

Sai Vibrionics Newsletter

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

Vol 10 Issue 5

Sept/Oct 2019

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☞From the Desk of Dr Jit K Aggarwal ☞

Dear Practitioners

Janmashtmi, Lord Krishna’s birthday, has just gone by. Ganesh Chaturthi and Onam, festivals customarily celebrated in Prashanti, are just round the corner. Through these special festivals, we are constantly reminded of the beauty and splendour of the divinity that resides in us. In Swami’s words *“The Krishna Avatar was intended to give a perennial message to the world. He sought nothing for Himself. He kept nothing for Himself. He gave away everything to the people...He was a king without a crown. He was the King of kings. He had no kingdom of His own. But He ruled over the hearts of millions. It is this profound truth that is proclaimed by Krishna principle. If you enquire deeply, you will find that every Avatar has incarnated to convey a special message and carry out a particular mission.”* – Sri Sathya Sai Baba Discourse on 4 September 1996 on the occasion of Janmashtmi.

Lord Ganesha is the Lord of the Intellect and self-realisation, the remover of all obstacles and the embodiment of *Vidya*, the master of all knowledge. He will drive away all sorrows and difficulties and confer peace and happiness on all those who pray to Him with a pure heart.

My dear practitioners, if we are to succeed in our vibrionics service, we need to plunge ourselves into the ocean of self-transformation. This is the best way for us to tap into the healing power that resides in each and every one of us. We don’t have to look any further than SAI to understand the process -- “S” stands for spiritual change, “A” stands for associational change, and “I” stands for individual change. So, infact it is a process of triple transformation. This is how we can shed selfishness and rise above our animal instincts to tap the infinite source for the greater good of the universe.

Swami says *“Self-realisation should be the goal of human existence. It has to be reached through three stages: self-confidence, self-satisfaction, and self-sacrifice.”* - Discourse in Sai Shruthi, Kodaikanal, on 12-4-1996. I can share with you from my own experience where I have seen time and again that when self-discipline is combined with dedicated service that is delivered with compassion and unconditional love, it is bound to manifest into powerful results and at times miracles - for both the practitioner and the patient. Putting this into practice requires us to follow a disciplined lifestyle – waking up early, meditating at fixed times, performing selfless-service at regulated times, ourselves taking vibrionics remedies strictly as per prescription, maintaining with gratitude a journal of our progress and achievements, exercising daily, taking regulated diet and adequate rest and sleep, living in the present etc. I cannot emphasize enough on the importance of living with purpose and principles. It is now common knowledge that doing so can be game-changing.

On the vibrionics mission front, I am pleased to share with you some updates as follows. Globally vibrionics awareness is growing. Until now we had very scanty representation in the African continent but this Guru Purnima we saw a major change as practitioners from 3 countries, namely, Gabon, Benin, and

South Africa were trained in our July AVP workshop. Several practitioners have expressed their desire to introduce an “Inspirational Corner” in the “In Addition” section of our newsletter, where they can share their extraordinary experiences (but not case histories) in their lives; including, any materialisations with pictures or some other vibrionics related miracles. The intent here is for practitioners to share snippets of relevant inspirational experiences with other practitioners. With the objective of expanding our practitioner base, we have also started work on translating vibrionics books into many Indian languages, starting with Hindi, Telugu, Tamil, Marathi. Any offer of seva for translation is welcome.

With that said I'd like to conclude by wishing all our practitioners all the best in their endeavours of selfless service. May the festivities bring lots of happiness, good health, and self-realisation in our lives!

In loving service to Sai
Jit K Aggarwal

☪ Practitioner Profiles ☪

Practitioner ^{03553...Canada} a qualified physiotherapist with 38 years of professional experience, retired two years ago as Director of Physiotherapy of a hospital in Ontario, Canada. She got drawn into Swami's fold in 1986 when she had His darshan for the first time at His abode in Dharmakshetra, Mumbai. Since 1991 she has been an active balvikas guru and treasures her time with children. She was National Education Coordinator of Sai organisation in Canada for more than a decade.



