

Sai Vibrionics Newsletter

www.vibrionics.org

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

Vol 11 Issue 1

Jan/Feb 2020

In This Issue

❧ From the Desk of Dr Jit K Aggarwal	1 - 2
❧ Practitioner Profiles	2 - 4
❧ Case Histories using Combos	4 - 9
❧ Answer Corner	9 - 10
❧ Divine Words from the Master Healer	10 - 11
❧ Announcements	11
❧ In Addition	11 - 16

❧ From the Desk of Dr Jit K Aggarwal ❧

Dear Practitioners

Another wonderful year has gone by. We express our deepest gratitude to our Lord, Sathya Sai Baba, for all that we have learnt and accomplished in 2019. As we usher in the New Year, we pray for happiness, health and success for all; however, only a few of us stop to think and contemplate on what that really means. The key to purposeful living lies in the very meaning of that prayer. While Swami encouraged us to take a deep dive inwards and seek answers to these questions, He also gave us several clues for living a meaningful life. Swami says, "You should undertake service. In fact, the hands are given to you to serve humanity.... When you undertake good work, you enjoy peace in your life...God is not interested in worship and other sadhanas (spiritual practices)...God is interested only in love and service. If you can recognize the importance of these two sadhanas and conduct yourself accordingly, there can be no greater sadhana." ...Sathya Sai Baba, New Year Discourse, 1 January 2004.

I'm delighted to inform you that in 2019, we made good progress towards our long-term goals of bolstering the vibrionics organization while simultaneously enhancing systems and implementing rigorous standards for higher levels of quality in service delivery. Some great initiatives were launched and several others accomplished. Listed below are key highlights.

1. Website content consolidation - a newcomer to our admin core team, Practitioner 03560, has undertaken the great task of combining the contents of all 3 sites and streamlining it into 2 new websites, one for the public and the other for practitioners. He is being supported in this task by senior practitioners already playing key roles in administration.
2. New candidates admission process and ongoing training - we have created a new category called Assistant Practitioner 'AP', to make the admission procedure simpler and much easier to help those who are not so computer savvy and are unable to follow the online correspondence course. To this end, a new abridged manual for APs has been compiled. This is also suitable for those who wish to attend a refresher course. We are looking to introduce video interviews for new applicants and online training for mentors/teachers via video conferencing, using Zoom.
3. AVP manuals are now available in Hindi, Marathi, Kannada and Telugu and the 108CC book has been translated into Marathi and Telugu.
4. Our dedicated practitioners, on a rota system, have been holding regular vibrionics clinics in both Ladies and Gents Seva Dal buildings in Prashanthi Nilayam. In 2019, we treated a total of 12,714 patients in these two clinics.
5. Vibrionics Centre for Excellence - just before Swami left the physical plane I presented Him with our annual report with this mission/vision statement "With Bhagawan's inspiration, blessings and grace, we aspire that vibrionics is made available in every village and every Sai Samiti of our motherland and the

world over at zero cost. We pray to establish an Education & Research Centre to train teachers and practitioners and conduct research for further development of healing remedies. We pray that we become perfect instruments in Swami's hands to accomplish the goals and tasks He has set for us." Invoking Bhagawan's blessings, after receiving His guidance in meditation, the land for building a dedicated Sai Vibrionics centre in Puttaparthi has been procured. We are in the process of submitting an application for planning with a view to start construction soon. So I invite all practitioners who wish to volunteer for specific tasks related to this project to reach out directly to me by email at 99sairam@vibrionics.org.

6. International conference - If we have enough volunteers, we are planning to host the 2nd International or European Vibrionics Conference, possibly in 2020.

7. Some practitioners have been holding awareness-cum-health camps as reported in the "In Addition" section of the newsletter. It is inspiring to see the impact of such camps. All interested practitioners can widen their opportunities for practice and also spread vibrionics by taking a lead and organising similar camps in different institutions, forums, establishments or offices, schools, colleges, temples, community centres and so on. After taking guidance from 99sairam@vibrionics.org, talks can be given by senior practitioners, with the help of a PowerPoint presentation, not only about the benefits and preventive aspects of vibrionics, but also how one can become a practitioner. Additionally, every practitioner should strive to inspire at least one other interested person (most likely to be one of your patients) to become a practitioner.

Let's plan on making 2020 a monumental year for ourselves and commit to pushing the boundaries for selfless vibrionics service. We can only do this by uniting ourselves to make a team. On 1 Jan 2003, Swami said "...Spirituality is not a business activity. Spirituality is a divine mansion. It is associated with unity. This unity in diversity alone will bring you happiness. I wish that you cultivate that principle of unity. It is only then that the service undertaken by you will acquire value and sanctity. <https://saispeaks.org/article/244>

I would like to end with Swami's words "Make your life a rose that speaks silently in the language of Love and fill its fragrance amongst all living things."

Wishing you all a holy and happy New Year 2020!

In loving service to Sai

Jit K Aggarwal

❧ Practitioner Profiles ❧

Practitioner ^{01616 Croatia}, trained and experienced in the field of pharmacy, is presently the chief accountant in her family business. Compassionate and responsive to the needs of the people around her since childhood, she came into Swami's fold in 1992. She came to know about vibrionics from a friend during one of her visits to Prashanti in 1999, immediately joined the vibrionics course that had just started and became a practitioner.



After a few months of practice, one fine day, to her amazement, she found in her wardrobe 4 cards **NM20 Injury**, **NM36 War**, **NM91 Paramedic Rescue**, and **SR275 Belladonna**, in addition to the same cards in her card box. Inspired by the thought that these cards had appeared miraculously by His Grace for some special purpose, she uses them with excellent results, especially in all emergency situations.

In the last 20 years, she has treated over 3000 patients for acute as well as chronic illnesses like high blood pressure, diabetes, arthritis, and allergies. In her experience, remedies made with the SRHVP machine and simulator cards give quick relief to patients. A 27-year-old woman with no menstrual cycle since puberty was given **OM24 Female Genital + SM39 Tension + SM41 Uplift**. Within a period of 6 months, not only did she start menstruating but her periods became normal and regular. This helped her to conceive twice and give birth to two healthy babies within a span of 5 years.

According to the practitioner, it is important for people to get cleansed of parasites and worms regularly, considering their dietary habits and the quality of water in many places. In particular, those who have pets must take special care. She suggests a combo **NM1 Amoebic Dysentery + NM2 Blood + NM21 KBS + NM22 Liver + NM35 Worms + SR272 Arsen Alb...TDS** for 6 weeks. Then, after a gap of one month, it should be repeated for 4 weeks to prevent the likely growth of parasites from their leftover eggs in the

organs. As a preventive measure, this combo can then be taken **TDS** for a month, every year. Many of her patients have become healthier through this cleansing process; their illnesses disappearing on their own. **CC4.6 Diarrhoea** from 108CC box also helps in similar cleansing.

