

## Sai Vibrionics Newsletter

[www.vibrionics.org](http://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

With Guru Poornima around the corner, it is time for us to rejoice living in the garden of love -- the field of pure potentiality. That pure and potent Love energy is none other than our dearest Lord. Swami has said “*I ask only for purity of heart, to shower Grace. Do not posit distance between you and Me; do not interpose the formalities of the Guru-sishya (Preceptor- disciple) relationship, or even the altitudinal distinctions of the God-Devotee relationship, between you and Me. I am neither Guru nor God; I am You; You are I; that is the Truth. There is no distinction. That which appears so is the delusion. You are waves; I am the Ocean. Know this and be free, be Divine.*” – Sathya Sai Baba, Guru Poornima Festival, Prashanthi Nilayam, 19 July 1970.

It is time, my Brothers and Sisters, to wholeheartedly immerse ourselves in His Love and experience the expression of divinity in each and every aspect of creation. It is time to plug-in to the infinite reservoir of universal love and offer that love to each and every being that crosses our path. At our core, we are love. The electromagnetic vibrations of our hearts are tremendous and powerful which will recalibrate the dissonant vibrations around us into a more loving frequency. This, dear practitioners, makes it possible for us to serve ourselves and the world by remaining in a loving vibration, thereby helping to raise the frequency of those whom we treat.

A practitioner recently wrote “time has come for each practitioner to bring in a potential new one”, to expand love and light through vibrionics and take up this seva activity. Let us each do our part to expand our vibrionics mission’s field of love by getting those who have benefited from vibrionics to participate and experience the joy one derives from serving. Might I suggest that each one of us looks at our contacts including our list of patients to see if anyone is suitable to take up this seva activity. If the practitioner identifies a patient who feels inspired enough to undertake this seva, he may initially take his help with some simple tasks such as, filling bottles with pills, imparting instructions to patients on how to take remedies, and assisting us with organizing health camps. Later he can be encouraged to apply for training in vibrionics. The first one for you to consider could be your spouse or other family member!

It is very encouraging to see that we have had a lot of interest from our team of dedicated practitioners in moving forward and becoming SVPs. The need of the hour is that we are looking for those practitioners who want to actively contribute towards the running of vibrionics on an ongoing basis. As our expectations from SVPs are now greater, it is no longer a matter of clocking a certain number of administrative hours for becoming an SVP. If your recent application for becoming an SVP has not been approved, it is mainly because we are looking for practitioners with commitment and passion to take a lead role, as our human resource is limited.

As we are acutely resource constrained, I humbly request all practitioners who would like to recharge their 108CC boxes to make advance arrangements. Also, kindly ensure that you are regularly submitting your

monthly reports and that you are accompanied by someone with good eyesight, who will help to put drops in the bottle; unless, there is at least one other practitioner accepted for recharge and who wants to join you for recharging his 108CC box.

I conclude with my very best wishes and a call to all practitioners in helping change the world with your love. It can be done, one thought at a time, within the unfolding circumstances of life's journey. May you all be joyous!

In loving service to Sai  
Jit K Aggarwal

## Practitioner Profiles

**Practitioner** 11601...India



in Sai fold since childhood was blessed by Swami on several occasions, especially after she gave a talk in His Divine presence during the first Balvikas rally held in 1973 in Whitefield. She was personally chosen by Swami to attend the summer course in 1977. At the age of 16, when a daily dose of painful injections for 48 days could not cure her of a severe skin problem, Swami cured her with His divine touch and vibhuti. After graduating in science, she did post-graduation in public administration and joined government service, but later resigned and joined banking service as directed by Swami and qualified as a professional banker. As a college student she was active in National Social Service. She kept up this spirit later too by taking part in the various service activities of Sai organisation during weekends and holidays, despite a demanding career and domestic commitments.

Soon after she retired as Assistant General Manager of a nationalized bank, she came to know about Sai Vibrionics during a casual conversation with a monk in a Ramakrishna mission. Such was her zeal for seva that soon she obtained more details, enrolled in the course, became an AVP in July 2018, and a VP in November 2018.

She has so far treated over 650 patients, many with complex problems. Cases treated successfully include varicose veins, chronic acidity, anal fistula, piles, hernia, late puberty, polycystic ovarian disease, trauma, systemic lupus erythematosus, incontinence, pelvic inflammatory disease, affliction by entities, vertigo, transient ischemic attack (TIA, a mini neurological stroke due to temporary lack of adequate blood and oxygen to the brain), wheezing, chronic bleeding after forced abortion due to pleural effusion, plantar fasciitis, and psoriasis.

For faster relief of skeletal pains and for skin and hair problems, the practitioner also makes the remedy in olive oil for topical application. When patients seek an appointment for such problems, she encourages them to bring a small bottle of olive oil. For tooth and mouth infection, she tells patients to swish one spoonful of the remedy water in the mouth for a minute and spit it out to cleanse the mouth and then follow it with an oral dose; she finds this brings about quicker recovery. She includes **CC10.1 Emergencies** in the remedy when a patient visits her for the first time for any ailment as she believes that each one has faced some kind of trauma in life. Whenever she is confounded by difficult cases, she prays intensely and experiences Swami's divine guidance in treating and curing the patients.

In November 2018, during her visit to a shopping complex, the practitioner witnessed a dog getting hit by a vehicle on the opposite side of the road. Soon the dog was limping and howling in pain. The practitioner instantly prayed to Swami and started mentally broadcasting the combo **CC10.1 Emergencies + 15.1 Mental & Emotional tonic + CC20.2 SMJ pain + CC20.4 Muscles & Supportive tissue + CC20.7 Fractures**. The dog slowly crossed the road towards the shopping complex and then, to everyone's surprise, walked normally towards the practitioner. He ate with relish the biscuits given by the shopkeeper and walked away with ease. She has experienced other such incidents which have further strengthened her faith in vibrionics and inspired her to put her heart and soul into this seva.

She provides vibrionics treatment once a month to the visiting devotees of the Sai Samiti premises in Bengaluru where she used to go on various occasions since childhood. She also treats patients at a Shirdi Sai temple close to her home, twice a month. It is her dream that in the course of time, every Sai centre will facilitate a regular clinic for Sai vibrionics which would become the preferred mode of treatment for every household.

The practitioner has also been doing administrative seva of formatting our newsletters. Her 87-year-old mother not only takes vibrionics remedy for her chronic problems, she also helps the practitioner by filling

the pills in plastic bottles and labelling them. The practitioner is filled with gratitude to Swami as well as her mother, her **mentor**<sup>12051</sup> and teachers for the invaluable guidance she has frequently received.

