

Sai Vibrionics Newsletter

<http://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

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☞From the Desk of Dr Jit K Aggarwal☞

Dear Practitioners

I would like to start with a very significant message from our beloved Lord to all those involved in the practice of healthcare. Swami said “*Doctors should infuse courage in the patients and speak soothingly radiating compassion and love. While you are examining the patients you should have smiling faces and talk to the patients sweetly.*” ...Sathya Sai Baba Discourse, 6 February 1993. I believe that as vibrionics practitioners we all need to maintain a heightened level of awareness to ensure that our interactions with our patients are taking place in a force field of divine love. This would transform our work from treating to complete healing. That spirit should be ingrained in us to our core!

One of the main guiding principles of vibrionics is that spirituality can influence health and promote healing. We have adopted the five human values as propounded by Swami of Sathya (truth), Dharma (right conduct), Shanti (peace), Prema (love) and Ahimsa (non-violence) as attributes of spirituality. Practicing these values is the key to becoming a successful spiritual person and thereby a good vibrionics practitioner.

It is said “An ounce of prevention is better than a pound of cure”; we cannot emphasize enough on the importance of this point. While we have informal knowledge that many practitioners do focus on preventing illnesses before they manifest, we have not received any written reports in this respect. I humbly request that all practitioners send documented cases of their experience in preventive care. A few successful cases and suggestions in preventive care that have been shared with us include **CC6.3 Diabetes** for people above the age of 40 as the incidence of diabetes increases with age; **CC14.2 Prostrate** for men over 60 to prevent development/manifestation of benign hypertrophy of prostate and **CC2.1 Cancer** for those with family history of cancer. In this manner, depending upon the patient’s medical/family history, prophylactic remedies should be given to prevent the onset of serious chronic illnesses.

Although we emphasized the importance of submitting your **online** monthly reports in the last newsletter, the number of people reporting has declined drastically in the last 2 months. It appears that many practitioners have found it difficult to login and enter their seva hours directly on our website. To overcome this challenge, we have created a special email address admin@vibrionics.org to assist practitioners for smooth transition to web-based report entry. Should you experience any difficulty with submitting your monthly reports online, please reach out to this email address. If you are unable to make an online submission, as an interim measure, you may continue to send your report to your coordinator via sms or telephone.

With a view to enhancing our practitioner base, I would like to urge all AVPs, who have completed at least 3 months of practice to apply for promotion to VP level by writing to applicationjvp@vibrionics.org and

subsequently become members of IASVP. It is now mandatory for all VPs and above to become members of IASVP.

While our planet continues to experience and endure intense levels of harm and suffering, our vibrionics mission continues to expand in a prolific way, bringing solace and healing to masses who are affected by perils of modernization - whether it be plants or animals or humankind. It is deeply heartening to see that we are making an impact where it is most needed. It is my sincere prayer that we embolden our personal practice and increase our reach so that we may bring joy to all!

In loving service to Sai
Jit K Aggarwal

☞ Practitioner Profiles ☞

Practitioner ^{11583...India}



was born into a family of doctors. Passionate about teaching, she did her doctorate in chemistry and until recently was an associate professor in an engineering college. She came into Swami's fold in 1995 and started visiting Puttaparthi every year from 1998 to assist her mother, a gynaecologist, at the annual medical camp held during Swami's birthday. Her desire to do medical seva got wings when she heard about vibrionics and its zero side effects from her cousin who was a practitioner. She read through the vibrionics website and the newsletters, became convinced that Sai Vibrionics would deepen her connection with Swami, enrolled immediately into the course, and became an AVP in November 2016.

She feels fortunate that the mentoring system was introduced just when she qualified. She attributes her growth as a practitioner to the invaluable guidance and encouragement imparted by her **mentor**¹⁰³⁷⁵. In her own words 'being mentored for a few months on a daily basis was a real blessing'. Soon, in July 2017, she became a VP and has herself been mentoring a fresh practitioner from November 2017. So far she has successfully treated over 300 patients with various conditions, both acute and chronic, such as cold, flu, sinusitis, skin allergies, gastritis, psoriasis and cancer.

The practitioner demonstrates the effectiveness of **CC7.3 Eye infections**. She tried this common combo on herself, more than a year back, for recurrent stye and was cured within a week, with no recurrence.

A 7-year-old boy came to her with acute pain and inflammation and a red spot from a blood clot in the eyeball, soon after an injury while playing. He did not go for any other treatment. Pain and inflammation was reduced in three days and the red scar disappeared within a week.

In another interesting case she treated a 32-year-old man suffering from sleep apnoea, extreme fatigue, and periods of shallow breathing followed by loud snoring during sleep for 6 years. He did not get any relief from allopathic treatment. He was given **CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC19.3 Chest infections chronic** during the day and **CC15.1 Mental & Emotional tonic + CC15.6 Sleep disorders** before going to bed. He was not on any other medication while taking the vibrations. The patient reported 50% improvement in all the symptoms within a month and 90% improvement in two months. After five months, just prior to emigrating to Germany, the patient reported recurrence of his symptoms as he had been irregular in taking the remedies. Determined to be regular this time, he restarted the treatment. The patient's family reported that he became 90% better in all respects within 2 months and continued to get refills in Germany.

