

Sai Vibrionics Newsletter

www.vibrionics.org

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

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☞From the Desk of Dr Jit K Aggarwal ☞

Dear Practitioners

I am delighted to be writing to you on the occasion of Ganesh Chaturthi, a highly auspicious period. I take this opportunity to wish our Jewish brethren a Very Happy Rosh Hashanah! We are so privileged to be part of this Universal Mission of Love where every faith and religion is honoured, all festivals celebrated with the same pomp and vigour, and divine vibrations are broadcasted to all -- transcending any and all differences that exist between us. This is truly unique and special!

Our hearts and prayers go out to our dearest brothers and sisters in the state of Kerala who have suffered immensely and continue to suffer as a result of an unprecedented wave of catastrophic floods. We've been closely watching another major hurricane (Florence) that is about to make land fall in the states of South Carolina and North Carolina in the US. As was mentioned in the last newsletter, we had already started broadcasting healing vibrations from the US to mother earth to alleviate the pain and suffering that our planet is undergoing. This initiative has now been launched in India by **Practitioner** ^{11573...India}, who along with a team of senior practitioners, has started broadcasting healing vibrations to our planet on a regular basis, every Thursday. So great is the power of prayer (similar to broadcasting), I'm certain that even a short heartfelt prayer from each one of us could help enormously.

At Prashanti Nilayam, we have been running vibro clinics for 15 days a month in the gents' seva dal building but only on and off in the ladies' seva dal building. I'm glad to share that post-Guru Poornima this year, two practitioners, under the guidance of their **Teacher** ^{11422...India}, have been providing this seva 3 times a week on a regular basis. As you will appreciate there is a high demand for vibro seva amongst seva dals and as such we would like to offer this seva on other days as well. Any practitioner coming to the ashram, who is able to commit to this seva one week at a stretch can write to us at admin@vibrionics.org to register their name. We plan to draw up a rota with an eventual aim to hold daily clinic.

I would like to congratulate **Practitioner** ^{03560...USA} and his development team for their immense dedication and hard work in putting together the practitioners' website, which is now fully functional. As is the case with any new release, we recognize that there are a few teething problems/bugs/issues, which I assure you are being addressed almost on a daily basis. However, these issues are minor and should not prevent you from using the site. You may change your personal details (including uploading your photo), submit your monthly seva report or apply for the IASVP membership, which is now mandatory for all those who are VP and above. Should you experience any difficulty with logging in or submitting your seva hours, please feel free to reach out to admin@vibrionics.org for immediate assistance.

This time I'd like to leave you with a short story on the significance of selfless service narrated by Swami on Ganesh Chaturthi – "A boy from Delhi had been listening to Swami's teachings carefully. One day, he

was going to the college to appear in an examination, which was to begin at 8 am. On his way, he saw a beggar who stumbled as he was very sick and could not walk. He helped him to get up, took him to hospital and had him admitted there. By that time it was 10 am. When he noticed the time, he found that it was too late for the examination. He thought, "Well this was a test of my conduct by Swami Himself." He had no regrets that he missed the examination. He was actually happy. When he came to Me, he told Me, "Swami, one paper is gone, I will not pass this year but next year is always there. I have no regrets for I have passed in Your test." I told him, "Don't worry, you have passed in your test also." Next month, the result was out. He secured first class.

The boy did not bother about his examination because he had done a noble act of service to a poor man. He thought that he had failed in the worldly test, but he had passed in the test of God. There are many students like this who would put service before self. When you have this attitude in your life, you will never fail. Whatever you do, do it wholeheartedly. In this way, you can experience Divinity."— **Divine Discourse, Vinayaka Chaturthi, 1-09-2000, Prashanti Nilayam**

In loving service to Sai
Jit K Aggarwal

❧ Practitioner Profiles ❧

Practitioner ^{11520...India} qualified in the field of clinical psychology and management, is a corporate consultant. She mostly works from home to effectively balance her career and responsibilities towards her family. Interestingly, Sai vibrionics brought her into the fold of Swami in 2012. In 2008 her husband met with an accident which broke his hip joints and nearly crippled him. He tried all kinds of available treatments (allopathic, homoeopathic, ayurvedic, and others) one after the other, but still could not move about without help. She started vibrionics treatment for him in 2011, after a chance meeting with a vibrionics **practitioner**⁰²⁸⁶⁰. Within six months, her husband could move about on his own using a walker. Within a year he started walking without a walker on flat surfaces. Seeing his miraculous recovery, she was filled with immense gratitude towards Swami. She immediately decided to serve Him through vibrionics.



She became AVP in December 2012, VP in February 2013, and SVP in February 2015. Soon after, her husband fractured his ankle. There was ligament damage and swelling on his left foot. He relied only on vibrionics and she herself treated him. He was cured in 25 days. This reaffirmed her faith in Swami and vibrionics.

The practitioner has successfully treated 3300 patients since December 2012, especially the poor and needy, for varicose veins, UTI, inflammation of muscles, frozen shoulder, fractures, kidney stones, burns, skin allergies, respiratory problems, depression, apart from simple cold, cough, and fevers. She feels that whenever she picked up a bottle or a card intuitively (as if Swami was directing her to do so) while making remedies, the cure was faster. She has been sharing her success cases periodically through vibrionics newsletters. She keeps herself up-to-date through regular study of the newsletters on the website.



