

## Sai Vibrionics Newsletter

[www.vibrionics.org](http://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 feel immensely grateful to be writing to you just after commemoration of our beloved Bhagawan Baba's Aradhana Mahotsavam Day, which is also observed as World Human Values Day. For an entire month leading up to Aradhana Day, the theme of spiritual practices to purify our hearts and transform ourselves that was taken up by devotees revolved around Loving and Forgiving. Swami's speech at Prashanthi Nilayam during this year's Aradhana Day had as its central theme developing oneness for self-transformation. We believe that both being loving & forgiving and performing selfless dedicated service are key attributes of a vibrionics practitioner. Above all practising vibrionics helps the practitioner transcend perceived differences and accelerates self-transformation. Swami says, "*Neither by penance nor by pilgrimage nor by study of scriptures nor by japa can one cross the ocean of life. One can achieve it only by serving.....Serve everybody with the conviction that God dwells in all.*"...Sathya Sai Speaks, vol 35. May we all imprint this message on our hearts and in our minds.

We are fortunate to have been working with several vibro practitioners who served in the spirit of the above message of Swami. It is with a heavy heart that I share with you the news of passing away of two such stalwarts - Dr Nand Agarwal <sup>10608...India</sup> on 9 April 2019 and Zoja Mentus <sup>01159...Croatia</sup> on 16 April 2019; they were both great leaders in our vibrionics mission. Dr Nand Agarwal who has been a senior practitioner since 2012, together with his wife <sup>02817...India</sup> conducted several training workshops in Bangalore and Mumbai. He was also providing exemplary care to an ever-increasing number of patients both at his home and at the regular vibro clinic at Dharmakshetra, Swami's ashram in Mumbai. On a personal note, I have lost a close friend and a sincere colleague. Zoja Mentus, a dedicated and compassionate practitioner since 1999, was the SSIO's National Council President of Croatia. She left for the heavenly abode after a brave battle with cancer of pancreas. She will be greatly missed for her exemplary service to both the Sai Organization as well as to vibrionics.

I have noticed a healthy growing trend in the number of local monthly vibrionics meetings taking place globally. I am encouraged by the enthusiasm, drive, and commitment of our practitioners who initiate, attend and participate in enriching discussions in these meetings. Where it is not feasible to hold physical/in-person meetings, I suggest we leverage internet technology (skype or other online meeting tools) to bridge the physical divide. Might I also suggest that practitioners choose a topic for discussion prior to each meeting and come prepared to share their relevant case histories or treatment experiences so as to make these meetings even more productive. This should be followed up with a summary of the discussions and conclusions to be shared with the vibrionics community at large.

Some more exciting trends that I have noticed while conducting workshops are an ever growing passion for practising vibrionics and increasing thirst for techniques for self-improvement (with the aim of self-

transformation). This is a very good sign. Even though we are all aware of the essence of positive thoughts with qualities of forgiveness, love, compassion and forbearance, these generally remain at the back of our minds. I truly believe that when these essentials are combined with mindfulness and we deliver healthcare with intense positive feelings of gratitude, miracles happen. According to a famous Buddhist monk, Thich Nhat Hanh, “*The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers.*”

With Eswaramma Day just around the corner, let us all practise giving motherly love and compassion to each and every being that crosses our path including those to whomever we broadcast. May you all be joyous!

In loving service to Sai  
Jit K Aggarwal

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## Practitioner Profiles

**Practitioner 10596...India** a graduate in history with a diploma in tailoring, worked as a school teacher for 5



years and later as an exam invigilator for 18 years in a local college. She came into Sai fold after she participated in Narayan seva in 1999 in the vicinity of her house. From then on she has been actively participating in service activities of Sai organisation eg, Prashanti seva twice a year, teaching languages and tailoring to school children and adult women in nearby slums and adopted villages under “Gram seva”. She has also been serving in the weekly mobile clinic.

At the age of 24, she gave expression to her childhood passion for medicinal plants by growing a few of them at her home. Using these plants, she has been treating herself, her family, neighbours, and animals for the past 40 years. For example, she makes a thin soup of home grown long pepper (pipli) for relief from cold, cough, and joint pains, a paste of veldt grape

(kandvel/hadjoda) to help in IBS and healing fractures, and steams the leaves of five-leaved chaste tree (nochi) for repelling mosquitos and to give relief from asthma attacks. Her granddaughter’s viral fever with rashes disappeared in a day with steam from the boiled leaves. She happily shares her knowledge and experience of medicinal plants when invited to talk in her neighbourhood, local schools, and Samiti meetings.

The practitioner came to know about Sai Vibrionics in 2009 during a mobile medical van service. Immediately she made an appointment with a practitioner nearby for her son who was suffering from frequent respiratory infections. She was surprised and joyous when her son’s health improved quickly with vibrionics treatment. Soon she enrolled herself for the course. In April 2009, when the first vibrionics workshop was held at Dharmakshetra in Mumbai, she qualified as an AVP. Later she became a VP in 2013.

She started her practice by treating herself for varicose veins. Once a month she would visit a nearby old age home to provide comfort to the inmates. After becoming a practitioner, she started giving **CC3.1 Heart tonic + CC4.1 Digestion tonic + CC4.2 Liver & Gallbladder tonic + CC12.1 Adult tonic + CC13.1 Kidney & Bladder tonic...TDS** to the elderly inmates which has made them more energetic as well as peaceful. This has also helped to prevent ailments caused by contamination in water and food in the old age home.