She prefers to use minimum number of combos specific to the problem of the patient for quick and long-lasting relief. The practitioner suggests using either spring water or boiled and cooled water to dissolve the remedy pills, because water in some cities has a lot of dissolved undesirable elements like heavy metals, chemicals, chlorine, and drug residues. Where patients have difficulty in getting good quality drinking water, she advises them to take the remedy in pill.

Treating patients with vibrionics has taught the practitioner to work without any expectations, for Swami knows everything. In her personal life, she enjoys a comfortable standard of living and a healthy family. Filled with gratitude, she feels specially blessed at every moment of her life.

"It is certainly a great responsibility and an honour to be a practitioner", she says. Seva has made her calmer and she has learnt to be patient without any expectation of results. According to her, practitioners should nurture qualities like, patience, persistence, and humility for their own development as spiritual beings.

Cases to share:

- [Allergy to worms](#)
- [Gallstone](#)
- [High BP, heart attack, dementia](#)

+++++

Practitioner Profile ^{01163...Croatia} is an accomplished medical doctor who worked in the field of family medicine for 37 years, dedicating most of her time to preventive medicine. This entailed conducting group sessions with diabetic, alcoholic, obese, and hypertonic patients and working on the problems of socially unacceptable behaviour of school children and youth. To keep herself updated she regularly took professional training during her career in various subjects including cardiology and gastroenterology, but specialized in diabetes with a Master's degree. She taught at the school of medicine, wrote many scientific papers and took active part in many conferences and symposiums. Also, she held positions of responsibility in the Medical centre and was a board member.



She came into Swami's fold in 1992 and visited Puttaparthi regularly for a few years during which she participated in seva activities and was blessed with several interviews by Swami. In 1996, disillusioned with healthcare in the post war scenario in her country which focussed on polypharmacy (use of multiple medications) and administration, instead of patient care, she felt the need to change her job. So, she searched for alternative techniques of healing, acquired a diploma in homoeopathy, and practised it for some time, in addition to her job, with excellent results. In an interview with Swami in 1997, He said in front of everyone that the practitioner was not satisfied with her work and wanted to change it and could do so as soon as she returned to her country. After that memorable visit, she tried her best but could not change her job! Realising that Swami actually wanted her to change the way she did her job, she continued in the same job but with greater focus and became more loving to her patients.

The practitioner recalls a beautiful experience she once had with a kitten which had been possibly abandoned by its mother due to a deformed tail and had found refuge in her house. Whenever the cat went out it was beaten by other cats and returned wounded with many scratches and bruises especially on its tail, and in one instance with no hair on its neck. The practitioner tried to apply ointment but the cat would not let her touch it. One day she managed to grab the cat around its neck with her hands and covered it with vibhuti while it was asleep on a chair. Though it soon got away into hiding, the very next day it miraculously had the fur back on its neck and the wounds had disappeared! This incident deepened her faith in Swami. She learnt about vibrionics during her visit to Puttaparthi in 1996 but could not join the course. In 1999, Swami had directed Dr Aggarwal to conduct a teaching seminar in Croatia for committed participants. It was at this workshop that she became a practitioner but, during many ensuing years, she treated only a small number of patients. It was in the year 2013, when she retired from professional medical service, that she seriously started treating patients with vibrionics from her home. So far, she has

successfully treated over 500 patients on a regular basis, with proper follow-up, for varied diseases like diarrhoea, hiccups, eye inflammation, menstrual bleeding, cold, flu, kidney stones, and injuries and fractures; she has also treated pets and plants. She feels due to poor knowledge about vibration healing in Croatia, she did not have many patients, though the situation is improving and efforts to spread awareness are on.

The practitioner has had many heart-warming experiences of treating patients with vibrionics, some of which she shares.

She has seen very quick healing of headache with the combo **NM6 Calming + NM85 Headache-Blood Pressure + SM41 Uplift**. An 80-year-old woman suffering from severe headache for 2 years, without any relief from medicines prescribed by specialists, became free of the headache within a few days.

While treating herpes zoster, she had astonishing results within 3 weeks with **NM36 War + NM59 Pain + NM60 Herpes + SM26 Immunity**. In one patient, herpes vanished in 24 hours. The practitioner herself had severe herpes zoster when she was undergoing chemotherapy for cervical cancer. The remedy and vibhuti led to complete healing, without pain and scars. She has successfully treated about 10 herpes patients in 10 years.

A 36-year-old female with polycystic ovaries was free of her problem within 3 months with **OM24 Female Genital + BR16 Female**.

Two patients suffering from cancer got substantial relief from the side effects of chemotherapy as well as radiation by taking vibrionics remedies:

- One was a 70-year-old woman who underwent mastectomy in 2016 followed by chemotherapy and several sittings of radiation for invasive left breast cancer. She is free of cancer now, follows a healthy life style, and continues to take vibrionics remedy as well as some allopathic medicine.
- The second was a 61-year-old woman, addicted to smoking, diagnosed in September 2014 with pleural mesothelioma (a rare and aggressive form of cancer in the protective lining of the lungs due to inhalation of asbestos). She had chemotherapy followed by an unsuccessful surgery and was told by the attending doctor that she might not live beyond 2 years. While continuing vibrionics remedies, she stopped going for chemo and check-ups. She not only lived to see the birth of her granddaughter 3 years ago, she is enjoying time with her family and grandchild and attributes her prolonged life to vibrionics.

The practitioner is an active participant in various seva projects of a Sai centre named 'Prema Vahini' in Split, Croatia, like helping the poor, assisting refugees, and creating ecological awareness by cleaning up the surroundings. She has arranged, along with other practitioners, a public lecture on vibrionics on the occasion of New Year celebrations, with plans to offer vibrionics treatment to participants at the end of the session. She is confident that such endeavours will make people aware about the potential of vibrionics.

The practitioner always felt the need to extend her service to the poor and needy and is grateful to Swami for getting her on this path through vibrionics. Long-term medical practice followed by vibrionics has taught her that being gentle and loving to patients, with a little prayer, helps in successful healing and brings satisfaction to patients. She indulges herself in hobbies like mountaineering, gymnastics, as well as art and pottery, as a stress buster. But, whenever in doubt or difficulty, she connects with her inner self and by Swami's Grace she gets the best possible guidance and resolution to her problems. She finds her life's purpose fulfilled and her heart full of joy and love for everyone.

Cases to share:

- [Addiction](#)

❧ Case Histories Using Combos ❧

1. Allergy to worms 01616...Croatia

A 39-year-old male was suffering for the past 25 years from rash all over his body, especially on the face, diagnosed as urticaria (hives). Tests showed he was allergic to a lot of food items. For the past 2 months, his condition was worse with slightly elevated swelling of the rash. Though reluctant due to the side effects he suffered earlier, he took allopathic medicines to get some relief. As there was no improvement, he stopped taking them before meeting the practitioner on 18 May 2018.