The practitioner enjoys treating plants in her house with vibrionics combo **CC1.2 Plant tonic + CC15.1 Mental & Emotional tonic**. She states that all her plants are greener and healthier than the plants in her neighbourhood, even when outside temperature goes up to 48°C in the summer. She adds **CC18.1**

Brain disabilities to the above combo and sprays the soil adequately before shifting a plant or planting a

new one. She always used to express her compassion towards animals and birds which occasionally visited her garden, by keeping water in pots daily. Ever since becoming an AVP, she has started adding to these pots **CC1.1 Animal tonic + CC15.1 Mental & Emotional tonic** and to her great delight, the visiting birds and animals have increased in number (pic included).

The practitioner finds tremendous fulfilment and incomparable joy in practising vibrionics as an humble instrument of God. Her self-confidence has been enhanced and her faith in God has deepened in the process. It is her conviction that if this seva is done with a pure heart and sense of surrender to God, the cures are bound to be fast and miraculous. Her ardent prayer is “Let every family be blessed with a Sai vibrionics practitioner!”

Case to share :

- [Mumps](#)

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Practitioner ^{03522...Mauritius}, is an aviation safety professional employed in Mauritius for the last sixteen years. He has been in Swami’s fold since childhood and participates regularly in various seva activities of Sai organisation. He came to know about the healing potential of Sai vibrionics after watching Souljourns videos on the subject featuring Dr Jit & Mrs Hem Aggarwal. Immensely inspired, he browsed the vibrionics website, promptly applied for training, went through the e-course and the workshop, and became an AVP in March 2015 and VP in June 2016.



He says that it is a divine gift to be a practitioner of this system of healing blessed by the Lord Himself. It has fulfilled his long-time desire to serve the needy and the distressed as an humble member of Sai family. He feels it is a great responsibility to serve the patients with selfless love with the miraculous 108CC box entrusted to him as a practitioner. His faith in vibrionics deepens when he witnesses the fast-acting potential of vibrionics remedies as was observed in the case of a 37-year-old man suffering from severe diarrhoea from

taking antibiotics for a sore throat. The patient made a complete recovery within 24 hours of taking the appropriate vibrionics combo.

He opines that most of the patients expect quick-fix solutions for their problems and want fast results, with no inclination to take responsibility for their own health. They show no interest in rectifying their unhealthy habits or lifestyle which happen to be the main cause of their ailments. It is, therefore, a big challenge to counsel the patients properly to ensure their wellbeing in all possible ways. It is also a task to inspire trust and inculcate discipline in them for taking the remedy appropriately. It has been an enriching journey of learning for the practitioner.

He feels that our love expands when we realize that the same divinity is present in every living being and see divinity in each patient. The language of love has a huge impact on the emotions of a patient and expedites healing. The practitioner adds **CC15.1 Mental & Emotional tonic** to the remedies as he feels it contributes enormously to the healing process.

Apart from treating patients, he has joined our team that is instrumental in translating the first international conference book into French. The practitioner feels that vibrionics seva has taught him to work from the heart and has helped him to progress on the spiritual path. According to the practitioner, “the parameter for good practice is not how many patients we served, but how well we served them”.

Case to share:

- [Kidney stones, hair fall](#)

❧ Case Histories Using Combos ❧

1. Mumps ^{11590...India}

A 55-year-old male had swollen and painful neck (below and behind the ear) and fever for three days. His doctor diagnosed the illness as mumps. The patient took allopathic treatment but stopped as there was little improvement.

On 2 April 2015, the practitioner gave the following combo:

CC9.2 Infections acute + CC9.4 Children’s diseases + CC15.1 Mental & emotional tonic...TDS

Within two days, the patient felt 90% improvement in pain and swelling and the fever had gone. After one week on 9 April 2015, there was no more swelling or pain. The patient was advised to reduce the dosage but he decided to stop the remedy since he felt completely cured.

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2. Kidney stones, hair loss ^{03522...Mauritius}

A 27-year-old male visited the practitioner on 27 May 2015. For the past 2 years he had been suffering from back pain which became so severe over the last 6 months that his normal life was affected. A scan revealed kidney stones and he was put on the waiting list for lithotripsy (ultrasound procedure for breaking the stones). Apart from pain-killers, he took no other medication. He was getting indigestion and acidity for 2 years. He also had hair loss with dandruff for the last 5 months. He was concerned about his hair fall as bald patches on the scalp were noticeable. He tried anti-dandruff shampoo, ayurvedic oil and vitamin supplements but nothing helped. He was given:

For kidney stones and indigestion, acidity:

#1. CC4.10 Indigestion + CC13.5 Kidney stones + CC15.1 Mental & Emotional tonic...TDS

For hair loss and dandruff:

#2. CC11.2 Hair tonic + CC15.1 Mental & Emotional tonic + CC21.2 Skin infections ...TDS

After one month, there was 50% improvement in back pain and 80% in acidity and indigestion but no change was noticed in hair loss. After two months, the patient reported 40% improvement in hair loss and dandruff.

After three months, back pain as well as acidity and indigestion had vanished. Furthermore during an echography on 30 Aug 2015, no kidney stones were detected. As the patient confirmed 100% improvement in these symptoms, dosage of **#1** was reduced to **OD** which he continued for a month and then stopped on 1 Oct 2015. However, he continued **#2** for another 3 months.

When the practitioner saw him on 30 December 2015 after seven months of starting the treatment, the patient was unrecognizable as his hair volume had increased tremendously. The dandruff had disappeared and hair fall had completely stopped. So the dosage of **#2** was reduced to **OD** for a month and then stopped.

