

Sai Vibrionics Newsletter

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

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☞From the Desk of Dr Jit K Aggarwal ☞

Dear Practitioners

It is another glorious New Year. To begin the year 2018 in right earnest, I would like to start with a very significant New Year message from Swami's Divine discourse of 14 January 1970:

“Calendar makers calculate the years and declare that this day is New Year's Day. But lapse of time is to be calculated in proportion to the work accomplished, rather than the revolution of our earth around the sun. For each individual, there is a New Year's Day, a day that marks the completion of his revolution round the sun, that is to say, the awakened effulgent intelligence, capable of conferring on him discrimination and detachment. Enquire into the will of God, discover the commands of God, guess what will please Him most and, regulate your life accordingly. Do not harden your heart through greed and hate. Soften it with love. Cleanse it through pure habits of love and thinking. Use it as the shrine, wherein you install your God. Be happy that you have within you the source of power, wisdom, and joy.”

We had many significant achievements in 2017. Several of them were culmination of years of dedicated effort and perseverance of our community towards emboldening our clinical and organizational capabilities such as, updating of the 2004 Vibrionics Practical Guide for SVPs, reintroducing the section on lifestyle and health in the newsletter, including vibrionics as an integral part of Wellness Clinic at Sri Sathya Sai super speciality hospital in Whitefield, Bangalore, going digital with our practitioners' site (practitioners are now able to modify their personal data including their photo, apply for IASVP membership and directly post monthly reports on the website), expanding our remote/broadcast network in the US, and enhancing our training and mentoring guidelines and procedures.

It is my sincere prayer to the Lord that we can collectively make 2018 a monumental year i.e. stepping up our mission's reach and capabilities to a whole new level. We have already initiated work on several bold goals for the year such as, cleansing our data for better quality and higher integrity, enhancing and expanding our online training programs, increasing the scope of our research to cover impact of vibrionics on specific diseases (plants and animals), and exploring various channels for increasing global awareness of our program (with a greater focus on increasing reach to the underprivileged strata of society through further opening of exclusive vibrionics clinics). Above all, to bring vibrionics to same level as more established systems of medicine, it is important to understand how vibrionics achieves the kind of outstanding cures we are witnessing; for this, we need a deeper understanding of quantum mechanics/physics which is at present able to only broadly explain this phenomenon. We invite practitioners with a genuine and serious interest in this field to please come forward and take this challenge so that vibrionics can move to a higher level of understanding and thus gain greater credence among health-care professionals.

Translating these initiatives into successful outcomes will require all of us to bring out the leader within us and walk in Swami's footsteps— from deha-tatwa (body consciousness) to dehi-tatwa (God consciousness). There is no better way to achieve this than through selfless service, examples of which were two practitioners from Nagpur in Maharashtra, India, both of whom left for their heavenly abode during the last one month. **Practitioner** ¹¹²⁷⁰, PhD and a retired professor in agricultural economics rendered through vibrionics wonderful seva in the field of agriculture and farm animals till the age of 84. **Practitioner** ¹⁰⁵⁹⁰, a retired surgeon is attributed with many monumental achievements, including launching Mobile Medicare seva in Nagpur in 2007. He played an instrumental role in vibrionics by treating many complex cases till the age of 86. Both of them helped local practitioners with their queries.

I truly believe that contributing to the growth of this Divine mission is an extraordinary way to touch lives (plants, animals and humans) through selfless service. It is my hope and prayer that more and more of you will come forward to participate in these and many more initiatives in the works globally and regionally.

In loving service to Sai
Jit K Aggarwal

❧ Practitioner Profiles ❧

Practitioner ^{11567...India} is a highly dedicated SVP and a qualified medical doctor with an MD in the non-clinical subject of pharmacology. He is currently working as an associate professor in a reputable medical institution. Inspired to use his allopathic skills in selfless service, he chose to participate exclusively in medical camps conducted at local Sai centres rather than enter private practice. Feeling a deep void from within as a result of not being able to treat patients regularly, the practitioner prayed to Swami with utmost sincerity to be given an opportunity to do so. The Lord, never failing to respond to a sincere prayer, appeared to him in a vivid dream in which he asked the Lord to grant him his wish to serve patients. The Lord gave him a piercing look in his eyes and disappeared. In a matter of a few days, he learned about vibrionics through a Sai brother. After visiting our website and watching the *Souljourns* interview with the Aggarwals, he knew that his prayers had been answered. After going through the application process and training, he qualified as an AVP in March 2015. In less than 2 years, he progressed from AVP to VP and then to SVP.



The practitioner has been conducting vibrionics camps regularly since May 2015 at local Sai Centres. He has treated over 600 patients with various illnesses such as migraine, arthritis, psoriasis, indigestion, common cold, viral fevers, hypertension, diabetes, vertigo, sinusitis, menstrual disorders, psychiatric disorders, phobias, allergies, typhoid and gastroenteritis. The practitioner has observed that adding **CC15.1 Mental & Emotional tonic** to the remedies works wonders as most illnesses have a mental and emotional cause. He has also found **CC9.2 Infections acute + CC12.2 Child tonic** to be highly effective in treating and preventing viral fevers in many children, including his own. He believes that this remedy helps the patient avoid unnecessary use of antibiotics to treat secondary bacterial infection thus bringing a huge relief to the parents. He has used the combination **CC11.3 Headaches + CC11.4 Migraines** with spectacular results in relieving even the most severe types of headaches due to migraine. Additionally, he reports that preparing eye drops with **CC7.3 Eye infections** in sterile water can work wonders in resolving many acute eye conditions such as, conjunctivitis, swollen and burning eyes, and pink eye.

While treating his patients, the practitioner often quotes Sathya Sai Baba's teachings to emphasize the importance of a healthy life style. He provides his patients a self-made audio clip titled "Living Life the Sai Way," which explains the role of thoughts both on our health and our experiences in the society. Being highly knowledgeable in the area of holistic healing, he advises practicing violet flame meditation for transmutation of negative thoughts into positive vibrations. Apart from treating patients, he finds great joy in inspiring them to join vibrionics practice. The unique quality of this practitioner to transform people towards godness and godliness has inspired many of his patients to adopt a healthy lifestyle and lead a spiritually oriented life.