Noticing that the patient often rubbed and scratched his nose, indicative of worms, the practitioner suggested to get his stools examined and in the meantime gave the following remedy:

#1. CC15.1 Mental & Emotional tonic + CC21.3 Skin allergies + NM35 Worms...TDS

After 1 week he reported mild decrease in rash and had stopped rubbing or scratching his nose. After about 4 weeks on 25 June 2018, the rash had disappeared but he saw some worms and white spots in his stools, though he did not go for a pathological test. The practitioner did not now feel the need for Mental & Emotional tonic, so **#1** was changed to:

#2. CC21.3 Skin allergies + NM35 Worms...OD

On 29 July 2018, he conveyed he was feeling really good as he could eat everything without any reaction; also there was no worm in his stools. So, **#2** was gradually reduced and stopped on 15 September 2018. After a year, though free of allergy, the patient took **#2** from the practitioner for a month to cleanse his body of any possible worms or parasites. As of December 2019, there has been no recurrence of any of his symptoms.

*If using the 108CC box, give **#1. CC4.6 Diarrhoea + CC15.1 Mental & Emotional tonic + CC21.3 Skin Allergies; #2. CC4.6 Diarrhoea + CC21.3 Skin Allergies***

+++++

2. Gallstone ^{01616...Croatia}

In 2018, a 53-year-old woman was diagnosed with a gallstone of about 2.5 cm in size. Every day for the past one year, she suffered from stomach pain which got worse after each meal. Though she was otherwise healthy and not on any medication, she feared the worst as her grandmother had died of a burst gallbladder and there were cases of renal calculus (stones) in her family.

Relying only on vibrionics, she came to the practitioner on 21 January 2019 and was given:

#1. SR275 Belladonna 1M + SR325 Rescue...every 10 minutes for 1 hour followed by 6TD

#2. CC4.7 Gallstones + CC15.1 Mental & Emotional tonic...TDS

The very next day she reported that her pain had reduced by 50%. On 2 March 2019, when she reported substantial reduction in pain, the dosage of **#1** was reduced to **QDS** and then stopped after a week, while **#2** was continued at **TDS**. She revisited the practitioner on 15 March 2019 to convey that she had an ultrasound test which showed no sign of the large stone, but revealed some tiny stones and she was feeling fine and was able to eat normally without any pain.

Therefore, **#2** was replaced by:

#3. CC4.7 Gallstones + CC17.2 Cleansing...TDS

On 28 April 2019, a repeat ultrasound report revealed a perfect-looking gallbladder with no stone or sand in it. After a week, the dosage of **#3** was reduced to **OD**, then tapered down to **OW** and stopped after a month. As of December 2019, there has been no recurrence.

Editor's note: As a preventive measure, it would be a good idea to give **CC17.2 Cleansing...TDS** for a month and alternate it with **CC12.1 Adult tonic...TDS**, for a year. Please note that in the case of a large stone, the vibro remedies first break it down into tiny pieces before eliminating the sand from the system. To prevent further stones from forming, the patient should cut down in her diet, rich food e.g., butter, cream, meat, etc.

*If using the 108CC box give **#1. CC4.7 Gallstones***

+++++

3. High BP, heart attack, dementia ^{01616...Croatia}

A 78-year-old woman on allopathic medicines for the past 30 years for high blood pressure, had in July 2017 a mild heart attack which made her bedridden. She was put on an antidepressant along with medication for heart. One month ago, she developed dementia, stopped recognising people, and found it difficult to keep her eyes open.

On 19 July 2017, her daughter approached the practitioner and the patient was given:

#1. CC3.4 Heart emergencies + CC18.2 Alzheimer's disease...TDS

Her condition was monitored on a daily basis. After a week, she started recognizing people around her. But she continued to be confined to bed due to the antidepressants.

On 12 August 2017, #1 was enhanced to:

#2. CC15.1 Mental & Emotional tonic + #1...TDS

On 30 August 2017, the daughter reported that the patient had earlier decided to reduce the dosage of antidepressant to half and as she became more alert and aware, now stopped taking it. But she continued allopathic medicines for blood pressure and heart as advised by the doctor.

As the patient remained bedridden, the practitioner gave the following additional remedy using SRHVP:

#3. SR291 Gelsemium + SR359 Zincum Met...QDS

Within one month, the patient started walking on her own with the help of a walker. So, on 29 September 2017, #2 & #3 were stopped and replaced by:

#4. CC3.3 High Blood Pressure (BP) + CC12.1 Adult tonic...TDS

As of December 2019, her symptoms have not recurred, her condition is stable and she walks around normally. She prefers to continue the remedy **TDS**.

Editor's note: It is advisable to also potentise the allopathic medicines to counter their side effects.

If using the 108CC box, give #3. CC18.4 Paralysis

+++++

4. Addiction ^{01163...Croatia}

A 51-year-old fisherman, addicted to alcohol for more than 20 years and criticized by his family all the time, did nothing to overcome his addiction. Rather he was in debt, stopped supporting his family, avoided doing his share of routine chores in the house and garden, and became temperamental and an angry man. In November 2017 he lost his appetite, was always tired, forgetful, and disinterested in life. In June 2018, he developed pain in his muscles and back, could not control his bladder, and had erectile dysfunction. After much debate at home, he relented and assured his agonised family that he would cut down on his drinking. He did not opt for any treatment other than vibrionics.

On 11 October 2018, he visited the practitioner with the intention of getting rid of his addiction and was given:

#1. CC12.1 Adult tonic + CC13.3 Incontinence + CC14.2 Prostate + CC14.3 Male infertility + 15.3 Addictions + CC17.3 Brain & Memory tonic + CC18.1 Brain disabilities + CC20.4 Muscles & Supportive tissue + CC20.5 Spine...TDS

Since he was living on an island and promised to visit every quarter, he was given remedy for 3 months. After 10 days, he reported he had reduced his drinking by 30%. On 11 January 2019, when he visited for a refill, he had already cut down drinking by 70% and was working hard to repay his debts as a responsible family man; also he was more amiable to his family. All his symptoms had substantially improved and he felt healthier and happier. It was encouraging to see his sincerity in taking the remedy. On 16 May 2019, he reported 100% recovery in his appetite, strength, memory and skeletal health, and 80% as regards drinking, bladder control and erectile dysfunction.

So, #1 was modified to:

#2. CC13.3 Incontinence + CC14.3 Male infertility + CC15.3 Addictions + CC17.2 Cleansing...TDS

With time, he started losing his will power and in September 2019 his wife found that he was not bringing home any money and there were alcohol bottles hidden around the house indicating that drinking had recurred. She immediately took charge to prevent him from slipping back into ill health and bad temper, so took him to the practitioner on 10 September. He became remorseful, admitted his weakness, and after two hours of counselling, once again promised not to drink more than one glass per day.

