

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

It gives me great delight to write to you amidst the 93rd birthday celebrations of our dear Lord in Prashanti Nilayam. The ashram is bustling with devotees, colourful decorations and positive vibrations! It is a joyous time here and the world over for the Sai Family and also heralds the start of the holiday season filled with festivities like Thanksgiving, Christmas and New Year. Most importantly, it is the season to show gratitude for all that we have received throughout the year. Engaging in selfless service is verily the best way to express gratitude. In Baba's words, "*The greatness that is present in service is not to be seen in any other Sadhana (spiritual practice). If we have this service as our primary aim and then adopt the various practices of devotion, such as listening and singing His praises, meditating on the divine name, servitude to the feet of the Lord, prostrating, offering worship, considering oneself as a servant and friend of the Lord, and the path of Self-enquiry, then the service will enable you to get rid of the ego and bad qualities in you. One's animal nature that is reminiscent in man is his ego. Service removes this animal nature, makes him softer and enables him to go nearer to God.*"...Swami's Discourse, 3rd Seval Conference, 15 Nov 1975.

This time of the year also marks the end of autumn and the onset of winter. For those living in the northern hemisphere, winter is the coldest season and the most brutal one; however, on the subtle level, it's a great time for inner focus, stillness, and reflection. It also gives an opportunity to offer seva as according to ayurveda, the cold weather can increase Vata imbalance (<https://en.wikipedia.org/wiki/Dosha>) in everyone and make the body vulnerable to disorders like colds and flu. Be sure to remind your patients to contact you at the first sign of a cold or flu as vibro remedies can shorten the infection or even prevent it, particularly among family members.

On the vibrionics front, it gives me pleasure to share with you that the online submission feature for practitioners to directly upload their monthly seva hours on the website: <https://practitioners.vibrionics.org> has been a resounding success, thanks to the unrelenting efforts of all involved in developing and implementing it. Not only has it made the reporting process more efficient and effective but it is also starting to build up a gold mine of data which we can use for continuous improvement in our vibrionics mission. To assist those who are unable to access or submit their reports online, we have started appointing local monthly report coordinators. Might I request anyone who has some extra time (it requires only a few minutes per week) and is prepared to take on this responsibility to please submit your name to me at 99sairam@vibrionics.org. This will most certainly alleviate the reporting burden on some regional coordinators and free up time for them to engage in our mission's higher-order activities such as, training and organizing more seva camps.

I am really happy to report that our vibrionics clinic, which is held three days a week on Tuesdays, Thursdays, and Saturdays from 2-4 PM at the Wellness Center of Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield has gained significant traction under the leadership of **Practitioner**^{12051...India}. In the last 11 months alone, we have treated over 750 patients! As you may be aware, a lot of patients who are treated at this hospital come from remote and far-off places in India enduring long journeys (up to 3 days' train journey) for treatment of chronic conditions such as those of the heart and the brain. In cases where the hospital is unable to assist or the waiting list is too long, the patients are often referred to the vibrionics clinic. After an initial consultation, the clinic monitors the patient's progress via email/phone and where necessary, the practitioner sends remedies to patients by post at no cost to the patient.

We have also been working hard on a much-enhanced version of the Vibrionics 2016 book. We hope to launch that on Baba's birthday.

Wishing the Swami in us all a very happy birthday! May this holiday season bring us much joy, love and energy to continue on the path of service with even greater devotion and dedication.

In loving service to Sai
Jit K Aggarwal

Practitioner Profiles

Practitioner^{02696...India}, a post doctorate in computer science and engineering, is an Assistant Professor and nodal officer of important projects and administrative works in a reputable university in Andhra Pradesh. Born into a spiritually inclined family, he was passionate to do service since childhood. He would voluntarily seek people in need, especially elderly, and assist them in all possible ways. He came into Swami's fold in 1999 when he happened to visit a temple where a Sai volunteer very lovingly took his slippers to the shoe stand. This touched him deeply and opened his eyes to the magical effect of loving service. Later, he had Swami's darshan which totally mesmerised him. Soon, he involved himself in regular service activities. Over a period of time, his heart yearned for something deeper to touch the lives of people. He had been fascinated by homoeopathy during his college days when it helped cure his chronic duodenal ulcer. He became intuitively attracted to vibrionics in 2005 when he came to know about it during one of the service activities.



He enrolled himself for the course and became a practitioner in 2005, after two weeks' intense training in Puttaparthi. He directly received his SRHVP as there was no 108CC box in those days. He started his journey with vibrionics by treating his family members and friends first. By Swami's miraculous grace, patients started visiting him, seeking remedies. He vividly recalls an incident that affirmed Swami's blessings on him and vibrionics. The practitioner was explaining this system to a Sai brother who did not feel that vibrionics could really cure diseases. The very next day that brother came to the practitioner to tell him that Swami had come in his dream the previous night, told him about vibrionics, and directed him to assist the practitioner in this seva. Both were moved by this miraculous revelation by Swami.

The practitioner has since treated a variety of cases with success. They include astigmatism, chronic stomach pain, knee pain, sinusitis, chest infections, spondylitis, skin problems, thyroid, BP, menstrual problems, stress, sleep disorders, and psychiatric disorders. His experience of treating emotionally disturbed, mentally retarded, and hyperactive children and difficult adults has been a rewarding one. He feels vibrionics offers great succour to such people whereas allopathic drugs suppress the symptoms. In the initial stage of his practice, a 2-year-old highly hyperactive girl was brought to him. She used to wake up at midnight and ask her family members to switch on the TV and watch with her. She would bang her head on the wall, if they did not accede to her demand. **NM6 Calming + SR422 Cherry Plum...OD** did wonders within a week and she stopped getting up in the middle of the night!

He has obtained wonderful results with Bach Flower remedies. A 49-year-old man with dominating behaviour pattern would return from office and quietly go to his room. He would neither talk to family members nor have meals with them. This went on for almost 10 years. He was given **SR419 Beech + SR446 Vine**. After a week the family called to convey their happiness that he joined the family for dinner for the first time in 10 years.