The practitioner shares the case details of a 40-year-old woman with headache, weakness, palpitation and stress for the past 16 years due to migraine and hormonal imbalances. She had tried several treatments but nothing helped. She also developed burning sensation in stomach and sleeplessness. She was

given **CC3.7 Circulation + CC4.10 Indigestion + CC6.2 Hypothyroidism + CC8.6 Menopause + CC10.1 Emergencies + CC11.3 Headaches + CC11.4 Migraines + CC12.1 Adult tonic + CC15.4 Eating disorder**. She was advised to adopt a healthy lifestyle with adequate amount of physical exercises. Within two weeks of taking the vibrations, she reported 100% relief from all symptoms. She was so overjoyed with the cure that she is now helping the practitioner in his weekly medical camps.

In another case, a 51-year-old woman was suffering from rheumatoid arthritis for the past 3½ years. She had severe pain in her shoulders, elbows and joints of both hands. She was unable to attend to her regular chores because of excruciating pain. Even though she was on allopathic medication, her symptoms persisted. She was given **CC12.4 Autoimmune diseases + CC20.3 Arthritis**. Within 4 weeks, she felt 90% relief from her pain and in three months she was completely free of all symptoms. This miraculous healing impacted her family in such a way that their faith and devotion intensified and her daughter, who is an allopathic doctor, opted for vibrionics training and successfully became an **AVP**¹¹⁵⁹⁰ in November 2017.

The practitioner is currently serving as Vibrionics co-ordinator for the states of Andhra and Telangana. He also helps to coordinate the Telugu translation of newsletters. Considering the recent upsurge in the growth of Sai Vibrionics as a holistic system of healing, as evidenced by an increase in the number of patients seeking vibrionics treatment as well as individuals seeking training in the system, the practitioner boldly declares that “Vibrations are ready for mankind and mankind is also ready for vibrations.”

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Practitioner ^{11568...India} got fascinated by vibrionics in 2014 when she first heard about it through *Souljourns*' video of the Aggarwals. Immediately she wrote a letter to Swami seeking His blessings; this was blessed profusely with shower of vibhuti. She enrolled in the AVP course and completed the same in March 2015 at Puttaparthi. Now she has qualified as a senior practitioner (SVP).



When initiating a vibrionics camp in 2015 in a temple along with another practitioner, she was extremely thrilled to see a huge picture of Sathya Sai and Shirdi Sai very close to the spot where the table had been placed for the camp. Earlier she used to visit this temple regularly and had never before seen this picture! Later she came to know that some unknown person had left the picture that very morning. This incident served to assure her beyond doubt that Swami approved of the camp. Actually she believes the Lord reached the spot much before she did. In these camps conducted fortnightly she joins forces with a couple of more experienced practitioners who offer her constant help and guidance. She says that working with a team of practitioners is not only enjoyable but also very insightful as they all learnt much through group work.

She keeps herself up-to-date with newsletters and eagerly looks forward to the section “From the Desk of...” as she finds it highly motivating. She also makes the best use of the “Case Histories” and “Answer Corner” sections and believes these to be great tools everyone should use. Furthermore she feels that Swami has blessed her with a great opportunity to translate the newsletters into Telugu. This implies she must read and understand the newsletters thoroughly and this has helped her to learn a lot about vibrionics. In addition, she has taken the responsibility of being a mentor. She is appreciative of the mentorship program as she finds it highly enriching both for the mentors and mentees!

Because of her rock-solid faith in this system of healing, she has witnessed amazing results with her cases. So far, she has successfully treated approximately 350 patients with various chronic ailments such as, respiratory allergies, sinusitis, menstrual problems, migraine headaches, acidity, bedwetting, arthritis and sun allergies; also she has had great experience of treating various acute conditions such as, headaches, viral fevers, gastroenteritis, sunstroke, and psychiatric disorders such as depression and excessive fear.

She finds that adding **CC15.1 Mental & Emotional tonic** to all the remedies enables faster healing. She has obtained spectacular results using SRHVP. She shares the case of a 32-year-old woman with pain and pricking sensation in throat, cough and a feverish feeling. The patient seemed tired and worried as she had to go to work the next day. At the same time she wanted to avoid allopathic treatment. Using the SRHVP, the practitioner prepared **NM6 Calming + NM18 General Fever + NM30 Throat + NM36 War** to be taken frequently. To the patient's surprise, the pain and pricking sensation in her throat completely disappeared the next day and the feverish feeling was almost gone too.

In another instance, a 36-year-old woman approached the practitioner for frequent cramps in both legs for the past few years. So she was unable to sit down cross-legged for a long period of time. She was given **NM14 Cramps**. The patient reported that once she had to sit down on the floor for about two hours during which she took the remedy every 10 minutes for one hour as a preventive. She was surprised to note that she did not get any cramps that entire day!

According to the practitioner, vibrionics facilitates in getting rid of our impurities and getting closer to our true Self. In this way, the practitioners benefit the most from this system of healing. She feels it to be her duty to purify her heart and fill it with compassion in order to be in perfect harmony with the vibrations of divine love which she considers to be the energetic content of all vibrionics remedies. She endeavours to keep her own vibrations pure so as not to interfere with the remedies. For divine healing to happen, she sincerely recites the prayer "Dearest Swami, please make me a pure channel of Your love, light and healing energy in order to help those who come to me today."

Being a postgraduate in Plant Sciences, she is eagerly looking forward to contributing to the growth of vibrionics in the field of agriculture in the near future. From her practice she concludes that Sai Vibrionics is one of the best tools gifted by Swami for self-transformation, thus benefitting both the patients and more so, the practitioners themselves.

❧ Case Histories Using Combos ❧

1. Hypochondriasis ^{11567...India}

A 35-year-old biology teacher was suffering from hypochondriasis* for the past 4 years. He became anxious over minor symptoms, even though he looked normal and healthy. Whenever he heard about a friend or a relative having hypertension or diabetes, he became anxious that he could also have the same disease. Overwhelmed by fear, he starts experiencing the symptoms of numbness and tingling in his feet mimicking diabetes; chest pain and palpitations mimicking hypertension; or burning sensation in chest mimicking peptic ulcer. Intense fear coupled with these symptoms, in particular palpitations, used to make him restless with intense suffering and he was not able to sleep properly. Many times he even thought of committing suicide. He was given counselling where it was explained that all his symptoms are psychosomatic, only due to psychological factors of fear, anxiety and stress. All the lab reports like BP, blood sugar and lipid profile were absolutely normal.