As both his bladder problem and erectile dysfunction had nearly disappeared, the practitioner replaced #2 with:

#3. CC15.3 Addictions + NM64 Bad Temper...TDS

As of December 2019, he has been drinking within his promised limit. All his other symptoms have disappeared and there has been no recurrence. He continues to take **#3 TDS** to suit his comfort level.

Editor's note: Usually heavy drinkers have bad temper as their liver goes out of balance. **NM64 Bad Temper** would help; it is present in **CC4.2 Liver & Gallbladder tonic** which is part of **CC15.3 Addictions**.

+++++

5. Miller Fisher syndrome ^{03542...UK}

When this 63-year-old female, otherwise healthy with normal vision, arrived in the UK from India in the third week of June 2018, suddenly she could not move her left eye ball; she felt it had frozen in one position and her vision was impaired. Worried, she immediately consulted a doctor on 25 June 2018. She was referred to an ophthalmologist who diagnosed her condition as Miller Fisher syndrome. This is a rare autoimmune nerve condition that paralyzes eye muscles and tendon reflexes, sometimes with respiratory failure. It is often preceded by viral illness which she did not have. Her husband is a vibronics practitioner in India, so she generally avoids taking allopathic medicines. After suffering for about a week, she was able to contact a local practitioner on 2 July 2018. By that time the condition of her eyes had become worse.

She was given the following remedy:

CC7.2 Partial Vision + CC7.4 Eye defects + CC10.1 Emergencies + CC12.4 Autoimmune diseases + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC19.3 Chest infections chronic + CC20.4 Muscles & Supportive tissue...QDS

CC19.3 Chest infections chronic was included to minimize the potential risk of any chest infection.

After one week, there was 50% improvement in the movement of her affected eye and vision. After another week on 17 July, the patient reported that she could see and move her eyes normally. After ensuring that her symptoms had indeed disappeared, on 23 July, the dosage was reduced to **TDS** and then gradually tapered down and stopped on 13 August 2018. As of December 2019, the patient has confirmed there has been no recurrence and her eyes are functioning normally.

Editor's Note: The prognosis for most individuals with Miller-Fisher syndrome is good. In most cases, recovery begins within 2 to 4 weeks of the onset of symptoms, and may be almost complete within 6 months.

+++++

6. Blooming impatiens ^{03582...South Africa}



Soon after qualifying as an AVP, the practitioner wanted to experience the effect of vibronics on plants. She purchased a tray of impatiens seedlings (see pic) on 26

September 2019 and the next day, she planted them in two separate pots, next to the already growing miniature pine trees, as impatiens loves shade.

She started watering pot 1 with: **CC1.2 Plant tonic...BD** during the first week, followed by **2TW** for the next two weeks.

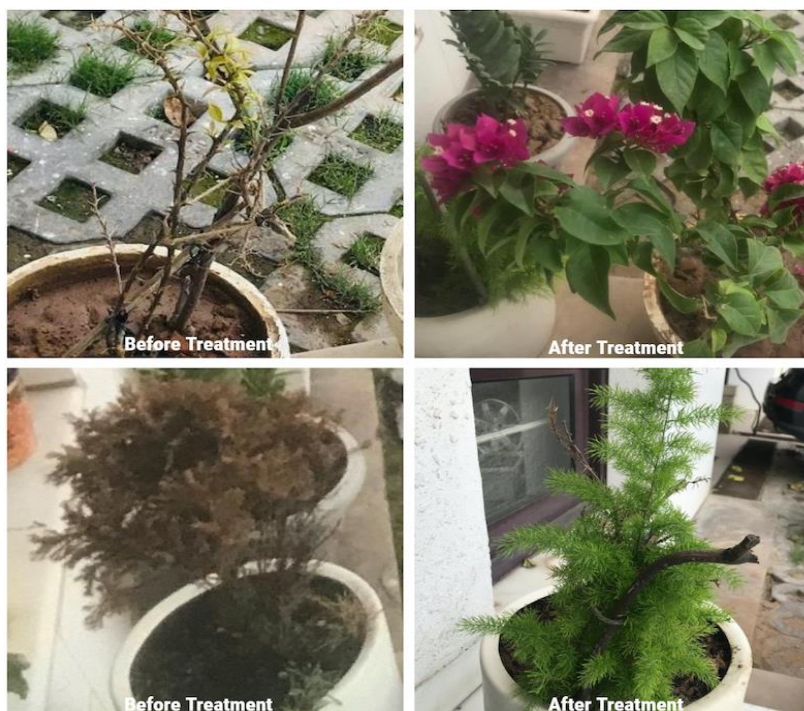
Pot 2 was used as a control plant and given only tap water at the same time as pot 1.

On 8 October 2019, the practitioner was delighted to see plants in pot 1 with big bright green leaves and blooming with large healthy and happy looking flowers which lasted for 8 days. In comparison, plants in pot 2 bloomed 4 days later on 12 October 2019 with fewer and smaller flowers that lasted for only 6 days (see pic). This confirmed to the practitioner that vibronics not only treats illnesses of humans and animals but also helps in the growth of plants.



+++++

7. Dried and leafless plants ^{11606...India}



In the practitioner's house, two houseplants, Bougainvillea and Asparagus fern had dried up and had no leaves on their branches since February 2019 (see pics).

On 15 March 2019, soon after becoming a practitioner, she treated them with:

#1. CC1.2 Plant tonic...OD

As they did not show any improvement even after 15 days, on 1 April, #1 was enhanced to:

#2. CC12.1 Adult tonic + #1...OD

Gradually, within a fortnight, they started recovering. Over a period of next 4 weeks, the plants flourished and became bright and healthy, almost double in size! The asparagus fern which initially had no sign of green cover, looked really grand now (see pic). Bougainvillea also started flowering and looking good (see pic). The remedy was gradually tapered down

before stopping in June 2019. The asparagus fern continues to be healthy but the practitioner shifted house a few months ago, she could not carry the bougainvillea with her.

+++++

8. Pain due to injury ^{11606...India}

A 40-year-old village woman of meagre means slipped in the bathroom four years ago. This led to a dull niggling pain extending from lower back to the left leg, knee and foot. She had to live with the pain as she could not afford to consult a doctor. She came to know about vibrionics treatment being given free and so met the practitioner.

On 26 March 2019, she was given:

CC3.7 Circulation + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC20.7 Fractures...TDS

For the first two days, the patient experienced nausea and giddiness (pullout) but was fine on the third day. Two weeks later, the patient reported the pain had disappeared and wanted to stop the remedy. She was advised to continue for some time and then taper it down. So she reluctantly continued for another week after which the dosage was reduced to OD and then stopped on 29 April 2019. As of December 2019, the patient has confirmed there has been no recurrence. All efforts failed to convince her to take Adult tonic and Cleansing as a preventive measure.