She, along with 3 AVPs, treat patients every alternate Thursday and Saturday in two temples in the vicinity, with two volunteers to help in labelling the bottles and filling them with sugar pills. She has been able to give relief to more than 11000 patients so far, mostly under privileged. She has successfully treated patients suffering from chronic ailments like varicose veins, asthma, arthritis, and skin diseases like psoriasis and eczema, apart from various acute illnesses. In particular, she has had great success with many sleep disorders due to highly stressful lifestyle in Mumbai.

She says practising as a team has been a source of great joy and learning and has enhanced her sense of oneness, both within and without. She is very grateful to Swami for this golden opportunity to serve. It gives her immense satisfaction to see the cheerful face of the patients when they get cured.

She updates herself regularly through our newsletters. Her domestic compulsions have constrained her from undertaking travel to Puttaparthi for the past 3 years. But, she never misses an opportunity to attend

refresher seminars whenever they are conducted in Mumbai. She was very happy to learn from the recently conducted one-day refresher that diseases can be prevented by taking **CC12.1 Adult tonic and CC17.2 Cleansing** alternatively every month for a year. She has started suggesting and giving these combos to her patients including herself.

Practising vibrionics has enhanced her self-confidence to face the day-to-day issues without feeling hassled. She is confident that through this practice one can achieve purity leading to divinity. She feels that those living in congested and big cities like Mumbai should do the vibrionics course and become practitioners for their own good and to take care of their family, neighbours, friends, and the society at large! She is very grateful that vibrionics has helped in her self-transformation, giving joy to her family who find her very grounded.

**Cases to share:**

- [Leucorrhoea](#)
- [Patches on palms](#)
- [Chronic blocked sinuses](#)



**Practitioner** <sup>02836...India</sup>, a graduate in Agricultural Science, retired in 2007 as a senior official of the Parks and Gardens Department in the State Govt of Maharashtra. He had imbibed an interest in nature and natural ways of healing from his grandfather who was a naturopath. He learnt the basics of homoeopathy during his Government service from his homoeopath friend and as a hobby he treated his family and friends and colleagues at work. After coming into Swami's fold in early 1980s, he started participating in various spiritual activities of Sai organisation. During a Thursday bhajan at his residence in 2009, he came to know that a vibrionics workshop was being held in Mumbai. Immediately, both he and his wife enrolled for the workshop, became AVP in May 2009 and VP in January 2011. Later, he completed SVP course in October 2011 at Prashanti Nilayam.



With total faith he has treated more than 4000 patients at his residence in the last 10 years. The cases successfully treated by him cover leukaemia, heart and digestive disorders, tinnitus, hypothyroidism, hair fall, headache, mouth ulcers, kidney stones, psychological disorders, joint pain, and skin infections, in addition to the frequently encountered cold, cough, fever etc. He achieved success with all the 5 cases of loss of speech; one case is given under 'case histories'.

In order to give quick relief to patients with chronic ailments, he dispenses remedies based on symptoms alone without spending much time on analyzing or trying to find the cause. With this approach, he finds that in his first review after 1 or 2 weeks, majority of patients get better, thus helping them to build confidence in him and faith in vibrionics. In those cases where he finds that progress is slow, he tries to identify the cause and make the appropriate remedy, using either the 108CC box or the SRHVP as considered appropriate.

According to him, every patient should be given a combo to calm the mind and boost the immunity, considering the modern day life style with high stress levels as well as pollution and radiation in the environment. In his experience, the addition of remedy **CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.1 Brain disabilities** helped many of his patients feel more energetic and facilitated quick healing.

He feels overwhelmed as to how myriad ailments have been encompassed in the 108 common combos. He marvels at the miraculous effect of vibrionics and how plants, animals, and humans take in the required vibrations and get cured. He is filled with gratitude to God for the unique opportunity bestowed on him to treat patients, especially the under-privileged who cannot afford expensive medical treatment.

**Cases to share:**

- [Loss of speech](#)
- [Psychic attacks](#)



## Case Histories Using Combos

### 1. Leuchorrhoea <sup>10596...India</sup>

A 38-year-old female had been suffering from white discharge with offensive smell for the past six years. This made her too weak to carry on with her daily chores and she became very depressed. She did not try any other treatments as she could not afford them. On 17 November 2017, she was given:

**CC3.7 Circulation + CC8.1 Female tonic + CC8.5 Vagina & Cervix + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC21.3 Skin allergies...TDS**

Within 5 days, discharge and weakness were 25% less and within a month, the discharge and smell completely stopped. She felt neither weak nor depressed any more. On 17 December 2017, the dosage was reduced to **BD** and after 2 months to **OD**. The patient continues to be on **OD** as she is not inclined to reduce the dosage further. The symptoms have not recurred as of April 2019.

### 2. Patches on palms <sup>10596...India</sup>

A 51-year-old woman had thick and black patches on her palms, accompanied by constant itching, for the past one year. The patient had spent a large amount of money on allopathic treatment without any relief. The condition of her skin made her very depressed. She felt that she was possibly allergic to washing soap. On 9 September 2016, she was given the following remedy:

**CC3.7 Circulation + CC10.1 Emergencies + CC21.2 Skin infections + CC21.3 Skin allergies...TDS** to be taken orally and in oil for external application.

Within 2 weeks, itching stopped and the patches on both the palms became lighter by 25%. In the next 2 weeks, the patches became still lighter. After 14 weeks of treatment, on 21 December 2016, the patches had completely disappeared. She could not believe that such an effective and dedicated treatment was possible without any charge and so, she was filled with gratitude. No more she felt depressed. The dosage was reduced to **OD** for 2 months and then stopped. She reported after that she could use washing soap without any problem even after two months of stopping the remedy.