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3. Back pain, irregular menses ^{11595...India}

On 28 Feb 2018, a 35-year-old female had been suffering from back pain for the past 6 months. The pain radiated from front to back and to the left knee along with tingling sensation that increased by evening. The patient felt that the pain was caused due to driving long distance on two wheeler on a daily basis. She had a history of irregular periods since they had begun and she used to take allopathy medicines for delay in periods. Recently she was diagnosed of cervicitis and fibroids in the uterus. She had completed her allopathic treatment and did not take any other medications while on vibrionics.

The following combo was given:

CC8.1 Female tonic + CC8.4 Ovaries & Uterus + CC8.8 Menses irregular + CC15.1 Mental & emotional tonic + CC20.1 SMJ tonic + CC20.5 Spine + CC20.7 Fractures...TDS in water

After a week, the patient had mild aggravation (possible pullout) in back pain. After two weeks she reported 80% relief in back pain and also she got her menses on time without resorting to allopathic medicines. After three weeks on 20 March 2018, she was completely relieved of back pain; so the dosage was reduced to **BD**.

After another two weeks, the dosage was reduced to **OD**.

As of August 2018, the patient continues on the maintenance dose **OD**. There has been no recurrence of back pain and her menses have been on time for 6 months.

Practitioner's Comment: CC20.7 Fractures was added to help with the effect of sudden jerks during the daily travel on her bike for nearly an hour each way.

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4. Pain between toes ^{11591...India}

For the past 6 months, a 29-year-old young woman had been experiencing pain between the big and 2nd toe of her left foot. Every time she would ride her bike or walk even for a few minutes there would be swelling and inflammation, which caused intense pain. So she would not be able to walk around at all. The pain would reduce only if she rested.

The patient's foot x-rays did not indicate any problem whatsoever. She was under severe stress as her husband had gone abroad to work and she had to take care of her sick father alone, thus feeling overburdened. She was not on allopathic medication as she was avoiding pain killers; she relied solely on vibrionics treatment.

On 2 Dec 2017, she was given the following combo:

CC20.4 Muscles & Supportive tissue...TDS in water or vibhuti to be applied to the affected area.

After one day of using remedy, the patient reported 100% relief in her pain but it recurred the next day. So she was asked to continue the same medication. After 19 days she reported that by now the pain had completely disappeared. Also, there was 100% improvement in inflammation and swelling.

Editor's comment: In addition to external application, had the remedy been taken orally, one would expect faster results.

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5. Refractory epilepsy ^{11591...India}

An 18-year-old boy, who experienced daily seizures over the past two years, requested vibrionics treatment on 17 Dec 2017. During a seizure, he would fall to the ground in whatever position he was in. He experienced 4-5 such seizures every day and each lasted for a few seconds. Subsequently, he had no memory of it. The seizures came at any time of the day and in any place. Doctors diagnosed this as refractory (drug-resistant) epilepsy and advised brain surgery for the recurrent harmful seizures. The patient had been taking allopathic medicines but there was no significant improvement.

The following combo was prescribed and of course the allopathic medicine was continued throughout: **CC10.1 Emergency + CC15.1 Mental & Emotional tonic + CC18.3 Epilepsy...TDS**

During the first three days of taking vibro remedy, the patient reported extreme thirst. By the 5th day, the number of seizures started to reduce. By the 10th day, the frequency of seizures came down to one per day. On the 15th day, there was no seizure for the first time in two years.

On the 20th day, the patient started talking incoherently as his allopathic medications had been changed. He was unable to stand or sit down and kept falling over repeatedly. He was hospitalised, his allopathic medicine changed and he was discharged the next day.

From the 25th day onwards, the seizures stopped completely for a few months. Then for a while, he would have a brief seizure for a few seconds every 2-3 weeks. As of the end of August, he is continuing both allopathy and vibro and has not had any seizure over the past 2 months.

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6. Nervousness ^{11271...India}

A 43-year-old school teacher lacked self-confidence and suffered from nervousness for more than 10 years. He felt so nervous that he was not able to write on the blackboard properly and this started affecting his career. He started losing confidence in even signing the attendance register if someone was watching; his handwriting started to become illegible. Doctors could diagnose this only as a neurological problem. He took several treatments but nothing helped. So he opted for vibrionics instead. On 11 Oct 2014, the patient was given:

#1. CC18.1 Brain & Memory tonic + CC18.4 Paralysis + CC20.5 Spine...TDS

After 4 weeks, the patient was feeling a bit better as his writing had improved a little even though he was not feeling confident. On 8 Nov 2014, the remedy was changed to:

#2. CC15.2 Psychiatric disorders + CC18.4 Paralysis + CC20.5 Spine...TDS

Two months after start of vibro, the patient reported 50% improvement in his self-confidence and anxiety. He was able to write confidently. After another two months, improvement went up to 75% and on 9 May 2015, the patient felt 90% improvement. By July 2015, he was completely relieved of his mental condition,

so he was advised to reduce the dosage to **OD**. However the patient did not feel comfortable with this idea and insisted on continuing at **TDS** which he still does as of Aug 2018 in spite of 100% improvement.

Editor's Note: The practitioner realized that the inclusion of **CC20.5** was not necessary but as the combo was bringing improvement, he continued.