Reminiscing her cherished moments with Sai, she says: she owes her life to Swami and will serve Him in all beings till her last breath, reflecting His words "Paropakaram Idam Shareeram (the body is given for doing good to others)". She is convinced that wherever vibrionics seva is done selflessly, Swami is definitely present. Vibrionics has connected her to Swami more profoundly due to which she feels a sense of oneness with others including animals and plants. Her daily prayer includes "Samastha Lokah Sukhino Bhavanthu" for the welfare of the entire universe.

**Cases to share:**

- [Rhinitis, bronchitis](#)
- [Anal fistula and boil, constipation](#)
- [Bleeding after abortion](#)



**Practitioner**<sup>11594...India</sup>, a post doctorate in Microbiology, is a faculty member and researcher in a reputed medical college in the state of AP, with 34 research publications to her credit. She is on the editorial board of 12 national and international scientific and medical research journals and a reviewer of articles published.

Born into a family of Sai devotees, she has been an active participant in the spiritual activities of Sai organization since childhood. She came to know about Sai vibrionics from her senior colleagues<sup>11567&11590</sup> in 2017 and started taking remedy for her chronic ailments. Inspired by them, she applied for the course and qualified as an AVP in February 2018 and became a VP in September 2018.

She is so enthusiastic that despite her busy work schedule and family commitments, she visits the local Sai centre on most Sundays to treat patients. She also attends to patients at home every evening soon after returning from work. She has treated over 590 patients in the last 15 months and has got amazing cures in cases of Crohn's disease, polycystic ovarian disease, hair loss, attention deficit disorder, chronic SMJ pains, psoriatic rheumatoid arthritis, pneumonia, psoriasis, and skin allergies. Patients suffering from cancer, diabetes, kidney failure, and systemic lupus erythematosus improved substantially and dengue patients recovered quickly. Referred by her old patients, many have approached her for treatment from distant places to whom she sends remedies by post.

The practitioner gives ample time and attention to her patients and listens to their sorrows and problems with understanding. This, she says, has helped to bring them out of their depressive state of health and expedite cure. Her patients include destitute and elderly. To those who are very lonely and depressed, she gives **CC15.2 Psychiatric disorders**. They respond positively, share their feelings and problems openly, and love her as their family member. She keeps the remedy bottle in Swami's shrine or near His photo and chants Sai Gayatri and Mruthyunjaya mantra thrice, before giving it to the patient. If the suffering is intense, she visualises the patient in a healing violet flame and meditates on Swami.

She feels vibrionics is a therapy that connects science and spirituality and for her, it is an exciting subject for research. She has embarked on a study to test the antimicrobial activity/effect of select vibrionics remedies on some multidrug resistant pathogenic microbial strains isolated from patients, as these microorganisms do not respond to commonly used antibiotics. She says the preliminary findings are encouraging and she will continue the research till she gets concrete results.

The practitioner finds the journey with vibrionics quite fascinating, and elevating too! It has filled a vacuum in her life by fulfilling her longing to be of service to people. It has taught her that giving remedy to a patient, with prayer, love, and kind reassuring words gives best results and true satisfaction. Her dream is to continue to be a worthy instrument of Swami in alleviating the suffering of people and uplifting their spirit and mental strength to live a joyful contented life.

**Cases to share:**

- [Dermatitis](#)
- [Hypothyroid](#)
- [Lower gastrointestinal bleeding](#)



## Case Histories Using Combos

### 1. Rhinitis, bronchitis <sup>11601...India</sup>

A 44-year-old male was suffering from frequent wheezing (breathing with a rattling sound in the chest) since birth. It was accompanied by runny nose, blocked nostrils, and headache. During childhood, his mother would rub "Vicks VapoRub" on his chest, temple, and around the nose to give him some relief. As he grew older he learnt to handle it himself and avoided going near paints, petrol, etc which triggered his wheezing. In the year 2000, when his symptoms became unbearable, he consulted a specialist. His condition was diagnosed as allergic rhinitis & bronchitis and he started taking allopathic medicines. For the past 12 years he has also been using nasal spray every day, as advised by his doctor. The treatment helped him to just manage his day-to-day life but did not give him complete relief. So he started looking for an alternative therapy.

On 13 January 2019, the practitioner gave the following remedy:

**#1. CC19.1 Chest tonic + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.4 Asthma attack...one dose every 10 minutes for 1 hour followed by 6TD**

He continued to take allopathic medicines. When he came after 4 weeks on 10 February, he looked desperate as there was not much relief from any of the symptoms. But he was sure he wanted to continue with vibrionics.

The practitioner enhanced #1 to:

**#2. CC15.1 Mental & Emotional tonic + #1...6TD**

On his next visit after a month, on 10 March he reported that all his symptoms had gradually receded. For the past one week he had no episode of wheezing, runny nose, blocked nostrils, or headache, and therefore he had stopped the allopathic medicines including nasal spray. The practitioner noticed that he could breathe easily without any difficulty. The dosage of **6TD** was continued.

On 21 April 2019, after an uneventful 6 weeks, **#2 was enhanced** to build his immunity, but at a reduced dosage:

**#3. CC12.1 Adult tonic + #2...TDS**

After 3 weeks, as the patient was doing fine, dosage of **#3** was further reduced to **OD**. On 16 June 2019, **#3** was stopped and **#2** was resumed at a reduced dosage of **3TW**, to be gradually tapered down to **OW**.

The practitioner also added:

**#4. CC12.1 Adult tonic...TDS** for a month to be alternated with **#5 CC17.2 Cleansing**, for the next one year, to build up his immunity.

**Editor's note:** As **6TD** is meant to tide over an acute phase, the dosage of **#2** should have been reduced to **TDS** at the time of patient's visit on 10 March.

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### 2. Anal fistula and boil, constipation <sup>11601...India</sup>

On 2 November 2018, a young man of 27 came to the practitioner who observed that the patient walked with great difficulty and very slowly and he had to keep his legs apart. He could not even sit comfortably. Two months prior, the patient had developed a painful boil, about an inch in diameter, in the anal area. This was making it extremely difficult for him to sit down and work in the office. About a year ago he was operated for renal abscess after which he developed anal fistula. He took allopathic medicines for about 6 months and stopped as there was no relief from recurrent pain, redness, and swelling around the anus. He was also suffering from severe constipation for over a year and had great difficulty in passing stools. He was not taking any medicine for his ailments.

