

Sai Vibrionics Newsletter

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"Whenever you see a sick person, a dispirited, disconsolate or diseased person, there is your field of seva."
...Sri Sathya Sai Baba

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☪ From the Desk of Dr Jit K Aggarwal ☪

Dear Practitioners

It is a great blessing to write to you from Prashanthi Nilayam, where preparations for Swami's birthday celebrations have already started. In Swami's words *"God is only one, not two. He is the Indweller of your heart. If you constantly contemplate on Him, you will also become God. Whomsoever you come across, consider them as the embodiments of divinity. That is the principle of divinity...Wherever you see, God is present there. Whomsoever you see, there is God in him. God has no different form. All forms are His. That is why the Veda declared, Sahasra Seersha Purushaha Sahasraksha Sahasra Pad (The Cosmic Being has thousands of heads, eyes and feet)"*...Convocation Discourse, 22 November 2010. Indeed, we are so fortunate to be living in His Presence!

As we know, Divine energy is beyond both time and space making it omnipresent, omniscient, and omnipotent. It is not separate from us or far from our reach. Swami has said that the best path for our day and age to connect, meet, and know God is to engage in selfless service. This is because God exists as love –and seva is an expression of His pure love. The vibrations in vibrionics remedies and the very act of selfless service also exist at the level of the unified field of pure love and infinite potentialities; thereby, giving both the practitioner and the patient the opportunity to experience this spectacular connection to God's pure love. This connection between the physical and the spiritual realms is now better understood and explained by quantum mechanics. In fact, many scientists from interdisciplinary fields have made it their life's mission to build awareness on our ability to tap into the unseen unified field for purposes of healing ourselves. I can't tell you how privileged we are to be practising what modern science has only recently started to understand and appreciate –*truly the medicine of the future as described by Swami*.

As you are aware, vibrionics is in its infancy and therefore is always growing because new information is constantly coming to light as a result of feedback from practitioners and from our research team. This information is compiled and passed on to our practitioners through the medium of our newsletters. Simultaneously the relevant books, namely AVP & SVP manuals, 108CC book and Handbook for SVPs (Vibrionics 2018), are updated. As the revised books are only printed every few years, it is likely that many practitioners don't have the latest version. May I humbly suggest that you go through our bi-monthly newsletter as soon as it is published and in particular, scan the Answer Corner, the In Addition section, and the Case Histories. In this way, not only will you keep abreast of the latest innovations in vibrionics but also, you will find that a lot of your questions and doubts have already been addressed! If you still have any doubt or query regarding a combo or remedy, do write to our ComboQueries team who consider it a real joy to be able to respond to each and every email request. Apart from uploading newsletters on our main website www.vibrionics.org, an appropriate link is also sent to you in a personal email; so be on the lookout for this.

We understand that it is not always possible for practitioners to travel long distances to attend meetings and refresher workshops. So, some groups have started utilizing web conferencing tools such as Skype

and Go to Meeting. We have received reports that these online meetings have been very successful. Our **US & Canada Coordinator** ⁰¹³³⁹ has held monthly teleconferences for almost a decade with great success. In view of this, we have decided to set up an official video-conferencing system for future seminars. This will be completely managed by **Practitioner** ⁰³⁵⁶⁰, who has taken early retirement from his IT job in the US and has committed to spend substantial amount of his time to serve Sai vibrionics. He currently manages our website, supported initially by existing **Practitioners** ^{03531 & 02844} and coordinated by a very senior **practitioner** ¹¹⁹⁶⁴. He is an asset to vibrionics as he has been addressing our day-to-day queries and carrying out modifications to our websites in a very efficient and effective manner. He is ready to step-up and take on a greater role – truly inspirational as a role model and very commendable!

In loving service to Sai
Jit K Aggarwal

❧ Practitioner Profiles ❧

Practitioner ^{11600...India} is a chartered accountant by profession and employed in the corporate sector for the past 18 years. In November 2004, he forgot his wallet at home and realised this midway while travelling in a bus. A co-passenger who happened to be a Sai devotee, paid his fare. Also, he invited him to attend Sai bhajans at his home where he gave him books on Swami. Through this unforgettable initiation into the fold of Swami, he slowly got drawn into the activities of the Sai organisation. After his first darshan of Swami in 2010 in Delhi, he started participating with great fervour in the various seva activities including medical camps.



Inspired by a **practitioner** ^{11573...India} who treated his ailing father, he enrolled in the vibrionics course and became an AVP in July 2018 and a VP in December 2018. In the past one year, he has treated more than 350 patients with varied health problems like anaemia, low platelet count, high blood pressure, constipation, gastritis, hypothyroid, eye infection, irregular and painful menses,

menopause, viral infections, migraine, bedwetting, kidney stone, urinary tract infection, insomnia, depression, travel sickness, asthma, sinus problems, arthritis, sciatica, corns, and bed sores. A cancer patient undergoing radiation therapy did not face side effects from radiation after he took vibrionics remedies from the practitioner. Patients with cancer, prostate enlargement, kidney failure, and Parkinson's disease under regular allopathic treatment showed remarkable improvement after taking vibrionics. His formula to control chronic acidity is **CC3.5 Arteriosclerosis + CC4.10 Indigestion + CC13.1 Kidney & Bladdertonic...TDS**; it brought quick relief in all the 25 cases of acidity that he treated.