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7. Insomnia ^{03564...Australia}

A 69-year-old woman visited the practitioner for treatment of insomnia she had been suffering from, for the last ten years. Her usual pattern of sleep was going to bed at 10 pm at night and within an hour she would be awake. Thereafter she found it difficult to fall asleep unless she took an allopathic sleeping tablet. The patient voluntarily stopped taking the allopathic medicines, realising its adverse side effects, before starting vibro remedies on 18 Feb 2018.

She was given:

#1. CC15.6 Sleep disorders...One pill half an hour before bedtime. If still not asleep, then 1 pill every 10 minutes for up to one hour.

After two days of taking the remedy, the patient felt 90% improvement in her condition as she was able to sleep with the first pill itself and did not wake up after an hour. However she did require another dose in the middle of the night. After taking the same combo for another 3 months, she was taking the middle-of-the-night dose less frequently.

After another month in June 2018, she felt she was completely cured of her condition as she was now occasionally taking the 2nd dose half an hour later. It was rare that she would need to take another pill in the middle of the night but if she did, she was back to sleep quickly.

Practitioner's comments: This patient was so impressed with the results that she has already recommended vibrionics to several of her friends.

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8. Menstrual pain ^{11542...India}

A 16-year-old female had been suffering from menstrual pain for the past two years. The pain was so severe that the patient could not attend her classes for all three days of her menstrual cycle. She had been taking allopathic treatment for the past two years but there was no relief. She approached the practitioner on the first day of her menstrual cycle with severe pain in May 2018. She was given the following combo:

CC8.7 Menses frequent + CC8.8 Menses irregular...TDS

The patient reported 100% relief from the pain within just one hour of taking the first dose. She was pleasantly surprised at such quick relief. She had no pain during all the three days and hence was able to attend college. She continued taking the remedy at the prescribed dosage.

The following month the patient reported that she had a little pain on the first day of her menses but it was negligible and hence could attend classes. There was no pain at all on the other two days. So the dosage was reduced to **OD** which the patient is continuing as of August 2018 with no recurrence of pain.

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9. Spondylitis ^{11542...India}

The practitioner was approached by a 62-year-old male who had been suffering from neck pain for the past six months. The patient was wearing a neck collar as per his doctor's advice. He was given:

CC20.1 SMJ tonic + CC20.3 Arthritis + CC20.5 Spine...6TD

Within 24 hours of starting the remedy, the patient reported 25% relief from pain and 50% after three days. There was complete relief (100%) after ten days, so the patient stopped using the neck collar. Also, the dosage was tapered down to **OD** and then stopped after one month.

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10. Pain in legs ^{11542...India}

A 70-year-old male, suffering from pain in both his legs for the past three to four years, approached the practitioner in May 2018. He was given:

CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC20.3 Arthritis + CC20.4 Muscle & Supportive tissue + CC20.5 Spine...6TD

After taking the remedy for 24 hours, there was 100% relief from his pain. The patient was advised to continue taking the remedy at **QDS** for one month; this was gradually tapered down to zero.

Editor's comment: The practitioner has reported many other successful cases of skeletal pain, similar to the above.

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11. Rodent Menace ^{11573...India}

Every year the practitioner's family has been facing a constant threat from rodents during the monsoon season (July-September). They always used a mouse trap to get rid of the offenders. This year it was different. A single hyperactive rat was giving them sleepless nights by breaking and chewing many things in sight. Its oversize made matters worse as no mouse trap or bait was big enough to catch it. They did not try any other options as they did not want to harm the rat in any way. Out of desperation, the practitioner decided to try vibrionics. On 26 July 2018, he made a remedy in 150ml of water by adding one drop from each of the following combos:

CC10.1 Emergencies + CC15.2 Psychiatric disorders + CC17.2 Cleansing + CC17.3 Brain & Memory tonic + CC18.5 Neuralgia

The practitioner mixed about 1/3rd of remedy water in wheat flour and made 5 small dough balls and placed them strategically at different places in the kitchen that night. Next morning he could neither find the rat nor the balls. The following night was the first noiseless night they had for a very long time. It's been the same ever since even after a month. They never saw that rat or any other of its species in the house. Interestingly the practitioner did not have to make the dough balls again till date, even though he had originally planned to use the above combo 3TW!

Editor's comment:

A very simple alternative to using toxic chemicals for pest control. However, we were surprised to see the absence of CC1.1 Animal tonic in the above remedy, especially because a UK practitioner used only this tonic to drive wasps away, see 2014 Conference Book page 68. According to the practitioner, omission of the tonic was rather accidental than intentional. He realized this soon and intended to add it next time but that chance never came. It appeared to him that the raat was in much pain as it devoured things consistently and still wanting more. He thought that the rat needed something to soothe its nerves to control his hyperactivity, hence his choice of above combos.

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12. Growing pains ^{11594...India}

A 10-year-old girl had been experiencing muscular pain in both legs and arms for the past 5 years. It occurred usually in late afternoon and at night about 3 times a week and got aggravated after sports. The girl's father informed that it would be so bad that the child woke up in the middle of the night. They consulted many doctors and her condition was diagnosed as growing pains for which she was given pain killers when required but these gave only temporary relief. The pain became unbearable in the last two days. The parents got extremely worried when they received a phone call from her school teacher informing that the girl was not well and crying continuously at school. When the practitioner saw the girl, she looked weak and had little appetite. The patient was not on any other medication while taking vibrionics.