The following remedy was given:

**CC2.2 Cancer pain + CC2.3 Tumours & Growths + CC4.4 Constipation + CC10.1 Emergencies + CC13.2 Kidney & Bladder infections + CC15.1 Mental & Emotional tonic...one dose every 10 minutes for 1 hour followed by 6TD**

Within 3 weeks, all his symptoms disappeared one by one, including the tumour which shrank in size gradually and vanished without any trace. So, on 21 November 2018, the dosage was reduced to **TDS**. After another month on 25 December 2018, he confirmed that none of the symptoms including constipation had recurred. He had no pain, so he could sit and walk comfortably, and also work the whole



day in his office without any problem. The dosage was further reduced to **OD** which he took for a month and stopped. As of June 2019, he has confirmed there has been no recurrence. The patient could not be persuaded to take a cycle of cleansing remedy alternating with immunity booster.

+++++  
**3. Bleeding after abortion** <sup>11601...India</sup>

In October 2018, a 34-year-old woman underwent an operation to terminate her pregnancy during the seventh month due to her health condition caused by bilateral minimal pleural effusion (fluid in the pleural space around lungs). Thereafter, she had frequent vaginal bleeding and vomiting which could not be set right despite hospital treatment for 3 months. She also had swelling in ankles and legs, wheezing, and sleeplessness, which had been there even during her pregnancy. She had been taking allopathic medicines for swelling and wheezing.

On 19 January 2019, the mother brought her to the practitioner in a pitiable condition; both were extremely distressed and depressed. The practitioner welcomed them warmly, listened to their woes with love, and gave the following remedy for her most pressing problems for which she was not on any medication:

**For bleeding, vomiting, and stress:**

**#1. CC3.1 Heart tonic + CC4.10 Indigestion + CC8.1 Female tonic + CC8.4 Ovaries & Uterus + CC8.7 Menses frequent + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic...one dose every 10 minutes for 2 hours followed by a dose every hour for the next 3 days, then 6TD.**

After four days, the patient reported that bleeding had stopped but other symptoms remained due to which she could neither eat nor sleep properly and was also having dry mouth and weakness. After a review, #1 was replaced by:

**For anaemia, vomiting, dry mouth, swelling in joints and wheezing:**

**#2. CC3.1 Heart tonic + CC8.1 Female tonic + CC8.9 Morning sickness + CC11.5 Mouth infections + CC13.1 Kidney & Bladder tonic + CC19.3 Chest infections...6TD**

**For sleeplessness:**

**#3. CC15.6 Sleep disorders...one dose half an hour before going to bed**

After 5 weeks she reported there was no vomiting or dryness in the mouth, bleeding had not recurred, and she was eating well and getting good sleep; only swelling in the ankle and wheezing remained.

On 1 March 2019, #3 was stopped and #2 was replaced by:

**#4. CC3.1 Heart tonic + CC8.1 Female tonic + CC13.1 Kidney & Bladder tonic + CC19.3 Chest infections...6TD**

After 3 weeks, the patient stopped taking allopathic medicines. After another month, when she met the practitioner on 22 April 2019, she reported that except for slight swelling in the ankles, she was happy to be free of all her symptoms. She was asked to reduce the dosage of #4 to **TDS**. She took this for a month and then stopped. As of June 2019, she confirmed that she was fine with no recurrence of any symptom.

**Practitioner's comment:** **CC8.9 Morning sickness** was included in #2 based on intuition as her vomiting was not stopping.

**Editor's note:** As **6TD** is meant to tide over an acute phase, the dosage of #4 should have been reduced to **TDS** at the time of patient's visit on 1 March and later to **OD**.

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**4. Dermatitis** <sup>11594...India</sup>

On the evening of 20 April 2018, a boy of 7 was brought by his mother, with reddish itchy blisters all over his body. There were about 10 lesions, each varying between 2-3 cm in size, spread over the abdominal area, legs, hands, and back of the body. On the previous day, the boy ate a spinach & cottage cheese dish at dinner and soon after complained of mild stomach pain. The very next morning, she saw the blisters on his body. She said he was not found allergic to either dust or any food so far.

He was given:

**CC4.10 Indigestion + CC21.3 Skin allergies...one dose every 10 minutes for 2 hours followed by 6TD,** with advice to dab the remedy water on the skin...**6TD**.

Within 2 hours, swelling, redness, as well as itching were reduced by 40%. The next day stomach pain was gone. After 2 days, on 23 April, when the boy visited the practitioner, there was no trace of any blister or

redness, nor itching. The dosage was reduced to **TDS** for 3 days followed by **OD** for 2 days and then stopped.

As of 14 June 2019, there has been no recurrence of blisters or stomach pain or any allergy. The boy has been taking a normal diet including the spinach dish with no allergic reaction.

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**5. Hypothyroid** <sup>11594...India</sup>

A 20-year-old girl had developed dark circles under her eyes 3 months ago. In the past 2 months, her weight had increased from 51 kg to 53 kg, she felt feverish every day, and had profuse hair fall. On 28 May 2018, the practitioner advised her to get the thyroid level checked. Two days later she came back with her medical report, serum TSH was 12.5 mIU/L, much above the normal range of 0.4 to 5.4. The patient confessed that since childhood, she had a craving for sweets. She did not opt for any treatment other than vibrionics.

She was given:

**#1. CC6.2 Hypothyroid + CC15.4 Eating disorders...6TD**

A month later on 3 July 2018, her report showed improved TSH at 5.8 mIU/L, still higher than normal. She had lost one kg, hair fall was 60% less than before, and feverishness had gone. Dark circles under the eyes continued to be there and she complained of headache for the past 2 days. Her haemoglobin level was also low at 10.1 g/dl as against the minimum of 12 g/dl.

Remedy #1 was enhanced to:

**#2. CC3.1 Heart tonic + CC11.3 Headaches + #1...6TD**

After 3 weeks, on 29 July 2018, the report showed normal TSH level at 5.3 mIU/L. Though her weight remained stable at 52 kg, hair fall had stopped, headache was gone, dark circles under her eyes disappeared, and her craving for sweets had diminished substantially as she focussed on healthy diet. The dosage was reduced to **QDS**, though the patient was interested in continuing **6TD**. She visited the practitioner for a refill diligently every month, even though her TSH level was within normal range. The haemoglobin level had increased to 12.3 g/dl; she was taking iron supplements in addition to vibrionics, but no other medication. During the next 11 months, her condition was stable; the patient was confident about her health and was willing to reduce the dosage.

She was given:

**#3. CC3.1 Heart tonic + #1...TDS**

The patient will taper down the dosage gradually to **OW** to suit her comfort level.