The practitioner has made two “wellness kits”; one he always carries with him. It has enabled him to provide quick and complete relief to his acquaintances and colleagues at work and during his frequent official tours, for acute conditions like fever, cold, cough, indigestion as well as aches and pains. The other kit is kept at home for use by his family members, who promptly help anyone in need when he is away. He treats patients from his home during weekends and holidays and holds a daylong clinic once a month in his apartment. He does not hesitate to see patients with acute problems even on working days before and after work. He is grateful that he gets support and assistance from his wife for making remedies, especially during health camps conducted at the Samiti level. The practitioner utilises his commuting time and free time to study the AVP manual, international conference book, and Sai literature.

During the course of vibrionics seva, he has experienced Swami's guidance multiple times. He is full of gratitude to Swami for making him a channel of His love. He realises that God has bestowed upon us the invaluable gifts of water, sunlight, and oxygen to keep us healthy. So he feels the best way to offer our gratitude is to serve the distressed and prevent illness, and practitioners are fortunate to have the opportunity of doing this through the amazing medium of vibrionics. More importantly, he says, we should work towards self-transformation; this implies striving to free the mind of the toxins of ego in the form of anxiety, fear, anger, and other vices that raise their head at the earliest opportunity. According to him, he has become more self-confident and humble after starting vibrionics practice.

Cases to share:

- [Wheezing](#)
- [Migraine](#)

Practitioner ^{02840...India}



, a postgraduate in Commerce, has been teaching Accountancy and Microsoft Utilities in a college for the past 9 years. In addition, she is a member of the core faculty group of the Institute of Chartered Accountants of India for the past 8 years. In 2016 she completed her doctorate in Accountancy. Apart from her professional engagements, she, along with other like-minded people, conducts free of charge e-learning programs on career and personality development for schools and colleges. Passionate about doing seva right from her college days, she won laurels for her active role in the National Social Service program for rural upliftment in India.

A devotee of Shirdi Sai Baba from childhood, she came into Swami's fold in 2010. Inspired by the service activities of Sri Sathya Sai organisation and her uncle's active participation in them, she became a seva dal member in 2011. A few days later, she came across Swami's words: "whenever you see a sick person, a dispirited, a disconsolate, or diseased person, there is your field of seva", when she accompanied a relative to take vibrionics remedy in Puttaparthi. Immediately she sought admission in the vibrionics course and became an AVP in December 2011. Her faith in vibrionics strengthened when she saw sprinkles of vibhuti on the caps of some combo bottles in her 108CC box soon after she qualified. During the past eight years of her practice, she has experienced the presence of divinity several times in various ways e.g. vibhuti appearing on Swami's photo, and special fragrance of vibhuti during vibrionics camps.

The practitioner has treated more than 2600 patients for varied diseases like acidity, retinopathy, menstrual problems, infertility, headaches including migraine, stress, schizophrenia, vertigo, asthma, chronic cough, frozen shoulder, fungal infection, tinea corporis, and vitiligo. In her experience, adding **CC15.1 Mental & Emotional tonic** expedites cure as stress is predominant in metro cities due to extensive day-to-day travel in heavy traffic. She always carries her wellness kit with her and has helped many in emergency situations during her journey to office and back. Once when a co-passenger in train had a seizure, she got down with her at the next station and gave **CC10.1 Emergencies** every 10 minutes until the family members arrived to take her home. Later they conveyed to her that their doctor had lauded her timely first aid treatment.

Her caring attitude and readiness to help attracts a steady stream of patients, who are mostly her students and colleagues. She says that her daily prayer filled with gratitude to Swami ensures that she has enough patients to serve. Whenever a case is complex and she wonders what remedy to give, she gets clear guidance from within. If she meets anyone who is apprehensive about taking vibrionics, she offers them remedy for their plants. Gradually they get convinced and start taking remedies for themselves.

The practitioner says that vibrionics practice has made her equanimous in different situations, empathetic towards patients, and forgiving towards herself and her colleagues, friends, and family members. She sincerely believes she is an instrument of Sai and her life's purpose is to serve humanity to fulfil Swami's dictate: "Manav Seva is Madhav Seva" and "Love All - Serve All". She is of the view that 100% faith of a practitioner and prayer from a heart filled with love and gratitude works wonders.

Cases to share:

- [Asthma](#)
- [Fungal infection](#)

❧ Case Histories Using Combos ❧

1. Wheezing ^{11600...India}

An 81-year-old male had been suffering from wheezing with cough almost every other day for the last 10 years, despite allopathic treatment. With increasing difficulty in breathing, he became dependent on using an inhaler for relief for the past two years. Ever since July 2018, his cough became intense with discharge of yellowish phlegm and this was unbearable and tiring. The patient felt that his problems got aggravated due to his low immunity and excessive pollution in Delhi.

On 11 September 2018, the practitioner gave the following remedy:

CC12.1 Adult tonic + CC19.4 Asthma attack + CC19.6 Cough chronic...TDS

His symptoms gradually started subsiding and by the end of October, they had completely disappeared. During this period, the patient did not take any other treatment, except using the inhaler when needed during the first month. On 2 November, dosage was reduced to **OD** and gradually tapered down

to **OW** before stopping on 31 December 2018. The patient then started spending more time in his native village which had cleaner atmosphere. None of his symptoms recurred despite his stay in Delhi for about four months in the recent past.

On 19 October 2019, he was given **CC12.1 Adult tonic + CC19.1 Chest tonic...TDS** for a month to be alternated with **CC17.2 Cleansing**, for a year to maintain his immunity.

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2. Migraine ^{11600...India}

In 12 September 2018, a 33-year-old female approached the practitioner for her nagging headache which bothered her every week for the past one year. Once it started, it would be severe on the first day along with vomiting and indigestion and then wane gradually over a period of 3 to 4 days. Generally the whole head would throb with pain but sometimes it was only one-sided. She felt that she was living with a constant headache. She could not get any relief from either allopathic or homoeopathic treatment, and so had discontinued them.