In August 2016, he was given the following remedy:

#1. CC4.5 Ulcers + CC4.10 Indigestion + CC10.1 Emergencies + CC12.1 Adult tonic + CC14.1 Male tonic + CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders + CC18.1 Brain disabilities...TDS

After 15 days, he reported that he didn't have palpitations even though he was having thoughts related to this. After 2 months, his situation had worsened and he told the practitioner that he didn't take the pills for the past few weeks. He was strongly advised to continue the remedy as per schedule but his combo was enhanced as follows:

#2. CC17.2 Cleansing + #1...TDS

He was also advised to follow relaxation techniques like meditation and pranayam. After a week he reported a 20% decrease in occurrence of negative thoughts and symptoms and after one month he felt 90% better. He was advised to continue **#2** and after 4 months he felt 100% healthy. He continued at **TDS** for 2 months, then **BD** for 2 months and finally **OD** for 1 month. Now he felt confident and happy and so stopped the remedy. The patient is following a positive life style with regular practice of yoga. He is very grateful for this wonderful healing.

Editor's note: ***Hypochondriasis** or **hypochondria** is a condition in which a person is inordinately worried about having a serious illness. It has been claimed that this debilitating condition results from an inaccurate perception of the condition of body or mind despite the absence of an actual medical diagnosis. An individual with hypochondriasis is known as a hypochondriac. Hypochondriacs become unduly alarmed about any physical or psychological symptoms they detect, no matter how minor the symptom may be, and are convinced that they have, or are about to be diagnosed with, a serious illness.

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2. Eyes – pain, redness, swelling ^{11567...India}

A 9-year-old boy came with pain, redness and swelling (started the day before) in the lateral margin of upper eyelid of his left eyes shown in the picture.



There was no history of any injury or insect bite. His parents mentioned that their paediatrician had prescribed antibiotics and eye drops. But due to their strong faith in vibro they opted for this treatment rather than allopathy.

On 4 Aug 2017, the practitioner gave the following remedy: **CC7.3 Eye infections...6TD** orally in water

Also a 30ml bottle of eye drops was made in sterile water by using the same combo and the patient was advised to put one drop...TDS.



Few minutes after putting the eye drop, the boy told the practitioner that his eye pain was almost gone. Next day, the pain disappeared completely and redness decreased by 75%. Two days after (6 Aug), redness was also completely gone as seen in the picture.

So the dosage was reduced from **6TD** to **TDS** for 2 days, **OD** for another 2 days and then stopped.

The dosage for eye drops was reduced from **TDS** to **OD** at night for next 2 days and then stopped. His parents were

very happy for this fast healing since this spared the child from taking antibiotics.

Practitioner's comment: One drop of **CC7.3 Eye infections** should be added to 100ml of water and not to 30 ml as the latter can result in burning sensation in the eye due to alcohol.



3. Ovarian cysts, painful menstruation ^{11568...India}

A 30-year-old woman, experiencing painful menstruation for the past one year, contacted the practitioner on 3 March 2017. Her symptoms included heavy bleeding, prolonged (lasting for about 15 days) and painful menstruation, burning sensation, swelling and weakness in both legs. She had previously taken allopathic medications for six months but these had not helped her. So an ultrasound scan of the pelvis was performed in October 2016 revealing a 16mm cyst in her right ovary. The cyst was surgically removed the following month and she was free of her menstrual concerns for a month after which they recurred.

Suspecting a relapse of the cyst, another ultrasound was done in December which revealed that a 17mm cyst had reappeared in the same place (**report available**). She was advised to undergo surgery and was prescribed painkillers that provided temporary relief. However, the patient was keen on avoiding another surgery as she could not afford it and also found it inconvenient.

When she started vibrionics, she was on day 2 of her menstrual cycle and she was not taking any other treatment. On 22 March 2017, she was given the following combo:

CC2.3 Tumours & Growths + CC3.7 Circulation + CC8.4 Ovaries & Uterus + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic...6TD

Immediately she experienced relief in all her symptoms as soon as she started taking vibrations remedy. After three weeks, she underwent another ultrasound scan of the pelvis on her doctor's advice. The report showed no trace of the cyst (**report available**) and she was relieved that she did not have to undergo the surgery. Her doctor was amazed that a 17mm cyst had completely disappeared without surgery or any medication! Her bleeding was lighter and it stopped by 8th day of the cycle, pain reduced significantly, and so did burning sensation, swelling and weakness in her legs. Overall, she felt 75% improvement in symptoms. The patient was asked to continue the same combo at **TDS** for another two weeks. During her next menstrual cycle, she was completely free of **all** her symptoms including the duration of bleeding that lasted for 4-5 days. She also felt more energetic. She was asked to continue the combo for another month at **OD** and then stop. As of January 2018, there has been no sign of any menstrual issue.



4. Recurring cold ^{03533...UK}

A 65-year-old woman from the UK has been visiting her family in Malaysia for about six weeks in October every year for the past 30 years. In every visit, she gets a cold with severe cough and sinusitis on her arrival in Malaysia. She blamed it on travel fatigue and pollution. Her visits are always unpleasant especially because her family too would catch the bug and suffer. She treated herself with decongestants, antihistamines and paracetamol which added to her misery as they made her drowsy. She reached a point when she started dreading her annual visits since she would feel tired and drained of energy on her return to UK; this affected her work as a midwife. On 18 October 2015, three days prior to her trip to Malaysia, she started taking the following combo:

CC9.2 Infections acute + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic...BD

She continued to take the remedy throughout her stay. Further she had carried the same remedy for prevention to her family members but only some of them took it. To her pleasant surprise, for the first time in 30 years she did not develop symptoms of cold. Being free of allopathic medication, she was not drowsy, enabling her to thoroughly enjoy a family wedding. The family members who took the remedy were free of cold, but those who did not take it had to suffer. She continued to do well even upon her return to the UK and had good energy. Patient stopped the remedy on 5 April 2016. She attended to her work as part time midwife, even working night shifts without any problem. Her next trip to Malaysia was due in November 2016; the family requested her to bring the remedy for them all. She restarted vibro remedy before going and remained healthy during her stay. When seen on 10 October 2017, prior to her next annual trip in November, she was well with good quality of life and had no relapses of the cold or flu since the commencement of treatment in 2015. She was advised to start taking the remedies a month before her trip to Malaysia and continue for 3 months after her return. She also maintains a healthy life style, eats healthy food and has started attending yoga classes.