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**6. Lower gastrointestinal bleeding** <sup>11594...India</sup>

A 64-year-old man, afflicted with polycystic kidney disease (an inherited kidney disorder) for the past 30 years, was on dialysis once a week for the past 6 months. He developed severe pain in lower abdomen and was passing blood in stools every day for the past 3 weeks. It was diagnosed as lower gastrointestinal bleeding. His colonoscopy report of 22 March 2018 showed that the colon had small bleeding blisters. His haemoglobin level became down to 7.1 g/dl whereas it had been 8 to 9 g/dl for the past 30 years. He was advised to go for colectomy and no medicine was prescribed. The patient was almost bedridden due to dialysis and got very scared at the thought of another procedure.

So, on 25 March 2018, his daughter met the practitioner who gave the following remedy for bleeding and pain:

**#1. CC4.4 Constipation + CC4.5 Ulcers + CC4.6 Diarrhoea + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...one dose every 10 minutes for 2 hours** followed by **6TD**

Within a week the pain in the lower abdomen went away and there was no blood in his stools. The dosage was reduced to **TDS**. After another 3 days on 4 April, the dosage was further reduced to **OD** which he had for 2 weeks and stopped as he continued to be pain free and his stools were normal with no trace of blood. His haemoglobin level had gone up to 8.4 g/dl. He continued to be on dialysis once a week supplemented by blood transfusion once a month, along with vitamin and mineral supplements as prescribed by his doctor. Though his daughter was in touch with the practitioner, she visited on 23 June 2019 for vibrionics remedy to support her father's weak health due to continuing dialysis. She confirmed that the symptoms of pain or GI bleeding never recurred.

The practitioner gave:

**#2. CC3.1 Heart tonic + CC12.1 Adult tonic + CC12.4 Auto immune diseases + CC13.4 Kidney failure + CC15.1 Mental & Emotional tonic...TDS**

The patient continues to this day to take remedy **#2**.

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**7. Injury with nightmares** <sup>03546...France</sup>

In November 2017 a 35-year-old man left the Ivory Coast for Tunisia in pursuit of better job prospects. After a sea crossing in dramatic circumstances he lived for 9 months in "migrant" camps in Libya, Italy and France; during this time, he got separated from his pregnant wife. In September 2018 while at a camp in Italy, he was attacked by two thieves who pulled his legs apart to steal his mobile phone. His lower half of the body got badly injured. He was not able to get any medical help and spent several months in nightmarish situations with severe pain. He had much anxiety as he could not find his wife.

It was only at the beginning of January 2019 that he got reunited with his wife, and saw his new born child. When the practitioner saw him on 6 January, he still suffered from severe pain in his left groin, thigh, and knee and nightmares.

He was given:

**CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC20.4 Muscles & Supportive tissue + CC20.7 Fractures...6TD**

After one week he felt 100% fit, free of all pain, fear, and nightmares and the dosage was reduced to **TDS**. After another 10 days on 23 January, the dosage was reduced to **BD** for a week followed by **OD** for another week and then stopped. The practitioner stays in touch with the family and, as of June 2019, the patient is fine with no complaints.

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**8. Button battery ingestion by child** <sup>11607...India</sup>

A 4-year-old boy complained of stomach pain every day for over two months. He practically lost his appetite and became frail and weak. His mother found worms in his stools and so consulted a physician. When medicines did not improve his condition, his parents tried *siddha* treatment for some time which also did not help. During a short vacation in Chennai, they happened to meet the practitioner who was residing in the same building.

On 25 March 2019 the boy was given:

**#1. CC4.6 Diarrhoea + CC4.10 Indigestion...TDS**



Soon after the first dose, the boy developed high fever. By next morning, his stomach pain increased and he started to sneeze intermittently. To the astonishment of the parents, a small button battery (see pic) fell from his nostril while sneezing. Since he had a habit of putting small things in his mouth, it was concluded that he had swallowed the battery from one of his high tech toys; this was confirmed when they checked the toys after returning home from their vacation.

Soon afterwards, both his fever and stomach pain started receding. He felt fit the very next day and was ready to play. He started to enjoy his food without any pain and the worms were also not seen in his stools. He was advised to continue **#1** at **TDS** for a week, then **OD** for a week and then stop. As the family left the place, the boy started complaining of burning sensation in the stomach and they consulted a paediatrician on 1 April. Blood tests indicated ulcerous infection in his stomach and he took allopathic medicines for the same. He continued to take **#1** as advised.

However, the boy still had burning sensation in his stomach. So when the parents were again in Chennai, the family visited the practitioner on 1 May 2019.

The boy was asked to stop **#1** and instead take:

**#2. CC4.2 Liver & Gallbladder tonic + CC4.5 Ulcers...TDS**

After 10 days, burning sensation became less and they stopped the allopathic medicines. He continued taking **#2** until 20 May when the burning sensation had ceased; also none of the earlier symptoms recurred.

As at end of June 2019, it has been confirmed by the boy's parents that he has been hale and hearty.

## 9. Adult's Still Disease <sup>02799...UK</sup>

In 2012, a 25-year old female was diagnosed with Adult Still's disease, a rare form of auto-inflammatory arthritis. She had achy swollen joints accompanied by constant muscle pain in the entire body, and was on steroids for a few months resulting in remission. In October 2014, her condition flared up and she was hospitalized for three weeks followed by heavy medications including steroids and morphine for pain management. While still undergoing treatment, she was diagnosed with osteoporosis and a hairline fracture in her lower back in March 2015. She was given calcium and vitamin-D supplements with advice to rest in order to heal the fracture and to ease her severe back pain. The cause of this condition was attributed to the long-term use of steroids. Completely distressed and exhausted with pain all over her body, unable to walk properly despite all the medications, the patient contacted the practitioner on 10 May 2015. Her ESR count was 75 (normal is 1-20 mm/hr).

She was given the following remedies:

### **For Arthritis and Osteoporosis:**

**#1. CC10.1 Emergencies + CC12.4 Autoimmune diseases + CC15.1 Mental & Emotional tonic + CC20.1 SMJ tonic + CC20.2 SMJ pain + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.6 Osteoporosis + CC20.7 Fractures...QDS**

### **For Inflammation:**

**#2. NM45 Atomic Radiation + NM113 Inflammation + SM2 Divine Protection + SM5 Peace & Love Alignment + SM6 Stress + SR324 X-ray + SR348 Cortisone...QDS.**

She continued all her allopathic medications along with vibrionics. Within 24 hours, the patient started feeling better in terms of her energy. In two weeks, she felt 50% relief from all kinds of pain and her ESR count came down to 28. Her energy level rose by over 50% and she could carry out her daily chores with greater ease. After another 6 weeks, she stopped all but one medicine, Methotrexate (20mg), that she had been taking weekly since 2012 to manage her condition. By September 2015, she was 90% fit, her ESR was 25, her nagging pains had nearly gone, she could walk faster and resume her work. The dosage of Methotrexate was brought down to 12 mg and that of **#1** and **#2** was reduced to **TDS** for 6 months and then in March 2016 to **BD**. Soon after on 4 April, she reported 100% relief from all pains. After another 6 months in October 2016, she stopped taking her long-time companion Methotrexate as her ESR remained stable at 7. As of April 2019, there has been no relapse of any symptoms; she is taking **#1** & **#2** at **BD** and keen to continue this to maintain good health. She now follows a healthy life style. She is getting ready for her wedding this year and is planning a family which seemed impossible before.