She was in a depressed state of mind when she visited the practitioner who gave:

#1. CC4.10 Indigestion + CC11.3 Headaches + CC15.1 Mental & Emotional tonic...TDS

On 30 September 2018, the patient reported that there was hardly any relief. The practitioner now realised that her symptoms were indicative of migraine and so he enhanced **#1** to:

#2. CC11.4 Migraines + #1...TDS

Within 2 weeks, her symptoms became much less intense and bearable. After another 2 weeks, the patient reported 100% relief from both headache and indigestion. Two weeks later, dosage was gradually tapered down before stopping **#2** on 31 December 2018.

On 17 October 2019, the patient happened to visit the practitioner and she mentioned that her symptoms never recurred. As a preventive measure, she was given **CC17.2 Cleansing...TDS** for a month to be alternated with **CC12.1 Adult tonic** for one year.

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3. Asthma ^{02840...India}

A 48-year-old male was using an inhaler once a day for relief from his asthma attacks for the past 14 years. The frequency of using the inhaler increased over the past 2 years to thrice a day. He felt breathless on climbing stairs, after having a meal or walking even a short distance. His condition worsened during the first half of September 2018 when he was hospitalised for a few days. The test reports indicated moderate obstruction in his lungs for which he took allopathic medicines.

Not wanting to be dependent on allopathic medicines which did not give much relief anyway, he approached the practitioner on 25 September 2018. He was given:

CC15.1 Mental & Emotional tonic + CC19.1 Chest tonic + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.4 Asthma attack...one dose every 10 minutes for one hour followed by **6TD**

The patient reported that after 3 days, the intensity and duration of breathlessness had reduced by 30%; he could breathe better. A week later his breathing became normal and he conveyed that he had stopped using the inhaler. So, the dosage was reduced to **TDS**. After another week he could walk comfortably, climb stairs, and eat without feeling breathless. The dosage was reduced to **BD** and continued for 6 months to suit the comfort level of the patient. In April 2019 the patient's test reports revealed clear lungs. Since none of his symptoms had recurred, the dosage was reduced to **OD** and after 6 months to **OW** on 10 October 2019. He was given **CC12.1 Adult tonic...TDS** for a month to be alternated with **CC17.2 Cleansing for a year** as a preventive measure.

Editor's comment: CC19.1 Chest tonic was not necessary as it is already included in both CC19.2 and CC19.3.

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4. Fungal infection ^{02840...India}

A 12-year-old boy was diagnosed 4 years ago with a severe fungal infection (extensive tinea corporis) on both his feet. Within a few days, his whole body was affected. It took 9 months of allopathic treatment before he was cured. But the symptoms reappeared after about 3 months. In fact, these have been recurring at regular intervals of 2 to 4 weeks for the past 3 years and allopathic medicines would only give

temporary relief. So the parents of the boy decided to opt for vibrionics but did not want to stop the current treatment right away.

They took their son to the practitioner on 3 September 2017. The boy had itchy reddish rash on both his feet with pus oozing out in some places. He also had patches of rash on his right forearm and stomach.

He was given:

CC15.1 Mental & Emotional tonic + CC21.1 Skin tonic + CC21.2 Skin infections + CC21.3 Skin allergies + CC21.7 Fungus orally and in vibhuti for external application...6TD

After 4 days, the rash on forearm and stomach disappeared. After another ten days, puss and rash on both the feet had nearly gone and there was no itching. By now the parents had stopped giving the allopathic medicines to the boy. The dosage was reduced to **TDS**. Two weeks later, since the patient complained of dry skin, a remedy for external application was made in oil instead of vibhuti.

After another 2 weeks his skin became normal with no trace of any problem, so the dosage was reduced to **OD** and further tapered down and stopped on 15 November 2017. On 18 October 2019, the patient has confirmed that there has been no recurrence.

Editor's comment: CC21.1 Skin tonic was not necessary as it is included in both CC21.2 and CC21.3.

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5. Frequent urination ^{11615...India}

A 94-year-old male suffered from frequent urination, 10-12 times a day (in 24 hours) for nearly 9 months, his normal frequency being 5-6 times a day. At times it was uncontrollable and wetted his undergarments. He was taking allopathic medicine Urimax-100, though it did not give him much relief. Additionally he wanted to try vibrionics and so, on 12 August 2019, he visited the practitioner who gave;

CC10.1 Emergencies + CC12.1 Adult tonic + CC13.3 Incontinence + CC14.2 Prostate + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia...6TD

After 18 days on 30 Aug 2019, he reported that the frequency of urination had become completely normal. Also, his urination was now controllable, so the dosage was reduced to **QDS**. After one month on 30 September, it was further reduced to **TDS** and then to **OD** on 12 October 2019. For the patient's comfort, he is also continuing Urimax-100 but, clearly, the improvement took place only after the start of vibrionics remedy. As of 30 October 2019, the symptoms have not recurred and he continues to take the combo at **OD**.

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6. Knee pain ^{11602...India}

Walking was difficult and an ordeal for a 70-year-old woman due to nagging pain in both her knees for the past 6 months, despite taking painkillers and physiotherapy. Also, her cholesterol level checked 2 months earlier was high at 280 mg/dl, for which she was on allopathic medicine. When she visited the practitioner on 9 March 2019, she was desperate to resume her daily walks.