Editor's comment: It is normally sufficient to start taking a remedy 3 days before the start of a trip.



5. Aggressive periodontal disease ^{10375...India}

A 47-year-old man had been suffering from aggressive periodontal disease for six years. He was in considerable pain due to infected and bleeding gums. His teeth were decalcified, about 40% were loose and he was unable to bite hard food items. His family history suggested that he was genetically predisposed to this condition. Severe infection of gums caused two of his teeth to decay and these were extracted in May 2012. He was not on any allopathic medication.

On 23 July 2012, his wife, a vibrionics practitioner ^{12051...India}, started his treatment with the following combo:

#1. CC11.5 Mouth infections + CC11.6 Tooth infections + CC21.11 Wounds & Abrasions...TDS

His bleeding and pain were kept under control but two months later, he underwent a flap surgery (this procedure cleans the roots and repairs bone damage caused by gum disease) during which another loose tooth was observed. A few months later, this tooth was extracted. As there were signs of decalcification, #1 was enhanced:

#2. CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC20.2 SMJ pain + CC20.6 Osteoporosis + #1...TDS

For almost three years, the patient felt well and his confidence level improved. He reported that vibrionics prevented further degradation as he took no other medication. But the patient still had some loose teeth. On 18 July 2015, he approached this senior practitioner who replaced #2 with the following combo:

#3. NM6 Calming + NM59 Pain + BR4 Fear + SM27 Infection + SM28 Injury + SM36 Skeletal + SM38 Teeth + SR246 Stomach + SR264 Silicea 6X&30C + SR295 Hypericum 30C + SR296 Ignatia + SR315 Staphysagria...6TD

After 2 months, the patient reported 30% improvement from painful gums and loose teeth. He continued #3 and after two more months, he reported 90% relief in all his symptoms. During his dental appointment in March 2016, his dentist was pleasantly surprised to see his gums & teeth in excellent condition with very strong teeth bones and advised him to continue with the vibro treatment. The dosage was reduced to **TDS** in April 2016. He reported 100% relief during his visit in July. In September 2016 during routine cleaning, his dentist said that he didn't need any cleaning! In addition to the remedy, the patient brushes twice a day, flosses, and gargles with Listerine regularly. As of October 2017, the patient had no signs of loose teeth and bleeding gums. He continues to take **#3 TDS**.

Patient's comments: I now feel very confident about my teeth. Previously I was nervous to bite on soft food also! Now I am able to bite and chew all kinds of hard nuts and South Indian savouries. I am very happy and thank Swami for giving me new life with vibrionics. Please consider me as your long-term patient!

If using the 108CC box give: #3. CC11.5 Mouth infections + CC11.6 Tooth infections + CC20.1 SMJ tonic + CC20.6 Osteoporosis

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6. Examination anxiety, extreme ^{03555...UK}

On 24 September 2017, a 22-year-old male medical student came to the practitioner for treatment of his extreme anxiety due to his forthcoming exams due in 5 days. He explained that before every exam he felt very tense, stressed out and extremely anxious and could not eat anything. He would get severe migraine headaches and could not concentrate. He would be so nervous that he would develop frequent urination. He kept failing his exams because of this anxiety. He had taken flower essences in the past to overcome the anxiety but they did not help much. The patient was otherwise a fit and healthy young man, not taking any medication. The practitioner reassured him and encouraged him with a positive pep talk and gave him the following remedy:

CC11.4 Migraines + CC12.1 Adult tonic + CC13.3 Incontinence + CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic...TDS

When the first dose was administered, the patient immediately jumped up and said "something has hit my heart.....I have never felt like this before"! He became calmer. The practitioner comforted him by saying everything would be alright and he would be able to handle his exams.

After the exams, the patient came to see the practitioner on 30 September and happily told her that he had done well in his exams and that vibrionics had helped him 100%. He felt very calm before and during the exams and did not need to go to the toilet repeatedly. He had no migraine, feeling of anxiety, stress or tension. He just could not believe the difference !

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7. Back pain ^{11578...India}

On 23 May 2016, a 53-year-old Australian with a complaint of chronic back pain met the practitioner. Twelve years prior, he had a severe back injury. Even though his entire back was affected by the pain, it was more intense in his lower back. He lived with this pain every single day and getting out of bed was quite a task. He was treated with allopathic medicines for six months, and thereafter he continued taking them only when the pain was unbearable. He suffered the most during winters. He was given the following combo:

CC3.7 Circulation + CC10.1 Emergencies + CC12.1 Adult tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC20.7 Fractures...TDS in water

Shortly after starting the treatment, he went back to Australia where it was the winter season. Within 2 weeks, he felt more comfortable and his back felt less stiff despite the cold weather. In four weeks, he reported 40% improvement and after six weeks, the pain had disappeared. He could move around easily, his back was not stiff and he had no difficulty in getting up from the bed in the mornings.

He took the remedy for two more weeks and then stopped due to his international travel commitments. He did not take any allopathic medicine while taking vibrionics remedy.

On his next visit in July 2017, a year after the treatment, he reported that there had been no recurrence of the back pain and he never had to take a painkiller.

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8. Withering plant ^{03108...Greece} In the summer of 2017, the practitioner noticed over the past few weeks that all the leaves of her gardenia plant including the new ones were turning yellow. A gardenia bush with yellow leaves is a common problem that is difficult to fix. Her gardener added all the necessary nutrients such as magnesium and iron to boost it up, but nothing helped. He then checked the pH of the soil and also reduced the amount of water, but there was no difference. After all his efforts, the gardener thought that the plant would not be able to survive and he was ready to uproot it.