The practitioner has found that **CC9.2 Infections acute + CC19.2 Respiratory allergies** made in sterile water, to be used as nasal drops, brings great relief to patients with nasal congestion. She recommends spraying **CC15.2 Psychiatric disorders + CC17.2 Cleansing** remedy in water at home or work place to protect oneself from negative energies and entities. She found **CC17.2 Cleansing** to be highly beneficial in treating polycystic ovarian disease (PCOD) and thyroid.

In her wellness kit, the practitioner carries an additional combo **CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic** which is wonderful for treating students with examination stress. She herself takes **CC17.2 Cleansing...TDS** to minimize the harmful effects of chemicals she gets exposed to in the chemistry lab. She has found that using **CC10.1 Emergencies** in water to wash the acid burnt skin of her students in the lab to counter the accidental spills brings instant relief without even leaving a scar .

She has joined a team of practitioners doing vibrionics seva in “Shivam”, Swami’s abode in Hyderabad. This weekly clinic, started in December 2017, has treated 300 patients within three months. The experience of working in this clinic with senior practitioners has enriched her knowledge, she states. The practitioner has taken a temporary break from professional teaching to attend to her pressing domestic commitments and to focus on vibrionics. She is part of the database updating team and is preparing herself to move to the next level of SVP.

The practitioner is finding fulfilment and incomparable joy in vibrionics seva. It has deepened her faith that ‘God is the Master Healer and the Doer’ and has helped her to practice with greater vigour and calmness. She is filled with gratitude for the precious vibrionics gift she has been bestowed with, which has transformed the environment around her from negative to positive. Her daily prayer to Swami is: “Let vibrionics continue to expand its services to encompass all the needy in the world! Let more and more people enjoy this self-transforming therapy”.

Cases to share:

- [Stye](#)
- [Mouth ulcers](#)



Practitioner ^{10831...India} a postgraduate in veterinary science, he retired in 2002 as an Assistant Professor after 37 years of teaching experience in a government institution where he was also practising as a veterinary doctor. Though he was in Swami’s fold since 1985, he became a very active seva dal member from 2003 and frequented Puttaparthi at every opportunity to do Prashanti seva. During one of his visits in September 2009, he came to know about vibrionics through a friend. He feels it was Swami’s Grace that he could join the course conducted in Solapur, Maharashtra, the very next month and became an AVP. His practice started with 54CC box as per the norms then.

In the beginning when he had very few patients, in desperation he prayed to Swami for His intervention. Soon, he started getting opportunities to treat patients, including mentally challenged people. Then he was approached to start treating workers in a large factory. Being daily wage earners they could neither take leave to seek medical help nor afford to pay for their treatment; to be able to treat them made him very happy. From 2010 he started treating patients every Thursday in a nearby Shirdi temple, both morning and evening. His practice really took off after he obtained 108CC box as a VP in January 2011. He started treating cows in a nearby cow shelter, where he was also able to treat, twice a week, a lot of people who visited the place for their customary cow worship.

A pleasant breakthrough in his practice came as the golden opportunity to serve the volunteers from different States of India in the men’s seva dal building in Prashanti ashram, on a regular basis, from April 2014. He visits Puttaparthi for this purpose for 15 days on an average in a month and gives vibrionics remedies from morning to evening. This is special for him as this takes place in the abode of his revered Master. This has enhanced his understanding of varied health conditions of people from diverse cultures. His patients include many allopathic doctors who, after seeing the results, not only refer their patients, relatives, and friends to take vibrionics treatment but also help him to interpret medical reports. His own experience as a veterinary doctor has been advantageous for him to grasp the health problems and provide quick relief to the patients.

He continues to do his vibrionics seva every month in the Shirdi temple and the cow shelter during his stay in Hyderabad where he resides and also does Prashanti seva twice a year. He continues to be an active member of the maintenance and sanitation seva team of Prashanti.

The practitioner always carries the wellness kit with him to dispense remedies quickly to the patients with very acute conditions. He shares an interesting case of a dog that was limping and groaning in pain while the practitioner was on night duty at the super speciality hospital gate. The dog was given **Move Well** combo in a cup of water and it sipped the remedy 4 times at regular intervals. Within half an hour, the dog ran away without limping.

He recommends **CC17.2 Cleansing** for patients with recurring symptoms especially, skin allergies, respiratory disorders, and stress. In his experience, **CC12.4 Autoimmune diseases** is effective in dealing with psoriasis, Parkinson’s disease and diseases of unknown cause.

The practitioner is content serving with the 108CC box which gives him very good results; so he does not feel the need to move to the next level of SVP. However he keeps Rescue and some other Bach flower remedies, made by a senior practitioner, to facilitate treatment of mental disturbances. He has treated with great success conditions such as lack of confidence, rigidity, highly negative attitude, deep fears, depression. According to him, vibrionics has given him opportunities to understand "seva" in its true perspective and made him more compassionate. Due to this he is able to empathise with his patients and serve with a sense of complete surrender to the Lord. He emphasises that if anyone has an urge to serve the needy life long, Sai Vibrionics is a blessed medium!

Case Histories Using Combos

1. **Stye** 11583...India

On 28 November 2016, a 40-year-old woman consulted this practitioner immediately after the symptoms surfaced in her right eye: sudden itching, swelling, watering and redness due to a stye. The problem started over 10 years ago and it has been recurring on average every 6 months. Every time, her physician would prescribe antibiotics and the symptoms would completely disappear generally within 2 weeks.