She was given the following remedy for both the problems:

CC3.5 Arteriosclerosis + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC20.3 Arthritis + CC20.6 Osteoporosis...TDS

She was advised to increase salads and include millet in her diet, reduce dairy products, and not to re-use the same oil for frying.

After 3 days she reported 90% relief from pain and after another 4 days she became free of pain. As she started feeling healthier with vibrionics and her changed diet, she stopped taking allopathic medicine for cholesterol on 17 March 2019. After another week, she stopped the painkillers as well as physiotherapy.

On 9 May 2019, as she could take her daily walks with ease, without any pain, and her cholesterol was also normal at 105mg/dl, dosage was reduced to **OD** and then tapered down to **OW** on 25 May 2019.

On 29 October 2019, after over 5 months, she confirmed that her cholesterol continued to be normal at 127mg/dl and that she has had no pain; maintenance dosage of **OW** continues. In addition, as a preventive measure, she has been given **CC17.2 Cleansing...OD**

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7. Abscess ^{11601...India}

A 61-year-old woman was diagnosed with diabetes 3 years ago and her doctor prescribed Amaryl 1½ mg per day, which has been keeping her blood sugar stable. Two years ago, she developed an abscess on her right leg which did not heal with medicines, so the abscess had to be surgically removed. Her attending physician had attributed it to diabetes. One month ago, she developed a bigger abscess about 25 mm in size on her abdomen (near the navel) with inflammation all around. The affected area was reddish, itchy and very painful.

Not wanting to go for surgery this time, she approached the practitioner on 28 March 2019 and was given: **#1. CC2.3 Tumours & Growths + CC6.3 Diabetes + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC21.2 Skin infections + CC21.11 Wounds & Abrasions...6TD** for 3 days followed by **TDS**

#2. CC21.2 Skin infections + CC21.11 Wounds & Abrasions in olive oil for external application...**TDS**

Every week the patient diligently reported the progress to the practitioner (see pics). The size and redness of the abscess as well as itching and pain had gradually reduced over a period of 8 weeks and the skin became dry by 23 May 2019. After another 4 weeks on 19 June 2019, the abscess had completely gone (see pics), leaving just a scar. So the dosage of both **#1** and **#2** was reduced to **OD** and stopped after a week. On 27 June, as a preventive measure, she was given **CC12.1 Adult tonic** to be alternated with **CC17.2 Cleansing...OW**.

On 30 October 2019, the patient confirmed that there has been no recurrence of the abscess and she is keeping in good health. Also, she expressed her wish to be treated for diabetes, starting in November 2019.

Editor's note: Ideally, on 27 June when the remedies were stopped, **CC21.1 Skin tonic** should have been given, at least for external application, to work on the scar.



8. Greenflies on rose plant ^{02802...UK}

The practitioner has an old rose plant in her garden that always had destructive greenflies (aphids) on it in the summer. On 22 May 2019, the rose buds looked covered with greenflies as seen in the picture. She immediately prepared the combo **CC1.1 Animal tonic + CC17.2 Cleansing** and sprayed it that day and the next day.



After one week, the practitioner noticed that most of the greenflies had vanished. It was a delight for the practitioner to see such a dramatic result after just 2 consecutive days of spraying. After another 10 days on 9 June 2019, she saw that the rose plant was completely free from greenflies (see pic).

It was no less than a miracle that throughout the summer, no greenflies were to be seen on or around the plant.

Later, the practitioner realised that she should have put **CC1.2 Plant tonic** instead of **CC1.1 Animal tonic**!

Editor's note: Both **CC1.1 Animal tonic** and **CC1.2 Plant tonic** contain **SR315 Staphysagria** which has been successfully used for insect infestation. Additionally **NM35 Worms** in **CC1.1** may have helped. Also, we cannot underestimate the power of *intent* of the practitioner in wanting to get rid of the greenflies!

Answer Corner

1. In vol 9 issue 1 of our newsletter, you have explained the procedure for making eye drops. Can we prepare ear and nasal drops exactly in the same way?

Answer : No, the procedure is slightly different:

For Nasal drops: The only difference is that you can directly put a drop of each appropriate combo in 30 ml of distilled or boiled water or extra virgin olive oil or any other high quality oil. Shake well and the nasal drops are ready.

For Ear drops: The procedure is the same as above except that it is best not to use water.

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2. Is it advisable for a practitioner to practise any other system of healing without charge?

Answer: No it is not because faith and perseverance of a practitioner are of utmost importance for vibrionics to work properly and for its growth.

If a remedy appears not to work (because the desired result is not obtained) and the practitioner has the option of trying another therapy, he may be tempted to do so without exploring the full potential of vibrionics; this is understandable as the human mind wants to explore different ways to bring faster relief. The practitioner may lose sight of the fact that there are many different vibrionics combos available for the same problem! It is in the greater interest of the patient to receive a different combo rather than a different treatment altogether.

Further Swami has declared that **vibrionics is the medicine of the future** but there has been hardly any research done to explore its huge potential. Practice and experiments are slowly revealing and helping to evolve its various possibilities. Its growth is an ongoing process, made possible only by committed practitioners. It is certainly not in the interest of the growth of vibrionics either, if a practitioner pursues another system of healing along with vibrionics.

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3. For the purpose of monthly reporting how do I calculate number of patients when I am working as part of a team in health camps?