She first learnt about vibrionics in 2015 from a Souljourns video talk by the **USA-Canada Coordinator** ⁰¹³³⁹. It resonated with her state of mind which was filled with unanswered questions about life as this was soon after the death of her elder sister due to cancer. The very next year, she witnessed a miraculous healing at home. A 96-year-old relative residing with her developed burning mouth syndrome in mid-2016. She could not take in food and started losing weight. All efforts to bring relief

through allopathic treatment gave temporary respite but could not cure her disease. The family contacted a senior vibrionics practitioner who broadcasted remedy to her since the patient refused to take anything by mouth. Within a week, she was totally cured and the condition has not recurred till date. Deeply touched, the practitioner sought admission in vibrionics course and became an AVP in October 2016 and a VP in March 2017.

The practitioner has treated more than 140 patients so far. Apart from the seasonal and common ailments like cold/cough/flu and indigestion, she has successfully treated chronic diseases like diabetes (early stage), painful menses, headaches, carpal tunnel syndrome, respiratory allergies and ringworm, in addition to dealing with health issues of pets around her. Ailments where patients have had substantial relief include acidity, constipation, Zenker's diverticulum (formation of a pouch between lower part of the throat and oesophagus), hypothyroid, falling hair, kidney problems, enlarged prostate, stress, sleep disorders, depression, autism, chronic sinusitis, skeletal pains including frozen shoulder, lichen planus, and rosacea. The practitioner feels that tapering of dosage is impossible in many cases as patients take it easy when they feel nearly cured and do not report back.

She has seen quick relief when **CC18.5 Neuralgia** is added to **CC20.5 Spine** for back and neck pains. The combination **CC1.2 Plant tonic + CC17.2 Cleansing + CC21.7 Fungus** has given amazing results in plants. Her orchid plant which was barren for 2 years started blooming in 2 months. Within one month, white flies disappeared from her holy basil plants and rose plant leaves, having been eaten up by bugs, became healthy. Seeing her beautiful garden, friends and patients have flooded her with requests for her plant remedy.

She shares an interesting case of a 23-year-old girl being treated by her for atrial fibrillation to whom she had given an additional bottle of pills of **CC10.1 Emergencies** to meet any unforeseen situation. This girl was allergic to walnut as it triggered bronchial constriction, itchiness, and nausea in her; she had not told this to the practitioner. She took care not to take walnuts and also carried EpiPen (an auto injector) to meet any exigency. One day in June 2019, she forgot to carry the auto injector and inadvertently consumed walnut in a restaurant. Prompted by her mother, she immediately took a dose of **CC10.1 Emergencies** and followed it up with **CC19.2 Respiratory allergies** which her sister was carrying for herself and repeated it every hour till she reached home. Thanks to vibrionics, she did not have the usual allergic reaction to walnut. She later shared the pills from her bottle of **CC10.1 Emergencies** with her

sportsman brother when he got injured while playing. He recovered miraculously in 2 days and has since started taking vibrionics remedy from the practitioner.

The practitioner gives top priority to vibrionics amidst domestic and social commitments, spreads its awareness wherever possible, and collaborates with other practitioners. She maintains patient records systematically on computer for easy access; regularly follows up her cases and checks her supplies once a week. Her family members look forward to helping her in procuring the pills and bottles and in mailing remedies. She ensures that her patients do not suffer when she is away for more than two weeks. She has allocated time for admin seva and has been lately helping the core team in formatting newsletters and editing practitioner profiles.

Though conditioned to think more from the head, she is happy that vibrionics has taught her to primarily listen to her heart. She finds that silent prayer while making remedies, daily prayer for welfare of one and all in the universe, and chanting Gayathri 108 times every morning keep her centred and focussed. She feels that this seva, most precious gift from Swami, has reduced her ego and selfishness and enabled her to be peaceful in a spirit of surrender. She says that all practitioners are chosen ones to serve in His mission. So, vibrionics needs to be fostered with all love and dedication at our disposal, to honour the trust reposed and the opportunity bestowed by Swami.

Cases to share:

- [Compulsive fur-chewing in cat](#)
- [Miniature rose plant stressed in winter](#)
- [Cervical disc generation](#)

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Practitioner 03572...Gabon



, a postgraduate in biodiversity management and forest ecosystems, is in-charge of environmental assessments for National Parks of Gabon. He also shares his knowledge and vast experience in environmental science through weekly lectures in the National School of Water and Forests.