**If using the 108CC box give #2: CC20.1 SMJ tonic...QDS**

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## 10. Back & knee pain after fracture <sup>11585...India</sup>

In December 2015, a 34-year-old female had a fall on the way to her workplace and fractured her hip. The fracture was healed in 6 weeks but she still had severe back and knee pain. Soon she was in for a big shock as her husband passed away in an accident. Her troubles multiplied as she had to struggle for her livelihood. She had to depend on her family members to do the daily chores. Allopathic medicines gave her no relief even after a year of treatment and she stopped, except that she had to depend on a painkiller whenever the pain was unbearable.

On 24 March 2017, she met the practitioner who gave:

**CC3.7 Circulation + CC12.1 Adult tonic + CC18.5 Neuralgia + CC20.5 Spine + CC20.7 Fractures...TDS**

Within 2 weeks, the patient felt 50% relief from back and knee pain. She stopped taking pain killers now and could carry on her daily activities without anyone's support. In another 2 weeks she was free from both back and knee pain and became 100% normal. The dosage was gradually tapered to **OW** over a period of one month.

After another month on 22 June 2017, the patient reported that she was perfectly fine and hence stopped the remedy. Soon she got a job. Two years have passed since and there has been no recurrence and she continues to do her job with gratitude and joy.

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## 11. Pain attacks after trauma <sup>03533...UK</sup>

In December 2015, after a sexual assault, a 23-year-old independent and extrovert woman started having panic attacks every other day; symptoms were sudden trembling, palpitation, heightened bouts of anxiety with sweating, and ashen face. Whenever the incident flashed past her mind, these symptoms would arise. Gradually she lost self-confidence and refused to venture out due to fear; a sense of shame and worthlessness gripped her and she stopped meeting friends. Unable to cope with past memories and her emotions, she discontinued the degree course she was pursuing before the attack. Though she consulted a doctor, she did not take any medicine.

On 27 July 2016, the patient approached the practitioner and was given the following combo:

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

After 4 weeks, the patient reported that her condition had improved substantially; she had no more panic attacks and was regaining her self-confidence slowly, though a strong sense of fear was still there to make her tremble every now and then.

After another 4 weeks, the dosage was reduced to **BD** as she was 80% better in all respects. Fear gripped her rarely. On 24 October, the patient reported that she was feeling 100% fine and panic attacks had not recurred. She felt confident of herself and was now ready to resume her studies. Dosage was reduced to **OD**. She stopped the remedy after a month on 25 November 2016, and completed her degree course in September 2017 and took up a job. During the last contact with the patient in April 2019, she confirmed that there had been no recurrence and she was confidently carrying on with her job.

**Practitioner's comment:** **CC4.2** was added as a detox to help her clear pent-up anger against the perpetrator and **CC13.1** to clear the deeply held fear that normally affects the kidneys.

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## 12. Residues of malaria, excessive salivation & perspiration <sup>03546...France</sup>

In 2014, a three-year-old malnourished girl, weighing only 9 kg, was adopted in Africa and brought to France. Soon she was diagnosed with malaria and treated with oral quinine for three months that relieved her of fever and headaches. But her body always remained very hot to touch and she couldn't bear high temperatures. She also sweated profusely, had difficulty in breathing through the nose, her voice sounded nasal, and tonsils were enlarged. At night she produced excessive saliva which dried up around the mouth in the morning.

Her adenoids (lymphatic tissue between back of the nose and throat) were surgically removed in 2015 to ease her breathing, but there was no improvement. Her respiratory issues were thought to have been caused by acarids (family of mites/ticks) and she went through several months of desensitization treatment. That too did not bring about any significant improvement.

On 8 August 2018, the girl's family described all the above symptoms to the practitioner who sent the following remedy by post:

**CC3.1 Heart tonic + CC9.1 Recuperation + CC11.5 Mouth infections + CC12.2 Child tonic + CC15.1 Mental & Emotional tonic + CC21.10 Psoriasis...TDS**

The girl did not take any other medication. After one week, she could breathe a little through the nose, level of perspiration and body heat was comparatively less, and her ability to bear high temperature increased slightly. Overall, she improved by 20% but she salivated 50% less. After another 3 weeks, improvement went up to 50% but salivation stopped completely. By 24 October 2018, in just 11 weeks, all the symptoms vanished. She was able to breathe normally through her nose and her voice was no longer nasal. Body heat, perspiration, and her ability to bear high temperature became normal. Since the patient did not have any pain or even discomfort, tonsils were not treated and so remained a little enlarged.

Remedy was continued for another month until 24 November 2018 at **TDS**. During the winter of 2018-2019, the child was healthy and did not suffer even a cold. As of 16 June 2019, she is in perfect health with normal weight at 22 kg. Reduction procedure could not be followed because of misunderstanding over the phone.

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## Answer Corner

1. *Why is vibrionics said to be compatible with allopathy and not homoeopathy or ayurveda? How do we deal with a patient who is already being treated with one of these two healing systems?*

**Answer:** **Vibrionics** simply balances the energies within the body at subtle realms where the disease first originates. It regenerates the affected organ by working at a cellular level. Its effect will be visible at the physical level as the health of the affected physical organ is restored.

**Allopathic medicine** acts on the body at a gross or physical level. This sometimes affects negatively other parts of the body, causing rashes, headaches, dizziness etc (known as side effects). Because vibrionics works at a vibrational level, when given along with allopathy, vibrionics does not interfere with the working of allopathy at physical level. Additionally it prevents/helps remove the side effects of allopathic medicines. It also enhances the treatment through balancing the inner subtle energies, thus bringing faster and more sustained healing.