Answer: In a camp situation, many people get together and share the work of taking down case details, making remedies, and administering them to patients with appropriate instructions. Some practitioners may be just making remedies in bulk and sending through other practitioners for distribution. It would be easy for anyone to record their hours of seva. But, to count the number of patients for the purpose of monthly reporting, divide equally among the practitioners the total number of patients treated by the team. Where a large number of patients are given the same remedy, for example Brain & Memory tonic, to a whole class of pupils, consider every 15 minutes on this seva equivalent to one patient. This 15-minute formula can also be followed when remedy water is made and kept in the courtyard in homes or in parks for several birds or animals. In case of plants, normally 10 plants treated in a month is considered as one patient. But, when a large number of plants are watered as a routine, follow the 15-minute rule.

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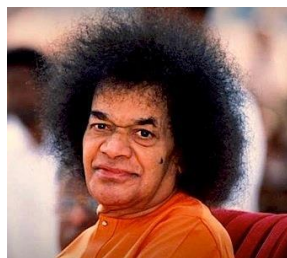
4. I am hesitant to ask questions relating to the root cause of a problem from a patient who does not describe even his symptoms clearly. How to resolve this dilemma?

Answer: When you come across such a patient it is advisable to prepare a remedy based on symptoms given and your own observation of the patient's behaviour and body language. It is not absolutely necessary to know everything about a patient's problem at the first meeting. Ask only relevant questions that the patient feels comfortable to answer; make a note of other questions to be asked at a later meeting once you have developed a rapport. Sometimes it takes a few meetings before a patient will open up and start to trust you. Some patients may not be expressive verbally. In such cases, practitioners have found it helpful to give the patients a list of questions in advance of the meeting so that they have time to think. Remember each person has a unique body mind complex. As practitioners we have to be loving, sensitive, observant and tactful with patients who have come to you seeking help. If nothing works, pray intensely and connect with your inner self for clarity and this often opens doors.

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5. As the incidence of cancer is on the rise, is it possible to give a preventive remedy to family members of cancer patients? And for patients who have gone into remission (with whatever treatment), what will be the corresponding combo for them?

Answer: This is particularly important for patients who are under remission for cancer or who have parents or grandparents who had cancer and so need protection from inherited cancer. Practitioners with 108CC box, give **CC2.1 Cancers**. Those who have the SRHVP, give **BR4 Fear + SM1 Removal of Entities + SM2 Divine Protection + SR282 Carcinosis CM**. In both cases the dosage is: **OW** at night for 2 months, **OM** (one dose a month) for 6 months, 1 dose every 6 months for 2 years and a dose every year for 3 years.



❧Divine Words from the Master Healer❧

“Everybody needs vitamins A, B, C, D, and E. Vitamins and proteins are available in satvic food. Proteins are in milk, buttermilk, and whole wheat; vegetables contain lot of vitamins. Both Indians and foreigners, due to their habits, take to non-vegetarian foods and also to drinking alcohol, thereby damaging their lives. Health is essential to all human beings. When one is healthy, one can take to spiritual pursuits more easily. All this time we are spoiling our health with our own hands. We should not subscribe to the feeling that people will be happy with only food, shelter, and clothing.”

*...Sathya Sai Baba, “Sathya Sai Speaks on Food-from Discourses Spanning the First 81 Years of His Life”
Discourse 27 August 1994*

<http://www.sssbpt.info/ssspeaks/volume26/sss26-04.pdf>

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"Through seva you realise that all beings are waves of the Ocean of Divinity. No other sadhana can bring you into the incessant contemplation of the oneness of all living beings. You feel another's pain as your own; you share another's success as your own. To see everyone else as yourself and yourself in every one, that is the core of the sadhana of seva. Again, seva makes the ego languish for want of food. It makes you humble before the suffering of others, and when you rush to render help, you do not calculate how high or low his social or economic status is. The hardest heart is slowly softened into the softness of butter by the opportunities that the Seva Dal offers."

... Sathya Sai Baba, "No Bumps, No Jumps" Discourse, 14 November 1975
<http://www.sssbpt.info/ssspeak/volume13/sss13-18.pdf>

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❧Announcements ❧

Forthcoming Workshops (Note the slight change of dates for the February 2020 workshop)

- ❖ **India Puttapparthi:** AVP Workshop 16-22 November 2019, contact Lalitha at elay54@yahoo.com
- ❖ **India Puttapparthi:** SVP Workshop 24-28 November 2019, contact Hem at 99sairam@vibrionics.org
- ❖ **India Puttapparthi:** AVP Workshop 23-29 February 2020 contact Lalitha at elay54@yahoo.com
- ❖ **USA Richmond VA:** AVP Workshop 3-5 April 2020 contact Susan at SaiVibrionics.usa.can@gmail.com
- ❖ **India Puttapparthi:** AVP Workshop 08-14 July 2020 contact Lalitha at elay54@yahoo.com
- ❖ **India Puttapparthi:** AVP Workshop 16-22 November 2020 contact Lalitha at elay54@yahoo.com

❧In Addition❧

1. Health Tips

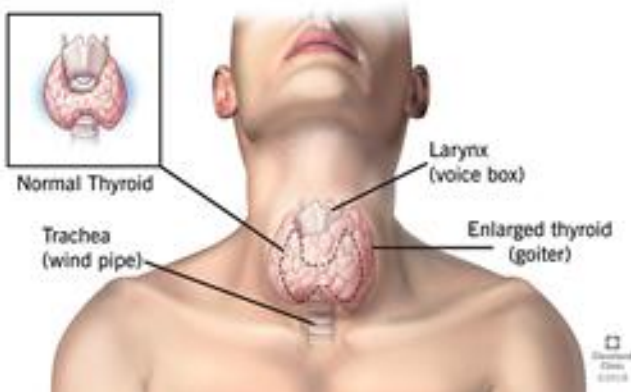
Work towards a healthy thyroid!