As a child he was religious but constantly felt something was missing from within. At the age of 10, he developed a deep desire to feel and see God physically. His mother was sad and feared that he might leave home in search of God, so he diverted his mind to studies. He came to know about Swami in 1998 through an invitation received by his sister to attend Sathya Sai Baba's birthday celebration in their native place. Initially not convinced about the divinity of Baba, he persevered to know more about Him, got involved with bhajans and service activities, was guided through dreams of both Shirdi Sai and Sathya Sai, and felt he had found

what was missing in his life. To his delight, he represented his country in 2007 at the World Conference of Young Adults held in Puttaparthi. Divine darshan of Swami on this occasion and His penetrating gaze fulfilled his long-cherished desire of coming face to face with God and also transformed his life. His faith in God became steady, he could feel Swami within, and became more tolerant and understanding towards his family members and colleagues at workplace. By 2009, he translated all the available volumes of Vedas in English and Sanskrit into French and also started chanting them correctly, as if he knew them for a long time. He continues to translate books on Swami. He is President of the National Council of the Sathya Sai International Organization of Gabon since February 2019, and Secretary at the regional level for the French speaking countries of Africa.

He was introduced to Sai Vibrionics in 2015 by a **practitioner** 02819 who gave him a remedy to cleanse and boost his immunity. while he narrated to the practitioner his near-death experience. This happened in 2013 during his stay in Puttaparthi where his life had been saved by Swami. Though he felt the positive effect of the remedy, he was not convinced that vibrations could bring about a cure. In November 2017, while translating a book about Swami, he was intuitively guided to seek admission to vibrionics course. He qualified as an AVP in July 2018, became VP in December 2018, and is presently doing SVP e-course.

Every day, after returning from work and before treating patients at home, the practitioner lights an oil lamp in his prayer room, invokes Swami to heal the patients, and mentally chants Sai Gayathri. He inspires confidence in his patients to share their desires and disappointments without any fear and listens to them attentively with love and care, without interrupting them. The patients also feel at home and peaceful in his assuring presence. The practitioner feels the presence of the Lord and His guidance while interacting with patients and while making remedies. He is sure it is Swami who guides, cures, and heals from within and through dreams. He appropriately advises his patients to live in love of God and so be healthy and happy.

In the last one year, the practitioner has successfully treated more than 200 patients. He has also dealt with complex cases of high blood pressure, constipation, primary female sterility, typhoid, possession by evil spirits, black magic attacks, insanity, arthritis, and respiratory and skin allergies. He sends remedies by post to his patients in different countries of Africa. Every time a patient reports 100% improvement, he derives great joy and thanks the Lord. He says practising vibrionics has made him a good listener, expanded him as a being to understand and love others better, and enabled him to be a humble instrument of the Lord.

The practitioner views all work, be it spiritual, professional, or domestic, as Swami's work but gets filled with gratitude to Swami for His miraculous and wonderful gift of vibrionics. He is also very grateful to his mentor ⁰¹⁶²⁰ for her invaluable guidance, love, and patience in addressing his queries and doubts on the subject. For him, to be a practitioner means "a golden opportunity to listen to his inner self and work from the heart".

Cases to share:

- [Recurrent typhoid](#)
- [Primary infertility](#)
- [Bipolar disorder](#)

☞ Case Histories Using Combos ☞

1. Compulsive fur-chewing in cat ^{03553...Canada}

An 8-year-old rescue cat named Abby suffered from nervousness right from the time adopted by her owner in November 2009, when she was 10 weeks old, from a home with kids who handled her roughly. She jumped at the slightest noise, hesitated to bond with the owner, and often chewed her fur in desperation. As a result, she developed bald patches on her body which looked as if she was neatly shaven.

On 18 January 2017, the practitioner gave a remedy in alcohol drops for ease of use, contrary to the normal practice of giving in pills, as the owner was well known to her and it was not possible to meet due to distance:

#1. CC1.1 Animal tonic + CC15.1 Mental & Emotional tonic...1 drop in 500ml of cat's drinking water per day

In spite of no change in the first 3 weeks, she continued the remedy. After five weeks of starting, on 22 February, the owner noticed that Abby's fur had started growing. Also she started becoming friendly and almost tried to lie down on the lap of her owner. But next month, she reverted to her old ways of chewing the fur in nervousness, unable to cope with the visiting grandchildren of the owner.