The following combo was given:

CC7.3 Eye infections...one dose every ten minutes for two hours followed by **6TD**

After the first day, there was 40% reduction in the symptoms. After another 2 days, there was 80% improvement in the condition and so the dosage was reduced to **TDS**. After a total of 5 days, all the symptoms had completely gone, so the remedy was stopped. It is worth noting that this time the patient did not take any allopathic treatment which normally took 10-14 days to cure the stye. On her last visit to the practitioner recently for treatment for her family members, the patient reported that the styes never came back!

Editor's comment: Although the treatment in this case was successful but in such chronic cases, the dosage should normally be tapered down slowly before stopping.

2. **Mouth ulcers** 11583...India

For the past few years, a boy aged 10 years would develop painful mouth ulcers caused by examination stress. The doctor always prescribed vitamin-B complex tablets to be taken during the examination period. This did help but only temporarily and the problem always came back during exams.

On 19 December 2016, the mother brought her son, with severe pain in his mouth due to ulceration, to the practitioner who gave the following combo:

CC11.5 Mouth infections + CC17.3 Brain & Memory tonic...6TD

After 6 days, the boy reported 100% improvement, so the dosage was reduced to **TDS** and after 3 days, the remedy was discontinued. However, the mother wanted to give a prophylactic dose of the remedy during exams; this he is given at **OD** during examinations only and he does not take any other medication.

The mother is in contact with the practitioner for her own treatment. She reported in April 2018 that her son did not have any incidence of mouth ulcers even during exams after his treatment in Dec 2016.

3. **Skin metastases from cancer** 01448...Germany

A 58-year-old woman approached the practitioner for treatment of skin metastases from cancer. Other than her maternal aunt who died from cancer, there was no history of cancer in her family. However the patient herself was diagnosed with breast cancer in April 2011 when her left breast was surgically removed. She refused chemotherapy due to fear of side effects but underwent radiotherapy between June to Aug 2011 after which she felt fine for 3½ years. In January 2015 she experienced pain and noticeable lumps with tenderness in the surgically removed breast area and around her neck. This was diagnosed as skin metastases for which she was prescribed chemotherapy along with 8 sessions of Kadcylla infusion, one every 3 weeks. After three painful infusions, each lasting 1½ hours, she met with the practitioner who gave her the following on 27 July 2015:

#1. CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.1 Brain disabilities...TDS

#2. CC2.1 Cancers + CC2.2 Cancer pain + BR16 Female + SR528 Skin...TDS

#3. SR559 Anti Chemotherapy...6TD for 4 weeks

Within 2 weeks, the lumps diminished by 50% in size and number, so she cancelled the remaining chemotherapy infusion appointments. She did not take any other allopathic drugs. After three months of treatment, the lumps had disappeared and the pain and tenderness had reduced by 50%. By 31 January 2016, all her symptoms had gone and the patient felt 100% better. She continued #1 and #2. About six months later, she could take care of her daily needs by herself and continued to be free of all symptoms. As of November 2017, she was taking the remedies TDS and intends to take them for five years. She has not needed any chemotherapy nor is she taking any allopathic medication. The doctor monitors her every 6 months and all her blood values are normal.

If using the 108CC box give: #2. CC2.1 Cancers – all + CC2.2 Cancer pain + CC8.1 Female tonic + CC21.1 Skin tonic

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4. Bubbles in uterus, infertility ^{11585...India}

A 31-year-old female with a 6-year-old daughter was trying to conceive again for the past two years. For over six months, she took allopathic medicines which caused several side effects such as stomach pain, tiredness and vomiting. Moreover, she did not conceive. So two months ago the doctor had ordered an ultrasound scan which revealed bubbles/watery blisters in her uterus. For this, she was again prescribed allopathic medication which she took with a lot of hesitation due to her past unpleasant experience. Within a week, when the same side effects surfaced, she discontinued the treatment. Her mother who was a beneficiary of vibrionics, encouraged her daughter to take vibro treatment.

On 22 July 2017 the practitioner gave the following remedy:

#1. CC2.3 Tumours & Growths + CC8.2 Pregnancy tonic + CC8.4 Ovaries & Uterus + CC10.1 Emergencies + CC12.1 Adult tonic...TDS

During her follow-up after a month, she was completely cured of bubbles in her uterus as confirmed by her doctor. She continued #1.

After a week on 1 September, she had missed her period and got herself tested for pregnancy. To her great astonishment, her doctor confirmed that she was pregnant. Over the following seven weeks, #1 was tapered down to OD.

On 20 October, the combo was changed to:

#2. CC8.2 Pregnancy tonic...OD

She took #2 throughout her pregnancy and gave birth to a baby girl on 14 April 2018. The mother and baby are both healthy and happy. #2 was discontinued on 15 May 2018. When the practitioner met them, she expressed her deepest gratitude to vibrionics and our beloved Swami.

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5. Chronic sinusitis ^{01768...Greece}

A 58-year-old female had suffered from chronic sinusitis every winter for four months (November to February) for more than 15 years. She would have a runny, stuffy nose and pressure behind the eyes and the cheeks.

She tried several medicines. Though she would get some relief but she could never get rid of these symptoms completely.