"Moderate food is the best medicine... Do not rush to the hospital for every little upset. Too much drugging is also bad. Allow nature full scope to fight the disease and set you right. Adopt more and more the principles of naturopathy, and give up running around for doctors..." Sri Sathya Sai Baba¹

1. Thyroid and its vital function

Thyroid is a small butterfly shaped endocrine gland in the middle of the lower neck, just below our Adam's apple, on both sides of the lower part of the larynx and upper part of the trachea.²⁻⁴

Role of thyroid: Its primary role in the endocrine system is to regulate body's metabolism, that is, the ability of the cells to break down food and convert it into energy. Almost all the metabolic parameters are influenced by this gland, like, appetite, energy level, heart-rate, body temperature and circulation, growth and bone development (especially in infants and children), muscle tone and suppleness, blood sugar level, bowel function, cholesterol level, fat, carbohydrate, and protein metabolism, body weight, blood calcium level, central nervous system, and reproductive system.^{2,3,5-9}



endocrine glands, thyroid can store the hormones it produces.^{8,9,10}

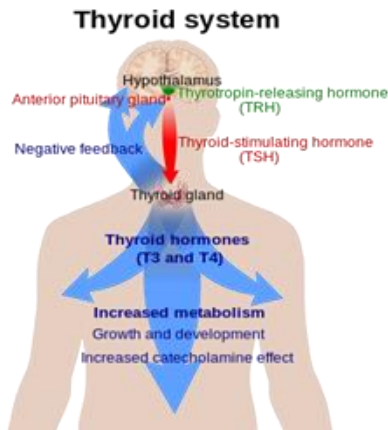
Regulated by pituitary and hypothalamus: The function of the thyroid is monitored and controlled by pituitary - the master gland, located in the centre of the skull below the brain. Pituitary adjusts the production of its hormone TSH (thyroid stimulating hormone) like a thermostat to support the thyroid. In turn, pituitary is

stimulated by the thyroid releasing hormone (TRH) secreted by hypothalamus, a neuroendocrine gland located deep within the brain.^{3,5,6,8,10}

Close to parathyroid glands: Physically attached to the thyroid at its posterior side, there are four tiny parathyroid glands. But, they have no functional relation with thyroid.^{11,12}

2. Thyroid disorders

Broadly two issues may arise. Secretion of thyroid hormones (T3 and T4) may become insufficient due to underactive thyroid (hypothyroid) or excessive due to overactive thyroid (hyperthyroid). A simple blood test for thyroid profile will show the status. Symptoms and cause may vary from person to person.²



Thyroid function indicators: The level of TSH released by pituitary is usually an indicator of the normal functioning of thyroid. If thyroid becomes sluggish, pituitary will have to produce more TSH to stimulate thyroid to produce more hormones. So, if a blood test reveals a high TSH, it indicates hypothyroidism. Conversely, if thyroid is hyperactive, pituitary has to stop producing TSH so that the thyroid secretes less hormones; blood test would reveal a low TSH implying hyperthyroidism. These may get influenced by illnesses and medications. TSH test is not the only one used to diagnose thyroid disorder. Other tests like T3 and T4 are often used to determine whether there is need for thyroid treatment.^{13,14}

Normal thyroid: Typical reference range of TSH for normal thyroid is: 0.4 to 4-5 mU/L (milliunits per litre of serum). This serves as a guide only as it may vary with age, gender, pregnancy, and also between laboratories.^{13,14}

Symptoms of hypothyroidism: Symptoms would vary depending on the severity of hormone deficiency. Generally, body metabolism would slow down, unable to use energy at the pace it should.

- Infants may be unusually inactive and quiet, have poor appetite, and sleep for unduly long period.
- Children may show poor growth, delayed development of permanent teeth, delayed puberty, poor mental development.
- Symptoms for adults could be: sudden weight gain when not overeating, puffy face, fatigue, increased sensitivity to cold, dry skin, constipation, forgetfulness, mild depression, thinning hair, hair growth on face, hoarseness, increase in cholesterol level, muscle weakness, tenderness, and stiffness, and frequent and heavy menstrual periods in case of women.^{2,3,5-8,15,16,18}

Causes of hypothyroidism:

- iodine deficiency which does not apply in some countries due to use of iodized salt.
- inflammation of thyroid gland (thyroiditis) which may also be due to an auto immune disorder (Hashimoto's thyroiditis) where the body attacks the thyroid tissue which eventually stops producing hormones and dies; it is a painless disease and primarily affects middle aged women.
- a non-functioning thyroid gland in newborns, surgical removal of thyroid gland, or a pituitary disorder.
- exposure to excessive iodine due to intake of medicines for mental illnesses, eating disorders, or blood disorders.^{3,6,7,15,16}

Symptoms of hyperthyroidism: They can mimic other health problems making it difficult to diagnose. Normally, the body would use energy faster than it should.