July 2017

However on 24 July 2017, the practitioner decided to treat the gardenia (see pic) with vibro.

She added a drop of **CC1.2 Plant tonic** to a cup of water and watered the plant 3-4 times a day for four days. At the same time, she talked to the plant, expressing her love and requesting that it should try to survive.

After four days, she noticed that all the new leaves had remained green. The practitioner then had to go abroad for just over a month and the plant was getting watered by an automatic sprinkler system. The weather in Athens was extremely hot during the entire summer.

However, when she came back in September, to her delight, all the leaves were now green and plant was healthy.



SEPTEMBER 2017

Another photo taken in October shows that the plant continues to do well, as the number of leaves and their size have both grown.



OCTOBER 2017

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9. Chronic cellulitis of leg ^{02802...UK}

A 76-year-old woman had suffered with cellulitis of the lower left leg for two months. She had pain and swelling in the leg and the skin appeared red and was hot to the touch. She was continuously being treated with antibiotics but the leg was not improving. She was first seen and treated on 21 June 2017 with:

CC3.7 Circulation + CC9.2 Infections acute + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental and Emotional tonic + CC17.2 Cleansing + CC18.1 Brain disabilities + CC21.11 Wounds and Abrasions...TDS

On 14 July she reported feeling 80% better and the pain had subsided. As she experienced the effectiveness of vibrionics remedy, a week after starting it, she on her own had stopped all antibiotics. By 21 August she was 95% better, so the practitioner reduced the dosage to **OD**.

On 10 September 2017 she reported that she was 100% better. She was advised to continue the remedy at **OD** for a month, then taper it down to **OW** until the bottle was finished.

10. Chronic hypertension ^{02799...UK}

On 27 June 2016, an extremely concerned daughter requested the practitioner to treat her 76-year-old mother for high blood pressure. The mother needed urgent intervention as her blood pressure had been consistently staying at 205/105, and she looked extremely distressed and panicky.

Her condition was first diagnosed in 2003 as mild hypertension. On an average, her BP was 150/90 for which she took allopathic medicines*. Her husband had passed away a few years prior and since then she was supported by her daughter. The emotional impact of this huge change in her life was the probable cause of her hypertension.

In 2014, her BP started to rise to abnormally high level around 205/105 in spite of her regular intake of allopathic tablets. She lived with this extremely high BP for two years and ended up having a transient mini stroke on 28 May 2016; this left her right side slightly paralyzed. She was put on 4 allopathic drugs**. She recovered rapidly and could walk in a few days but her BP did not come down even with the new medicines. Additionally, these medicines made her severely dizzy, she was unstable on her feet, became frail and eventually housebound and needed personal care. At the time of consultation, her BP as taken by the practitioner was still 205/105. She was given the following combos:

#1. CC3.1 Heart tonic + CC3.3 High Blood Pressure (BP) + CC3.5 Arteriosclerosis + CC3.7 Circulation + CC4.2 Liver & Gallbladder tonic + CC10.1 Emergencies + CC13.1 Kidney & Bladder tonic + CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders + CC18.1 Brain disabilities...QDS

#2. Sarpagandha potentised at 10M...QDS

Three months later, the patient's daughter reported that her mother was still frail and dizzy and there was no change in her BP. On the brighter side, she was now mentally well, happier and energetic. She wanted to continue the remedies. After another month, her BP did come down slightly to 190/95 but she continued to feel very dizzy. Encouraged by her recent success with another case of hypertension, the practitioner prescribed an additional remedy (what she calls **Adrenal dysfunction combo**):

#3. SR261 Nat Mur + SR264 Silicea 30C + SR266 Adrenalin + SR280 Calc Carb 200C + SR290 Endocrine Integrity + SR295 Hypericum 200C + SR313 Sepia 1M + SR409 Spigelia 30C + SR451 ACTH Hormone + SR531 Suprarenal/Adrenal Gland + SR532 Sympathetic Nervous System + Iodum 30C from homoeo store...QDS

After a month and a half, with excitement her daughter reported to the practitioner that her mother's BP had come down and was now stable at 160/90. Moreover, her dizziness had reduced by 40% and she was more independent. Her doctor brought down the dose of Doxazasine from 4mg to 2mg.

Four months later, in April 2017, her BP was further down to 140/85 and stayed there consistently. She also felt completely relieved of dizziness. After a month, the dosage of **#1**, **#2** and **#3** was reduced to **TDS**. Her most recent BP reading was 150/70 in October 2017 and she remains free of dizziness. She appears bright and cheerful and steps out of her home unaided. She continues to take vibro remedies **TDS** as well as allopathic medicines. The patient is so happy with her recovery that, though not a Baba devotee, she wishes to visit Puttaparthi.

***Losartan 50mg and Amlodipine 5mg.**

**** Ramipril 5mg BD, Bisoprolol 5mg BD, Indapamide 2.5mg BD and Doxazasine 4mg at night.**

Editor's note: Sarpagandha (Rauwolfia Serpentina or black snakeroot) is an ayurvedic herb used for treating high BP and insomnia. Please note that only vibration was given and not the gross substance.

If using the 108CC box give: #3. CC3.1 Heart tonic + CC3.3 High Blood Pressure + CC3.6 Pulse irregular + CC15.1 Mental & Emotional tonic...6TD reduce to TDS on improvement

11. Itchy and blistered soles ^{11585...India}

An 11-year-old boy had been suffering from itching sensation and blisters on the soles of his feet for the past two years. The problem started with mild itching at the end of a rainy season but then slowly aggravated. Whenever it itched, the boy would rub his feet together to calm and soothe himself. This caused the blisters to burst and turn into wounds with a coloured discharge; this was even more painful. He could not wear shoes to school. The boy took allopathic and homeopathic treatments for six months each, but found no improvement at all. So his mother stopped the above treatments and approached the practitioner on 31 May 2017 for help. He gave the following combo:

CC12.2 Child tonic + CC21.8 Herpes + CC21.11 Wounds & Abrasions...TDS

Within one week, he was not rubbing his feet and the itching sensation was now 50% better. After two weeks, there was 80% improvement, itching stopped and the blisters nearly vanished. The boy continued the same dosage for another two weeks and was completely healed. Much to the delight of his parents and teachers, he resumed wearing his shoes to school.