An 11-year-old hyperactive boy, with violent behaviour pattern since the age of 5, was brought to the practitioner by his desperate mother. She had tried different medications without success and was on the verge of admitting him to a school for the mentally retarded. The practitioner gave **NM4 Brain-2 + NM5 Brain Tissue Salts (TS) + NM6 Calming** with prayers to Swami. The boy stopped hitting his mother within 2 weeks and slowly stopped behaving violently. After one month, the boy is recovering well and continues to take the remedy.

Initially, the practitioner had to spend long hours making remedies with the device. With Swami's blessings, he started using the 108CC box from the time it came into existence. It has helped him to treat more patients in less time in camps. A 60-year-old lady got relief from stomach pain of 15 years' duration within a week using **CC4.3 Appendicitis + CC4.10 Indigestion**. She had tried allopathic medicines for years without any result. Her faith in vibrionics became very strong. She would diligently come for refills well in time, wait prayerfully for her turn, and take the remedy with intense prayer on her lips. The practitioner feels overwhelmed that *Swami* cures but gives credit to him through patients.

Though his work pressures did not permit him to do as much seva as he wanted to, he was one of the committed volunteers at the 1st International Vibrionics conference held in Puttaparthi on 26 January 2014. The practitioner has started devoting more time to vibrionics since 2017 after his official work commitments were streamlined. He is part of a Sunday vibrionics clinic at the Sai Bhajan temple in Anantapur. He looks forward to Sundays suffused with joy of service to Sai. He also attends a monthly village camp with other volunteers. These activities have enabled him to treat more than 1600 patients in the past 2 years.

He emphasises that each practitioner should follow a healthy life style and be a role model for his patients. Only a person who practices can guide others with conviction. A practitioner's duty does not end with giving appropriate remedies. He should also steer his patients towards a healthy way of living with moderate food habits as guided by Swami. Patients should be made to feel comfortable through kind words and soothing smile, especially the elderly who often feel ignored.

The practitioner states that vibrionics is the main medicine, not an alternative one as is normally projected. He recommends that one should resist from going to a doctor immediately after a problem appears. One should have faith in the self-healing mechanism of the body. The practitioner's final thoughts are "Why disturb the body with allopathic drugs when the body can take care of itself. Just facilitate it to strengthen the immune system with Vibrionics".

Cases to share:

- [Callus and Corns](#)
- [Multiple issues](#)

Practitioner ^{10355...India} is a commerce graduate and worked for some years as a currency examiner in Reserve Bank of India. She left her job after marriage in 1984 and dedicated herself to her family. She heard about Swami in 1989 and started attending bhajans whenever time permitted. She started participating in service activities after her maiden visit to Puttaparthi in 1998. She also started translating Sai literature from English to Marathi for Bal Vikas, then for Sanathana Sarathi from 2002 and more recently for Vidya Vahini. She still continues to do so.



She heard about vibrionics in 2006 from a Sai volunteer and got inspired to join the course. She became AVP in 2008 and got a 54CC box according to the course structure then. She got the 108CC box in 2015 after clearing the necessary examinations. The time gap was due to her health and other constraints; she was diagnosed with myasthenia gravis, a neuromuscular disorder, in 2000. After becoming a practitioner, she treated patients at her home for two years. She could not continue seeing patients due to her health condition. Then she started making remedies at home at her convenience for various ailments like cold, cough, fever, skeletal pains, stomach disorders. She would give these to fellow practitioners for dispensing them in vibrionics camps. For herself she is on allopathic medications for myasthenia gravis. However, vibrionics is helping her to counter the side effects of these medicines.

She has been distributing, along with other volunteers, Sai protein to infants and children of construction workers every month for the last 15 years. On the suggestion of a senior practitioner, she started adding the combo **CC12.2 Child tonic + CC17.3 Brain & Memory tonic + CC20.6 Osteoporosis** to it. She

mixes 27 drops of each combo to 1kg roasted peanut powder first. This is then mixed with 27kg of other roasted ingredients of Sai protein and 7.5kg of ground sugar. Two teaspoons of this Sai protein mix is being given to the children each day with water or milk without cooking. The children love the taste. No study has been made to assess the effect it had. But she plans to do it more systematically to gauge whether the children improved in terms of immunity, health, and memory.

The practitioner shares the case of a 75-year-old lady who came to her in October 2015. The patient had severe constipation, burning sensation in her stomach, as well as pain and itching inside the rectum for one year. She was treated with **CC4.4 Constipation + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic** with advice to avoid spices. She recovered completely in 10 months and the remedy was tapered and stopped after 12 months of treatment. She is now able to eat slightly spicy food without any complaint. In April 2016, the patient came to her with severe muscle pain and cramps in her lower back. It had been diagnosed as osteoporosis. She had been having intermittent nagging pain for the past 4 years. She did not want to continue taking pain killers. The practitioner gave **CC20.4 Muscles & Supportive tissue + CC20.6 Osteoporosis + CC20.7 Fractures**. She got 90% relief in 3 months and regained her self-confidence. She continues to take the remedy as she believes this will ensure she stays pain free.

The practitioner has treated around 1500 patients so far. Apart from dispensing remedies, the practitioner together with **SVP¹⁰⁰⁰¹** has translated the AVP manual from English to Marathi, which has been published. 108CC book has also been translated and is awaiting publication. These two books will facilitate volunteers in the rural areas of Maharashtra to do the AVP course in their mother tongue.

The practitioner gratefully acknowledges that vibrionics is a precious gift from Swami for doing public service in an unconditional manner without any boundaries. It has made her physically, psychologically, and emotionally strong, despite her illness. Vibrionics has also served as a catalyst for her to develop deep love and compassion for others.