+++++

9. Menstrual disorder ^{03560...USA}

A 48-year-old female, bothered by multiple health problems for the past 4 years, approached the practitioner on 4 November 2017. Though her periods were regular, excessive flow during the second day of menstruation coupled with cramps made her very weak and inactive for a few days. As far as possible, she would avoid taking allopathic medicine (as it irritated her stomach), even though it took her a week or two to return to normalcy. In addition, she complained of pain in the right heel, varicose veins on both legs, dryness and itching around the calf and ankle areas, and Vitamin-D deficiency diagnosed by test.

The practitioner gave:

CC3.7 Circulation + CC8.4 Ovaries & Uterus + CC8.7 Menses frequent + CC12.1 Adult tonic + CC20.4 Muscles & Supportive tissue...TDS

For vitamin D deficiency, she was advised to expose herself to the sun for at least half an hour per day.

After 3 days, she had a period with normal flow and did not suffer from any cramps. She expressed her awe at the speed at which she got relief. She remained active during and after the menses without any problem

and continued taking the remedy sincerely without missing even a single dose. After 3 weeks her heel pain was almost gone. After another month on 2 January 2018, the dryness and itching around the calf and ankles disappeared. On 4 April 2018 she reported that the veins in the legs that had started looking 50% better since January, now became normal. She was advised to exercise her leg muscles regularly and eat nutritious food. There was neither recurrence of menstrual disorder during the past four months nor did the need arise for pain medication. So, the dosage was gradually reduced over a period of 6 weeks and stopped on 16 May 2018. Fully convinced of the efficacy of vibrionics, she has been referring all her family members, friends, and relatives to the practitioner. As of December 2019, none of the symptoms has recurred.

+++++

10. Muscular pain, respiratory allergy ^{03560...USA}

A 46 year-old-female was suffering for the past 4 years from frequent sneezing, watery eyes, and breathlessness a few times a day as she was allergic to dust and pollen. She would take allopathic medicine for immediate relief whenever she could not cope with the allergy.

Nine months ago she met with an accident when her car was hit from behind, resulting in whiplash (injury due to forceful, rapid back-and-forth movement of the head, like the cracking of a whip). As a result, she developed recurring pain from her neck down to both the arms and fingers disabling her from doing daily chores. Allopathic medication gave temporary relief only. This coupled with her symptoms of allergy made her life difficult and depressing.

On 14 December 2017, the practitioner gave:

CC12.1 Adult tonic + CC18.5 Neuralgia + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC20.7 Fractures...every 10 minutes for 2 hours followed by **6TD**

On the very first day her pain reduced by 20%; within a week it was down to 50%. The sneezing bouts and breathlessness also started improving gradually. She no longer had watery eyes. So the dosage was reduced to **TDS**. After another 3 weeks on 14 January 2018, all her symptoms were 80% better and in another month, they improved by 95%. On 31 March 2018, she reported complete cure, so the dosage was gradually reduced to **OW** and then stopped on 31 May 2018. As of December 2019, there has been no recurrence.

☞ Answer Corner ☞

Question 1: Can plants and animals have a pullout?

Answer 1: No one has ever reported a case of pullout in plants and animals. We believe that pullout is unlikely as they exist in tune with nature and therefore do not build-up toxins. Human beings, on the other hand, accumulate them at mental and physical level by catering to the senses. While treating plants and animals, it is a good idea to observe them closely to detect any subtle changes in them and keep detailed records and report your findings to us. This will help in our research.

+++++

Question 2: In vol 10 issue 4 of our newsletter, you have explained why is vibrionics not compatible with homoeopathy. It is not clear if we can use homoeopathic drops/cream/tonic!

Answer 2: It is all right to use homoeopathic drops for eyes/ears/nose or a cream for external application along with vibrations; they will not interfere. Using Cineraria eye drops has been suggested under CC7.2 Partial Vision in the 108CC book. Homoeopathic ointments for skin are recommended in the Vibrionics 2019 book. Homoeopathic tonics can be taken along with vibrations, but with a gap of 20 minutes or more.

+++++

Question 3: Why are we advised to swish the water remedy after keeping it under the tongue for a minute?

Answer 3: It is always a good idea to rinse your mouth after any meal or snack so that no food particle remains and the same should be done before taking any remedy. Swishing the water remedy for a few seconds will result in better absorption of the vibrations because of their contact with all parts of the mouth.

+++++

Question 4: Should one potentise each allopathic medicine individually?

Answer 4: It is good to potentise each medicine individually, as if each one is a different card. As the medicine is not adversely affected by potentisation, it should be returned to the patient for him to use it as normal. However, medicines requiring potentisation at the same potency can be put together in the same sample bottle. If all the tablets are not touching the bottom of the bottle, add ethyl alcohol and shake well to transfer the vibrations of each medicine to the liquid. In any case, give only one remedy bottle.

+++++

Question 5: What is the most appropriate dial setting on the SRHVP when not in use?

Answer 5: To minimise wear and tear of the dial, the most delicate part of SRHVP, you may leave it at the last used setting as given in the SVP manual. However, there is one precaution to be observed. The minimum dial setting possible with our simulator cards is 040 corresponding to 1X potency and maximum is (1)000 for 10 MM potency. Whenever the dial is set at (1)000 (as for NM110 Essiac or SM39 Tension or neutralising), we suggest you move it anticlockwise slightly and leave the dial at around 990. Otherwise, if you use the machine after some time, you may get confused and not realise whether the reading is 000 or (1)000, so you could move the dial in the wrong direction and damage the dial in the process; this has happened in a few cases.

+++++

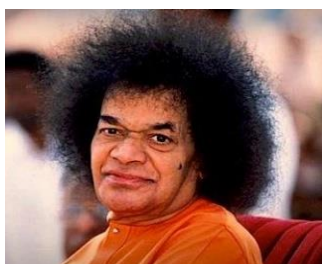
Question 6: Can we make a remedy combining CCs and cards?

Answer 6: All the combos have been made from cards and some homoeopathic remedies, using SRHVP. As vibrionics is continually evolving based on feedback from our practitioners, these combos are updated from time to time by adding more vibrations, some using cards. Therefore, while making a remedy using the 108CC box, it is perfectly in order for a practitioner to add the vibrations of any cards most appropriate to the case in hand.

+++++

Question 7: How to connect to one's inner self to become intuitive while prescribing remedies?

Answer 7: Each one of us is essentially Divine, with a different body-mind complex. We are all at different levels of spiritual evolution based on our past experience, understanding, habits, tendencies, and sadhana done. Instant connection to one's inner self may not happen in a trice when we want it. We should work towards it consistently day after day. Only by treading the path shown by Swami, through proper lifestyle, control of senses, dedicated seva, and spiritual practice like contemplation or quiet-sitting with a blank mind, can we attain that Divine connection to our true Self. At the end of each day, offer all the fruits of the day to the Divine.