**Homoeopathy** also works at a vibrational level. It is widely believed that some *homeopathic* remedies act as complementary or antidotal or *inimical* to some other homoeopathic remedies. So homoeopaths keep this in mind while making prescriptions. If a patient undergoing homoeopathic treatment visits us, we would not like to treat him because we don't know which homoeo remedy he is taking in case our remedy is antidotal or inimical to this. Therefore, If homoeopathic treatment is working well for a patient, and the patient still comes to us for vibrionics treatment, we should advise the patient that it is best for him to continue with homoeopathy only. If a patient comes to us saying that homoeopathic treatment is not working well for him and that he wants to take vibrionics remedy along with homoeopathic remedy, then we should advise the patient that it will be in their own interest to first stop homoeopathy and then come back after 3 days.

**Ayurveda** is the traditional ancient system of Indian medicine. It is a complete treatment in itself based on natural substances such as herbs, with special emphasis on exercise, meditation, breathing as well as diet for each disease in accordance with the laws of nature. Being a holistic system complete in itself, it is best not to supplement vibrionics remedies with ayurveda. However, **ayurvedic** tonics are like food supplements and hence will not interfere with vibrational remedies, and so can be taken alongside.

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2. *Can we start the treatment with 6TD dosage for faster cure instead of the standard dosage of TDS?*

**Answer:** In acute cases, it is helpful to start the treatment at 6TD to encourage an immediate response to the treatment. On improvement, reduce the dosage to TDS (some practitioners prefer QDS and then TDS on further improvement), keeping at that dosage until the patient is on the road to recovery. Then a further reduction to BD, then OD and stopping the remedy only when the patient has completely recovered.

In chronic cases, especially when the symptoms are not very acute or where a pullout could be expected, we start at TDS. Only if the symptoms are acute, we give 6TD for one or two days to get the force of the remedy moving.

On disappearance of symptoms, taper down the dosage gradually to the maintenance dose of OW. Never stop the remedy abruptly to avoid the risk of symptoms returning.

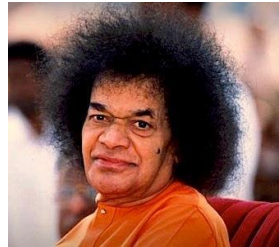
+++++  
3. *How do we taper down the dosage if a patient wants to continue TDS lifelong for ailments like BP or thyroid, having found stability with vibrionics?*

**Answer:** In such cases, it is good to educate the patient that the body might get used to the remedy and not respond if continued for too long without tapering the dosage. Human body has immense self-healing powers. Vibrionics facilitates and activates this healing power and enhances the immunity to enable the body to repair itself. Once activated, the cells have the inbuilt intelligence to restore the body to its natural healthy state. A slow reduction of dosage down to the maintenance dosage of OW is important. Thereafter, in cases where the allopathic medicine was prescribed lifelong, vibrionics should also be maintained lifelong at OW. The same applies to old-age problems like arthritis, BP, thyroid, or diabetes. In younger people, it may be possible to stop the remedy after sometime, depending upon the patient's comfort level.

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4. *I advise all my patients to drink at least 2-3 litres of water. How will toxins get released from a patient on dialysis, who is not allowed to drink more than a litre of liquid including water?*

*Answer:* Toxins get released in different ways through excretions from the body, including breath and sweat. Toxins from a patient who drinks plenty of water will flush out through the kidney. Patients on dialysis with restriction on water intake become free of toxins through the process of dialysis. But such patients should be advised to have fibre-rich diet so as to flush out toxins through the digestive system. They should not consume excessive salt which would cause water retention and trigger thirst. Further, deep relaxed breathing several times a day, including early morning hours, would also eliminate toxins. Deep breathing should be done half an hour before meals or when stomach is light, preferably in fresh air near trees/plants.

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## ❧Divine Words from the Master Healer❧

***“Excessive intake of food results in obesity and, consequently, heart will be subjected to greater strain to pump blood. Blood travels a distance of 12,000 miles in the body every single day. With increase in obesity, the circulation of blood and, consequently, the functioning of heart will be impaired. Hence, one should exercise control over one's food habits.”***

...Sathya Sai Baba, Discourse 10 September 2002  
<http://www.sssbpt.info/ssspeaks/volume35/sss35-16.pdf>

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***“You should be prepared to do selfless service. You should never think of being served by others. You have the strength of the body, mind, and spirit at this age and therefore you should do service to others right now. You should serve old, hungry, and weak people. Such service should be regarded by you as service to God. On the other hand, if you are anticipating that someone will serve you, your life will be going along a dark path.”***

... Sathya Sai Baba, “Service to Man is Service to The Lord” Summer Showers in Brindavan1973  
<http://www.sssbpt.info/summershowers/ss1973-08.pdf>

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## ❧Announcements ❧

### Forthcoming Workshops

- ❖ **India Puttaparthi:** AVP Workshop 17-22 July 2019, contact Lalitha at [elay54@yahoo.com](mailto:elay54@yahoo.com)
- ❖ **India Puttaparthi:** SVP Refresher Workshop 24-25 July 2019, contact Hem at [99sairam@vibrionics.org](mailto:99sairam@vibrionics.org)
- ❖ **Croatia Zagreb:** AVP Workshop 5-8 September 2019, contact Dunja at [dunja.pavlichek@gmail.com](mailto:dunja.pavlichek@gmail.com)
- ❖ **UK London:** National Annual Refresher seminar 22 September 2019, contact Jeram at [jeramjoe@gmail.com](mailto:jeramjoe@gmail.com)
- ❖ **France Alès - Gard:** SVP Workshop 20-24 October 2019, contact Danielle at [trainer1@fr.vibrionics.org](mailto:trainer1@fr.vibrionics.org)
- ❖ **France Alès - Gard:** AVP Workshop & Refresher Seminar 26-28 October 2019, contact Danielle at [trainer1@fr.vibrionics.org](mailto:trainer1@fr.vibrionics.org)
- ❖ **India Puttaparthi:** AVP Workshop 17-22 November 2019, contact Lalitha at [elay54@yahoo.com](mailto:elay54@yahoo.com)
- ❖ **India Puttaparthi:** SVP Workshop 24-28 November 2019, contact Hem at [99sairam@vibrionics.org](mailto:99sairam@vibrionics.org)
- ❖ **India Puttaparthi:** AVP Workshop 12-18 February 2020, contact Lalitha at [elay54@yahoo.com](mailto:elay54@yahoo.com)

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## ∞In Addition∞

### 1. Health article

#### Headache – its prevention & management

*“Today there seems to be no limit to man's desires. The entire human life is spent in the pursuit of these desires. Every moment is filled with insatiable wants. Man's head is filled with these desires. If only the head is filled with sacred thoughts, it will get sanctified.” -- Sri Sathya Sai Baba.<sup>1</sup>*