Case to share:

- [Juvenile arthritis](#)

☪ Case Histories Using Combos ☪

1. Callus and Corns 02696...India

A 55-year-old female had a thick mound of hard skin on the underside of her right foot for over 20 years. It had been diagnosed as chronic callus. Over the years, the pain had become so intense that she could not put her right foot fully on the ground, especially if she tried to walk barefoot. She had to tilt her foot in order to walk with bearable pain.

On 5 August 2018, the practitioner gave the following remedies:

#1. SR299 Lycopodium CM...1 dose every 2 weeks, total 4 doses

#2. SR342 Antim Crud 200C...3TW for 4 weeks

#3. SR318 Thuja 30C...TDS for 5 days followed by SR318 Thuja 200C... 1 dose every 2 weeks, only 2 doses

All the remedies were started on the same day with a gap of 10 minutes between remedies if taken around the same time.

After 15 days, the patient happily showed that she could keep her right foot on the ground without much pain. She was advised to continue the remedies exactly as prescribed. After another 15 days, 80% of the callus had dissolved but the pain had completely gone.

She was also given:

#4. CC21.5 Dry Sores...TDS with advice to take it at least for 3 months.

She reports once a month and is able to do her household work comfortably. Remedy **#4** is being continued TDS and would be tapered to OD once the callus dissolves 100%.

Practitioner's note: The above course of treatment was tried by the practitioner on himself in 2015 with great success. He had been suffering from corns and calluses for over 15 years and the pain had been intensifying over the years. After he completed the prescribed dosage of **#1** to **#3** as above, the problem disappeared very quickly. It has not recurred till date and his feet show no trace of the problem.

If using the 108CC box give CC21.5 Dry Sores as it has all the relevant combos in it, for a similar condition you need only give this combo QDS ongoing until relief.

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2. Multiple Issues 02696...India

A 75-year-old female travelled about 400km to see the practitioner on 11 February 2018. She had been suffering from multiple issues for many years. She had dizziness and had fainted a few times. Her soles had a burning sensation and she would often spend an entire night sitting up. She had chronic pain in bones and joints, frequent cramps and back pain, coupled with intense itching all over her body! She also suffered on and off from gastric problems such as acidity, constipation and gas. Despite her many problems, she was a picture of composure with a smile.

The practitioner gave the following remedies:

For dizziness:

#1. CC18.7 Vertigo...TDS

For gastric problems:

#2. CC4.4 Constipation + CC4.10 Indigestion...TDS

For itching:

#3. CC21.3 Skin allergies...TDS

For cramps, burning sensation, joint pains and back pain:

#4. CC3.7 Circulation + CC20.3 Arthritis...TDS and

#5. CC20.4 Muscles & Supportive tissue + CC20.5 Spine...TDS. This was for later use when there was 50% improvement (since she lived a long way away).

The practitioner gave separate bottles as he wanted to monitor and adjust the remedy for each illness. He found that she always prayed and took the remedies with full compliance.

After a month, she reported more than 50% improvement on all fronts. Her daughter visited the practitioner to convey that her family members were astonished at the remarkable recovery. The patient started taking **#5** also.

After another month, she became free of dizziness and all gastric problems. Skin itch and burning sensation in the soles had further substantial improvement. At the end of 3 months, she was cured of all ailments except that the knee and back pain was still bothering her a little. The dosage of **#1 to #3** was tapered to **OD**. She is continuing **#4** and **#5...TDS** with faith that she will be fully cured of the remaining pains. The patient's daughter visits the practitioner every month for refills and has been reporting slow but steady improvement in her pains.

Editor's note: Typically we don't give more than 3 bottles at one time but it was OK in this case as the patient was highly motivated and disciplined to comply with the dosages.

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3. Juvenile arthritis 10355...India

A boy aged 14 was brought to the practitioner by his father on 12 November 2017. The boy had 7 big (size~10mm) blisters on his finger joints and 2 on his little toe joints. The blisters were tiny and reddish when they first appeared a month back. There was inflammation around the blisters and joints. There was some itching but it was tolerable. He had mild pain which became intense if pressed. He could neither hold a pen nor move his fingers and toes easily. So he was unable to attend school. Due to financial constraints, the father did not take his son to a doctor. However, the practitioner consulted doctors in her family who diagnosed this condition as juvenile arthritis.

The father stated that the boy had had similar blisters with inflammation and itching 2 years back. They were very mild and did not bother the boy. The father also did not pay attention as the blisters just disappeared after a week without any treatment.

The practitioner gave:

CC10.1 Emergencies + CC12.4 Autoimmune diseases + CC15.1 Mental & Emotional tonic + CC20.3 Arthritis...6TD

Within a month the boy was 60% better. The pain and inflammation had gone down, blisters had shrunk, itching had stopped, and he could move his fingers and toes with ease. He recovered fully within 2 months

and started going to school on a bicycle. The practitioner could not taper down the dosage as the boy refused to come for remedies saying he is cured and happy. The practitioner enjoys watching daily as the boy cycles away in joy. One year has passed and the problem has not recurred.

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4. Prostate cancer, phobia ^{02799...UK}

A 54-year-old male came to the practitioner on 23 March 2017 with a diagnosis of prostate cancer. He had been experiencing nocturia for the past three months. On 16 February 2017 his PSA (Prostate-specific antigen) count was 37 ng/mL. He also had a history of phobia of darkness since he was 25 years old and he could not even go out at night. His anxiety was exacerbated by the recent diagnosis of cancer, resulting in suicidal thoughts over the past two weeks. He was too afraid to have an MRI scan. He was not taking any allopathic medication. He was treated with the following combos:

For prostate cancer and nocturia:

#1. CC2.1 Cancers - all + CC2.3 Tumours & Growths + CC4.2 Liver & Gallbladder tonic + CC10.1 Emergencies + CC13.1 Kidney & Bladder tonic + CC14.1 Male tonic + CC14.2 Prostate...QDS

For phobia and suicidal tendencies:

#2. CC4.2 Liver & Gallbladder tonic + CC10.1 Emergencies + CC13.1 Kidney & Bladder tonic + CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders + CC17.3 Brain & Memory tonic + CC18.1 Brain disabilities...QDS

On 10 April 2017, the patient reported that his mental state was 30% better but there was no improvement in nocturia. Blood test done on 18 June 2017 showed a reduced PSA of 18 ng/mL and the nocturia had improved by 40%. His mental state had improved by 75%, he felt much calmer and less fearful of the dark. **#1 & #2** were continued.