### 3. Chronic blocked sinuses <sup>10596...India</sup>

An 82-year-old male, a blind inmate of an old age home in Mumbai, had been suffering from blocked nostrils and sinuses with pain for the past 8 years; this resulted in disturbed sleep. He was on allopathic medicine but got no relief. He stopped taking it after he started living in the old age home from January 2019. The patient was totally distressed by his condition and was desperately looking for help.

On 19 January 2019, he was given the following combo:

**CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies + CC19.5 Sinusitis...TDS**

When the practitioner visited the old age home after a month, patient reported that he started getting good sleep after 3 days of taking the remedy. The blockage in his nostrils and sinuses had also started to lessen slowly and by now, it had disappeared and so did the pain. On 19 February, the dosage was reduced to **OD**. As the remedy made him sleep better, he did not want to reduce the dosage any further. As of April 2019, there has been no recurrence; the patient is happy and continues to take the remedy **OD**.

### 4. Loss of speech <sup>02836...India</sup>

A 32-year-old male found to his dismay in the early morning hours of 30 March 2010 that he had lost his speech and soon fainted. Allopathic treatment was given promptly but did not improve his condition. After nearly three months, his controlling officer at work place came to know about vibrionics and requested the practitioner to treat the patient.

On 20 June 2010, the following remedies were given:

**#1. CC15.1 Mental & Emotional tonic + CC18.1 Brain disabilities...TDS**

**#2. CC19.7 Throat chronic...TDS**

The patient regained his speech within 8 days. He himself telephoned the practitioner to convey this happy news. He was advised to continue taking the above remedies at **TDS**. After two months, he felt totally



cured and so stopped them of his own accord. He happened to meet the practitioner after 4 years and said that he had been completely fine ever since and the problem had not recurred.

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**5. Psychic attacks** 02836...India

A 35-year-old female, strong and stout in physical stature, was brought to the practitioner by her husband on 15 September 2010. For the past 10 years she had been undergoing psychic attacks. It had now become her habit to scream, use foul language, and beat her teenage son and daughter and even her husband, almost every other day. She was under allopathic treatment for the past 3 years without any improvement.

The practitioner prepared the following remedy:

**#1. CC15.2 Psychiatric disorders...TDS**

He asked the patient to sit quietly for some time and then administered the 1<sup>st</sup> dose in her mouth. She was asked to take deep breaths with eyes closed and concentrate on her rhythmic breathing for 5 minutes, while the practitioner prayed for her. Soon he saw a black shadow, about 4 inches long, emerging from the right side of her face and moving towards her left. She started sobbing and crying and then calmed down after a few minutes.

After 3 days it was reported that she was comparatively calmer, though she continued to be verbally abusive. As she was not sleeping well, #1 was enhanced to:

**#2. CC15.6 Sleep disorders + #1...TDS**

After a week, she, along with her husband, visited the practitioner and shared her view of how these attacks had started. During her teens, while swimming in a river, she felt some object touching the soles of her feet. She picked it up and saw that it was a cute idol and brought it home. About 10 years later, she started having psychic attacks. A scholar well versed in occult science asked her to throw away the idol in the river where she found it and she did. But this did not stop her psychic attacks. However within a month of taking vibrionics, she was feeling calmer and the intensity of her outbursts became minimal. Therefore, she voluntarily stopped taking the allopathic medicines.

She continued #2 for a total period of 3 months during which her psychic attacks of violence and verbal abuses stopped totally. The last contact with the patient was sometime in 2017 when she conveyed her gratitude to the practitioner and confirmed that the attacks never recurred.

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**6. Lupus** 03571...Thailand

A 26-year-old female colleague of the practitioner had developed rashes on her arms and face, and redness on the inner side of the ears in June 2018. Not only was her face swollen, rashes on her face were prominent and large, about 4 cm in size (patient did not want to be photographed). She was on anti-allergic medicine (cetirizine) twice a day as prescribed by her dermatologist. When the practitioner suggested to her to take vibrionics remedy, she was not willing because the doctor had instructed her not to take any other medicine. Further a biopsy of the skin was done only 2 days ago and the report was expected soon. When the practitioner explained to her the benefits of vibrionics and no side effects, she agreed to use it for external application.

On 25 August 2018, the practitioner gave her:

**CC8.1 Female tonic + CC21.2 Skin infections + CC21.3 Skin allergies + CC21.7 Fungus...TDS** in extra virgin coconut oil for external application

After 3 days, practitioner observed that rashes on her arms and face had faded; redness on her ears had almost disappeared. Within a fortnight there was no trace of any rash or redness or of swelling on her face. After another 2 weeks, the patient stopped taking cetirizine but continued using vibrionics remedy for another month up to 20 October 2018 when she stopped it as she felt she was cured. As she moved to another location the practitioner did not meet her but she conveyed to him that her biopsy report had revealed that she had lupus which had now disappeared with vibrionics treatment. As of 30 April 2019, it has been more than 6 months and the problem has not recurred.

## 7. Ehrlichiosis, panosteitis in dog <sup>03571...Thailand</sup>

The practitioner had just returned home after having qualified as an AVP in July 2018 . When he went to pick up his 2-year-old pet dog, Browny, from his friend's house in the neighbourhood, he was shocked to see him in a paralysed state (see pic).