On 4 February 2017, she was given the following combo:

NM99 Sinus + OM23 Sinus + BR15 Sinus Balance + SM35 Sinus + SR219 Brow + SR452 Adenoids + SR512 Nasal Mucous Membrane + SR527 Sinus Paranasal + CC19.5 Sinusitis...TDS

After two months of taking the remedy, she was 100% free of all symptoms. There was no recurrence of this condition even during the next winter season, as confirmed by the patient when the practitioner met her in March 2018.

If using the 108CC box give: CC19.5 Sinusitis

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6. Varicose veins ^{01768...Greece}

A 42-year-old college principal had varicose veins for 7 years. The veins in his legs were swollen and were dark black in colour. When he visited the practitioner, these were extremely painful and one vein had

swollen so much that it burst open. As it had bled, it had been bandaged and had turned into an ulcer. The patient did not have diabetes and he hadn't pursued any other treatment.

On 23 May 2017, he was given the following remedy:

#1. CC3.1 Heart tonic + CC3.7 circulation + CC21.11 Wounds & Abrasions...6TD for 3 days then **TDS**

The practitioner was out of the country for two months so there was no contact with the patient but he continued with the remedy. On his return in July 2017, the patient reported that the ulcer had disappeared completely within one week. After two months of vibrionics treatment his overall condition had improved by 80% both in terms of pain and swelling.

As now there was no need for **CC21.11 Wounds & Abrasions** the remedy was changed to:

#2. CC3.1 Heart tonic + CC3.7 circulation...OD

The practitioner went abroad again and met the patient in February 2018. He was informed that all the swelling and pain had gone long ago and the remedy had been stopped. During a further review in May 2018, the patient confirmed and that he never took any other medication, there has been no recurrence of the condition and he is absolutely fine.

Editor's comment:

When a practitioner is going away for an extended period of time, it's best for him to arrange for his patients to be attended to by another nearby practitioner. Check with the Country Coordinator for practitioners' details OR if within India, write to the healerInfo team at: healerInfo@in.vibrionics.org.



7. Triple fracture in forearm with bone graft 03558...France



Before treatment

On 12 November 2017, a 64-year-old retired male doctor was knocked down by a car while he was just sitting on his motor bike. He sustained a fractured pelvis and serious injuries to his right arm. He was taken to the hospital but he also wanted to receive vibrionics treatment. An operation was planned for 15 November to fix the shattered bones and this will also remove the ugly bump in his wrist. The patient was very anxious about the operation.

He was given the following combo:

#1. NM59 Pain + SR348 Cortisone + Potentised paracetamol 200C + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.7 Fractures + CC21.11 Wounds & Abrasions...QDS in water except during hospital stay when he could take pills.

On 8 December, the patient reported that vibrionics was helping him. The pain had almost disappeared despite the major surgery and there was 30% improvement overall. The big incisions in his wrist had



After treatment

healed well. Since he had taken analgesics only for a few days, and afterwards only vibrionics, he concluded there was a very good therapeutic effect from the vibrionics remedy.

The practitioner excluded the 1st four remedies from **#1** and instead gave:

#2. CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.7 Fractures + CC21.11 Wounds & Abrasions...TDS

A month later, on 9 January 2018, the patient reported a further 30% improvement, although the ulna was still not strong enough. The dosage of **#2** was reduced to **BD** for three weeks, then to **OD** for a further three weeks.

By 10 February the bone consolidation was complete, only the scars remained. He did not have to wear a splint any longer and was advised to take precautions such as avoiding strong movements, and not to put heavy strain on that limb for 1-2 months. He was very happy

to show his right forearm perfectly healed and his wrist perfectly smooth without that ugly bump reminding him of the accident.

Patient's testimonial:

On 15 November 2017 I was operated on a triple osteotomy with a bone lengthening, a treatment for pseudarthrosis with vicious calluses on the two bones of my right forearm. With an iliac bone graft and one centimeter lengthening of both radius and ulna (bone bridge filled with the iliac bone grafts). I was administered relevant vibrionics treatment all along by my practitioner. I complied with it scrupulously as prescribed until today (10 February 2018). I am now taking the last pills prescribed OD. The bone consolidation was complete within three months. Whereas a no-consolidation might have been expected with such a graft, the X-ray shows a bone consolidation corresponding to a six month period of immobilisation, therefore with vibrionics treatment it is at least a three months' substantial benefit! The immobilisation was achieved with closed resin for three months too. I have written this to testify how efficient vibrionics therapy is; other factors that benefited the healing are: muscular training with immobilisation and a sound healthy diet. I have enclosed the X-rays of my fractured wrist before surgery and after treatment.

If using the 108CC box give: #1. CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.2 SMJ Pain + CC20.7 Fractures + CC21.11 Wounds & Abrasions



8. Dysphagia ^{01001...Uruguay}

For the past one year this 8-year-old girl had difficulty in swallowing her food as it would get stuck in her throat. Somehow she managed to eat by sipping lots of water even though it was difficult and painful. The patient was fearful and nervous at every meal due to the fear of choking. So she could not enjoy her meals. These episodes occurred daily. She had not taken any treatment.

On 15 February 2018, she was given the following remedy.

CC4.2 Liver & Gallbladder tonic + CC4.4 Constipation + CC4.10 Indigestion + CC10.1 Emergencies + CC12.2 Child tonic + CC15.1 Mental & Emotional tonic... BD in water

After taking just one dose, she had no difficulty in swallowing and has been enjoying her meals ever since. In March 2018 the child was continuing to take the remedy at **BD**.