On 18 March 2017, to address her deep-seated fears, #1 was enhanced as follows:

#2. CC10.1 Emergencies + CC13.1 Kidney & Bladder tonic + CC15.2 Psychiatric disorders + #1

As there was hardly any improvement in the next 2 weeks, #2 was substituted on 31 March by:

#3. CC11.2 Hair problems + CC15.2 Psychiatric disorders + #1 in water as before and also in vibhuti for external application

After 3 weeks of using #3, fur started growing again and the owner continued the remedy in drinking water, but stopped applying vibhuti as Abby would lick it and start chewing her fur. Thereafter, owner did not make contact for 7 months, though remedy was being given daily. On 4 December 2017, the owner requested a refill and informed that Abby's fur had grown fully, there were no more bald patches, she had stopped chewing the fur, and her nervousness had decreased substantially, though she was still shy of strangers and kids. So, #3 was substituted by:

#4. CC15.2 Psychiatric disorders + #1

As of 28 August 2019, #4 was stopped since Abby was no longer nervous of noise or people and none of her other symptoms recurred. The practitioner gave the following in pills:

#5. CC1.1 Animal tonic + CC17.2 Cleansing...OD in her drinking water. The dosage will be tapered down gradually according to the comfort of the owner.

Editor's note: CC15.1 Mental & Emotional tonic was not needed as CC15.2 Psychiatric disorders includes it. The error occurred since the practitioner had just started practice. Also, it is advisable not to give remedy directly in alcohol.

2. Miniature rose plant stressed in winter ^{03553...Canada}

A miniature rose plant in the garden of the practitioner had wilted due to stress during the severe winter of 2016 -17, though it was kept well protected. The plant did not recover even after the onset of summer. On 3 July 2017, there was scant foliage on the plant, that too pale and yellowish, when the following vibronics remedy was started. (see pictures)

#1. CC1.2 Plant tonic + CC15.1 Mental & Emotional tonic...3TW

The remedy water was poured into the soil and also sprayed over the plant on alternate days. Gradually, the foliage increased over a period of 2 months and the plant bloomed with a beautiful rose on 23 September 2017 (see pictures). The practitioner noticed that compared to the earlier years, the size of the leaves had nearly doubled and they looked healthier. The remedy was discontinued in autumn around mid-October and the plant was trimmed down completely before covering it up for winter. After the winter of 2017-18, again #1 helped in sustaining and growing the rose plant during summer and it had similarly bloomed with a pretty rose.



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3. Cervical disc degeneration ^{03553...Canada}

A 53-year-old male suffered for the past 5 months from neck pain as well as numbness with pain on his right shoulder and his entire right arm radiating up to his fingers. It was diagnosed as cervical disc degeneration. The patient, being an IT professional, had to work on computers for long hours and felt it was the main cause of his pain. He was a badminton player and missed his sport due to pain. Though he

was not on allopathic treatment, he was taking physiotherapy and acupuncture simultaneously with hardly any improvement in his condition.

On 8 January 2017, the practitioner gave him:

#1. CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.5 Spine + CC20.6 Osteoporosis...TDS

Numbness and pain in his right arm up to fingers and neck pain disappeared in 6 weeks. There was still some pain in his shoulder but he could now move his neck and shoulder freely. At this stage, he stopped taking physiotherapy and acupuncture treatments and continued with only vibrionics.

On 3 March 2017, the practitioner realised she had given too many combos, so substituted **#1** by the following:

#2. CC18.5 Neuralgia + CC20.5 Spine...TDS

After another 10 weeks on 12 May 2017, the patient reported no pain whatsoever and wished to stop the remedy but was advised to reduce dosage to **OW**. All through he could not avoid working on computers and so felt that he took much longer to get relief. After 7 months, the patient reported that there was no recurrence and his remedy was finished.

On 17 August 2019, the patient met the practitioner. Though fit with no recurrence, he was given the following remedies to build up his immunity and skeletal strength as a preventive measure, with advice to continue them for a year.

#3. CC12.1 Adult tonic + CC20.1 SMJ tonic...TDS for a month to be alternated with

#4. CC17.2 Cleansing...TDS

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4. Recurrent typhoid ^{03572...Gabon}

A 56-year-old woman diagnosed with typhoid in July 2018 took the prescribed course of allopathic treatment twice within a span of 2 months for recurrent fever. Toward the end of September 2018, her fever occurred for the third time with nagging pain in her abdomen, back, and legs including the knees and feet. This time she did not opt for allopathic treatment. Instead, on 7 October 2018, she visited the practitioner who gave her:

For recurrent typhoid:

#1. CC3.7 Circulation + CC4.8 Gastroenteritis + CC4.11 Liver & Spleen + CC9.3 Tropical diseases...TDS

For pain:

#2. CC4.6 Diarrhoea + CC4.10 Indigestion + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC20.7 Fractures... every 10 minutes for 2 hours followed by 6TD for 5 days, then TDS

After nearly 8 weeks, on 29 November, the patient reported that her pains had reduced only by 50%, though the fever had subsided within 2 days of starting the remedy and had not recurred.