❧ Divine Words from the Master Healer ❧

"The type of food you consume decides the degree of concentration you can command; its quality and quantity decide how much your self-control is lessened or heightened. Polluted air and water are full of maleficent viruses and germs and have to be avoided at all costs. There are four pollutions against which man has to be vigilant - of the body (removable by water); of the mind (removable by truthfulness), of reason (removable by correct knowledge) and of the self (removable by yearning for God). "Vaidhyo Narayano Hariharan", the Shruthis declare. God is the Doctor. Seek Him, rely on Him, you will be free from Disease."

... Sathya Sai Baba, "Food and health" Discourse, 21 September 1979

<http://www.sssbpt.info/ssspeaks/volume14/sss14-31.pdf>

+++++

"We require today those who take delight in selfless service, but such men are rarely seen. You who belong to the Sathya Sai Seva Organisation, every one of you, must become a sevak, eager to help those who need it. When the sevak (helper) becomes the nayak (leader) the world will prosper. Only a kinkara (servant) can grow into a Shankara (Master). Of course, one has to eliminate the ego totally. Even a trace of it will bring disaster. However long you may do dhyana, however constant your japa, a little ego will render them barren of results. Bhajan done with egoistic pride will be as harsh as the crow's caw. So, try to avoid the ego marring your sadhana, even to a small extent."

... Sathya Sai Baba, "Lessons on seva sadhana" Discourse, 19 November 1981

<http://www.sssbpt.info/ssspeaks/volume15/sss15-31.pdf>

+++++

❧ Announcements ❧

Forthcoming Workshops (Note the change in dates of AVP/SVP November-December 2020 workshops)

- ❖ **India Chennai:** Refresher Seminar 18-19 January 2020 contact B S Swaminathan at swami_bs99@yahoo.com
- ❖ **India Bengaluru:** Refresher Seminar 8-9 February 2020 contact Shekhar at rsshekhar@aol.in
- ❖ **India Puttaparthi:** 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 Delhi-NCR:** Refresher Seminar 9-10 May 2020 contact Dr Sangeeta Srivastava at atdr.srivastava.sangeeta@gmail.com
- ❖ **India Puttaparthi:** AVP Workshop 8-14 July 2020 contact Lalitha at elay54@yahoo.com
- ❖ **India Puttaparthi:** Follow-up Workshop for SVP batches of 2018-19, 16-17 July 2020 contact Hem at 99sairam@vibrionics.org
- ❖ **India Puttaparthi:** AVP Workshop 24-30 November 2020 contact Lalitha at elay54@yahoo.com
- ❖ **India Puttaparthi:** SVP Workshop 2-6 December 2020 contact Hem at 99sairam@vibrionics.org

❧ In Addition ❧

1. Health Tips

Befriend Dry fruits for health and energy

"Eat in moderation and live long... Those who know that physical health is the greatest treasure take great care to eat only satvic food. Uncooked food, nuts and fruits, germinating pulses are the best. Use these at least at one meal, say, for the dinner at night; this will ensure long life. And, a long life is to be striven for in order that the years may be utilised for serving one's fellow beings..." Sri Sathya Sai Baba¹

1. What is a dry fruit?

It is a fruit in which the pericarp, which is the wall of the fruit, is not pulpy. Dry fruits include dried fruits and nuts which are biologically same, with two major technical differences. Every fruit seed has the potential to be a plant, which is not possible with nuts. Fruits have juice which nuts lack.²

What is a dried fruit? A fleshy fruit shrinks when most of its water content is removed by sun-drying or using a dryer or de-hydrator, leaving a small energy-dense dried fruit. All dried fruits are sweet in taste, retain most of their nutritional content, and have a long shelf life. Raisins (dried grapes), dates, prunes (dried plums), figs, and apricots are traditional dried fruits which are popular, followed by dried peaches, apples, and pears. Cranberries, blueberries, cherries, strawberries, and mango are infused with a sweetener prior to drying, whereas, dried papaya, kiwi, and pineapple are often candied fruits.³

What is a nut? A nut is a dry fruit filled with only one seed, occasionally two. Nuts are almonds, walnuts, cashew nuts, pistachios, Brazil nuts, hazelnuts, chestnuts, acorns, pecans, pine nuts, and macadamias. Peanuts are actually legumes, like lentils and peas, though referred as nuts due to their similar nutrition profile.^{2,4}

2. Benefits of dried fruits

General: Delicious and highly nutritious, equivalent to fresh fruits but in a condensed form concentrating all their sugar and calorie content, they give a feeling of fullness on eating. By weight, a dried fruit contains up to 3.5 times the fibre, vitamins, and minerals of a fresh fruit. All dried fruits are a great source of phenolic antioxidants which improve blood flow, boost immunity, better digestive health, decrease oxidative damage, promote brain health, are anti-aging, bone and skin-friendly, and reduce the risk of many diseases including cancer.^{5,6}

Specific benefits of dried fruits

Raisins (59% sugar): Provide valuable nutrients, especially for children, including vitamin C, calcium, iron, potassium, and plant compounds. They do not stick to the teeth long enough and may clear other types of food particles trapped on the teeth and thus protect against dental cavities. They lower BP and blood cholesterol, decrease inflammation, and improve blood sugar level reducing the risk of type-2 diabetes and heart disease.^{5,7,8}

Dates (64-66% sugar): Extremely sweet but may not cause major spikes in blood sugar level due to its low glycaemic index. Ideal for pregnant women due to their mineral and iron content, they can promote cervical dilation minimising the need for induced labour. They are a good source of the trace mineral, selenium, that lowers the risk of bladder and prostate cancer and physiological stress. Also, a remedy for infertility in men.^{5,9,10}

Prunes (38% sugar): Promote healthy vision being rich in beta carotene (which gets converted into vitamin A) & vitamin K; have natural laxative effect due to their high fibre content and sorbitol, and also control an overactive bladder. They are an important source of mineral boron to prevent and fight osteoporosis and a great source of iron to prevent and treat iron deficiency. Being very rich in antioxidants, prunes protect the cells of the body.^{5,11,12}

Caution: Those suffering from ulcerative colitis or allergies may avoid prunes.¹¹

Figs (48% sugar): Loved for their sweetness and mild flavour, they have superior quality of antioxidants; are one of the best sources of vitamins A, C, K & B, and minerals potassium and calcium. Known to alleviate constipation and help in overall diabetes management, good for skin and hair, figs can treat a variety of skin diseases like eczema, vitiligo, and psoriasis.¹³

Caution: Those allergic to rubber latex or birch pollen or fruits of mulberry family, may also be allergic to figs; those on blood thinning medications may avoid figs due to their high vitamin K content.¹³