Dosage reduction started on 5 July 2017 when the practitioner reduced the dosage to **BD** for two weeks followed by **OD** and **OW** for two and three weeks respectively. On 18 August 2017, the mother reported that the boy was perfectly fine and the treatment was discontinued. As of October 2017, there has been no relapse of symptoms.

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12. Headaches, constant 03554...Guyana

On 1 November 2016, a 56-year-old woman approached the practitioner seeking relief from constant headaches. About five years prior, during a domestic quarrel, she was hit on her head with a piece of wood by her husband. As an aftermath, she had been having constant headaches and pain. The doctor said that her brain was shaken and she had been suffering from concussion due to the blow she received on her head. She was also told she had to learn to live with the headaches for the rest of her life as no recovery was expected. She would occasionally take a pain killer to manage the pain by herself.

Her husband passed away in August 2016 and since then she started experiencing pain in her hips and chest also. She consulted two doctors, one of whom thought the pains were due to stress caused by her husband's recent death. The other said the hips pain was due to arthritis. However, she did not follow up with them and took no medication. The practitioner gave:

For headaches:

#1. CC11.3 Headaches + CC11.4 Migraines + CC18.1 Brain disabilities...TDS

For body pain:

#2. CC3.4 Heart emergencies + CC8.1 Female tonic + CC8.6 Menopause + CC15.1 Mental & Emotional tonic + CC20.2 SMJ pain...TDS

After two weeks, she reported that her headaches as well as her pain in the hips and chest had completely disappeared. She remarked these remedies were 'miracle' pills. She continued to take them **TDS** for another 2 months and stopped them in Jan 17 since she was traveling. As of December 2017, she is perfectly fine with no relapses.

☞ Answer Corner ☞

1 Question Once I added one drop of **CC7.3 Eye tonic** to 30 ml of sterile water in a dropper bottle to be used as eye drops. But the patient felt some stinging in the eye. Can you please explain the correct procedure for making eye drops?

Answer: The stinging was caused by the alcohol content of the remedy drop. We should not put more than one drop of remedy in 100ml of sterile water. If you are putting 1 drop each of 3 different combos, use at least 300ml of water. Then transfer 30ml of this mixture into a dropper bottle for the patient's use, the remaining remedy to be used for plants. These eye drops can be used for 15 days. You can buy distilled water from a chemist or make your own sterile water by boiling tap water for 20 mins and then cooling it to room temperature, leaving the sediments behind.

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2 Question: Why are vibro remedies more effective when taken in water? Will the potency of remedy change according to the type of water used eg, reverse osmosis, deionized, distilled, structured water etc?

Answer: Vibrionics remedies **in water** work very well because of its extremely good memory. Healers and shamans in many traditions have long used water to absorb, retain and transfer healing energies to treat ailments of body and spirit. The potency of remedy does not depend on the type of water used. However, if a remedy is taken orally, use water suitable for drinking. If you are not sure about the purity of water, then make sterile water, see answer to Q1.

3 Question: According to the AVP manual, we should not use any metal container or spoon to handle vibro remedies. I drink copper-charged water and wondered if a copper vessel/spoon is acceptable?

Answer: According to our latest findings, vibrionics remedies are compatible with copper and silver (must be high purity) but not metals like stainless steel, aluminium or brass.

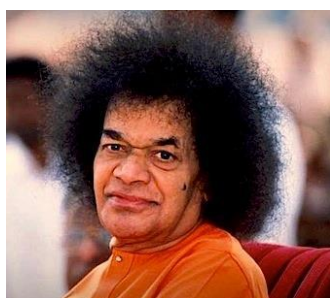
4 Question: What should I do with leftover remedies returned by a patient? We were told these can be neutralised in SRHVP and reused.

Answer: We have had some further insights into the reuse of leftover remedies. While SRHVP will neutralise the **vibrations** in the remedies, any gross impurity absorbed by the pills cannot be eliminated. For example, when a patient puts a pill into the lid and drops it into his mouth, quite often and unintentionally, the lid can come in contact with his mouth or a whiff of his breath, thereby picking up some germs. Therefore we suggest, unless you are absolutely sure that the pills were not contaminated, discard those pills by putting them in a garden, a spring, a stream or other water source. The bottles should always be thoroughly washed, dried and reused.

5 Question: As the majority of cases reported in the newsletters relate to 108CC box would it be true to say that remedies made from the 108CC box are more effective than the ones made using the SRHVP?

Answer: Both 108CCs and SRHVP remedies have a place in our vibrionics system of healing. The 108CC box was developed in 2007 to meet the growing demand of a large number of patients needing treatment within a short time in a busy clinic or in a health camp. At that point in time, many practitioners had prepared some more frequently used combos of their own. Impressed with these results, and inspired and approved by Sathya Sai Baba, the system of 108CC came into existence.

With 108CCs one of its strength lies in the ease and speed of treating patients. The other is the effect of their healing power through the blessings of Sai Baba given physically during His lifetime to the Vibrionics Master box. These combos are very wide based as one combo can treat many conditions. As you know, the 108CCs are made using the SRHVP, also profusely blessed by Baba. The SRHVP is used to make a *specific* remedy to address a particular issue, especially when the 108CC box has not produced the expected improvement. More experienced practitioners are using either or both depending upon the condition being treated or their own experience. Although outside the scope of the 108CC box, it is good to know that SRHVP has many other uses but this requires advanced training.



☪ Divine Words from the Master Healer ☪

“The food that is required for sustaining the body is conducive to health only when it is consumed within limits. Over-eating poisons the physical system. Food may give satisfaction or cause illness. By his food habits man is becoming a prey to disease. Food is essential, but it must be taken within limit for it to be wholesome. Likewise wealth is essential but within limits. When there is excessive wealth, many dangers ensue. With excessive wealth man turns arrogant and loses the sense of discrimination between right and wrong. He becomes a Duryodhana who exemplified greed rather than a Karna who was noted for his generosity.”