The practitioner stopped both **#1 & #2** and gave the following with advice to give weekly feedback:

#3. CC9.1 Recuperation...TDS

On 29 January 2019, the patient reported 100% relief from all pains. The dosage of **#3** was reduced to **OD** with advice to report after a week. But, the patient stopped the remedy after a week as she did not feel the need to continue. She reported after 3 months that none of her symptoms had recurred. As of August 2019 she is keeping fit with no recurrence.

Practitioner's comment: Most of the time, patients do not care to give timely feedback and take it easy when they start feeling better, even though they are made aware of the importance to report back and not stop abruptly, to avoid recurrence. In such cases proper tapering of the remedy becomes impossible.

Editor's note: Pains felt by the patient were all symptoms of typhoid. So, there was no need for **#2; CC9.3 Tropical diseases** as **#1** should have sufficed till all the symptoms disappeared, followed by **CC9.1 Recuperation**.

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5. Primary infertility ^{03572...Gabon}

A 33-year-old woman could not conceive even after six years of marriage, despite several medical examinations and allopathic treatment for over 3 years. The attending doctors could not diagnose the cause as the medical reports did not show any abnormality. On 1 October 2018, she visited the practitioner in a desperate state as she was the only childless daughter in her family of four siblings. She disclosed that for the past 10 years, she had been under some black magic spell. She felt the presence of a big worm moving in her belly and an invisible entity always beside her, this was very scary. Sometimes she heard footsteps late at night, in and out of her house and also near the window in her room. These happenings filled her with fear and she lost her appetite and weight over the years.

The practitioner made her feel at ease and gave the following remedy:

#1. CC3.7 Circulation + CC15.2 Psychiatric disorders + CC17.2 Cleansing...TDS to spray on her body and in the house...TDS

#2. CC4.6 Diarrhoea + CC8.1 Female tonic + CC8.4 Ovaries & Uterus + CC8.5 Vagina & Cervix + CC10.1 Emergencies + #1...TDS

After 5 weeks on 6 November, the patient reported that she no longer heard any footsteps or felt the presence of worm in her belly or any invisible being; all these had gradually vanished within 2 weeks. She could now eat and digest food properly. But she started having dreams of someone hitting her on her stomach while she was lying on her back and she would retaliate every time she had that dream. Interestingly, the dream would stop the moment she turned to her side ! She was advised to continue the remedies.

After another 7 weeks on 26 December 2018, she reported something missing within her but could not identify or locate what it was, though none of the black magic happenings recurred either in her dreams or otherwise. The practitioner put the first pill of **#1** in her mouth with intense prayer and she joined in the prayer in total silence. Dosage of **#1** was enhanced to **6TD** for **5 days**, then back to **TDS**.

On 5 February 2019, the patient shared the good news that she was two months and two days pregnant and was feeling very relaxed and happy, free of fear. The practitioner gave her the following additional remedy to prevent miscarriage and reduce nausea:

#3. CC8.2 Pregnancy tonic + CC8.9 Morning sickness + CC15.1 Mental & Emotional tonic...TDS to be continued till one month after childbirth.

In the first week of August 2019, the expectant mother had conveyed that as per her doctor, child in the womb was safe and normal and she was expected to deliver in the first week of September 2019. None of the symptoms had recurred and she continued to take **#1** to **#3**. On 23 August 2019, she gave birth to a healthy girl child, though it was through C-section. She has been advised to stop **#1** and **#2** and given: **#4. CC10.1 Emergencies...TDS**, with advice to continue **#3** and **#4** until 23 September 2019.

The mother and child are doing well, and were back home on 27 August 2019.