On 9 March 2018, she was given the following remedy:

#1. CC4.1 Digestion tonic + CC12.2 Child tonic + CC15.1 Mental and Emotional tonic + CC17.3 Brain and Memory tonic + CC20.2 SMJ pain + CC20.4 Muscles and Supportive tissue...one dose every 10 minutes for 2 hours followed by **6TD** from next day

After 10 days, the patient felt 90% improvement and the parents insisted upon continuing at **6TD**. After another week on 26 Mar 2018, the pain had completely disappeared and the parents had not received any complaint from the school; so the dosage was reduced to **TDS**. After one month, there was no relapse in pain so the dosage was reduced to **OD**. After another 3 months on 1 August, the parents decided to stop the remedy. The girl is absolutely fine as on 7 September 2018. Her parents were so happy that the girl's mother is currently taking vibrionics for her chronic joint pains and lipoma.

13. Crohn's disease ^{11594...India}

A 62-year-old Australian woman had been suffering from Crohn's disease for the past 7 years. Her symptoms included severe abdominal pain, stomach bloating, alternating bowel movements between constipation and diarrhoea, fatigue, loss of appetite and gradual weight loss. The patient underwent hemicolectomy (surgical removal of one side of colon) in 2013 but this did not help. Her physician advised her that there was no known cure for Crohn's disease, so she made changes to her lifestyle by adding meditation, yoga exercises and diet regulation. Even then the symptoms persisted which made the patient feel hopeless. When she met the practitioner during her visit to her friend in India, she was on a highly restricted diet of a few slices of watermelon and one egg omelette daily.

On 10 April 2018 she was given:

#1. CC4.1 Digestion tonic + CC4.4 Constipation + CC4.6 Diarrhoea + CC10.1 Emergencies + CC12.1 Adult tonic+ CC15.1 Mental and emotional tonic...one dose every 10 minutes for 2 hours followed by **6TD** from the next day.

The next day there was 60% improvement in the symptoms, however stomach discomfort persisted. After 10 days, all her symptoms disappeared, so the dosage was reduced to **TDS**. As the patient was soon due to return to Australia, she was given enough remedy to last her for the next 6 months. The practitioner advised her on dosage reduction procedure. After another month, she reduced the dosage to **OD**. At her last email contact with the patient on 7 June 2018, the woman was absolutely fine with no recurrence of symptoms. On her return to Australia, she shared her joy with her friends that this precious medicine from India cured her of her incurable disease.

Answer Corner

1. *Question: If a patient cannot stop his negative thoughts, can vibro still help overcome his illness and also his negative thinking?*

Answer : Yes, vibro remedies can help with both – one's illness and with one's negative thoughts. Patients with positive thoughts get cured more quickly. So our first approach is to encourage patients to think positive and be hopeful. It goes without saying that the practitioner should have full faith and confidence that the vibro remedies will help cure the patients' problems. Secondly, it is important to discover the **source** of negative thoughts in each patient; it is usually repressed emotions rooted in fear, rejection, shock, anger, grief etc. The practitioner should make a sincere effort to discover the underlying cause and give an appropriate remedy which could be chosen from category 15, 17 or 18. If the patient returns and the treatment has only been minimally effective, then he should further counsel the patient and plan out a strategy. Having said all this, sometimes a cure doesn't take place. Then the practitioner should not himself lose heart or faith in vibro treatment, knowing that sometimes concerns beyond the power to change are at work eg, a patient may find it impossible to release his repression, maybe because of his difficult past karma. In the end, God, who is the Healer, knows when to heal a patient depending on his inner journey. People who truly believe in God will readily accept this, like Dr John Hislop who happily left his body full of cancer, truly believing he was not that body and through the sickness, the Lord was dissolving the last remnants of his karma.

However sometimes illnesses are slow to heal due to a physical weakness in the patient caused by eg, malnourishment or environmental factors; lack of nurturing in children can mean they grow without the healing energy of love. When one has no hope in life, happiness and a healthy body and mind are difficult to achieve. The most important role of a practitioner is to give love, positivity and hope.

2. *Question: Any suggestions for treating gynaecomastia (enlarged breasts in men) other than using CC14.3?*

Answer: If you have the 108CC box and no access to a senior practitioner, then **CC14.3** is the best remedy for this condition. However, people with SRHVP can give **SR262 Nat Phos 6X...OD** along with **SR381 Conium 1M...OW**. It is worth mentioning that this problem occurs often in overweight males, so a diet for weight reduction may help.

3. Question: Should SRHVP chakra cards be used alone or can they be all combined into single remedy?

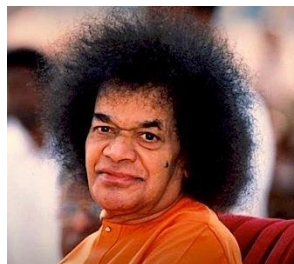
Answer: No two chakra remedies should be combined. It is best to treat one chakra at a time. The potency is **CM** and dosage is **OD** (before sleep) and it usually takes 2 days to balance a chakra. During chakra treatment, other vibro remedies should not be given. If a patient is already taking another remedy, this should be stopped 3 days prior to starting the chakra remedy but can be restarted once the chakra has gone back to balance.

4. Question : What is the maximum number of times a remedy can be given in one day? Some patients find it difficult to take pearls **TDS** while others believe in taking more than **6TD** to speed up the healing. Some patients are not regular in taking the remedies yet they complain that the vibro is not working. How do I take care of such patients?