... Sathya Sai Baba, “The Avatar and the devotees” Discourse 23 January 1994
<http://www.sssbpt.info/ssspeaks/volume27/sss27-31.pdf>

"Work done, with no concern or desire for profit, purely out of love or from a sense of duty, is yoga. Such yoga destroys one's animal nature and transforms one into a divine being. Serving others, visualising them as kindred Atmas, will help one to progress; it will save one from sliding down from the spiritual stage attained. Selfless service (seva) is far more salutary than even vows and worship (puja). Service disintegrates the selfishness latent in you; it opens the heart wide; it makes the heart blossom."

... Sathya Sai Baba, "Loving Service" Vidya Vahini, Chapter 8
<http://www.sssbpt.info/vahinis/Vidya/Vidya08.pdf>

❧Announcements❧

Forthcoming Workshops

- ❖ **India Bangalore KA:** State Refresher Seminar 26 January 2018, contact Shekhar at rsshakhar@aol.in or rsshakhar@yahoo.com or by telephone at 9741-498 008
- ❖ **India Trivandrum, Kerala:** Refresher All Kerala Practitioners meet 3-4 February 2018, contact Rajesh at sairam.rajesh99@gmail.com or by telephone at 8943-351 524
- ❖ **India Puttapparthi:** AVP Workshop 17-21 February 2018, contact Lalitha at elay54@yahoo.com or by telephone at 8500-676 092
- ❖ **France Tours:** SVP workshop 14-16 May 2018, contact Danielle at trainer1@fr.vibrionics.org
- ❖ **USA Richmond VA:** AVP workshop 22-24 June 2018, contact Susan at trainer1@us.vibrionics.org
- ❖ **India Puttapparthi:** AVP Workshop 22-26 July 2018, contact Lalitha at elay54@yahoo.com or by telephone at 8500-676 092
- ❖ **India Puttapparthi:** AVP Workshop 18-22 November 2018, contact Lalitha at elay54@yahoo.com or by telephone at 8500-676 092
- ❖ **India Puttapparthi:** SVP Workshop 24-28 November 2018, contact Hem at 99sairam@vibrionics.org

❧In Addition❧

1. Health Tips

Wonders of coconut for health!

Tender (green) coconut water, coconut kernel, coconut oil, and coconut milk are nature's gift for human health.



"There is sweet water inside a tender coconut. Who poured the water inside the coconut? Was it the work of any man? No. Only the Divine can do such a thing." ... Sathya Sai Baba

1. Coconut water – a nutritional powerhouse¹⁻⁹

Coconut water naturally present in tender green coconuts contains all the essential nutrients. It is sterile and similar in composition to human blood plasma.

- It has 94% water, very little fat and zero cholesterol. Some studies say that it increases the HDL levels in the body.
- It has easily digestible carbohydrates in the form of sugar and electrolytes similar to those found in the human body. It is a rich source of all the five electrolytes and natural salts our body needs.

- It is rich in vitamins and minerals, better than what is contained in most fruits.
- It is full of amino acids, enzymes, and antioxidants with antifungal, antibacterial, and antiviral properties to boost the body's immune system.
- It has abundant plant hormones having significant antiaging, anticancer, and antithrombotic effects.
- One cup (240 gm) contains carbohydrates (9 gm), fibre (3gm), protein (2 gm), vitamin-C (10% of RDI), magnesium (15% of RDI), manganese and potassium (each 17% of RDI), sodium (11% of RDI), calcium (6% of the RDI) and 46 calories. An average green coconut may provide about 200 ml to 1000 ml of water, depending upon its type and size.

Caution: One should exercise moderation while consuming it, as one would do with anything that is good. Once a coconut is cut open, the water should be consumed immediately as exposure to air can result in loss of nutrients. If one does not get fresh coconuts, one should exercise care in choosing the brand and check the label of store-bought coconut water to ensure that there is no added sugar.

Medicinal properties of coconut water¹⁻⁹

Helps to counter kidney problems: Coconut water acts as diuretic and increases the flow and production of urine. Most urologists recommend coconut water on alternate days as it can reduce the size of kidney stones and even help eliminate them.

Wonderful for skin: Coconut water can be applied, at least for two to three weeks, to affected skin areas with acne, spots, wrinkles, stretch marks, cellulite, and eczema. It should be left overnight to clear up and give a youthful smooth look to the skin. It can heal wounds, prevent prickly heat and summer boils, and help to subside the rash caused by small pox, chicken pox, measles etc.

Removes toxins from and rehydrates the body: Coconut water is excellent for patients with diarrhoea, especially in tropical regions, to replace the fluid loss and to reduce the need for intravenous therapy. It is an ideal drink in dehydration conditions. It is so completely compatible with the human body that it can be infused intravenously into the bloodstream. According to a study, coconut water can be effectively used as a short-term alternative to an intravenous drip for hydration and resuscitation of critically ill patients in remote regions.

Helps with digestion and metabolism: It is good for feeding infants with intestinal disturbances. It can kill intestinal worms and counter acidity in the body. It can aid in both diarrhoea and constipation cases. It is an excellent tonic for the old and the sick, a good sports drink, and ideal during pregnancy. It is anti-inflammatory and can reduce swelling in hands and feet.

Other benefits: It can help in balancing blood glucose and insulin levels, prevent abnormal blood clotting, regulate blood pressure, improve circulation, reduce plaque formation, enhance eye health, and help in preventing osteoporosis. It is good for plants too; it has traditionally been used as a growth supplement in plant propagation.

2. Coconut kernel¹⁰⁻¹¹

The tender coconut kernel can be a delicious and nutritious meal rich in minerals, fibre, anti-oxidants, and vitamins, especially vitamin K that helps in blood clotting and building up strong bones.

Meat from matured coconut would be hard with a slight sweet and nutty taste with a high level of fibre and oil that can function like probiotics by feeding the good bacteria in the intestines. Several studies have demonstrated that this dietary fibre protects against heart attacks and strokes.

3. Coconut oil – considered healthiest of all oils¹²⁻³⁵

Refined coconut oil, made from dried coconuts, is mainly used in the manufacture of biscuits, chocolates and other confectionary items, ice cream, pharmaceutical products, and costly paints. Generally filtered coconut oil is used for cooking and toiletry purposes.