He was looking like a mass of bone and flesh with no spirit. The moment practitioner lifted the dog to pat him, he fell back on the ground on his face with no steadiness or balance to hold himself. He looked exhausted and had lost 4 kg in weight.

On 6 August 2018, he gave the following remedy by mixing it in his water bowl:

**# 1. CC1.1 Animal tonic + CC18.4 Paralysis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC20.7 Fractures...6TD**

After 3 days, as there was no sign of improvement, the practitioner took him to the nearby vet. His diagnosis was a tick-borne infectious disease called Ehrlichiosis, spread by brown tick bites; antibiotics and pain killers were prescribed.

Simultaneously, a new combo #2 was started on 9 August 2018:

**# 2. CC9.4 Children's diseases + CC10.1 Emergencies + CC17.2 Cleansing + CC18.5 Neuralgia + CC21.4 Stings & Bites + CC21.11 Wounds & Abrasions + #1...6TD**, first in his water bowl, but later poured in the mouth through a syringe as Browny stopped drinking water from the bowl.

Browny's condition gradually improved. Within a week, he started walking slowly, though still limping on his front right leg. After another week, he became fit and remained so for nearly 3 weeks. The practitioner attributed this speedy recovery to the use of vibrionics along with allopathy.

However, his legs started becoming stiff and within a week on 18 September 2018, he became paralysed again and started groaning in pain. It was heart wrenching to see him like that. The practitioner again took him to the vet who treated him with antibiotics and anti-inflammatory injections for a few days. The condition of the dog was called Panosteitis in which the pain moved from one limb to another. Ehrlichiosis is considered as a common cause for this disease. As there was no improvement in his condition at all, the vet suggested to take Browny to a hospital in Bangkok to check his cerebral fluid.



On 24 September 2018, after praying to Swami, the practitioner decided not to take Browny anywhere, stopped the allopathic medicine, and gave a completely new combo:

**#3. CC3.7 Circulation + CC9.1 Recuperation + CC9.4 Children's diseases + CC10.1 Emergencies + CC20.7 Fractures + CC21.11 Wounds & Abrasions... 6TD** in water through a syringe into his mouth

Browny started recovering gradually and became 100% fit in a month by 25 October 2018 (see pic).

He started to eat and run about normally and also regained his weight. So, the dosage was reduced to **TDS**. Sadly, destiny took his life in an accident on the road when he started running berserk and rushed out of the locality, to escape from the loud sound of fire crackers on the eve of new year 2019.

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## 8. Chronic cough <sup>11573...India</sup>

A 16-year-old boy had been suffering since the age of 3 with frequent (one per month) episodes of cough and fever, sometimes accompanied by cold and sore throat. The frequency of episodes would increase with even a slight change in weather. Every time he would get relief in 5-6 days on taking allopathic

medicine, but it was only temporary. His mother brought him to the practitioner as she herself had tried vibrionics and got relief. The boy had mild cold and cough for the past two days. He did not take allopathic medicine this time.

On 5 August 2018, he was given:

**#1. SR218 Base Chakra...OD** for a week

There was no pullout, rather his condition improved. After a gap of 3 days on 15 August 2018, the following miasm was given:

**#2. SR252 Tub-Bac...single dose**

The very next day the boy reported he was feeling very good and had no symptoms of cold or cough. Since there was no pullout, second dose of **#2** was given on 30 August 2018. After 3 weeks, the boy reported that he continued to do well. As there was no pullout this time also, there was no need to give another dose of **#2**.

The boy continued to keep good health and looked more joyous and had no complaints with change of weather, and even during the whole winter season of 2018-19. On 17 April 2019, even though there has been no recurrence, the practitioner convinced the boy and gave **CC12.1 Adult tonic...TDS** for a month to be alternated with **CC17.2 Cleansing**, for the next one year, to build up his immunity.

**Practitioners who do not have SRHVP should consult a senior practitioner.**

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**9. Fungal infection in ears** <sup>11602...India</sup>

A 48-year-old female developed itching in her ears and was diagnosed with fungal otitis externa 4 years ago and got relief with antibiotics and anti-fungal ear-drops. It recurred 2 years ago and got settled with similar treatment. Again itching started 3 weeks ago; this time she got only partial relief with allopathic medicine and ear-drops.

So she stopped taking the oral allopathic medicine and on 20 January 2019, visited the practitioner who gave the following remedy:

**#1. CC5.1 Ear infections + CC12.1 Adult tonic + CC21.7 Fungus...one dose every 10 minutes for one hour** followed by **6TD**

During the first hour, she did not feel any itching and later in the day, it was mild only. The next day, encouraged by the results, she stopped the allopathic ear drops too and the practitioner made vibro drops instead:

**#2. CC5.1 Ear infections + CC21.7 Fungus...TDS** in extra virgin olive oil, **1 drop** in each ear

Although initially hesitant to put oil as ear drops, she agreed to try it. The very next day she reported 90% improvement in itching. On the third day 23 Jan 19, there was no itching. Dosage of **#1** was reduced to **TDS**. On 15 February, dosage of both **#1** and **#2** were reduced to **OD**. On 1 March 2019, the ENT doctor found that her ear canal was healthy with no trace of fungal infection. So **#2** was stopped after 2 weeks and **#1** was gradually tapered down from **OD** to **OW** over a period of 3 weeks. As of April 2019, there has been no recurrence but she continues **#1** at **OW**.