#### 1. What is headache?

It is a pain one feels in the region of head or upper neck and can be a real “pain in the neck”. It could be vascular, neurological, exertional, musculoskeletal, or a brain disorder. It can be incapacitating and debilitating enough to affect the quality of one's life. It is considered as the third most prevalent illness in the world, more common in women.<sup>2,3,4,5</sup>

#### 2. Nature, cause, and types of headache

*Broadly speaking, headaches are either primary or secondary, based on their cause/origin:*

**A. Primary headache** is a standalone illness caused directly due to a problem or over-activity in the pain sensitive blood vessels, muscles, and nerves of the head and neck. This could be triggered by some factors, but are typically benign, without an underlying cause or a structural problem. This includes migraine, cluster headache, and tension headache.<sup>5,6,7</sup>

- **Migraine** is a recurring headache of moderate to severe intensity, with pulsating/throbbing pain on one side, that may last for several hours up to 3 days. It is normally accompanied by nausea, vomiting, cold hands, sensitivity to smell, sound, and light, or visual disturbances referred to as “aura”. It gets triggered when the hormonal level changes. Serotonin, a chemical necessary for communication between nerve cells, can also narrow blood vessels and cause migraine.<sup>8</sup> It is precipitated by a mix of genetic and environmental factors like stress, lack of sleep, hunger, fatigue, weather changes, and menstruation.<sup>2-8</sup>
- **Cluster headache** is one of the most painful headaches, due to a neurological disorder. It gives excruciating pain on one side of the head and around the eyes, accompanied by nasal congestion, watering of eyes, and swelling around the eyes. Pain may develop during sleep and may last several hours, every day, for weeks/months and disappear for a year. It occurs between the age of 20-50, mostly in males, often mistaken for migraine or sinusitis. Exactly what triggers it, is not known but hypothalamus and trigeminal nerve are known to be involved. Sometimes it could be due to tobacco smoke, alcohol, or a strong smell.<sup>5,6,7</sup>
- **Tension headache** is the most common one characterized by a dull non-throbbing radiating pain from the lower back of the head, including the neck, eyes and other muscles, typically felt on both sides of the head. A person may feel as if he has a tight band around the head. It could be episodic, frequent, or chronic accompanied by slight nausea, and last for a few minutes to hours, days, months, or even years. Despite its high occurrence, it is the least researched headache.<sup>9</sup> The triggers are mostly stress, poor posture, lack of sleep, hidden depression, eye strain, and musculoskeletal problems.<sup>5,6,7,9</sup>

**B. Secondary headache** happens when there is an underlying cause or condition, like, sinusitis, vascular disorder, brain or head injury, or brain tumour, that may stimulate the pain sensitive nerves of the head. *In other words, a secondary headache is a symptom of a disease or a problem, known or unknown, unlike a primary headache.*<sup>5,6,7,10</sup>

- **Sinus headache** gives a gnawing pain over the nasal area, especially the bridge of the nose, cheek bones, and forehead, often accompanied by swelling of face, pressure inside the ears, and fever. It could be due to inflamed and blocked sinuses due to an allergy or infection. It could also be due to deviated septum that blocks the sinus ducts leading to sinusitis. It is often confused with one of the primary headaches.<sup>5,6,7</sup>
- **Brain tumour headache** gives pain that progressively worsens accompanied by projectile vomiting, visual disturbance, speech or personality changes, problems with equilibrium, gait, or co-ordination, and seizures. It is a rare condition.<sup>5,6,7</sup>
- **Thunderclap headache** is a severe one, described as the ‘worst headache of my life”, as it can start suddenly and reach maximum intensity in less than one minute and last longer than 5 minutes. Its



underlying cause could be a life-threatening one due to cerebral haemorrhage/thrombosis or meningitis needing urgent medical attention.<sup>6</sup>

- **Menstrual headache** with migraine type pain normally occurs shortly before, during, or after menstruation, or at mid-cycle, due to variation in oestrogen levels.
- **Lifestyle headache** may occur due to strenuous dieting, skipping meals, highly acidic diet, habitual sleeping at late hours, texting, watching TV, or too much sleep. There could be hunger headache just before mealtime (that may vanish soon after); hangover headache due to alcohol; and rebound/withdrawal headache due to dependence on caffeine.<sup>5,6,7</sup> For instance, regular consumption of caffeine constricts blood vessels in the brain and the body adjusts to fight this effect. But when it is not consumed on time or stopped abruptly, blood vessels dilate too much causing a headache. It will take a while for the body to adjust to fight the withdrawal effect; till then one may find taking caffeine only can cure headache caused by its withdrawal—anomalous situation indeed!<sup>11</sup>
- **Other kinds of headaches** could be due to allergens like pollen, accompanied by nasal congestion and watery eyes; high BP with generalised or hairband type pain, most severe in the morning and reducing as the day passes (correlation of headache with BP is not proven); overuse of medications; exertion, fever, or eye strain due to muscle imbalance or uncorrected vision; and depression.

### 3. Treatment of headache!

**Is there a cure for headache?** Research is on in several institutions worldwide, especially for migraine but there is no scientific evidence at present to show what exactly would prevent, manage easily, or cure headache.

**Treatment of migraine without medicine!** A research on migraine has revealed that it occurs as part of a chain reaction during which veins in the brain contract due to which blood cannot supply sufficient oxygen to brain. A pilot study was done for a year in 2016-17 using an “inhaler” which was made utilising body’s natural molecules, carbon dioxide and oxygen, for mobilizing its own defence against migraine attacks. The inhaler expanded the blood vessels which supplied the brain with enough oxygen to stop the destructive chain reaction. It was found that pain relief increased significantly with each use of the inhaler.<sup>12</sup>

**Hypoglycaemic/ketogenic diet:** A researcher, who himself suffered from migraine for years and found relief, says that one can eliminate migraine by managing blood sugar levels through a hypoglycaemic diet of more protein more often, especially in the morning, and fewer simple carbs.<sup>13</sup>

Ketogenic diet of low carbohydrates and high fats and oils, (best obtained from coconut oil) with moderate protein, was found to reduce migraine frequency in 90% of patients in one study.<sup>14</sup>

**Alternative physical therapies** like chiropractic therapy, physiotherapy, acupressure, acupuncture are in vogue. Some clinical trials have found that chiropractic spinal manipulation, which is a drug-free and surgery-free path to realign the spine, reduced headaches substantially.<sup>15</sup> A chiropractic therapy treats joints and musculoskeletal problems including pain using manipulation techniques, whereas physiotherapy uses mobilization techniques.<sup>16</sup> Other therapies like acupressure and acupuncture have also been found reasonably effective in giving relief from migraine and tension headaches.<sup>17,18</sup>

**Yogasanās and Pranayama** are known to relieve as well as cure headaches including migraine.<sup>19,20</sup>

**Vibrionics:** Many have found relief and cure by taking Sai vibrionics remedies blessed by Sri Sathya Sai Baba. One can prevent and counter headache through these remedies: **CC11.3 Headaches, CC11.4 Migraines, CC15.1 Mental & Emotional tonic, CC18.5 Neuralgia, CC20.5 Spine** or any other suitable combo from 108CC box; **NM5 Brain TS, NM44 Trigeminal Neuralgia, NM59 Pain, NM85 Headache-BP, SM6 Stress, SM39 Tension** or any suitable combination from the 576 cards.