Patient's comments:

I feel very happy because this medicine healed me. I don't suffer anymore while eating. Earlier I had to hold a glass of water during the meals because I was afraid food would get stuck in my throat.

Her teacher's recent comments: The girl is not anxious anymore and in fact she is a calmer child now. She is an example to other kids in her class; she assists her peers in solving problems. She never had the problem with swallowing food again.



9. Depression, dyspepsia and constipation ^{11581...India}

A 64-year-old woman became anxious and depressed due to sudden death of her husband in 1990. Due to anxiety, she developed psychological imbalance resulting into dyspepsia and constipation and she went through all these for 15 long years. She is non-diabetic and non-hypertensive. She had been taking allopathic medications for depression, flatulence, acidity, and constipation. Due to continued usage for several years, it appeared she had become immune to the above medicines. She looked pale and had no enthusiasm in life. The son brought the patient to the practitioner who gave her moral strength and encouraged her to have faith in God which would certainly help. The patient was very cooperative and agreed to take remedies as prescribed.

On 23 June 2017, she was given:

1. CC4.1 Digestion tonic + CC4.2 Liver & Gallbladder tonic + CC4.4 Constipation + CC4.10 Indigestion + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS

#2. CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders + CC15.6 Sleep disorders + CC17.2 Cleansing + CC17.3 Brain & Memory tonic...TDS

After one month, the patient felt 40% improvement in her emotional health. So she stopped taking all allopathic medicines. She continued **#1** and **#2** for 3 months.

On 6 October 2017, she reported 100% improvement in her emotional health and 80% relief in dyspepsia and constipation. The dosage of #2 was reduced to **BD** until 3 Feb 18 and then to **OD** for a month. On 3 March, it was reduced to **OW** before stopping the remedy on 9 May 2018.

In the case of dyspepsia, there was further improvement to 90% after one month, so the dosage of #1 was reduced to **BD** which she was continuing due to fear of relapse until her visit on 9 May. The patient was feeling healthier both physically as well as mentally and this has inspired her to make changes to her lifestyle.

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10. Psoriatic arthritis ^{11590...India}

A 33-year-old woman developed a psoriatic patch on her scalp seven years ago, one year after the birth of her autistic son. The patient associated her illness with the mental trauma of bringing up an autistic child. She used an allopathic ointment for 4 years which prevented the progression of the lesion on the scalp but then 3 years ago, new lesions appeared on her neck and hands and after another 2 years, on her legs. The lesions had crusts which resulted in itching. During winter, her condition got aggravated as the skin became very dry. Occasionally she used a steroid ointment when itching became unbearable.

Additionally, she had ruptured ectopic gestation 1½ years back and she developed arthritis soon after this episode. So she started getting knee pain with swelling and hip joint pain. One month ago, the pain spread to her elbow joint. All these 7 years, she had also been experiencing disturbed sleep.

On 7 Jan 2018, she was given the following combos:

#1. CC10.1 Emergencies + CC15.2 Psychiatric disorders + CC20.3 Arthritis + CC21.10 Psoriasis...TDS

#2. CC10.1 Emergencies + CC21.10 Psoriasis...TDS in water for local application

#3. CC15.6 Sleep disorders...OD before bedtime

She was not on any other treatment. After a week, the patient reported 30% relief in joint pains and 20% in itching and crusts and she was sleeping well.

One month after treatment she felt 90% improvement in joint pains, there was no swelling on the knees, the size of the lesions on the neck, hands and legs had reduced by 50% and itching and crusts had completely disappeared from all lesions. In another 2 months, the joint pain had totally vanished and the lesions were down by 70%. No new lesions appeared. As of 15 May 2018, the patient is 100% comfortable and very happy and wants to continue remedy at **TDS**. Initially she was reluctant to take vibro remedy for her son but now after her own recovery, she has requested vibro treatment for him!

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11. Irregular menses ^{11589...India}

A 32-year-old female consulted the practitioner for the treatment of irregular menses which she had ever since puberty. These were characterised by heavy bleeding extending to 9-10 days, bad odour and menstrual cramps. Moreover, she experienced delayed menstrual cycle extending to 40-45 days as against the usual 28 days. She used allopathic, ayurvedic and homoeopathic medications at various times but without success.

On 19 July 2017, she was given:

CC3.7 Circulation + CC8.1 Female tonic + CC8.8 Menses Irregular + CC15.1 Mental & Emotional tonic...TDS in water

After starting the remedy the patient reported abdominal pain (possible pullout) but she felt improvement in her menstrual pain. Within 3 months, all her symptoms had completely gone and bleeding became normal lasting 4-5 days. The same dosage was continued for another two months after which the menstrual cycle also got regularised to 28 days. Hence the dosage was now reduced to **BD** for two months and then to **OD** which she is currently continuing as prophylactic.

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12. Examination stress ^{11590...India}

A 17-year-old medical student was extremely stressed due to her forthcoming final examinations. She was studying long hours but for the past two weeks she was having difficulty in remembering what she

read. When she consulted the practitioner on 1 Dec 2017, she complained of disturbed sleep, lack of concentration and poor memory due to stress.

She was given the following combo:

CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic...TDS in water

On the very first day of taking the remedy, the patient slept well. She could concentrate better and study well for the next 25 days and completed her exams with a stress-free mind. She was also confident in recollecting all answers during her exams and she passed with a first class.