Answer: Most people want a quick cure of problems they have had for years but healing can take time. The vibrations have to become strong in the energy field around the body before manifesting in the physical body. Although managing your patients' expectations is important, you should also get them to agree to be patient and follow the instructions as part of your commitment to work with them. Taking the recommended dosage regularly produces faster results. However, taking the remedy less frequently is still better than not taking it at all. The maximum number of times a remedy can be taken in one day is **6TD** except when taken frequently like one dose every 10 mins in highly acute cases. We have no group of published cases that have disproved **6TD** in favour of more than **6TD**.

5. Question: I have 3 patients with lice infestation. What is the best way to administer the vibro remedy?

Answer: Give **CC11.2 Hair problems...TDS** or **SR315 Staphysagria...OD** orally for a month. We don't recommend the use of lice shampoo containing toxic chemicals. It is best to make the remedy in water and use this for massaging the scalp **BD** and later wash hair in the normal way.



☪ Divine Words from the Master Healer ☪

"Today, people go on consuming food at all times, not to speak of drinks and snacks in between. How then can they escape from indigestion and other diseases? Man needs food that supplies him energy equivalent to about one calorie per minute. Young people should be satisfied with 2,000 calories of food per day. For healthy life, man needs only 1,500 calories per day. But nowadays, the food intake has increased up to 5,000 calories. As a result, people suffer from indigestion and sleeplessness. Loss of sleep gives rise to many ailments. Don't worry about sleep. If you go to bed without any worry, you will get sound sleep automatically."

... Sathya Sai Baba, "The Moving Temple" Summer Showers 1990 Chapter 3
<http://www.sssbpt.info/summershowers/ss1990/ss1990.pdf>

"Those of you who have had the privilege of serving your unfortunate brothers and sisters will stand witness to what I am saying now; there is no discipline equal to Service to smother the ego and to fill the heart with genuine joy. To condemn service as demeaning and inferior is to forgo these benefits. A wave of service, if it sweeps over the land, catching everyone in its enthusiasm, will be able to wipe off the mounds of hatred, malice and greed that infest the world."

... Sathya Sai Baba, "Elephants and the Lion" Discourse 10 September 1969
<http://www.sssbpt.ifo/ssspeaks/volume09/sss09-18.pdf>

❧Announcements❧

Forthcoming Workshops

- ❖ **India Delhi-NCR:** Refresher seminars: AVP/VP - 22 September, SVP - 23 September 2018, contact Dr Sangeeta Srivastava at dr.srivastava.sangeeta@gmail.com or by telephone at 9811-298-552
- ❖ **UK London:** National Annual Refresher seminar 23 September 2018, contact Jeram at jeramjoe@gmail.com or by telephone at 020-8551 3979
- ❖ **India Puttaparthi:** AVP Workshop 18-22 November 2018, contact Lalitha at elay54@yahoo.com or by telephone at 8500-676-092
- ❖ **India Puttaparthi:** SVP Workshop 24-28 November 2018, contact Hem at 99sairam@vibrionics.org
- ❖ **India Puttaparthi:** VP Workshop for Kerala AVPs 30 November & 1 December 2018, contact Padma at trainer-cc@in.vibrionics.org
- ❖ **India Rajasthan:** AVP Refresher February 2019, contact Hem at 99sairam@vibrionics.org
- ❖ **India Puttaparthi:** AVP Workshop 6-10 March 2019, contact Lalitha at elay54@yahoo.com or by telephone at 8500-676 092
- ❖ **India Puttaparthi:** SVP Refresher 11-12 March 2019, contact Hem at 99sairam@vibrionics.org
- ❖ **India Puttaparthi:** AVP Workshop 17-21 July 2019, contact Lalitha at elay54@yahoo.com or by telephone at 8500-676 092
- ❖ **India Puttaparthi:** AVP Workshop 18-22 November 2019, contact Lalitha at elay54@yahoo.com or by telephone at 8500-676-092
- ❖ **India Puttaparthi:** SVP Workshop 24-28 November 2019, contact Hem at 99sairam@vibrionics.org

❧In Addition❧

1. Health article

Sprouting for good health

“A seed when planted will sprout into life, but when it is cooked the life is destroyed. Eating food in its natural state promotes longevity. Food which is not cooked contains the largest amount of protein. For instance, the amount of protein in mung dal and soya beans is great...The way to eat peas, beans, or lentils is to soak them in water and let them sprout. In this way you consume them in all their richness...”
Sathya Sai Baba¹

1. Seed is the source!

Each plant life around us has emerged from a seed blessed with the necessary intelligence and support from the planet. Scientists are still researching to understand what exactly happens inside a seed as it begins to come to life and becomes fascinating for an observer. When a seed begins to sprout, specific biological mechanisms within it are activated to convert the stored energy into nutrients that are used for its growth into a healthy, vibrant plant. The same dormant nutritive energy in a seed can be activated for human consumption by a simple process at home too.^{1,2}

2. What are sprouts?

Sprouts, as ready nutritive food, are very tiny shoots that emerge from seeds after they are soaked in water for a few hours and then allowed to germinate.²

3. What can be sprouted?

All edible seeds including whole grains, legumes, beans, pulses, lentils, and peas can be sprouted. Some of the popular sprouting seeds in different countries are mung, chickpeas, wheat, alfalfa, sunflower seeds, fenugreek, groundnut, radish, and broccoli. They should be organic, healthy, fresh and not chemically treated, neither split nor roasted or cooked.^{1,3,4}

4. How to sprout?

Growing sprouts at home is a quick, easy, and a cost effective process. Start with small amounts. One should handle the seeds and grow sprouts in hygienic conditions.^{1,3,4}