### 4. Management of headache

One may or may not have the facility or access to try a therapy, but one should know how to manage a headache once it starts.

Some home remedies for relief:

- Inhale steam after boiling a mixture of apple cider vinegar and water in equal quantity.<sup>21</sup>
- Smell / inhale natural essential oils like peppermint, lavender, thyme or rosemary, or basil, or crushed cloves; sniff roasted caraway seeds or black cumin tied in a soft cloth.<sup>15,21,22</sup>

- Apply cinnamon or ginger paste on forehead and rest for a while.<sup>21</sup>
- Eat a piece of apple sprinkled with salt and then drink some warm water; this is known to give instant relief from sinus headache.<sup>21</sup>
- Drink warm ginger juice with lemon; take extract of tension-easing herbs like feverfew and butterbur, which are used in making headache medicines; a study has found them to be effective in helping with migraine.<sup>15,21</sup>
- A cold pack on the forehead to reduce muscle spasms and inflammation; a heat pack on the back of the neck, or a hot shower; get a gentle massage done.<sup>23</sup>
- Just relax or sleep with a suitable pillow for appropriate head-neck alignment.<sup>23</sup>

**Self-monitoring:** Keep a diary about your diet and life style; observe and note what triggered the headache, when it started and flared up, how long it lasted, and how it was relieved. It is best to catch the sign just when it is about to start, you will know this with experience. The memory of a flare up can be so intense that impulsively you may go for a painkiller; it may not help to ease a headache if it has already started, especially if it is migraine.

**Consult** a physician promptly and get the necessary tests done when a headache is unbearable or keeps recurring or when its cause is unclear or not known or when no therapy gives relief.

## 5. Prevention of headache

Wisdom lies in taking the necessary precautions to prevent headache by:

- Choosing an appropriate lifestyle consisting of a balanced diet of whole grains, nuts, seeds, fresh fruits and vegetables, adequate water intake, exercise, walking in fresh air every morning to get sunshine, silent sitting, sleeping on time, but not oversleep.<sup>23</sup> A relaxed mind and an active body will prevent headaches from taking root in a person.
- Slow and deep relaxed breathing like a seal (inhale deeply for 4 seconds, exhale deeply for 4 seconds, continue the cycle for one minute).<sup>14</sup>
- Taking short breaks and stretching or taking short walks at regular intervals, if one is working for long in closed rooms with poor ventilation.
- Avoiding the triggers. If someone is headache prone, he should avoid using beverages like coffee, tea, cola, chocolate, or un-soaked nuts. The golden rule to follow is “kick the caffeine”.<sup>11</sup>
- Adopting a right posture of erect spine; it is very important to be at ease. Wrong posture may lead to neck pain along with a headache. According to yogic science, erect posture enables smooth flow of cosmic energy along the spine and maintains the equilibrium within. Only then all the organs in the body, especially the muscular and the skeletal, will be in order and not impaired.<sup>24</sup>

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## 2. Refresher Seminar, Pune, Maharashtra, India, 15 June 2019

In the hostel of a girl's school 16 practitioners got together with great enthusiasm and had a very interactive



Refresher conducted by Senior Vibrionics teacher<sup>10375</sup> who inspired them to delve deeper into the subject of vibrionics and freely share their experiences.

The main points of discussion were: mutual learning about correct identification of acute and chronic cases, giving only the most appropriate combos in a single bottle, when to change a combo, tapering the dosage appropriately, keeping patient records complete and up-to-date, counselling patients with love, and initiating a

cleansing - immunity cycle for patients and their families. The participants felt they had enriched their knowledge. They also reaffirmed their commitment to do vibrionics seva as their life's mission and to take greater responsibility in taking vibrionics forward.

## 3. Local meetings in UK

### 1. West London 6 April 2019

A highly interactive meeting attended by 13 practitioners was held at the house of Senior Practitioner<sup>02799</sup>. She refreshed the topics discussed earlier on pain combo, adrenal dysfunction, diet and lifestyle especially for cancer, diabetes, and cardiovascular diseases, and use of nosodes. While sharing her experiences and successful cases, she told how most of her patients took remedies and followed a healthy lifestyle as advised. This was because she would tell her patients at the outset that she will treat them only if they follow the instructions.

Participants shared their successful and difficult cases, and how **CC1.2 Plant tonic + CC17.2 Cleansing + CC21.7 Fungus** used as a spray transformed gardens and cleared up dirty side alleyways and the mould in the sheds. They volunteered to research on the efficacy of "hair nosodes" for hair problems and

“potentised Alendronic Acid” for osteoporosis. One practitioner shared several cases where he simply broadcasted remedies to patients with amazing results.

While concluding, practitioners were reminded to ensure timely submission of their monthly reports, remember God was present in all, and say always that “peace, purity and love is my nature.”

## 2. Midlands 27 April 2019



The meeting held in Leicester at the residence of Senior Practitioner <sup>02802</sup> had 8 participants including two new practitioners who shared their experience of the application process, correspondence course, week-long practical workshop at Puttaparthi and mentoring thereafter. Doubts were cleared and cases were discussed. Pre-made combos used successfully in summer holidays to prevent digestive disorders and tropical diseases and in winter for cold, throat infection, and flu, were shared by some practitioners, which was appreciated. Before dispersing, the participants decided to hold vibrionics awareness drive in their respective localities by contacting local temples & community centres.

## 3. East London 5 May 2019

Seven practitioners (including 3 on skype) interacted at the meeting held at the residence of UK Coordinator <sup>02822</sup>. The new practitioners were urged to be well versed with the combos so that they can quickly make remedies during camps. Some of their practical concerns like obtaining supplies, regularly topping up the combo bottles, minimizing evaporation of alcohol from combo boxes, were addressed. While sharing cases, efficacy of using water/vibhuthi as medium for external application and using eye drops made from pure water were discussed. The coordinator gave tips on how to obtain new patients, how to communicate contact details to friends and prospective patients through visiting card with Logo of IASVP, and how to spread awareness about vibrionics.

**Om Sai Ram**

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