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**10. Sciatic pain** <sup>11603...India</sup>

A 68-year-old woman suffered from sciatic pain 10 years ago, as diagnosed by her doctor. She used to have severe pain which extended from her back along her right leg down to her right ankle. Initially for 2 months, she took homoeopathic treatment which only gave her partial relief. It was the allopathic treatment taken over a few months that gave her complete relief. The pain recurred 2 months ago; she could not walk properly when she visited the practitioner. She was also troubled by burning sensation in her feet for the past 2 years. She was keen to take vibrionics remedy as she had witnessed its miraculous effect a month ago when she suddenly felt very weak, perspired profusely, and nearly fainted during late evening hours. Her husband, who had been helping practitioners in their vibro seva and witnessing the power of vibrionics, sought a remedy from the practitioner who resides nearby. To their pleasant surprise, she recovered in minutes, thus avoiding the need to rush her to hospital at night.

On 28 September 2018, she was given:

**#1. CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC20.6 Osteoporosis...TDS**

**#2. CC20.4 Muscles & Supportive tissue + CC20.5 Spine...BD** in coconut oil for external application

After a week, she reported substantial relief from pain as well as burning sensation. The next week, her complaints had nearly gone. After another 2 weeks on 30 October 2018, she reported that she was 100% free of the burning sensation and her sciatic pain. The dosage of both #1 & #2 was reduced to OD for the next 2 months, it was tapered gradually down to OW over another 2 months before stopping it on 27 February 2019. When the patient was last contacted on 17 April 2019, she confirmed that there was no recurrence.

The practitioner suggested to the patient to continue vibrionics remedy as a preventive measure and has given her:

**#3. CC12.1 Adult tonic + CC20.5 Spine + CC20.6 Osteoporosis...TDS** for a month to alternate with **CC17.2 Cleansing** for one year, to build-up her immunity and strengthen her skeletal system considering the past history of her sciatic pain. She was also advised to expose herself to sun for at least half an hour per day between 10am to 12noon to get vitamin D naturally from the sun.



**11. Psoriasis** <sup>11580...India</sup>

A 61-year-old female had black spots all over her hands and feet that looked like unhealed wounds which were itchy, for the past 3 years; it was diagnosed as psoriasis. She underwent allopathic treatment for one year and stopped as there was no improvement. She did not try any other medication.

On 9 October 2016, the practitioner gave:

**#1. CC4.2 Liver & Gallbladder tonic + CC12.4 Autoimmune diseases + CC21.10 Psoriasis + CC21.11 Wounds & Abrasions...TDS**

She took the remedy with full faith. Within a month, to her astonishment, the black spots and itching reduced by almost 50%. In the next two months, all the black spots on hands and feet disappeared and there was no itching. Though she felt healed, she did not want to reduce or stop the remedy in haste and continued at TDS for another 8 months when the dosage was reduced to BD for 9 months, thereafter to OD for 6 months and finally to OW in December 2018. The problem did not recur at any stage of reduction and she feels completely cured.

While still continuing #1 at OW, on 25 April 2019, she has been initiated into the following immunity building cycle for one year:

**#2. CC17.2 Cleansing...TDS** for one month to be alternated with **#3. CC12.1 Adult tonic...TDS** for one month.



**Answer Corner**

1. *Question: Has any remedy given during pregnancy helped in delivery? And/or resulted in the birth of an exceptionally intelligent or a spiritually inclined vibro-baby?*

*Answer:* Practitioners have shared that mothers, who took vibro remedies during pregnancy, had hassle-free delivery and gave birth to a healthy baby. This has been the case even when a complication was apprehended in cases of women with history of miscarriage, stillbirth, difficult delivery or even black magic attack. In one case, one kidney was found missing in utero during 3 weekly ultra sound scans and after 3 months of taking vibro, scan showed a healthy kidney. Later a strong and healthy baby was delivered on time (**Newsletter vol 8 issue 1, January/February 2017, case #1**).

As regards the birth of an intelligent/spiritual baby, no comparative study has been done. Pregnancy tonic is known to lend calmness and boost the immunity of the mother. A healthy and peaceful mother would favourably influence the child in the womb. Many practitioners have reported that babies born to mothers taking vibrionics during pregnancy are particularly good natured and more intelligent than expected. We hope as vibrionics grows more cases will come to the fore and some practitioners will take up research to establish the efficacy of vibrionics in this regard.



2. *Question: It gives a happy feeling to treat many patients during camps, but follow up can be difficult. What is the best way to cater to patients in camps?*



*Answer:* On occasions with large gatherings such as Swami's birthday, Samadhi day and Guru Purnima, one-off camps may be ideal. For a follow up, a slip of paper with information on how to contact a practitioner should be readily available at the camp. These one-off camps are also suitable in emergency situations like epidemics, outbreak of a seasonal disease, natural disasters or war. For regular camps it would be ideal if practitioners team up and choose a place where they would visit regularly every week or fortnight but at least once a month, for a structured follow up and treatment.

3. *Question: Should sleep walking be treated in the same way as we treat sleeplessness?*

*Answer:* Yes, you may give the same remedy but give one dose every 10 minutes at night before bedtime, up to a maximum of 6 doses, depending on the severity of the case. If this doesn't seem to help then also give **CC15.1 Mental & Emotional tonic** or **SM6 Stress + SM39 Tension** on waking-up in the morning; this would help with the underlying stress of the day (eg, at school or workplace) that could be the cause. If a specific cause (eg, fear or shock) is identified, treat accordingly.