Blood test on 3 October 2017 showed further reduction in PSA to 8.5 ng/mL, nocturia improved by 60% and mental state by 90%. Now he had no suicidal thoughts. Dosage of both **#1 & #2** was reduced to **TDS**.

As the patient was calm without any anxiety, he now readily agreed to an MRI scan. This was performed on 14 January 2018 and it confirmed the patient had prostate cancer. He was offered the option to have either surgery or radiotherapy. He opted for surgery which was done on 18 March. On 22 June, his PSA had come down to 1.2 ng/mL and nocturia had stopped completely. On 24 August 2018 improvement in patient's mental state was 100%, he had no fear of the dark and was able to go out freely at night. The dosage of **#1** was reduced to **OD** and that of **#2** to **BD**. On 28 October 2018, the PSA reading was 0 and he was completely free of the prostate cancer. Patient was advised to continue with both remedies as a prophylactic.

Editor's note as advised by Head of Research: This is yet another one of this practitioner's successful treatments for serious illnesses. Her love and devotion to Swami and her needy patients is truly inspiring and where love is installed, the remedies have extra power. However we teach in this system of healing to give only combos relevant to the symptoms or illness because additional combos could slow down the healing process. In **#1** above, **CC4.2 Liver & Gallbladder tonic, CC10.1 Emergencies** and **CC14.1 Male tonic** (already included in **CC14.2**) need not have been given. In **#2**, **CC4.2 Liver & Gallbladder tonic, CC10.1 Emergencies, CC13.1 Kidney & Bladder tonic** (already in **#1**) and **CC17.3 Brain & Memory tonic** are not required. Further **CC15.1** and **CC18.1** are already in **CC15.2**.

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5. Inflammatory glaucoma ^{02799...India}

When a 62-year-old woman came to see the practitioner, she had been experiencing some pressure in her right eye and also blurred vision since June 2017. Two months later, she was diagnosed with inflammatory glaucoma (caused by ocular inflammation) and treated with eye drops and oral steroids (it is necessary even though it can cause increased intraocular pressure), followed by surgery on 22 October 2017; as a result, the right eye was now normal. Unfortunately, within a week she developed the same symptoms in her left eye and the diagnosis was glaucoma, likely **caused by inflammation again**. The doctor again prescribed eye drops and oral steroids to control inflammation to prepare for subsequent surgery. The patient started on eye drops but decided not to take steroids or have surgery.

She was not taking any other allopathic medication when she was given the following remedies on 22 December 2017:

For glaucoma:

#1. CC4.2 Liver & Gallbladder tonic + CC7.1 Eye tonic + CC7.3 Eye infections + CC7.4 Eye defects + CC7.5 Glaucoma + CC10.1 Emergencies + CC13.1 Kidney & Bladder + CC15.1 Mental & Emotional...QDS

For inflammation:

#2. Prednisolone nosode...QDS

After two weeks there was 50% improvement in the pressure and blurred vision. Two months later in a review at the hospital on 3 March 2018, the doctors found the pressure in her left eye to be within the normal range. She did not need surgery but was advised to have an annual review. So the patient informed the practitioner that she was free of all symptoms and improvement in her left eye was 100%. The dosage of both #1 and #2 was reduced to **TDS**. When seen on 8 September 2018, patient's eyes looked healthy and normal. Dosage of both #1 and #2 was reduced to **BD**. Patient was keen to continue taking them long term as she seems to have a tendency to develop inflammation leading to glaucoma.

Editor's note: This practitioner has added too many combos to #1 eg, **CC4.2, CC7.4, CC10.1** and **CC13.1** were not needed; although the treatment was successful, it took two months. Whereas in an earlier case (news Mar-Apr 2018 vol 9 issue 2) of Glaucoma treated with the relevant combos, without the addition of the extra combos, the treatment was successful after one month. This is a good example of when giving only combos applicable to the disease or symptoms, the healing is faster.



6. Chronic sun poisoning 03567...USA

A 57-year-old female had been afflicted by sun poisoning for the past 37 years. Her skin was so sensitive



that even a slight exposure to direct sunlight resulted in a severe sunburn. She would develop extremely itchy rashes that would start to ooze and were accompanied by heart palpitations. Since the onset of her illness, she had used several corticosteroid creams prescribed by her doctor; the rashes would clear up after a few days, only to resurface at the slightest exposure to sun. She would apply the cream even before stepping out of the house which helped but over time the condition worsened with no permanent cure offered by doctors.

She made several lifestyle changes such as discontinuing her morning walks, using an umbrella when outdoors and installing sun visors on her car windows. She had to quit the job she really loved as a substitute teacher since the job required going out to the playground with the children. During hot summers

she wore large hats, full-sleeve shirts, long trousers and heavy sun screen to ensure that no part of her skin was exposed to direct sunlight. It had taken the joy out of her life and made her very irritable and moody. She was prescribed antidepressants which she did not take. Having just qualified as a practitioner she immediately started treating herself.

On 27 June 2018, she prepared the following remedy:

CC8.1 Female tonic + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC21.1 Skin tonic + CC21.3 Skin allergies + CC21.10 Psoriasis...QDS and also in water to be applied to affected parts of skin. Now she was only sparingly using a steroid cream prescribed by the doctor.

Within a week, the skin looked 10% better, but then she had a severe pullout which made her feel like her arms had been set on fire. She made cold compress by wrapping ice cubes in towels to put on her skin to alleviate the discomfort. She continued taking the remedy **QDS** during the pullout. The severe pullout lasted about 10 days and then gradually it started to decrease until all the discomfort was gone. Thereafter her skin started to improve very rapidly, itching started to disappear and the accompanying heart palpitations for which she had never taken any medication also vanished. As a grand finale, all through the month of July she experienced a miracle beyond her imagination. The burns were healed and the leathery look had started to fade.