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6. Bipolar disorder ^{03572...Gabon}

A 42-year-old female, graduate artist proficient in painting and ceramics, used to help her mother in her drugstore. But she lived in a pitiable condition for the past 10 years by locking herself in her room most of the time. She wore ragged clothes and sometimes dragged herself on streets. She neither spoke to anyone nor accepted anything from anyone except her mother. If pursued for anything, even for taking food, she would be nervous, aggressive, and sometimes violent. Her condition was diagnosed as bipolar disorder. Her mother, an accomplished pharmacist, did her best to provide medical treatment for her without success. As she refused to take any medicine, the mother lost all hope that her daughter would ever become normal.

On 11 December 2018, in a distraught condition the patient's mother visited the practitioner. While talking about her daughter's problem, she indicated that her daughter was very sensitive and repeated rejection-in-love had driven her into a deep depressive and manic state. The practitioner felt confident that vibrionics would cure the mental disease but wondered how to administer the remedy.

After praying intensely to Swami, he gave the following remedy:

CC3.7 Circulation + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.2 Psychiatric disorders + CC17.2 Cleansing...TDS in water to be sprayed on the pathway and banisters that led to the patient's room in their house.

Patient's mother neither gave the remedy orally nor sprayed it, due to an apprehension that her daughter might object. Instead, she wrapped a recent picture of her daughter around the bottle of remedy, offered it to God with heart-felt prayer, and placed it in her dining area in a safe corner. Within a week, the patient's mother got a pleasant surprise as her daughter gently reached out to talk to her and had a proper meal with relish. She also sat with her mother in the living room to watch TV and started having her meals along with her family. These gradual changes in the behaviour of her daughter within a month, that too without actually administering remedy, were unbelievable for the mother. She waited for another 4 months to ensure that changes were not temporary before sharing the good news with the practitioner.

On 10 May 2019, the patient's mother met the practitioner to inform that since February 2019, her daughter had become totally peaceful and normal in her behaviour with everyone around her. She no more wore ragged clothes, nor locked herself in her room, and showed confidence to face life.

She expressed her happiness and gratitude that it was God's infinite mercy that someone could treat her daughter without seeing her and without any expectation in return. The practitioner was also very happy as he got to know about the unlimited potential of treating a patient with vibrionics. As of August 2019, the patient is doing fine with no recurrence. She has started helping her mother as she used to 10 years ago and has resumed her artistic endeavours. The patient's photo is still being kept wrapped around the remedy.

Testimonial from patient's mother: "Yes I say that my twin 42-years' old started a depression 10 years ago. Treatment with neuroleptics seemed to aggravate verbal aggression and the destruction of kitchen equipment, television and clothing. I voluntarily stopped this treatment. Aggression diminished but she locked herself in her apartment. She could stay there for two or three months without contacting us. The only message we had was the recovery of the food we were putting on the stairs. Someone told me about vibrionics 6 months ago. I immediately tried. The difficulty was that I could not give it orally as indicated. So I had the idea to wrap the tube vibrionics granules in one of her recent photos and I put everything in a furniture of the dining room with the intention that the distance does not exist in matter of energy and that action applies directly to my daughter's brain.

After about 5 to 6 days I saw with great happiness my daughter coming down from her apartment and heading towards me. She asked me how I was going. She pulled the chair, sat down and watched a movie on TV. Then she shared the meal with me. Since that day she goes down every day. She started doing the dishes and even cooking. I say that the improvement is spectacular after 7 years of isolation. I will continue the energy treatment with vibrionics. Thank you very much for this method."

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7. Shingles on face 03558...France

On 17 August 2018, small pimples appeared on the forehead of a 74-year-old woman. The same day, she started applying cream prescribed by her dermatologist. Two days later, she developed swelling on her face and eyelids (see pic), with mild fever. On 22 August, her condition was diagnosed as shingles and the patient took antiviral medicines for one week, along with opioid analgesics for pain. She could sleep only for 2-3 hours every night and felt tired.

She decided to consult the practitioner who gave on 23 August 2018, the following combos:

For external application:

#1. CC7.3 Eye infections...TDS in water for spraying on swollen eyelids

#2. CC9.4 Children's diseases + CC21.2 Skin infections...TDS in water for spraying only on the swollen face excluding eyelids

For Shingles:

#3. CC9.2 Infections acute + CC10.1 Emergencies + CC12.1 Adult tonic + CC12.4 Autoimmune diseases + CC15.1 Mental & Emotional tonic + CC21.8 Herpes + #1 + #2...QDS in water for oral consumption

For Sleep disorder:

#4. CC15.2 Psychiatric disorders + CC15.6 Sleep disorders...one dose half-an-hour before bedtime, then every 10 minutes until asleep.

