieve coughs according to a study, though there could be mild stomach upsets due to the root. It could be offset by drinking more fluids.²¹
- *Black pepper* (½ teaspoon) with ghee (clarified butter) on full stomach, at least 2-3 times a day, to clear chest congestion.²⁰
- *Herbal tea* made from tulsi (basil) leaves and ginger, mixed with honey. One may simply chew tulsi leaves throughout the day for faster recovery.¹⁹
- *Warm tea* made from ¼ teaspoon each of mulethi (licorice), cinnamon, and clove powder and honey twice a day would work wonders.²⁰
- *Flax seeds tea* with honey and lemon juice.²²
- *Honey* is more effective than over-the-counter medicines, according to a 2007 study conducted at Penn State College of Medicine.²⁰ Raw honey is considered as one of the best remedies for cough. Care should be taken that honey is used only with lukewarm fluids and not in hot water or hot milk.²³

Special care for little children: Cough is the most common paediatric problem. This needs to be addressed carefully. Studies have not supported use of medications for symptomatic cough relief in children, at least till the age of 6. Antibiotics will have no effect on viral infections; they might cause side effects that could be more distressing than cough itself. Accurate diagnosis is more important.^{18,24,25}

Some specific home care for children include:

- Steam therapy is the best option followed by rest.²⁷
- Half a cup of Pomegranate juice mixed with pippali (long pepper), and ginger or pepper powder is known to be a wonder remedy for kids.²⁰
- Apple cider vinegar mixed with crushed ginger can cure a cough. Sucking a lemon slice will also give relief.²⁷
- A child's head may be slightly elevated when sleeping by raising one end of the mattress. However, babies under one and a half years should not sleep with any pillows.²⁸
- Honey can be recommended as a single dose of 2.5 ml before bed-time for cough in children over one.²⁶ No honey to be given for a child less than one as it is known to cause bacterial infection called botulism in infants.^{27,28}

4. Prevention and precautions

A person with a tendency to catch cold and cough may regularly take a suitable home remedy to prevent the onset or its intensity.

- *Natural antibiotic* of warm milk/water with turmeric and honey before bed-time. One may consume one teaspoon of turmeric powder mixed with honey three times a day.¹⁹
- *Heart-leaved moonseed (giloi) juice* every morning, 2 tablespoons with water, to build immunity and to balance the 3 doshas (fundamental bodily bio-elements or humours) known as vata, pitta, and kapha in ayurveda.²⁰

One may also refer to home remedies for fast relief from common cold and cough given in earlier newsletter.²⁹ Acidity, a major cause of cough in elders, should also be prevented through proper lifestyle, especially diet and exercise.³⁰

Prevent spreading of infection through proper hygiene. One should sneeze or cough into a thick tissue or cloth and also wash hands well. The tissue should be discarded and reusable cloth should be washed

properly.²⁹ These are essential as infection spreads in no time through droplets. Cold and cough spread fast due to carelessness.

Precautionary measures include avoiding close contact with the sick, staying home during sickness, covering nose and mouth, avoid touching the eyes, nose, or mouth, and washing hands properly. A smoker may quit smoking with the help of support groups or networks.

Sai Vibrionics: Prevent and counter cough and its severity through vibrionics remedies. **CC4.10 Indigestion, CC9.2 Infections acute, CC19.1 Chest tonic, CC19.2 Respiratory allergies, CC19.6 Cough chronic, CC19.7 Throat chronic,** or any suitable combo from 108CC box. **NM8 Chest, NM9 Chest TS, NM37 Acidity, NM46 Allergy-2, NM54 Spasm, NM62 Allergy-B, NM70 CB9, NM71 CCA, NM73 Croup, NM76 Dyspnoea, NM92 Post Nasal Drip,** or any suitable combination using 576 cards.³¹

References and Links:

1. <http://www.ssbpt.info/ssspeaks/volume15/sss15-21.pdf> Sathya Sai Speaks, vol.15,21 Good health and goodness, 30 Sept.1981
2. What is cough & its nature: <https://www.nhlbi.nih.gov/health-topics/cough>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2532915/>
3. <https://medlineplus.gov/cough.html>
4. <https://www.mayoclinic.org/symptoms/cough/basics/definition/SYM-20050846>; <https://www.mayoclinic.org/diseases-conditions/chronic-cough/symptoms-causes/syc-20351575?p=1>
5. Causes of cough: <https://www.health.com/health/gallery/0,,20358279,00.html>
6. Types of cough: <https://www.health24.com/Medical/Cough/Overview/Types-of-cough-20120721>
7. <https://www.nhsinform.scot/illnesses-and-conditions/lungs-and-airways/cough>
8. Psychological cause of cough: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5357770/>
9. Mucus, phlegm, sputum: https://www.medicinenet.com/what_is_mucus/article.htm
10. <https://www.everydayhealth.com/cold-flu/everything-you-ever-wondered-about-mucus-and-phlegm.aspx>
11. <https://en.wikipedia.org/wiki/Phlegm>
12. Colour of phlegm: <https://www.healthline.com/health/green-phlegm>
13. <https://wexnermedical.osu.edu/blog/what-does-the-color-of-your-phlegm-mean>
14. Croup cough in children: <https://www.healthline.com/health/croup#symptoms>
15. <https://www.mydr.com.au/respiratory-health/croup-symptoms-and-treatments>
16. Whooping cough: <https://www.mayoclinic.org/diseases-conditions/whooping-cough/symptoms-causes/syc-20378973>
17. <https://www.nhs.uk/conditions/whooping-cough/>
18. Pertinent questions on cough: <https://www.ncbi.nlm.nih.gov/books/NBK359/>
19. Home remedies for dry cough from online information guide launched by the Government of India: <http://vikaspedia.in/health/ayush/ayurveda-1/ayurveda-for-common-disease-conditions/is-dry-cough-keeping-you-awake-find-relief-through-ayurveda>
20. Home remedies: <https://food.ndtv.com/health/6-best-home-remedies-for-cough-to-give-you-instant-relief-1445513>
21. <https://www.medicalnewstoday.com/articles/322394.php>
22. <https://www.rd.com/health/wellness/natural-cough-remedies/>
23. <https://www.slideshare.net/BhimUpadhyaya/food-body-by-sadhguru>
24. 2011 study on Handling cough of children: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3056681/>
25. 2017 study on chronic cough in children: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5427690/>
26. Honey for cough in children: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4264806/>
27. Specific home care for children: <https://parenting.firstcry.com/articles/35-safe-home-remedies-for-cough-in-children/>
28. <https://www.healthline.com/health/parenting/toddler-cough-remedy#home-remedies>
29. Sai Vibrionics Newsletter, Precautions and Home remedies for Combating Common Cold, paras 4 & 5, Vol 9 Issue 6
30. Sai Vibrionics Newsletter, Health Tips on Acidity – Nip it in the bud, Vol 8 Issue 4.
31. Soham Series of Natural Healing, Volume 5, The Diseases, Coughs, p.79. Also refer to volume 3, and Vibrionics 2018, p.116



2. Refresher Seminar, West London, UK, 6 January 2019

The seminar with 15 participants started on an elevating note with a prayer and a short meditation to maintain focus. **Practitioner** ⁰²⁷⁹⁹ set the tone for the seminar by stressing on positive thoughts with a



sense of surrender to Swami in order to harvest good things in life. She outlined how SVP course would open up more treatment possibilities, eg, nosodes of body fluids and allergens to prepare individualised remedies, and potentising allopathic medicines for removing their side effects. However SVP course applicants would need to demonstrate greater commitment to vibrionics by taking on administrative duties. The importance of treating chronic problems one at a time was stressed. While sharing successful cases, the need for submitting case histories with full details was noted. Some were concerned about the liquid remedies in the 108CC box becoming cloudy, possibly due to condensation in cold weather conditions. This was noted for taking suitable action in the future.

The participants discussed the need to pay attention to their own diet; then only can a practitioner guide patients appropriately. In particular, it was advised to rely on fresh fruits and vegetables and their juices and greens like moringa (drumstick) leaves. Avoiding non-vegetarian foods and replacing the five whites, namely white sugar, milk, refined salt, rice, and flour with better alternatives would help prevent digestive disorders, pains, and even cancer. **Practitioner** ⁰³⁵⁴¹ shared his personal experience how giving up white sugar not only relieved his tooth pain but also, within a week, his digestive system improved and his chronic back pain almost vanished.

It was decided after charging of the 108CC boxes to put a sticker on them with the “date of charge”. The seminar concluded with Aarti to Swami.

+++++

3. Refresher Workshop in Dharmakshetra, Mumbai, India, 9 February 2019

A highly informative and interactive refresher course, attended by 36 practitioners, was conducted by a **Senior Vibrionics teacher** ¹⁰³⁷⁵. She



Refresher workshop held in Mumbai on 9th Feb 2019

went through each chapter of the latest version of the AVP manual emphasising the recent updates. The participants were informed about the various initiatives including mentoring to support new practitioners. The take home points were to: commit less and work more; adhere to the promise given to Swami; give minimum but appropriate combos to expedite cure as vibrionics is very powerful, taper the dosage systematically after cure, take a preventive cycle of remedies for cleansing and for building immunity (practitioner should first follow himself), maintain patient records systematically, and promptly

report details of successful cases for publication. She exhorted the practitioners to take administrative responsibilities to speed up the process of institutionalisation of vibrionics.

In his WhatsApp address to the participants, Dr Aggarwal from Puttaparthi traced the growth of vibrionics and shared how Swami had inspired, blessed, and guided the initiative of training new practitioners

outside Puttaparthi, starting from Maharashtra in the year 2007. He stressed that service rendered with love and compassion, the two pillars of good service, will produce the best results for our patients.

It is a great honour for the vibrionics fraternity to receive the support of both past and current State presidents of Sai organisation in Maharashtra. While appreciating the invaluable service rendered by the practitioners, they expressed their keen interest in taking vibrionics forward in their State. This greatly inspired the practitioners to render vibrionics seva with renewed zeal.

Om Sai Ram

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