By 30 July, she had felt an overall improvement of 98% and the dosage was reduced to **BD**. Within a few days the recovery was 100% and by mid-August, the dosage was tapered down to **OD**.

In September, she slowly worked on reintroducing herself to the outdoors. She observed that her skin didn't react negatively when she went out in direct sunlight for a few minutes at a time. However, as a precaution, she continues to wear full-sleeve shirt and uses an umbrella when she has to go out in the sun for a longer period and though not very often, she still uses sunscreen. She also ventures into wearing sleeveless shirts when stepping out for a short time and does not use steroids anymore. As of October 2018, she continues to take the remedy **OD**. For external application, the remedy has been added to an unperfumed moisturizing cream.

Patient comments:

What doctors could not do for me in 37 years, Bhagawan Baba and Sai Vibrionics did in one month.

7. Feline herpes of eyes ^{03567...USA}

The caretaker of an animal shelter requested help for a rescued middle-aged male cat. There was a discharge coming out of his left eye and a lesion present in his right eye (see pic). The caretaker said the cat looked very depressed and was sitting quietly curled up in one corner of his crate throughout the day and night. They took him to see a veterinarian as soon as they felt that he was not feeling well. The vet diagnosed the condition as the onset of feline herpes of the eyes. Eye drops were prescribed but they did not bring any relief even after two months. The shelter didn't have money in their financial budget for further vet visits and chose to try vibrionics.



The practitioner gave the following combo on 15 July 2018:
CC1.1 Animal tonic + CC7.3 Eye infections + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC21.8 Herpes...3 pills mixed in his drinking water bowl every day. New drinking water was to be made daily and the cat's progress was to be monitored closely.

On 24 July, in a short span of 9 days, the caretaker called to inform the practitioner that the cat was doing splendidly. He showed 100% improvement with no remaining symptoms and his disposition had become very good. The caretaker also attached a picture of the cat sitting in his cage looking alert. The practitioner advised the caretaker to continue the remedy for another seven days as a precautionary measure.

8. Hypothyroid ^{11600...India}

A 43-year-old female was diagnosed with hypothyroid 7 years ago when she was prescribed Thyroxin 100mg per day. After one year, she developed itching, dry skin and headache. At her routine check-up in March 2018, the TSH value was a little high at **7.82** (normal range is 0.13 - 6.33). She came to the practitioner on 3 Aug 2018 when she was given the following:

CC6.2 Hypothyroid + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS

After 10 days, the patient reported 20% improvement in itching, dry skin as well as headache. At the end of one month, although there was only 50% improvement in symptoms, the TSH value came down to **1.24**, well within normal limits. Impressed by this, the patient decided by herself to reduce Thyroxin from 100mg to 50mg. At the same time the practitioner reduced the dosage of vibro remedy to **BD** and then later to **OD** on 1 October when on her doctor's advice, the patient stopped taking Thyroxin.

On 28 Oct 2018, her TSH value had gone up to 5.04 but it was still within the normal range. The practitioner felt perhaps the remedy had been tapered down too soon and so advised the patient to take it at TDS for some more time.



9. Tennis Elbow ^{03511...UK}

A 58-year-old man had developed tennis elbow in his right arm six months ago. He had been a regular tennis player but had to stop playing because of the unbearable pain which limited the movements of his elbow. He could not lift even small objects. Physiotherapy and cortisone injection did not alleviate the pain. The physiotherapist informed him that the tendons at the joint were so severely damaged that he would need surgery to rectify it. He advised the man to take Naproxen tablets for inflammation but these did not help either, so he stopped them. The patient did not want to have surgery.

So on 7 July 2018, he visited the practitioner who treated him with the following remedy:

CC20.1 SMJ tonic + CC20.4 Muscles & Supportive tissue...TDS

After 2 weeks, the pain had reduced by 90% but the arm still hurt when lifting objects. The dosage was reduced to **BD**. After 2 weeks on 5 August 2018, the patient reported the pain had disappeared completely. He could move his right arm normally and lift objects without any pain. He was asked to take the remedy **OD** for two more weeks and then stop. The practitioner last saw him on 13 October. He has had no relapses and was on no medication at all. He had resumed playing tennis twice a week just as before.



10. Frozen Shoulder ^{02802...UK}

The 54-year-old practitioner, a physician, started experiencing some pain in her right shoulder on 6 May 2018. As the pain was not severe, she just ignored it and assumed that it was due to some heavy work she had done.

During the next two days the pain became so bad that she was unable to sleep. On 8 May 2018 she decided to take the MOVE WELL combo as she had a bottle handy:

#1. CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine...6TD

This remedy did not help as the pain was just getting worse. By 10 May, her shoulder could not move. She recognised this as a case of frozen shoulder and found it difficult to even get dressed, to drive, brush teeth or comb her hair. Even lifting a spoon to her mouth was agony. In desperation she prayed to Swami and was inspired to make the following combo:

#2. CC20.4 Muscles & Supportive tissue + CC20.7 Fractures...in water every 10 minutes for 30 minutes, then 6TD

There was amazing ease in the pain soon after starting the remedy. By the next morning there was 50% relief which moved up to 90% on the second day and 100% on the third day. The practitioner was now pain-free and full shoulder movement returned. The dosage was reduced to **TDS** after 3 days and to **OD** after another 3 days and stopped within a week. It is now 5 months and the pain has not recurred.



11. Atrial Fibrillation ^{02802...UK}

This 70-year-old man first came to the practitioner on 8 March 2017 with the complaint of palpitations that occurred several times a day. In 2014, he was diagnosed with Atrial Fibrillation (AF occurs in the upper chambers of the heart and could last a few minutes to an hour). Often he felt uneasy and could not explain why; he appeared a bit nervous when he spoke. He also had hypertension for which he was on prescription medicines.