Virgin coconut oil is made from the milk extracted from fresh and matured coconuts. It will have a very good taste and smell with long shelf life. It is classified by some analysts and research studies as an exception among vegetable oils for two major reasons:

(i) it has a very high level (90%) of medium chain saturated fatty acids* which have unusual health-benefiting properties compared to other saturated, and long chain fatty acids. Its fatty acids permeate cell membranes with ease, without the need for special enzymes. They are easily digested, putting less strain on the digestive system. They are used in hospitals to prepare liquid food for patients who have had sections of their intestine removed and cannot digest solid food. They go directly to liver and immediately get converted into energy rather than being stored as fat.

* Some experts believe that there is little scientific evidence to prove this.

(ii) Half of its fat content is lauric acid, a fat rarely found in nature, identical to a special group of fats found in human breast milk. Human body can convert lauric acid into a highly beneficial mono glyceride that can actually destroy lipid-coated viruses such as, HIV, herpes, measles, various pathogenic bacteria, protozoa, etc.

3.1 Medicinal properties of virgin coconut oil¹²⁻³⁵

Several studies indicate that coconut oil can enhance health as well as aid in treating several ailments due to its unique features. In particular it can:

- maintain right proportion of cholesterol and prevent heart disease and high BP.
- treat Alzheimer's disease, seizures, and other brain disorders and improve memory and brain function;
- treat kidney and bladder infections and digestive disorders and also prevent insulin resistance and diabetes;
- reduce inflammation, treat arthritis, and prevent osteoporosis;
- boost immune system, increase metabolism, and prevent cancer;
- reduce body weight, build muscles, and balance hormones;
- treat respiratory disorders including common cold and flu and act as a natural remedy for pneumonia²⁶;
- prevent and treat alcohol addictions²⁷;
- prevent dental disorders and can be used as a mouthwash and for oil pulling which can kill some of the harmful bacteria in the mouth, improve dental health, reduce bad breath, and hydrate dry lips, mouth, and throat; coconut oil mixed equally with baking soda can be used as toothpaste;
- treat all kinds of skin disorders and act as an excellent skin and hair care. Due to its antimicrobial and antiviral properties, can treat ear infections, fungal / yeast infections, cold sores, skin rashes and irritations, bug bites and bee stings, frequent nose bleeds, piles and haemorrhoids, vaginal dryness, and help in perineal massage for expectant mothers. A combination of coconut oil and anise ("saunf" in Hindi) can be twice as effective as some lotions used for treatment of head lice.
- Coconut oil can be used as a household cleanser too!¹⁷⁻¹⁸

Testimonies of coconut oil users can be found in Coconut Diet Forums and Health Impact News²⁰.

3.2 Simple ways of preparing virgin coconut oil at home³²⁻³⁵

One can make coconut milk and then oil from it at home from matured coconuts in different ways as shown in some of the videos given in the links. If one chooses to purchase, high quality oil should be preferred. Low quality ones may be bleached, hydrogenated, or deodorized and may contain chemical residues.

3.3 Way to consume virgin coconut oil¹⁷⁻²²

Consuming two table spoons (30ml) of raw organic virgin coconut oil per day is said to be sufficient for reaping its health benefits. This would still leave room for other healthy fats found in nuts, avocados, olive oil etc. One can start with a smaller quantity as per one's comfort level, and increase it slowly depending on how one feels. It can be eaten raw or added to tea, coffee, salads etc. It can also be used for cooking, as it is stable at high temperatures.

Caution²³⁻²⁴: The claims about uniqueness of coconut oil are being viewed with apprehension by some health institutions and authorities in some countries because of its high saturated fat content, though there is sufficient scientific evidence to show that it is excellent for health.

4. Coconut Milk³⁶⁻³⁹

Coconut milk can be used as a substitute for milk by those with lactose intolerance and allergy to animal milk. This milk is also nut free, soy free, and gluten free. It can be a great base for smoothies, milkshakes and the like, or as an alternative to dairy in baking.

Coconut milk is immensely rich in vitamins and minerals. It gives all the benefits similar to that of coconut oil due to abundance of lauric acid and medium chain saturated fatty acid in it. It is also known to relieve the symptoms of sore throat and treat mouth ulcers. It can also be used to moisturize the skin, prevent wrinkles, cure sunburns, condition the hair etc.

References and Links:

The information given in this article is for educational purposes only and not intended to diagnose, treat, cure, or prevent any disease. The following sources and related links may be tapped for further details. Necessary caution needs to be exercised based on one's own discretion and medical conditions.

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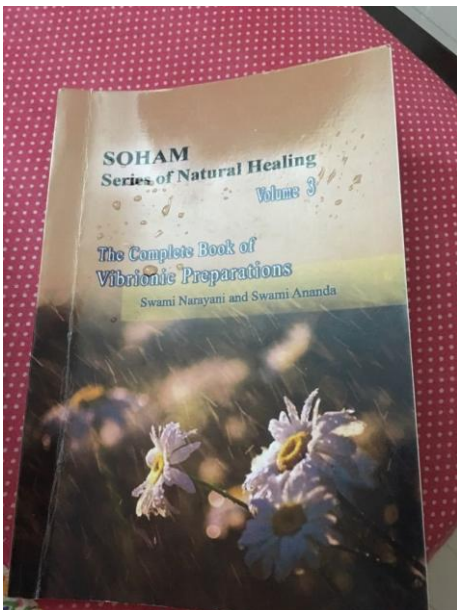
2. Swami continues to bless vibrionics.....

Opening of two new exclusive vibrionics clinics

A weekly vibro clinic was started at Eswaramma Sadan at Sivam in Hyderabad India on 28 December 2016. Two practitioners attend to patients every Thursday.



A weekly vibro clinic was inaugurated by the District President at Sri Satya Sai Mandir Palvancha of Kothagudem district in Telangana India on 12 December 2017. After a brief presentation by **Practitioner** ¹¹⁵⁸⁵, 13 patients were treated on the spot. The clinic is run by two practitioners on Thursdays evenings.



Blessings showered on a newly-trained SVP

After completing her SVP training in November 2017 the **Practitioner** ¹¹⁵⁷⁰ flew back home on the 29th. On 30 November when she was going to use the SRHVP and so picked up the Soham Book 3, she was astonished to see droplets of nectar on the top half of the cover page. More nectar appeared on the book on 2 December.

Om Sai Ram

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