4. *Question: Can you outline the procedure for giving All Miasms remedy to adults and children?*

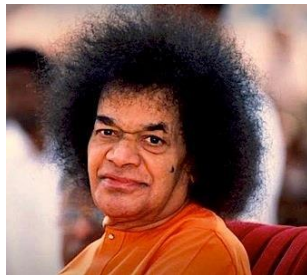
*Answer :* For adults (those over the age of puberty): **SR560 All Miasms** is always given at two potencies of **30C & 1M...OW**. If there is a pullout after any dose, wait for one week after the pullout subsides, before giving the next weekly dose. Continue doing this as long as needed, until there is no visible or perceivable pullout in the body after two successive doses. It is best to make the remedy directly in water using SRHVP. But before giving any miasm, including **SR560 All Miasms**, it is advisable to give **SR218 Base Chakra...OD** at night for 3-7 days to activate all dormant miasms; no pullout is expected. Wait for 3 days, then give the miasm.

**For babies (1 to 12 months old):** First give one dose of **SR218 Base Chakra** to help improve their physical growth. 1-2 drops of remedy made in pure (eg, boiled and cooled) water on the tongue would suffice. One month after this dose, if the baby is in good health, give one dose of **SR252 Tub-Bac 200C**. Wait for a minimum of 2 months and provided the baby is now 12 months old, give one dose of **SR560 All Miasms**. Nothing is to be given to newborn under one month.

**For children 1 year to puberty:** Start with a dose of **SR218 Base Chakra**. After one month, give a dose of **SR252 Tub-Bac 200C**, followed by a dose of **SR560 All Miasms** after another 2 months.

5. *Question: Can we give a nosode in the first instance or should we treat first with combos from 108CC box, then with SRHVP and then nosode, in that order?*

*Answer:* In general, a nosode is recommended when there is no appropriate card for the illness or when several cards have been tried without success. In certain situations, a nosode can be given in the first instance eg, blood nosode in case of leukaemia, and nosode of a known allergen in case of allergy. However, some practitioners have obtained excellent results by simply treating with a nosode of sputum for chest infection, hair for hair fall, saliva for mouth ulcers, stools for IBS etc.



## ☪ Divine Words from the Master Healer ☪

*"Doctors agree that illness is caused through faulty food habits and foolish ways of spending leisure. But, they do not seem to know that food is a Word that connotes a wider variety of 'intakes.' Every experience that is drawn through any of the senses in 'food' has an effect on one's health. We say "food for thought"; whatever we see or hear or smell or touch has an effect on the body; good or bad. The sight of blood makes some people faint; or, it may be some bad news, that*

*administers a shock. Allergy is produced by unpleasant smells, or when something intrinsically unwelcome is contacted or tasted. A sound mind ensures a sound body; a sound body ensures a sound mind. The two are interdependent. Health is essential for happiness; happiness is a capacity to be happy, whatever may happen is essential for physical health, too."*

... Sathya Sai Baba, "Vehicle care" Divine Discourse, 16 October 1974  
<http://www.sssbpt.info/ssspeaks/volume12/sss12-48.pdf>

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*"All beings in creation are living by rendering mutual service and no one can be considered superior to another. Every person should render service according to his capacity and the sphere of his activities. There are various limbs in the human body. But the hands cannot do what the legs are capable of, nor can the eyes perform the duties of the ears. What the ears can enjoy, the eyes cannot. Likewise, among human beings there are differences. Their capacities and aptitudes may vary. But each should take part in service activity according to his ability, equipment and field of work."*

... Sathya Sai Baba, "Born to Serve" Discourse, 19 November 1987  
<http://www.sssbpt.info/ssspeaks/volume20/sss20-26.pdf>

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**☞Announcements☞**

**Forthcoming Workshops**

- ❖ **India Jalgaon, Maharashtra:** AVP Refresher Workshop 22-23 June 2019, contact Narayan B Kulkarni by telephone at +91 9404490768
- ❖ **India Puttaparthi:** AVP Workshop 17-22 July 2019, contact Lalitha at [elay54@yahoo.com](mailto:elay54@yahoo.com) or by telephone at 8500-676 092
- ❖ **India Puttaparthi:** SVP Refresher Workshop 24-25 July 2019, contact Hem at [99sairam@vibrionics.org](mailto:99sairam@vibrionics.org)
- ❖ **France Alès - Gard:** SVP Workshop 20-24 October 2019, contact Danielle at [trainer1@fr.vibrionics.org](mailto:trainer1@fr.vibrionics.org)
- ❖ **France Alès - Gard:** AVP Workshop & Refresher Seminar 26-28 October 2019, contact Danielle at [trainer1@fr.vibrionics.org](mailto:trainer1@fr.vibrionics.org)
- ❖ **India Puttaparthi:** AVP Workshop 17-22 November 2019, contact Lalitha at [elay54@yahoo.com](mailto:elay54@yahoo.com) or by telephone at 8500-676-092
- ❖ **India Puttaparthi:** SVP Workshop 24-28 November 2019, contact Hem at [99sairam@vibrionics.org](mailto:99sairam@vibrionics.org)

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**☞In Addition☞**

**1. Taste life with fresh fruits to complement health and happiness**

*"For the upkeep of the body you need proteins and vitamins of every kind...Take fruits...and vegetables, which can give you any amount of strength"...Sri Sathya Sai Baba<sup>1</sup>*

**1. What is a fruit?**

One of the precious gifts from mother earth, a fruit is the fleshy edible product of a tree or a plant and contains seed(s). Primary purpose of a fruit is to protect and disseminate the seed to conserve the ecological balance. By grace, it is available to appease the hunger and thirst of human beings and to enable them to live in tune with nature.<sup>2-4</sup>