The following combo was given:

CC3.1 Heart Tonic + CC3.3 High BP + CC3.5 Arteriosclerosis + CC3.6 Pulse irregular + CC3.7 Circulation + CC15.1 Mental and Emotional tonic + CC18.1 Brain disabilities...TDS

The patient felt better the next day and after two weeks he stopped getting palpitations. He felt 100% relief in his AF symptoms but he continued the remedy at **TDS**. When the practitioner saw him on 5 June, the dosage was reduced to **OD** and further reduced to **OW** on 22 Nov 2017. As of November 2018, the patient continues maintenance dosage of **OW**.

***Patient's testimonial given on 27 June 2018:** Approximately 5 years ago I became very ill with what was diagnosed as flu. The condition deteriorated and I could barely walk following which it was established I had water on the lungs. I was given antibiotics and water tablets. Although the "flu" got better I was not feeling right in myself as I started getting palpitations when my heart rate was faster than normal. Over the next 4/5 months I had various tests (including ECG and echocardiogram) and was told by a Cardiologist I had Atrial Fibrillation and basically I had to live with it. It later came to light that this all occurred as a result of a viral infection (flu)! To me vibrational pills are magic. Within a couple of weeks of taking them my AF got better.*

12. Insomnia ^{03562...Canada}

A 60-year-old woman visited the practitioner for treatment of insomnia. She had been suffering from this ailment for at least 10 years and has been taking allopathic prescription medication for the entire period. Patient believes that stress both at home and work have made her an insomniac. She routinely went to bed around 9:30pm-10:00pm and despite taking medications she woke up within 2 to 3 hours. Very rarely would she sleep for 4 hours. She felt the allopathic medicine was not helping her.

On 26 June 2018 she was given the following combo:

CC15.6 Sleep disorders...one dose ½ hour before bedtime. If needed further, one dose every half hour up to 4 such doses.

She continued the allopathic tablets along with vibrionics. After three days, she reported that she had 100% sound sleep from a single dose of the remedy from the very first day. She slept for 7 hours and woke up feeling refreshed and ready for work. With her sleep pattern having improved 100% she now looked forward to her bedtime. Of her own volition, she stopped taking allopathic medications after a month. As a result of this improved sleep cycle, her energy levels were high and the much-neglected chores at her home started getting her attention. She returned to the practitioner for a refill in September and as of November 2018, she has been taking the remedy **OD** before going to bed and remains free of insomnia.

13. Throat Infection ^{11406...India}

An 88-year-old man had complained of throat pain, hoarseness and cough accompanied with phlegm for the past three weeks. His doctor had prescribed antibiotics for throat infection. There was no improvement after finishing the one week's course; so the patient decided to go for vibrionics treatment instead.

On 15 June 2018, the following combo was given:

#1. CC12.1 Adult tonic + CC19.6 Cough chronic...6TD

After four days, the patient seemed visibly happy and reported that the throat pain and hoarseness were cured completely and the cough had come down substantially. But in the morning hours, he was still bothered by a constant need to expectorate which he found very difficult. Sometimes white chalky phlegm would come out. He was advised to continue **#1** at a reduced dosage of TDS.

During the next 3 weeks, there was negligible relief. So, on the prompting of her senior practitioner, she asked the patient if he was living near a construction site. The patient confirmed that some building work was in progress near his residence.

On 13 July 2018, #1 was stopped and the following remedy was given:

#2. CC17.2 Cleansing + CC19.3 Chest infections chronic...TDS

In a week's time, there was 95% improvement. By 27 July, the patient felt 100% better, so the dosage was tapered down to BD and then to OD. As there was no recurrence of the symptoms, the remedy was stopped on 17 August 2018. The patient has been fine ever since as indicated by a recent review at the end of October 2018.

☞ Answer Corner ☞

Question 1: How long would we be able to extend the life of CC remedies by adding pure ethanol to the CC bottle and shaking it as per instructions?

Answer 1: Even though you may be able to extend the life of remedies by up to 2-3 years, it is recommended that you recharge your 108CC box once in every two years. As our research team is continuously updating the contents of the CCs, it is advisable to recharge regularly.

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Question 2: Is it necessary to wrap the 108CC box or the remedy bottles in aluminium foil while carrying them in aeroplane as a protection from excessive radiation at high altitude and from the x-ray luggage screening machines at airports?

Answer 2: No, it is not necessary. Previously we considered that wrapping in aluminium foil will help protect the remedies from such radiation. In fact wrapping remedy bottles in aluminium foil may be counterproductive as this may give the patients a false sense of security and so they may not keep the remedy sufficiently away from strong sources of radiation. Unless the bottle is carefully wrapped in fresh foil each time it is opened, there will be micro holes in the foil invisible to the naked eye that will let the radiation pass through.

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Question 3: Is there any CC that can be given as a vitamin supplement just like the multi-vitamins that are available off the shelf? I am referring especially to Vitamin D3 which is found to be deficient in most people in some regions, for example, the Middle-East region.

Answer 3: **CC12.1 Adult tonic** or **CC12.2 Child tonic** may be used for this purpose. In 2017 the contents were revised to make these CCs more suitable for this purpose. But remember these combos contain the vibrations of these vitamins, and hence they improve the absorption of these vitamins by the body. But these CCs should not be considered as a substitute for food containing these nutrients which can only come from the food we eat.

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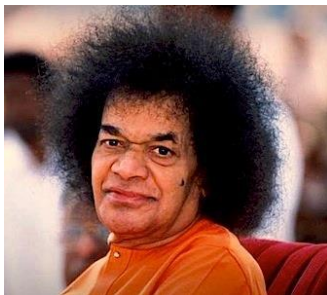
Question 4: I keep forgetting to go online and put in my monthly numbers. Can I still carry on sending my report to my coordinator or to the monthly Reports email id?