- Main symptoms are: thyroid gland looking bigger than it should due to swelling at the base of the neck, rapid heartbeat (tachycardia) - commonly more than 100 beats a minute, irregular heartbeat, pounding of heart, fast pulse, or tremor in fingers when we hold them out straight.
- Other symptoms may be unusually large appetite, sudden weight loss even with same or more intake of food, anxiety, nervousness and irritability, unusual sweating, increased sensitivity to heat, thinner skin, brittle hair, frequent bowel movements, feeling tired as if muscles are weak, poor concentration, osteoporosis, insomnia, eyes red or bulging, and infrequent or scant menstrual periods in case of women.
- Older adults are likely to have either no signs or subtle symptoms like increased heart rate, heat intolerance, and tendency to become tired during ordinary activities.^{2,3,5-8,15,17,18}

Causes of hyperthyroidism:

- Grave's disease, where the immune system attacks the thyroid to make more hormones than needed (more common among women below 40); it may sometimes lead to thyroid eye disease with varied symptoms in eyes;
- too much iodine in the body, due to excessive thyroid medication or supplements;
- toxic adenomas, goitres and nodules formed in the gland secrete hormones upsetting the chemical balance in the body; subacute thyroiditis where inflammation causes hormones to leak;
- malfunction of pituitary gland or cancerous growth in the thyroid gland.^{3,6,7,15,17}

3. Prevent thyroid problem

If any of the symptoms persist, it is advisable to get the thyroid profile test done and take the necessary treatment without delay. Studies have shown that thyroid dysfunction can also manifest into other health disorders including salivary gland enlargement, breathing through mouth, burning mouth syndrome, caries, and dental osteoporosis.^{19,20} But one can and should work towards having a healthy thyroid through.^{18,21-30}

- **Regular exercise in fresh air** as emphasized by scientific studies²², and yogasanas under the guidance of an expert.^{18,21}
- **Foods rich in iodine and amino acids.** Seasonal fresh fruits, especially colourful fruits like berries and grapes; green vegetables including kale, broccoli, and spinach; wholegrains, preferably soaked overnight or sprouted; nuts and seeds like cashew, almond, pumpkin seeds, and fenugreek; and yogurt. One should not eat too much of any single type of food, even if it is a recommended healthy choice.²³⁻³⁰
- **Vitamin B-12** (for sources of vitamins-B, refer to Newsletter vol 9 issue 4, July-Aug 2018).²⁷⁻²⁹
- **Selenium** contained in brazil nut, sunflower seeds, mustard seeds, flax seeds, peanuts, barley, and brown rice.²⁶⁻²⁹
- **Avoiding or minimising certain foods such as:** gluten, salted products, stale or processed food, hidden fats and sugars like in cake, biscuit, and chocolate, and beverages like coffee.²⁷⁻³⁰
- **Vibrionics** remedies such as: **CC6.1 Hyperthyroid, CC6.2 Hypothyroid, CC12.1 Adult tonic, CC12.4 Autoimmune diseases, CC15.4 Eating disorders, CC17.2 Cleansing** if using 108CC box; **NM72 Cleansing, NM86 Immunity, SR290 Endocrine integrity, SR308 Pituitary Gland, SR319 Thyroid Gland, SR498 Hypothalamus, SR517 Parathyroid, SR567 Hyperthyroidism, SR568 Hypothyroidism, SR572 Obesity** when using the potentiiser.

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2. AVP workshop & refresher seminar Zagreb, Croatia, 5-8 September 2019



Dr & Mrs Aggarwal felt greatly honoured to be invited to hold this seminar in Zagreb, exactly 20 years after their very first visit to Croatia when 68 practitioners were trained in the use of SRHVP in workshops held in Zagreb and Split. The credit for the success of the current event goes to the **coordinator**⁰³⁵⁷⁷ who worked extremely hard over a period of several months. In preparation for this seminar she individually contacted more than 100 existing practitioners (out of a total of 160 in Croatia) with a view to motivating them to renew their knowledge of vibrionics. She had the enormous task of inviting and examining applications, interviewing the candidates, and conducting correspondence course. Great care was taken of every small detail for the smooth running of the seminar in spite of some big challenges which the group had to face. This was a highly dedicated group of 15 participants, 6 new and 9 practising for some two decades; all the participants had studied well and updated their knowledge of theory and practice of vibrionics. They enjoyed learning in an atmosphere which was both very intense for studying and yet very informal and homely. This seminar was very important for the next step in the development of Sai vibrionics in Croatia. It resulted in new enthusiasm within all the participants for serving through vibrionics.



3. Monthly Audio conference, USA, 15 September 2019

Initiated and moderated by North America coordinator and **trainer**⁰¹³³⁹, in this round table discussion on **“What is holding us back from having more patients”**, participants shared their own novel ideas/practices to reach out to new patients:

- As healed patients are the best spokespeople for vibrionics, don't hesitate to ask them to refer their family members, friends and coworkers, and their animals and plants.
- A practitioner took 150 Sai Vibrionics trifold brochures and left them out in specific locations at a large Sai gathering. All but a handful were taken. She got 5 new patients so far.
- Two years in a row, two SVPs did an awareness presentation at a community alternative health fair. There were many vendors in attendance. The Vibrionics table was very popular. A colourful cloth-covered table held a laptop with 2 vibrionics videos playing continuously. The trifold brochures with their contact information was on display as was another sign stating the various benefits of vibro treatment and it was free of cost. About 80 brochures were distributed. A lot of people showed interest and asked appropriate questions.
- One SVP has been holding vibrionics information sessions in her home where 'What is vibrionics?' video is shown and a talk is given with the 108CC box on display followed by Q & As. Typically 15-20

persons, mostly Sai devotees, would attend; during one session, a guest with psychic ability saw Sai Baba walking around all the people and touching the 108CC bottles. Be very happy and people will want to know more, she has found out. Many take remedies made for them on the spot. Practically all want to know the date of the next such session, so they can tell family and friends.