The patient took the remedy during the entire course of exams and then the remedy was tapered to OD before stopping on 31 December 2017.

☞ Answer Corner ☞

1. *Question: If a patient with serious condition (eg, breathlessness, excessive bleeding or serious injury) comes for vibro treatment, can I recommend him to go and consult a doctor for allopathic treatment?*

Answer: If it is an emergency or the condition of the patient appears to be serious, first give an appropriate vibro remedy and then advise patient to see their doctor or go to the nearest hospital. However, you are not qualified to recommend any allopathic treatment.

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2. *Question: Can we treat a suspected disease even before it is diagnosed?*

Answer: Yes, it can be treated with a vibro remedy as the vibrations are totally harmless. In any case, all vibro remedies act as prophylactic. Additionally, if the diagnosis confirms the suspicion then the remedy would have already started acting.

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3. *Question: How can I help my ulcerative colitis patient who has not responded to CC4.6 Diarrhoea, nor to potentised Prednisolone (a steroid) that he was taking.*

Answer: Several practitioners have found that a nosode made from patient's stool at 1M is very effective. Note that we now recommend a potency of 1M instead of 200C. Any feedback with your outcome will be appreciated. *Warning: Please exercise great caution when handling any morbid matter from the patient.*

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4. *Question: I was making SR341 Alfalfa + SM39 Tension on the SRHVP machine. Using one drop of alcohol, I first made SR341 Alfalfa at 200C. Then for adding SM39, I set the dial to (1)000 for 10MM potency needed for Tension. As the dial setting for neutralising is also (1)000, my doubt is whether this action will neutralise the previously made Alfalfa remedy?*

Answer: You will be pleased to learn that it will not neutralise the previous vibration in the bottle because at the time of setting the (1)000 potency, the remedy bottle is not in the well. As you will then insert the SM39 card in the slot before placing the bottle back in the well, it will be the vibration of that card which will be infused into the drop of alcohol!

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5. *Question: Is it safe to use a plugin type of air freshener in the room where the remedies and vibro supplies are kept?*

Answer: Fresh air is best. If you must use a freshener, use all-natural, non-aerosol spray or pure candle without metal in the wick, or pure oil essence. Plugins are synthetic, not good for the room or inhabitants' health or vibration.

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6. *Question: Does overall improvement occur in a patient's health when using a hair nosode?*

Answer: Yes. A hair nosode, made specifically for hair problems, should also result in an overall improvement in a person's health. This is because hair contains the entire signature of a being, be it human or animal.

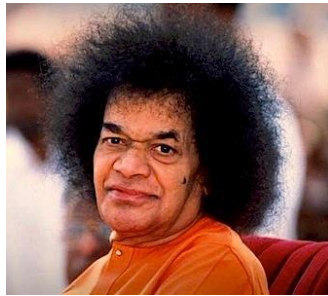
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7. *Question: At what age can we stop using **CC12.2 Child tonic** and instead start giving **CC12.1 Adult tonic**?*

Answer: Everything depends on the growth and health of the children. Certainly from established puberty, we can stop using **Child tonic** but this is different for each teenager. Before starting on **Adult tonic**, it would be helpful to give a course of **BR16 Female/BR17 Male** for 3 months - **BD** in the first month and **OD at night** for the last two months.

8. *Question: If a patient is taking more than one combo, can they be mixed together in water and then taken? If yes, then why do we need to wait 5 minutes between combos?*

Answer: Previously, we have recommended 5 mins between combos so that the 1st one gets a chance to be absorbed by the appropriate part of the body. Based on our recent extensive experience, we have concluded that if we put combos and remedies (their dosage must of course be the same) together in water, their effectiveness will not be reduced much. After taking into consideration that patients very much like to take less number of bottles, we are now recommending that **most** combos and remedies can be taken together. In order to derive the maximum benefit from them, the deep acting remedies/combos, like a miasm, nosode or constitutional remedy, which work on the mind and emotions (usually given at a potency of over 200C) should not be combined with other combos. It is safer to have a gap of 30 minutes.



☪Divine Words from the Master Healer☪

"The greatest disease (or absence of ease) is the absence of santhi (peace); when the mind gets peace, the body also will have health. So, everyone who craves for good health must pay attention to the emotions, feelings and motives that animate the individual. Just as you give clothes for a wash, you have to wash the mind free from dirt again and again; otherwise, if dirt accumulates and you form a "habit," it is difficult for the dhobi (washer-man) as well as harmful for the clothes. It should be a daily process; you should see that no dirt settles upon your mind; that is to say, you should move about in such company that dirt is avoided. Falsehood, injustice, indiscipline, cruelty, hate—these form the dirt; Sathya, Dharma, Santhi, Prema (Truth, Righteousness, Peace, Love)—these are the clean elements. If you inhale the pure air of these latter, your mind will be free from evil bacilli and you will be mentally sturdy and physically strong."

... Sathya Sai Baba, "The Best Tonic" Discourse 21 September 1960
<http://www.sssbpt.info/ssspeaks/volume01/sss01-28.pdf>

"The rarest phenomenon in this Universe is to be a contemporary of the Living Avatar... And Swami went on to say that even rarer than living with the Avatar is to know the Living Avatar... And even rarer than knowing the Avatar is to love the Lord in human form and even rarer and probably the rarest of everything in this Universe is to get a chance to serve The Lord."