Answer 4: A lot of effort and time went into creating the new practitioners' site; one of the main objectives was that practitioners update their own personal info and also submit their monthly seva hours. Further instead of the 5 numbers, only 2 are required viz, hours of seva and no. of patients. With online reporting, you can use your mobile, tablet or laptop to connect to the internet, bring up <https://practitioners.vibrionics.org>, sign in and add your numbers by the first of the month; you can also update your contact information. If your phone has a calendar, set a monthly appointment with yourself to upload your report directly on the site. If at all possible, please don't send your report by email.

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Question 5: If I was unable to upload my seva hours by the first of the month, can I assume I've missed the window and hence don't do anything until the next month?

Answer 5: You can go to the website anytime and update your numbers. Gentle reminder, when you became a practitioner, you made a promise to God to submit your monthly numbers. Even if your seva hours happen to be zero in any month, you are still required to upload your numbers. The good news is, by submitting your monthly numbers, our healerInfo team is able to direct new patients to you.



☪Divine Words from the Master Healer☪

"It is wiser to prevent disease than run after remedies after it has happened or grown beyond control. Man does not attend to precautionary measures; he allows things to worsen and then the disease is aggravated by fear, uncertainty and anxiety. There is an axiom believed in by men of old, which says: 'One meal a day makes a Yogi, two meals a day make a Bhogi and three meals a day make a Rogi. Yogi is the contented God-centred man. Bhogi is the man revelling in sensual pleasure. Rogi is the man ridden by illness. Yes. The quantity of food intake by the well-to-do is now much beyond essential requirements. Over-eating has become a fashion."

... Sathya Sai Baba, "Seaworthy boat » Discourse 12 October 1968
<http://www.sssbpt.info/ssspeaks/volume09/sss09-21.pdf>

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"Human birth is gifted to serve others, not just to eat, drink, sleep, and make merry. The best way to love God is to love all and serve all. Man's foremost duty is to serve his fellowmen and make them happy. Your life will be redeemed only when you involve yourself in the service of society. The highest sadhana (spiritual practise) is to transform love into service. Service will lead you to devotion."

... Sathya Sai Baba, "Dwell in God Consciousness" Discourse 27 April 1999
<http://www.sssbpt.ifo/ssspeaks/volume32/sss32p1-12.pdf>

☪Announcements☪

Forthcoming Workshops

- ❖ **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 Puttaparthi:** AVP Workshop 6-10 March 2019, contact Lalitha at elay54@yahoo.com or by telephone at [8500-676 092](tel:8500-676-092)
- ❖ **France Dordogne:** SVP workshop & Refresher seminar 16-20 March 2019, contact Danielle at trainer1@fr.vibrionics.org
- ❖ **USA Manakin Sabot VA:** AVP workshop 5-7 April 2019, contact Susan at trainer1@us.vibrionics.org
- ❖ **India Puttaparthi:** AVP Workshop 22-26 July 2019, contact Lalitha at elay54@yahoo.com or by telephone at [8500-676 092](tel:8500-676-092)
- ❖ **India Puttaparthi:** AVP Workshop 18-22 November 2018, contact Lalitha at elay54@yahoo.com or by telephone at [8500-676-092](tel:8500-676-092)

☪In Addition☪

1. Health article

Combating Common Cold

"It is wiser to prevent disease than run after remedies after it has happened or grown beyond control. Man does not attend to precautionary measures; he allows things to worsen and then the disease is aggravated by fear, uncertainty, and anxiety."... Sri Sathya Sai Baba

1. What is common cold?

Common cold is an acute self-limiting viral disease that infects the upper respiratory system (nose, sinuses, pharynx and larynx). There are more than 200 viruses that cause common cold. Our body may never build up resistance to all of them. So cold is common.²⁻⁵

2. Symptoms of common cold

Dry or sore throat is one of the most common early symptoms, accompanied by sneezing, runny nose, or blocked nostrils. Other symptoms include chilliness, feverishness, mild fever, low energy levels, hoarse voice, or cough. Some rare symptoms are shivering, muscle aches, pink eye (conjunctivitis), extreme fatigue, or reduction in appetite. It may sometimes be accompanied by secondary bacterial infection infecting the ears or sinuses.^{2,4,6}

Early fatigue, faster breathing and heart rate, dizziness, headache, and dark yellow urine are indicators of dehydration and precursors to cold.⁷

Cold is different from flu: Both cold and flu (influenza) are contagious respiratory illnesses caused by different viruses. They have almost similar symptoms. The symptoms of cold are milder and worsen gradually. Flu can be mild like cold or worse with intense symptoms. Flu comes on suddenly. Colds do not turn into flu and vice versa. A person with flu will have fever, muscle aches, and more severe cough. Flu may result in serious health problems like pneumonia, bacterial infections, or hospitalization.^{2,4,5,6}

3. Causes of common cold

Germs: Cold weather per se does not cause cold as normally perceived. One catches cold only when germs enter the body.⁵ Both cold and flu germs enter the body through mucus membranes in the eyes, nose, and mouth.⁸

Poor immune system helps cold virus to overpower it and make its way into the body. The first line of defence is mucus formed in the nose and throat by the mucus glands. This mucus traps anything inhaled, like dust, viruses, and bacteria. If the virus successfully penetrates the mucus, it enters one cell and uses it to produce more viruses and starts penetrating other cells too. In this manner it gains control and further weakens the system.^{2,9}

Dehydration puts one at a greater risk of illness. Germs can easily latch on to the mucus membranes of mouth, nose, and throat, when they are dry. Thirst is not felt in winters even when one is dehydrated. In warm weather, body naturally elicits a thirst response to prevent dehydration.^{7,8}

Cold spreads: It is contagious from 1-2 days before symptoms begin until the symptoms have stopped. It can spread very easily through air droplets from coughs and sneezes as well as fingers contaminated by touching infected surfaces.² Cold virus cannot multiply on environmental surfaces till they get transported into nose and its living cells. Small dose of virus (1-30 particles) is enough to cause infections. Children's nose is considered as a major source of cold viruses.⁴