Apricots (53% sugar): Contain many essential vitamins, minerals, and soluble fibre to boost digestion. High in potassium they maintain fluid balance in the body and lower the risk of stroke. They are an excellent source of beta carotene and other carotenoids as well as vitamins A, C, and E, and protect eyes against any damage.¹⁴

Dried peaches, apples, and pears: Peaches are delicious and a good source of carbohydrate, protein, and vitamins A & C for boosting the immune system. Dehydrated apples are rich in several B vitamins good for metabolism, liver, and skin; also lend flavour to a range of dishes. Dried pears, rich in vitamin C, E, & B-complex such as folate, are good for overall health.¹⁵⁻¹⁷

Other healthier dried fruits: The less common ones like berries, cherries, and pomegranate seeds are considered healthiest. In particular, Goji berries are considered as a modern-day super food, with antibacterial, antifungal, and anti-inflammatory properties. Indian gooseberries (amla) with the highest antioxidants top the list.⁶

3. Benefits of nuts

General: High in fat and rich in phenolic antioxidants, vitamins, minerals, and beneficial fibre, nuts are an excellent low carb food. They help in losing weight contrary to the general belief that one may put on weight due to their high calorie content. They prevent lifestyle diseases and support brain function and skin health.^{21,22}

Specific benefits of nuts

Almonds: Rich in healthy fats, fibre, protein, vitamin E, magnesium and manganese, they are considered as prized nuts since ancient times, and most loved. They reduce the bad LDL cholesterol, stabilise blood pressure, and are excellent for gut health as they alkalise the digestive tract and balance the body's pH.^{23,24}

Walnuts: One of the few nuts that has omega-3 fatty acid to prevent and fight cancer, amino acids to keep the heart healthy, nutrients to prevent age-related brain disorders, and beneficial fat to improve metabolic parameters in type-2 diabetes. 90% of antioxidants are in their skin and, being easily perishable, should be stored in air tight containers.²⁵⁻²⁷

Caution: Those with herpes should limit or avoid them till fully cured.²⁵

Cashew nuts: Apart from the nutritive features of nuts in general, they contain a powerful antioxidant pigment, zeaxanthin, which is directly absorbed by the retina, preventing age-related macular degeneration and thereby maintaining eye health. Cashews help in keeping the hair healthy and shiny.^{28,29}

Pistachios: Highly nutritious in their natural form with all the health benefits of nuts, they have a unique slightly sweet flavour. Have the highest content of zeaxanthin and lutein among nuts, excellent for eyes and the heart; also promote gut health and reduce the risk of colon cancer.^{30,31}

Brazil nuts: Smooth in texture, with a sweet and earthy flavour, this nut is a staple diet of the natives in Amazon forest. Just one Brazil nut provides 100% of the daily needed selenium, an essential trace mineral vital for body metabolism and important for cognitive function, healthy immune system, healthy shiny hair, and fertility in both men and women. This nut gives a natural glow to the skin and prevents acne, ageing, and skin cancer.³²

Hazelnuts: Having a sweet flavour they can be eaten raw. High in calories, they are a rich source of mono and polyunsaturated fats and omega-6 and omega-9 fatty acids. The antioxidants are concentrated in their skin which make them ideal to be consumed whole, unpeeled and unroasted. In ancient times, they were used as a medicine and tonic. Hazelnut is commonly used for flavouring coffee and pastries and for topping and garnishing desserts.^{33,34,35}

Chestnuts: Highly nutritive with a low glycaemic index, they are excellent for health. Roasted ones are popular, but are commonly candied, boiled, steamed, or made into bread. They boost the immune system, increase bone mineral density, improve brain function, relieve digestive issues, control BP, and prevent chronic illnesses.³⁶

Acorns (nuts from oak tree): Rich in vitamins, especially B1 to B9, and many minerals, acorns improve digestion, boost energy levels, keep bones healthy, and lower the risk of heart disease, diabetes, and cancer. But they are bitter in taste and tough to metabolize because of their tannin content. So, to make them eatable, boil or soak until they stop turning the water brown. The water can be applied on the skin to reduce inflammation, soothe burns and rashes, and heal cuts and wounds. The most nutritious way to consume acorns is to make coffee out of it as one would make from coffee beans. Acorns coffee would be 100% caffeine free!^{37,38}

Pecans (related to the walnut), Pine nuts, and Macadamias have all the nutritive characteristics of nuts, with a buttery flavour.³⁹⁻⁴¹

General Caution: If anyone is allergic to any nuts, it is best to avoid them or limit the quantity intake to bare minimum.

4. Moderation is the key to good health

Inclusive diet: Fresh fruits generally contain more vitamins and minerals than dried ones as the drying process can destroy water-soluble vitamins B's and C. Nevertheless, dried fruits surpass fresh fruits in fibre and antioxidant content and should be an important part of our diet. Their intake will gradually reduce the need for fats and sugar in food ensuring proper metabolism. Inclusion of dried fruits and nuts in diet is known to have helped sportspersons to enhance their performance.^{6,18,19,42}

Moderate quantity: Healthier than processed or junk food, most of the dried fruits are high in sugar content and calories, especially those infused with sweeteners or candied. Therefore, they should be taken in moderation to stay fit. One serving, that is, a quarter cup or one handful (30 g) of dried fruits is equivalent to 1 cup of juicy fresh fruit and adequate to provide the needed folate. Similarly, one fistful (30 g) of nuts per day should suffice. If affordable and practicable, every day one variety of both dried fruits and nuts may be taken and their effect observed over a period of time to know the requirements of one's body.^{5,6}

Best time for dried fruits: Best time is morning or during the day, preferably along with other nutritious foods. Dried fruits can be included in a baby's diet from 7-9 months of age after observing their effect on the baby for 2-3 days.²⁰

Best time for nuts is whenever one is hungry or tired, as a healthy snack or with salad or soup. However, it is best to take nuts in the morning hours along with breakfast; it helps to stay energetic the whole day and to ward off fatigue. Soaking them in water overnight would free them from anti-nutrients and make them easily digestible and absorbable, especially almonds and walnuts. Sai Baba has advised students to take overnight soaked 2-3 almonds every morning, after removing its skin. Avoid cashew nuts at night as they may be heavy on the stomach and disturb sleep. Also avoid oil roasted and chocolate coated nuts.^{43,44}

Caution: Being nutritionally dense, it is easy to consume dry fruits in excess; this may lead to weight gain, indigestion, and other health problems. So, watch out as the body will tell you how much to eat.¹⁹

References and Links:

1. Sathya Sai Speaks, Volume 15, Chapter 21, Divine Discourse on Good Health and Goodness, 30 September 1981; www.sssbpt.info/English/sssvol15.html
2. <https://www.quora.com/What-is-the-difference-between-nuts-and-dry-fruits>
3. https://en.wikipedia.org/wiki/Dried_fruit
4. <https://www.bodyandsoul.com.au/nutrition/almonds-walnuts-cashews-get-to-know-your-nuts/news-story/e9d80be322939d514fdb6519b5e82ba5>
5. General benefits of dried fruits: <https://www.healthline.com/nutrition/dried-fruit-good-or-bad>
6. Moderation, Caution & Care: <https://heartmdinstitute.com/diet-nutrition/dried-fruit-healthy-sugar-bomb/>
7. Raisins: <https://www.newswise.com/articles/new-raisin-research-shows-several-health-benefits>
8. <https://www.healthline.com/health/food-nutrition/are-raisins-good-for-you>
9. Dates: <https://www.healthline.com/nutrition/benefits-of-dates>
10. <https://nuts.com/healthy-eating/benefits-of-dates>
11. Prunes: <https://www.healthline.com/health/food-nutrition/top-benefits-of-prunes-prune-juice#iron>
12. <https://food.ndtv.com/health/7-amazing-prunes-benefits-1404766>
13. Figs: <https://www.healthline.com/health/figs>
14. Apricots: <https://www.healthline.com/nutrition/apricots-benefits>
15. Dried Peaches: <https://nuts.com/driedfruit/peaches/jumbo.html>
16. Dehydrated Apples: <https://healthyeating.sfgate.com/dehydrated-apples-healthy-5756.html>
17. Dried Pears: <https://nuts.com/driedfruit/pears/premium.html>
18. Diet: <https://www.ncbi.nlm.nih.gov/pubmed/15670984>
19. <https://www.health.harvard.edu/healthy-eating/is-eating-dried-fruit-healthy>
20. <https://parenting.firstcry.com/articles/dry-fruits-for-babies-when-to-introduce-and-health-benefits/>
21. Benefits of Nuts: <https://www.healthline.com/nutrition/8-benefits-of-nuts#section1>
22. <https://www.healthline.com/nutrition/9-healthy-nuts#section2>
23. Almonds: <https://draxe.com/nutrition/almonds-nutrition/>
24. <https://www.healthline.com/nutrition/9-proven-benefits-of-almonds>
25. Walnuts: <https://www.healthline.com/nutrition/benefits-of-walnuts#section5>
26. <https://articles.mercola.com/sites/articles/archive/2014/05/19/7-walnuts-benefits.aspx>
27. <https://www.nutritionfitnesscentral.com/proven-benefits-walnuts/>
28. Cashew nuts: <https://www.healthline.com/health/are-cashews-good-for-you#takeaway>
29. <https://food.ndtv.com/food-drinks/7-incredible-cashew-nut-benefits-from-heart-health-to-gorgeous-hair-1415221>
30. Pistachios: <https://www.medicalnewstoday.com/articles/322899.php#myths-about-pistachios>
31. <https://www.healthline.com/nutrition/9-benefits-of-pistachios#1>
32. Brazil nuts: <https://www.healthbecon.com/brazil-nuts-benefits>
33. Hazelnuts: <https://www.organicfacts.net/health-benefits/seed-and-nut/hazelnuts.html>
34. <https://draxe.com/nutrition/hazelnuts/>
35. <https://www.healthline.com/nutrition/hazelnut-benefits#section1>
36. Chestnuts: <https://www.organicfacts.net/health-benefits/seed-and-nut/chestnuts.html>
37. Acorns: <https://www.healthline.com/nutrition/can-you-eat-acorns#downsides>
38. <https://www.organicfacts.net/health-benefits/seed-and-nut/acorns.html>
39. Pecans: <https://food.ndtv.com/food-drinks/why-pecan-nuts-are-good-for-you-and-how-to-eat-them-1262183>
40. Pine nuts: <https://food.ndtv.com/food-drinks/8-health-benefits-of-pine-nuts-chilgoza-the-nutty-winter-treat-1621360>
41. Macadamias: <https://www.healthline.com/nutrition/9-healthy-nuts#section11>
42. <https://omigv.com/fruits/dried-fruit-health-benefits/>
43. <https://food.ndtv.com/food-drinks/what-is-the-best-time-to-consume-nuts-we-find-out-1749282>
44. Eat almonds: <https://sathyasaiwithstudents.blogspot.com/2012/11/do-you-eat-almonds.html#.Xgoz4i2B3nU>

+++++

2. AVP workshop & Refresher, Puttaparthi, India, 16-22 November 2019



This intense one-week workshop was attended by eight participants, both from India and abroad. The French coordinator and two other SVPs came as observers and assisted the new candidates. The highly interactive case-study-based workshop was planned and conducted by two senior teachers ^{10375 & 11422}, supported by founder faculty member Hem Aggarwal who gave valuable inputs on each category from 108CC book and effective case history writing. The workshop provided practical training to the participants through a live clinic as well as demos and role playing by teachers, participants, and other

senior practitioners. Dr Jit Aggarwal shared his journey in vibrionics, his memorable interactions with Swami, and lessons learnt directly from Him. He gave invaluable guidance on practising Love & Gratitude accepting everything that comes our way as Gift of God, and the way to be an ideal practitioner. All the qualified AVPs took their oath with solemnity and sincerity, seeking the blessings of Swami.

+++++

3. SVP workshop, Puttaparthi, India, 24-28 November 2019



Four candidates from India and abroad qualified as SVPs after a 5-day intense workshop conducted by the same faculty members ^{00006, 10375 & 11422}. French teacher and coordinator from France ⁰¹⁶²⁰ and three other senior practitioners attended as observers to refresh their knowledge and assisted where required. Practitioner ⁰³⁵⁸⁹ from France translated for a non-English speaking candidate throughout the workshop. In his address Dr Jit Aggarwal outlined the commitment expected of an SVP, importance of following the middle path in life, especially in lifestyle, and the significance of “forgive and forget” principle for one’s own spiritual evolution and the technique to do it. The qualified candidates took oath before Swami and received their SRHVP

machines with humility and resolved to do their best in Sai seva.

+++++

4. Vibrionics awareness camps in Bhadrachalam, Telangana, India, 8 & 17 December 2019

On 8 December, at a well-attended State level meeting of Sri Sathya Sai organisation of Telangana at Bhadrachalam, our senior practitioner ¹¹⁵⁸⁵ gave a talk with PowerPoint presentation, about how Swami had blessed Vibrionics as the medicine of the future, how it works, and some successful case histories. 21 out of 50 participants got inspired and came forward to take remedies at the vibrionics camp organised during lunch break.

He also held an awareness camp on 17 December at Bhadradri thermal power station, attended by the engineers working there. After listening to his inspiring talk, a total of 17 participants took vibrionics treatment.

In both the camps, he also talked about the admission process and those who expressed interest in learning vibrionics were given guidance.



+++++

Om Sai Ram

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