- First wash the seeds thoroughly and place them in a clean vessel or jar.
- Add three to four parts of water to one part of seed and cover with a lid.
- Leave at room temperature for adequate soaking to occur. The soaking time would vary with the type of seed. Some seeds may require only about 30 minutes while most of the seeds require soaking overnight – 6 to 8 hours or more. Proper soaking is what really brings the seeds to life. Soaking for unduly long hours would make the seeds rot or ferment. One should drain and change the water after 6-8 hours.
- After adequate soaking, draining the water is important as sprouting does not happen in water. The drained water can be used for house plants.
- Then rinse the soaked seeds. Place them in a clean vessel and ensure that it is not fully covered or use a netted cover so as to allow air in.
- Set aside the vessel at room temperature where there is no direct light. Dark or dimly lit environment is most conducive. One may expose them to sunlight as they mature, to activate mechanisms that produce chlorophyll and other compounds.
- Repeat the rinsing 2-3 times in the day to keep them clean and moist at the same time.
- When sprouts are ready, rinse well and drain.
- To retain their nutritional value, sprouts should be placed in a refrigerator unless consumed immediately. They can be kept fresh in the refrigerator for some days.^{1,3,4}

Sprouting time would depend on the type of seed, the frequency of rinsing, the temperature of rinse water, and the temperature of the environment. Smaller seeds take 10 to 12 hours to sprout (for example, mung beans). Larger seeds take about 3 to 4 days to sprout.^{1,3,4}

5. Why sprout?

All raw seeds have inherent in them, antinutrients or enzyme inhibitors, which reduce the body's ability to absorb and assimilate the essential nutrients. Studies have shown that sprouting inactivates these inhibitors and reduces the allergens. It significantly improves the nutritional content, especially the minerals, vitamins, essential fatty acids, fibres, antioxidants, and enzymes. It also eliminates most of the gas-producing starches.^{3,4,6,9}

A study⁵ showed distinct increase in vitamin C and calcium content after sprouting. There was significant decrease in antinutrients and protein digestibility had enhanced substantially. According to another study⁷, sprouting of grains for a limited period caused increased activity of hydrolytic enzymes, improvement in the contents of certain essential amino acids, total sugars, and B-group vitamins, and a decrease in dry matter, starch, and antinutrients. The digestibility of storage proteins and starch improved due to their partial hydrolysis during sprouting. The magnitude of the nutritional improvement was, however, found to depend upon the type of cereal, seed quality, and sprouting conditions. The vitamins barely detectable in dry grains were found considerably enhanced and reached the peak after 7 days of sprouting.⁸

6. Benefits of sprouts

Sprouts rank as the most fresh and nutritious of all vegetables available to human diet and can benefit us in many unimaginable ways^{1,3,4,6,9-11}. They can:

- provide instant energy, being live and easily digestible, and maintain the energy levels
- flush out the impurities and detoxify our blood
- boost the immune system and protect the cells from free radical damage
- maintain the acid-alkaline balance in the body and strengthen the digestive system
- help to fight obesity, being low in calories, and also build and strengthen muscles and tissues
- regulate blood pressure levels and help in cardiovascular problems
- help in balancing blood sugar and alleviate rheumatoid pains
- act as a defence against several chronic age-related diseases
- help decrease pre-menstrual and menopausal symptoms
- tone up the skin, liver, and all the systems in the body

- act as a panacea for many diseases including cancer due to antioxidants present in them.

Overall, uncooked sprouts provide excellent quality nutrients and hence should be a vital component of our diet. One may add some lemon juice and seasoning to make them tasty. They can be mixed with salads. They can also be taken before or along with a meal or in between meals as healthy snacks.

If individual choices or conveniences or health conditions do not favour sprouting, soaking itself can be immensely beneficial. The whole grains, lentils, beans, and pulses, are more nutritious when cooked after soaking overnight. Nuts should not be sprouted, only soaked.⁴ Almonds are best for health when soaked overnight and taken next day after rinsing and removing the peel.¹²

7. Cautions

- People with weakened immune systems, children, the elderly, and pregnant women should avoid eating raw sprouts. They may steam them and eat.¹³⁻¹⁴
- Some sprouts like kidney bean sprouts could be highly toxic, so they should be cooked first.¹³
- The warm and humid conditions required for the sprouts to grow are also ideal for the growth of bacteria. According to a nutritionist⁶, the risk of cross contamination in sprouts is very high as they contain living enzymes conducive to growth of dangerous bacteria like salmonella and e-coli. Apart from taking the basic precaution of hygiene, it is always good to refrigerate after sprouting and consume them within 3 to 4 days.¹³⁻¹⁴

References and Links:

1. <https://www.slideshare.net/jannap/teachings-ofsathyasaibaba> The teachings of Sathya Sai Baba on health by Srikanth Sola MD page 10. Also Appendix B.
2. <https://wonderpolis.org/wonder/how-do-seeds-sprout>
3. <https://articles.mercola.com/sites/articles/archive/2015/02/09/sprouts-nutrition.aspx>
4. <https://draxe.com/sprout>
5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4573095>
6. <https://food.ndtv.com/food-drinks/6-benefits-of-sprouting-and-the-right-way-to-do-it-1691887>
7. <https://www.ncbi.nlm.nih.gov/pubmed/2692609>
8. <https://www.ncbi.nlm.nih.gov/pubmed/23088738>
9. <https://foodfacts.mercola.com/sprouts.html>
10. www.thefitindian.com/benefits-of-eating-sprouts-in-our-daily-diet
11. <http://www.sproutnet.com/Resources-Research-on-the-Role-of-Sprouts-in-Wellness-and-Disease-Prevention>
12. <http://www.saibaba.ws/articles/medicaladvices.htm>
13. <https://www.precisionnutrition.com/all-about-sprouting>
14. <http://www.foodsafety.gov/keep/types/fruits/sprouts.html>