Fruits are normally sweet or sour and can be eaten raw. As understood in common parlance, they include: banana, mango, sapota, papaya, apple, pear, guava, pomegranate, melon, grapes, pineapple, orange, grapefruit, peach, plum, cherry, kiwi, fig, apricot and berries. Science says well known vegetables like, cucumber, tomato, bell pepper, pumpkin, and eggplant are also fruits; legumes, some spices, and even whole grains are actually seeds with a thin fruit wall. Nuts are also fruits with hard shells. In 1893, the Supreme Court of US ended the debate between fruits and vegetables by declaring tomato as a vegetable because people thought so and had it as a vegetable and not as a fruit or a dessert.<sup>5-7</sup>

## 2. Benefits of fruits

Ideally, our food should have a water content higher than our body's water content. Fruits are 90% water and keep the body hydrated and energised. A study based on ancient Indian treatises suggests that it is best to eat water through fruits and if 30% of our diet is fresh locally grown seasonal fruits, one would not fall sick.<sup>8-9</sup>

Every fruit is a complete food in itself, very nutritious, and being easily digestible does not stress our body system. It is low in calories and high in minerals, vitamins, and fibre; can also meet 10% of our daily protein requirement.<sup>5,8,9,10</sup>

All fruits are beneficial as they tone the vital organs and prevent diseases like diabetes, heart ailments, digestive disorders, prostate enlargement, kidney stones, and cancer; they balance hormones, reduce bone loss with age, regulate blood pressure, and build immunity. Each fruit has something unique to offer. Therefore, it is best to go for a variety of fresh fruits available in the local market, not frozen, canned, or processed ones. Seasonal fruits help to ward off the disorders that tend to come with each season. When we eat from the land around us we will find that the right kind of fruit is coming our way in the right season ie, the best thing to eat at that time eg, melons and mangoes during hot weather. One would get full benefits if fruits are taken in their natural form without discarding the seeds and skin, as far as possible, instead of fruit juice.<sup>5,9,11</sup>

**Diabetic patients** will benefit by taking seasonal whole fruits, not fruit juices as they might spike the sugar level. Fruits with a low glycaemic index (**GI**) are a safe choice. Jamun fruit, or the black plum, and strawberries have anti-diabetes properties. Wisdom lies in following the dietary guidelines for diabetics.<sup>12-15</sup>

**Planet friendly:** By eating raw and not cooking, we reduce the carbon footprints and help the environment. Fruits come from trees, not from ploughed land and crop, ecologically it will make a huge difference to the world. Thus, by eating fruits, we serve the planet too!<sup>10,16</sup>

## 3. How and when to take fruits

**Cleaning fruits:** Wash fruits thoroughly and put them in a bowl half-full of water with one tablespoon of salt and two of vinegar. Let them soak for 20 minutes and wash them again, preferably under running tap water, to remove any stuck residue. Alternatively, one may add a drop of **CC17.2 Cleansing** or **NM72 Cleansing** to fresh water for soaking the fruits.<sup>17</sup>

The peels and coverings of fruits naturally protect the antioxidant vitamins inside. Once fruits are cut, ideally they should be consumed immediately or within 30 minutes. If not possible, refrigerate them immediately; otherwise vitamins in them get oxidised and are of no use.<sup>18</sup>

**Best time for fruits:** Not going by the precision of clock only, eat fruits on empty stomach so that body can absorb their nutrition readily and detoxify the system easily. Nothing like a fruit to start the day with!<sup>19-22</sup>

Fruits do not need the acidic medium of the stomach to digest them; they simply pass through the stomach to the intestine. That is why fruits should be eaten separately, simply without any embellishment, savouring one at a time. Logically, eat fruits at least 30 minutes to one hour before a meal; certainly not as a dessert after a meal.<sup>19,20</sup>

The process of digestion starts when we put the first morsel into the mouth; it does not wait for us to finish the meal. Except for fruits and vegetables, normally, vegetarian food takes about two to two-and-a-half hours to be digested in the stomach, before it goes into the small intestine. So, snacking on fruits between meals should be at least 2 hours after a meal; otherwise, the fruits may ferment in the body, instead of getting absorbed.<sup>19-22</sup>

According to a study, citrus fruits are best taken during the day between 10 am and 3 pm, not on empty stomach. Sweet fruits like banana and mango are not considered good before going to sleep as they may spike the energy level and keep one awake.<sup>19,22</sup>

**Ideal quantity of fruits:** If daily diet includes vegetables and whole grains, 2 servings of fruits per day should suffice; 150 gm each time, ie, 1 medium size fruit like apple, pear, orange, or banana or 1 cup of cut fruits. If on a fruit fast, one may have a serving thrice during the day, instead of the normal diet. The rule of thumb is "nothing in excess" eg, eating 2 small bananas will help but four will make us dull.<sup>23,24</sup>

**Fruit combinations<sup>25-27</sup>:** Broadly speaking we can classify fruits into three categories: sweet, sour (acid) and sweet/sour (semi-acid). It is the varying proportion of fructose, acid, vitamins, proteins, cellulose and starch found in each type of fruit, that gives it a characteristic taste, determining its category.

Banana, peach, guava, grapes, fig, dates and all kinds of melon (having high water content) are some fruits that are sweet in taste. These fruits contain a much greater amount of fructose than sour fruits.