... Sathya Sai Baba, Conversations with Students in Kodaikanal
<http://www.theprasanthereporter.org/2013/07/follow-his-footprints/>

☪Announcements☪

Forthcoming Workshops

❖ **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
- ❖ **France Perpignan:** AVP workshop and refresher seminar 8-10 September 2018, contact Danielle at trainer1@fr.vibrionics.org
- ❖ **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

Wake up to sleeping well!

“One should have sound sleep during night.¹ Forgetfulness sets in if one sleeps for more than the required time. Hence, forgetfulness does not come with age, but it comes due to sleep in excess of the required time.²” ...Sri Sathya Sai Baba

Each night, when I go to sleep, I die. And the next morning, when I wake up, I am reborn...Mahatma Gandhi

1. Sleep is important³⁻⁶

Sleep is dear to us. It is a necessity, not a luxury.³ When we wake up in the morning refreshed and peaceful, we say that “I had a good sleep”. Sleep impacts our daily life in every way. It reflects in our looks, receptivity, behavior, and how well we accomplish our tasks.⁴ We realise its importance when we are starved of a good night sleep at any point of time.⁵ Several structures within the brain are involved with sleep.⁶ We need to be aware of our inner clock and what happens when we sleep.

2. Know your sleep cycle^{3,4,6-8}

Healthy sleep has a four-stage cycle. **Stage 1** is a light sleep stage between being awake and falling asleep. In **stage 2** we become disengaged from surroundings; breathing, heart rate, and BP slow down, and body temperature drops. Then, we gradually get unplugged from the world and enter **stage 3** of deep sleep (called SWS, slow wave sleep)⁷ when body and brain become rested and blood gets directed to muscles. This stage is crucial for physical restoration and refuelling, hormonal regulation, immunity building, and growth.

Stage 4 called **REM** (rapid eye movement) sleep is crucial for cognitive faculties and memory. In this stage brain catalogues and cleans the previous day’s experiences, clears the unwanted, enhances our memory, mood, and alertness. Dreaming often happens in this stage. When we cut on our sleep, REM sleep suffers most.

We experience 3 or 4 cycles of all the four stages during a full night sleep, each lasting 60-90 minutes. Deep sleep, constituting about 20% of our total sleep, occurs for longer periods during the first half of the night. REM sleep increases as night progresses. Sleep cycle is not an exact science and may not be the same for every person, and may not be the same every night for the same person. It depends on one’s environment, life style, and state of health.

3. How much sleep is adequate^{2,6,9-12}

Sleep should be neither too little nor too much. There can be no single “fit for all” formula. Infants need 22 hours of sleep. It gradually decreases as a child grows. For children between the ages of 5-12, ten hours of sleep is essential. Then up to the age of 32 one would require 7-8 hours of sleep.² It also depends on the level of activity one is engaged in. With age and relaxed pace of life, the rhythm of sleep may vary. We have to work it out and allow the body to decide how much sleep it needs.^{6,9,10}

Going to sleep and waking up at approximately the same time is as important as the number of hours one sleeps.¹¹⁻¹² It was a tradition in India to go to sleep by 9.30 pm and wake up around 4.30 am daily to remain healthy and in tune with Nature and one’s inner biological clock.² Regular sleep and wake-up schedule keeps one agile and enhances performance, according to some research studies done on students.¹¹⁻¹²

Follow the inner clock says recent scientific discovery.¹³⁻¹⁵ Three Nobel laureates of 2017 in Physiology/Medicine have unraveled the mystery and importance of our internal biological clock (known as circadian rhythm) by discovering and isolating the genes that drive the circadian mechanism in living beings. Our inner clock adapts our physiology to the different phases and fluctuations of the day with exquisite precision in tune with earth's rhythm of day and night. It is as fundamental as our respiration and regulates critical functions like behavior, hormone levels, sleep cycle, body temperature, and metabolism. Our wellbeing is affected when there is a temporary mismatch between the external environment and this internal biological clock eg, during jet lag. Chronic misalignment between our life style and the rhythm dictated by our inner timekeeper is associated with increased risk of various diseases.

4. Holistic perspective on sleep^{2,10,16-17}

There is a view that ideal way to live life is to sleep minimum and keep oneself at ease the rest of the time. What human body needs is rest and sleep is just one form of rest. "Rest" implies that we are changing the energy equation within us by lowering its consumption to feel rejuvenated. If we keep ourselves relaxed consciously, even while we are active during the day, we will not feel tired and our sleep requirement would go down.

This may not be possible for an average human being due to inertia in the body and inability to remain at peace with oneself due to various worldly considerations running in the mind. An exhausted mind-body would go to sleep at the first opportunity as that is the only way it knows how to rest. We must improve the quality of our life first to improve the quality of sleep. If we are sleeping well, then we are living well. A body well rested would wake up naturally without the need for an alarm.¹⁶⁻¹⁷

5. Tips to sleep well and wake up well!^{2,3,6,9,10,18-24}

*Let the meal taken get digested before one goes to sleep. This also means that no beverages or any other stimulants in the evening so as to allow the body to be in its own rhythm.^{3,6,9,18,20}

*One may take shower before going to sleep to purify the energy within and to induce sound sleep. A stroll in fresh air may help.^{6,18}

*Drink a glass of water before going to bed.¹⁸

*Keep away from bedside all modern gadgets and other clutters.^{3,6,9,20}

*May light a candle or a lamp with any organic oil and cotton wick in the bedroom to purify the environment.¹⁸