2. Addendum to Index of 108CC book

Since the last 2011 edition of the 108CC book, several changes/additions made to those remedies over the last seven years are given below. *We regret the omission of this table in the last newsletter.*

Addison's disease	6.1	Adhesions	21.1
Adrenal Gland Deficiency	6.1	Alopecia	11.2+12.4
ASD	3.6+15.5+18.1	Asperger's	15.5
Autism spectrum disorder	3.6+15.5+18.1	Baldness	11.2+12.4
Blepharitis	7.3	Cholera	4.6+4.10+9.3
Concentration weak	17.3+18.1	Condyloma	8.5/14.2+21.1
Death approaching	15.1	Dengue	9.3+3.1
Down's syndrome	3.6+18.2	Epithelioma	2.1+2.3+21.1
Extremities painful, circulation	3.7	Eye lashes in-turning	7.1
Eye sty	7.3	Genital cyst/wart, female	8.5+21.1
Genital cyst/wart, male	14.2+21.1	Genital herpes female	8.5+21.8
Genital herpes male	14.2+21.8	Head Injury	10.1+18.1+20.7
Hysteria	15.1	Involuntary semen	14.3
Irritable bladder	13.3	Leucoderma	21.2+21.3+12.4
Lung cancer	2.1+2.3+19.3+19.6	Mycoplasma pneumonia	19.6+19.7
Multiple sclerosis (MS)	18.4 + 12.4	Nose bleed	10.1

Oral Candida	11.5	Plantar fasciitis	20.1+20.4
Polymyalgia Rheum.(PMR)	20.2+20.4+20.5	Prog. Syst. Sclerosis	12.4+15.1+21.2+21.3
Prostate – enlarged	13.1+14.2	Prostatitis	14.2+13.1
PSP Syndrome	7.1+15.1+18.4+18.6	Pulmonary hypertension	3.1+3.6+19.3
Retinitis pigmentosa	7.1+7.2	Salmonella	4.6+4.8
Scars internal	21.1	Sinusitis due to allergy	19.2+4.10
Skin dry	21.1	Spinal Injury	10.1+20.5
Spine – degeneration	20.5	Teething	11.5
Typhoid-recovery stage	9.1+4.11	Vitiligo	12.4+21.2+21.3
Walking pneumonia	19.6+19.7	Zika virus	3.1+9.3

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3. AVP workshop in Puttaparthi, India 22-26 July 2018

Nine candidates (7 from India including two from Puttaparthi*, one from Thailand and one from Gabon)



qualified as AVPs in this intense five-day workshop. Two practitioners from India who had qualified years back also participated to refresh and enhance their knowledge. The workshop, conducted by the two experienced course **teachers** ^{10375 & 11422}, had inspiring and interactive sessions on a daily basis by the senior most faculty Dr Jit Aggarwal, through skype from the UK. The other highlight was a lively session on effective case history writing by Hem Aggarwal who also led the participants' to take oath before Swami on the eve of the holy Guru purnima.

*One is a practicing allopathic doctor and the other has long experience working with her father, a long-standing vibro practitioner.

Immediately after the completion of the course, they started seva in the Ladies' seva dal building.

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4. AVP workshop and Refresher in France 8-10 September 2018

The 3-day workshop was conducted by the French coordinator and trainer ⁰¹⁶²⁰ in the home of one of her future practitioners. There were 8 participants - 2 new students, 5 existing practitioners and the newly trained **practitioner** ⁰³⁵⁷² on Skype from Gabon in West Africa. The work was intense but at the same time the atmosphere was warm and friendly. Both new trainees were attentive and very responsive. At the end of the workshop both were touched with deep emotions when they received their 108CC boxes. So great was their enthusiasm that at the time of valedictory talk on Skype by Dr Aggarwal, their first two patients from the neighbourhood knocked at the door and the new practitioners gave them their first consultation. The existing practitioners found this experience and exchange of ideas at the workshop highly informative and inspiring.



5. Vibrionics in Telangana State, India 9 September 2018

At a joint meeting of two districts, **practitioner** ¹¹⁵⁸⁵ got an opportunity to speak in the presence of the state president and almost all other officials of Sri Satya Sai Seva Organisation of Telangana State, district presidents of both the districts together with all the office bearers and Samiti conveners. It was only with the grace of Swami that he was able to address this assembly of high level dignitaries for 25 minutes on the subject of vibrionics. He explained how the system works on physical, mental/emotional and spiritual levels, has zero side effects and gives amazing results. He also briefed them on the regular medical camps being conducted in the district. He stressed that it is easy to conduct vibro medical camps at any place. He narrated that both he and **Practitioner** ¹¹⁵⁹² obtained high success rate with patients at the weekly vibro camps at Satya Sai Mandir Palvoncha. This generated a lot of interest among the office bearers. After the meeting, the two practitioners treated 27 patients including a few office bearers. Such interest is a boost to the practice of vibrionics in the state.



Om Sai Ram

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