Black currants, raspberry and kiwi fruit are sour in taste. Citrus fruits like lemon, lime and grapefruit are also sour but at times bitter. They contain a large amount of acid.

Not all fruits are either sweet or sour. Some fruits, such as oranges, pomegranate, pineapple, apple, mango, pear, papaya, strawberry and blackberry contain almost equal amounts of fructose and acid, which gives them both a sweet and sour taste.

Fruits of one category get digested at the same pace and hence can be combined. Sweet fruits should not be combined with sour fruits. However sweet/sour fruits may be combined with sweet fruits or with sour fruits.<sup>25-27</sup>

#### 4. Cautionary tips

Science of ayurveda says that for good health food intake should be compatible with the five elements - ether, air, fire, water and earth - present in everybody. Inappropriate food combinations confuse the digestive fire in the body and cause imbalances. Accordingly:<sup>19</sup>

- Go for solo fruit diet without mixing it with anything but not when the stomach is full.
- Drink water at least half to one hour before taking a fruit but not soon after, to avoid digestive disturbances like flatulence or diarrhoea.
- Do not combine fresh fruits with raw or cooked vegetables.
- Even sweet fruits should not be combined or taken along with milk as our body, after the age of 2-5 years, does not produce enough enzyme (lactase) needed to digest milk protein.<sup>28</sup> When fruits are combined with milk, we would not only lose the goodness of fruits but also pave the way for illness by overloading the system.<sup>29</sup>

#### 5. The Final Word!

**Sometimes general guidelines may not work for some individuals, as body constitution differs and each human being is unique. Paying attention to what we eat and being aware of how they make us feel is more important. If we heed the signal from the body, we would know what is best for us, when and how much to eat.**

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## 2. AVP workshop in Puttaparthi, India, 6-10 March 2019

Eight candidates, six from India (including two medical practitioners, now doing voluntary service in



General Hospital, Puttaparthi) one from France, and one from Croatia qualified as AVPs after going through an intense 5-day workshop including a mock clinic conducted by two experienced course teachers<sup>10375 & 11422</sup>. The workshop was also attended by 4 qualified practitioners to refresh their knowledge. Inputs from the two doctors enriched the workshop and made it very lively and interactive. The participants gave suggestions to make the course content more practical by allocating more time for mock/field clinics. There was also a dedicated session on

how to write case histories, with practical examples, and the advantage of maintaining meticulous patient records for this purpose.

The participants were treated to illuminating talks by Dr Aggarwal who shared with them how this powerful therapy developed, guided by Swami physically at every step and His guidance still continues and how practising vibrionics can be life changing for practitioners.

## 3. Awareness and Refresher seminar, Cambrai, France, 9 March 2019

In her endeavour to update the practitioners' data, the **French coordinator**<sup>01620</sup> came across several old



time practitioners, with only SRHVP, who showed keenness to retrain in the system, especially in the use of 108CC box. She arranged an awareness programme on vibrionics in a practitioner's house; this was attended by 9 participants. They were updated on how vibrionics had evolved over the years and was still evolving, and how each one could play a significant role. She showed them the vibrionics literature readily available in books

including the first international conference book and on our main site. There was enthusiasm amongst all of them to learn and actively participate in the our mission and also bring other friends back into the vibrionics fold. Some of the participants already had the 108CC box and took this opportunity to share their experiences and re-charge their boxes.

#### 4. SVP workshop and Refresher, Perigueux, France, 16-20 March 2019

A five-day SVP course was conducted by the **French coordinator & trainer** <sup>01620</sup> at her residence. She set the tone by highlighting the role and responsibilities of becoming an SVP which was appreciated by the participants. The VP who made the effort of coming all the way from Mauritius performed brilliantly and on qualifying as an SVP made a remedy there and then on the SRHVP for his co-participant. Two SVPs who had qualified a year ago took an active part by sharing their experiences and case histories. They also found the intense 5-day workshop invaluable. The course concluded with an informative question & answer session with Dr Aggarwal on Skype.



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#### 5. Refresher Workshop in New Delhi, India, 23 March 2019

A stimulating workshop organised at the Sai International Centre by Delhi **co-ordinator and teacher** <sup>02059</sup> was attended by 19 practitioners who also shared their successful and difficult cases. Dr Aggarwal urged the participants to continue practising vibrionics as a ceaseless selfless service with



gratitude and surrender to the Lord in the true spirit of the oath taken in front of Swami. Keep striving to go to the next level, update knowledge and upgrade skills continuously, believe in team work, and come forward to take up administrative roles to make vibrionics grow in the right direction.

Core and vital aspects of vibrionics that were recently touched upon in the newsletters were dealt with at length. Some of these were:

- Necessity to make alternative arrangements in advance for the patients if a practitioner is going to be away from home for over **2 weeks**
- To exercise caution while preparing a remedy such as eye drops in boiled and cooled water, and ear-drops in pure oil/ghee; efficacy of application of water for skin problems, rather than oil, cream, or gel, and importance of taking pictures as per guidelines regarding the angle, distance, and affected area; and importance of recharging of 108CC box every **2 years**.
- Inspire and guide patients about a healthy lifestyle including a proper diet, sleep, exercise, and deep breathing in fresh air.
- While preparing remedy, let patients go through our newsletters/conference book to augment their faith in **vibrionics**.
- Gradually taper remedies after symptoms subside, and then help build the immunity of the patient through alternating cleansing and immunity booster remedies for prevention, and later treat with miasms to eradicate the disease from the **root**.
- Forgiveness technique to clear the mind of baggage.

**Om Sai Ram**

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