*Sleep on your left side to boost the digestive, cardiac, and lymphatic systems. Never sleep with the head towards the north when one is in the northern hemisphere and *vice versa* as magnetic pull will rush extra blood towards the brain and hence put pressure on it.^{18,22,23}

*Allow sleep to take over. One should not make it a habit to keep awake for long during the night on the pretext of work pressure or meeting deadlines. Disassociate from the day's work and activities and the identifications one carries in the mind. This would become easier if one does some reading, contemplation, chanting, and relaxed deep breathing or any spiritual practice to be in tune with one's inner self. It is good to recall every night that no one knows for certain whether one would wake up the next day, as millions leave the planet earth every day, and then let go of all the baggage from the mind.^{2,18,20}

*Set a schedule to go to sleep and wake up at the same time every day.^{6,9,19,24}

*Wake up with a smile. Rub palms together a few times and place them on your eyes so that the nerve endings on the hands would wake up the systems of the body in a natural way. Then get up after rolling over to the right side so that there is no pressure upon the heart.^{18,21}

*Elders can take a power nap after lunch/mid-day for not more than 10-20 minutes to recharge the body-mind complex during the day. Youngsters should just sit relaxed with eyes closed for five minutes after lunch, as blood rushes from head to the digestive system inducing drowsiness.²

*Adopt an appropriate life style and diet coupled with regular spiritual practices like meditation to calm the body and mind and uplift the quality of life.²⁴ Sleep requirement would gradually go down to the required minimum giving more productive time to pursue and achieve the purpose of life.^{10,17,18,20}

6. Take steps to prevent sleep disorders^{5,25,26}

Key indicators of sleep deficiency: No one would welcome the idea of being driven or flown by a driver/pilot or operated by a surgeon deprived of sleep. Sleep deficiency has been linked to mood swings,

irritation, anger, depression, lack of alertness, lack of clarity, and inability to think and perform effectively. If the backlog continues, one would be prone to illnesses and may attract debilitating diseases. Pioneering experimental studies have proved that sleep is a vital function; continuous sleep deprivation - a torturous ordeal- causes physical and mental decline to the point of damaging the cognitive faculties.²⁵⁻²⁶

Sleep disorders²⁷: One must be aware of one's sleep requirements and one's limitations and therefore take steps well in time to lead a healthy life in tune with one's inner clock. If ignored, sleep disorders can arise and take various forms. Some examples are inability to fall asleep or stay asleep (insomnia), sleep related breathing disorders (sleep apnea, snoring etc), sleep timings not aligned with one's 24-hour internal clock (circadian rhythm sleep-wake disorders). A disorder could be temporary as in jet lag or shift duty, or it could arise from habits and life style or some health problem. One must consult a physician to take remedial measures in time.

Sai Vibrionics, blessed by Sathya Sai Baba, offers remedies for jet lag as well as all kinds of sleep disorders. Practitioners may refer to '108 Common Combos' or 'Vibrionics 2016' book.

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2. Chennai, India - one-day refresher workshop 15 April 2018

A one-day refresher workshop conducted by Vibrionics teacher¹¹⁴²² was attended by 8 practitioners. As



usual, they shared their successful cases and had a discussion on difficult cases. They were asked in advance to go through the last 12 newsletters on the basis of which a quiz was organized. In this highly interactive session, the questions were mainly derived from the Answer Corner. This turned out to be the highlight of the day. Some take home lessons, after interaction with Dr Aggarwal on skype, were:

- strive to work more from the heart than from the head
- think in terms of serving plants and animals as they have no mind and are most receptive to vibrionics
- ensure complete and timely case recordings of patients for authentic case histories that are vital to the growth of vibrionics
- pray intensely with intent and devotion for patients and hold Swami in the heart while writing prescriptions

- always remember that Swami is the Healer and we are merely His humble instruments!

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3. AVP workshop in Italy - Musings from the participants after qualifying

“Coming from different parts of Italy, we started our e-course on 26 January 2018. We regard our Vibrionics journey as a wonderful adventure. As we had not studied in a formal way for decades, we worried about studying again at this age. However, we found the study material and method of teaching were presented in a valid and intelligent way.

What helped us most was the joy, the freshness, and the love of **Trainer** ^{02566...Italy} who not only communicated the contents effectively but also expressed his passion for vibrionics helped us to become honorable and conscientious practitioners.

For 2 months we were in constant touch. Every week, our trainer sent us one chapter from the book to study and to read and write multiple times in our personal exercise book. After 2 days he sent us questions on the chapter we had studied, and we wrote the answers. On Fridays and Saturdays we met each other on Skype. For 2 hours we corrected our mistakes and we worked to understand the material better and exchange our thoughts and ideas. After 2 months, we gathered together to receive our practical training. We had two full days in close contact with our trainer and two hours on skype with Dr Aggarwal...Fantastic experience!!!!

We returned home filled with a lot of enthusiasm. The results were excellent and immediately noticeable to us. Our biggest surprise was from all the people who received their first treatment. They were amazed to find out that the remedies did not cost anything, all were free. In our culture we are used to paying for everything and one can't imagine receiving treatment without commerce and profit. Thanks to this training method, we were fully introduced into the selfless world of Vibrionics.

For us this is the start of a journey towards harmony between nature and Divinity!

Om Sai Ram

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