- Several practitioners find business cards to be very helpful. One SVP includes a few cards with each remedy she gives or mails, for patients to give out. She has had great success in gaining new patients. The group is now looking at standardizing the cards.
- One SVP moved 170 miles to a new city and looked for a way to meet like-minded spiritual people. She recently found such a group that meets twice a week to discuss 'A Course in Miracles', a book the practitioner was already familiar with. As a result, she has gained 4 new patients, all by word of mouth from her first patient who experienced the wonderful effects of vibrionics.
- When new patients offer to pay or donate money for the remedies, one SVP tells them the only "payment" she can accept is that they tell others about this healing method. Patients understand this and are happy to tell others and she gets new patients.
- One practitioner takes her remedy in front of people when in public. Strangers or friends will ask her what she's taking; this gives her a chance to talk about vibrionics.

The group was reminded that the weekly Sunday evening conference call with 108 Gayathri mantra chanting by Sathya Sai for the health and healing of all our patients, present and past, our families and Mother Earth, is a wonderful way to reach out, especially to former patients. They get to know that you are thinking of them by inviting them to join the call, so they and their family can benefit from the vibrations of healing love. A side benefit is that some want a refill of their remedy.



4. Annual practitioners' meet, London, UK 22 September 2019



Organised by the **UK coordinator** ⁰²⁸²², this seminar was attended by practitioners from all parts of the UK - twenty five (including 3 doctors and 4 nurses) attending in person and 6 through video conferencing. There were 3 members of the host family and one guest speaker, an experienced doctor who has personally benefited from this system and has also referred several of his patients to our practitioners. Two young volunteers took charge of video conferencing. The coordinator had worked very hard in inspiring the attendees to send their successful cases in advance to share and also to send their questions and difficult cases for discussion. There was a lot of enthusiasm among those present as they were anxious to get answers to their unusually large number of questions (to appear in future news) and they all enjoyed hearing the successful cases. The general consensus of opinion was that number of patients seeking vibrionics treatment in the UK was going down. So, when presented with the suggestions put forth by the US practitioners (see #3 above), they were very appreciative and decided to put these innovative ideas into practice. Some shared their successful remedies for various problems. **SVPs** ^{02899 & 02900} share an interesting experience of their daughter with vibrionics.

Prevention against Acute Mountain Sickness

This young teacher with a group of 18 children and two colleagues was going for a 4-week geography trip to India. As the trip involved mountain trekking, there was risk of developing Acute Mountain Sickness (AMS) due to high altitude & low oxygen level and sudden weather changes. Therefore the practitioners (her parents) made a prevention remedy directly in alcohol (because otherwise 90 drops would dissolve the pills) in a dropper bottle in which all **108CCs (except from categories 1, 2, 8, 14 & CC17.2**

Cleansing) were added. They also gave her as a back-up their normal travel remedy: **CC4.4 Constipation + CC4.6 Diarrhoea + CC4.8 Gastroenteritis + CC4.10 Indigestion + CC9.2 Infections acute + CC9.3 Tropical diseases + CC10.1 Emergencies.**

On arrival each group member had to purify the drinking water by boiling but the practitioners' daughter was pleased that all she had to do was to put one drop of the prevention remedy into one litre bottle of water daily and sip this all day long. Her two colleagues teased her for doing this. They started calling her 'Hippy Dippy' but she would just laugh. She would have liked to offer these drops to the children but she did not have their parents' permission.

While the children and her colleagues suffered from symptoms of AMS such as nausea, headache, breathlessness, cough, fever, sleep deprivation, she was the **only one** who kept healthy throughout the 4-week period. Seeing this, one of her colleagues who was to stay on in India for another month requested her to donate the vibrations to him. After a month, he messaged her saying, 'Vibrated every day and I have been fine. Proven scientific fact, it works'.



5. SVP workshop, Ales, France, 20-24 Oct 2019

This was held in the home of a recent practitioner who warmly welcomed the participants comprising 4 SVPs and 2 SVP applicants. This highly interactive workshop was experienced as a real deepening of the Sai vibrionics method enriched by discussions on miasms and nosodes, allowing more specific treatment. The new SVPs felt a door opening into another dimension. The participants remarked that working with the



108CC box is simple and somewhat mechanical whereas choosing cards for the potentiser is more analytical and a brain teaser! The attendees had the opportunity to prepare the meals together which allowed them to delve into the principles of healthy eating. Both the new applicants successfully passed their test and received the SRHVP as a precious gift in a very sacred atmosphere, after taking their oath. They were enthusiastic to continue their seva while fully understanding that this new step is giving them even more responsibilities in the vibrionics family, and in the evolution of Sai vibrionics. An octogenarian, longstanding **practitioner**⁰²⁴⁹⁹ transmitted her enthusiasm to all the participants by sharing her years of experience in the use of the potentiser. Dr Aggarwal in his Skype call clarified and helped to better understand some of the points the participants had raised, including the reason to give Base chakra before miasms and the use of Bowel nosodes.



6. AVP workshop and refresher, Ales, Frances, 26-28 October 2019

The AVP workshop and the refresher seminar took place with six participants, among them three SVPs. The participants particularly benefited from the model clinic offered for the first time in a French workshop. Cases for a model clinic had been structured by the SVPs to enable the

AVPs to cope with different situations: how to conduct a consultation, which disease to treat first when a patient suffers from two chronic or acute & chronic diseases, how to handle the three types of pullout, how to choose the combos and determine their dosage, and how to taper down dosage after improvement. The AVPs were delighted as the cases and the situations presented really helped them to acquire more knowledge and greater self-confidence for their future practice.

Having been actively involved for several years in vibrionics administrative work for France and after passing the test brilliantly, the newly qualified AVP received the 108CC box with a huge applause. Dr Aggarwal in his Skype address further clarified several doubts, including confusion over acute disease and chronic disease with highly acute symptoms.

Om Sai Ram

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