According to a study, eighty percent of all infectious diseases are spread by direct contact like kissing or shaking hands with a sick person, or by indirect contact like touching a doorknob or handling a phone that a sick person has used.⁸

Susceptibility to cold: People with weak immune system or aged, kids below six years of age, those having chronic respiratory disorders like asthma or pulmonary disease, and smokers are more susceptible to catch cold. During changing weathers or cold climatic conditions viruses that cause cold and flu circulate more easily as the air and nasal passage become drier. Studies have shown that stressed out persons with lack of sleep are more likely to get a cold.^{2,3,5,8}

No possible cure in sight! There is no cure or vaccine for cold. Human rhinovirus is considered as the main causal agent of cold. Experiments are going on to develop therapies or treatment to effectively treat cold due to this virus.^{10,11}

4. Precautions

There is no way to avoid a cold once symptoms arise. It will run its course. One has to manage it by taking effective steps for quick relief.¹²

Precautions can be taken to avoid catching a cold or to minimize its severity:

- By listening to the body and the subtle signs of a likely onset of a cold.⁹

- By keeping hands clean, especially before touching oneself and eating. Scrub hands after lathering with soap for at least 15 seconds, rinse with clean water, and then dry.^{8,13}
- By eating healthy, regular exercise or yoga/ pranayama, and by keeping oneself totally hydrated to keep up the immunity of the body.^{2,8}
- By drinking 1-2 cups of tender coconut water twice daily; or 1-2 cups of winter melon/ash gourd juice with pepper or honey twice daily; or 3-5 drops of freshly squeezed lemon juice in a glass of water thrice daily.^{7,8}

Prevent spreading through proper hygiene. One should sneeze and cough into a tissue or cloth and wash hands after discarding the tissue. Wash the cloth properly if reusable.²

Sai Vibrionics: Avoid a cold or flu/its severity through Sai Baba blessed Sai Vibrionics remedies. **CC9.2 Infections acute, CC12.1 Adult tonic, CC17.2 Cleansing, CC19.2 Respiratory allergies** or any suitable combo from 108 CC box. **NM11 Cold, NM18 General fever, NM30 Throat, NM36 War, NM63 Back-Up (Booster), NM72 Cleansing, NM79 Flu Pack, NM86 Immunity,** or any combination using SRHVP based on symptoms.

5. Home remedies for fast relief

- Stay hydrated with fluids like plain water, preferably warm, and freshly made orange juice or warm apple juice. Simple vegetable soup or warm lemon water with honey would be soothing. Avoid alcohol, coffee, caffeinated sodas.^{12,14}
- Inhale steam to help loosen congestion. May add a small amount of ginger, rosemary, or eucalyptus oil to the hot water. Keep a minimum distance of 30cm between the face and the bowl of hot steaming water.⁸
- Have a warm water gargle to soothe the throat and clear the nasal passage.¹⁴
- Take rest to heal the body and to enable the immune system to fight any infection.¹⁴

Several herbs/spices are known to be effective.^{8,15-20} Some proven remedies include the following:

- Mix well 1 teaspoon each of turmeric, honey, and broken peppercorn in a glass of warm water and drink 2-3 times daily to get relief from runny nose.⁸
- Grind together 20 mustard seeds with 1 tsp honey. Take once a day in the mornings on empty stomach for 48 days, if symptoms include irritated throat or cough.⁸
- Grind a handful of tulsi / basil leaves or 7 leaves of Spanish thyme with 10 black peppercorns. Consume thrice a day for relief from cold.¹⁶
- Mix 4 teaspoons each of ginger juice and honey with 2 teaspoons of lemon juice in three-quarters of a cup of water and drink to get relief.¹⁶
- Fresh garlic/supplements help to prevent and combat cold effectively.¹⁷⁻²⁰

References and Links:

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2. Refresher workshop in Delhi, India, 22 September 2018



Refresher workshop for AVPs and VPs was conducted on 22 September 2018, at Sai International Centre, Delhi, by **Teachers** ^{11422 & 02059}. It was attended by 19 practitioners (including 3 SVPs), from Delhi-NCR and one from Amritsar, Punjab. The workshop began with chanting Sai Gayathri 108 times filling the air with divine fervour.

The participants were updated about the best practices for preparing and administering remedies, like:

*an ideal remedy should consist of minimum number of combos for best effect.

*one should not routinely add **CC10.1 Emergencies**, **CC12.1 Adult tonic**, **CC15.1 Mental & Emotional tonic**, and **CC18.1 Brain disabilities** to all remedies, as was being done by some, unless the symptoms demanded their addition.

*it would be good to tell patients to be prayerful and to shake the pills/remedy water every time before use to keep them fully charged,

*to give the remnant remedy water, if any, to the plants, and

*be ready to serve anytime anywhere by always carrying the wellness kit and an emergency remedy in the pocket or small purse.

There was a question & answer session on how to prioritise and treat a patient with acute as well as chronic problems. Dr Aggarwal clarified during his Skype address that vibrations do not actually heal, they merely trigger the healing mechanism resident in the body to enable it to heal itself. This healing power will get divided and slow down the pace of healing if both acute and chronic or several chronic illnesses are treated together. Ideally all acute symptoms should be treated first and all together. If a patient has more than one chronic illness, it is ideal to first treat the most bothersome, if applicable, otherwise the oldest. It was clarified that in case of chronic skin disorders pullout could be severe. One may start with OD and then increase the dosage depending on the patient's response.

Participants were reminded that each one of us should take some vibrionics remedy regularly to enhance our immunity, cleanse ourselves, and to prevent diseases. Some good choices are **CC10.1 Emergencies** to clear oneself of the impressions of any past trauma, **CC15.1 Mental & Emotional tonic**, **CC12.1 Adult tonic** and **CC17.2 Cleansing**, alternating the last two. These possibilities should be conveyed to patients too.

Om Sai Ram

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