After 4 weeks on 19 September, the patient was free of pimples (see pic) and her facial skin was smoother, except for the purplish swollen forehead. She had a mild burning sensation on her left temple but no fever; her eyes had deflated and looked better. Though she was a little tired, her sleep had

improved. After 11 weeks of starting vibronics on 8 November 2018, patient's face and eyes became almost normal, swelling on the forehead was 80% less though slightly purple in colour (see pic). She continued all the 4 remedies along with the painkiller.

After a total of 6 months on 27 February 2019, all symptoms of shingles vanished (see pic). Her whole face had become smooth, skin was no longer purplish, the eyes were normal, she could sleep well for 5-6 hours, and felt 100% cured. #1 and #2 were stopped and the dosage of #3 and #4 was reduced to **BD**, which she continued until April 2019. She had stopped using opiate analgesics in the last week of December 2018. As of August 2019, she confirmed there has been no recurrence of any symptom.

Editor's note: The most relevant remedy for oral use as well as external application would have been: **CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC21.2 Skin infections + CC21.8 Herpes** to bring faster relief. **CC15.2 Psychiatric disorders** is not relevant for sleep disorder.



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8. Ulcerative colitis, bruxism ^{03558...France}

A 53-year-old man suffered for the past 11 years with abdominal pain and diarrhoea accompanied by mucous and blood. He also had anal incontinence soon after a meal, along with nausea and vomiting, which resulted in loss of appetite. It was diagnosed as ulcerative colitis in 2006. Pentasa suppositories,

which he used for 2 years, gave him no relief. During the next 3 years, he was treated for haemorrhagic recto-colitis without any improvement and he lost 15 kg in weight. So, he was put on a drip of Remicade 400mg, once every 8 weeks. He was also given corticosteroid for 2 years which was stopped in 2013. Due to his failing health, he lost his job in 2014 and became depressed.

On 15 October 2017, when he met the practitioner, his symptoms of past 2 years were inflammation of rectum with abdominal pain, diarrhoea 3 times a day with blood in stools, and severe depression. The patient also revealed that for the past 15 years he had bruxism, a habit of grinding his teeth at night, for which he never took any treatment. The practitioner gave him:

For ulcerative colitis and bruxism:

#1. CC 4.1 Digestion tonic + CC4.2 Liver & Gallbladder tonic + CC4.6 Diarrhoea + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.2 Psychiatric disorders...one dose every ten minutes for 2 hours followed by 6TD for 3 days, then TDS

The patient was not on any other treatment apart from the periodical Remicade drips. On the very day he took the remedy, he had a severe headache in the evening which lasted for a week. Despite the pullout, he continued the prescribed dosage to get rid of his problems at the earliest.

Three weeks later on 8 November 2017, the frequency of his stools reduced to once a day, and pain and inflammation as well as blood in the stools decreased by half. No more he suffered from anal incontinence or nausea or vomiting. Also, he had stopped grinding his teeth at night though some tension was felt in the jaws. In the next 2 months, noting his improved state of health in respect to colitis, the drips were stopped by his doctor; no medicine was prescribed. His habit of grinding teeth at night reappeared whenever he felt the stress of a task to be done, as he was without a regular job.

On 8 January 2018, #1 was changed to:

2. CC4.1 Digestion tonic + CC4.2 Liver & Gallbladder tonic + CC4.6 Diarrhoea + CC12.1 Adult tonic + CC15.2 Psychiatric disorders + CC20.4 Muscles & Supportive tissue...TDS

If his sleep was disturbed due to bruxism, #3 below was given as additional support at night:

3. CC15.2 Psychiatric disorders + CC20.4 Muscles & Supportive tissue to be taken every 10 minutes until grinding of teeth stopped.

In the next 2 months, the patient was free of abdominal pain and inflammation, and the frequency of his stools, with no blood or mucous, was stable at once a day. He had nearly stopped grinding his teeth, except for a little tension in his jaws which would vanish as soon as he took a dose. After 5 months of starting the vibrionics treatment, all the symptoms of ulcerative colitis completely vanished. On 19 March 2018, dosage of #2 was reduced to **BD**.

After 3 months on 15 June 2018, he had regained 5 kg in weight and found a job to his satisfaction; this involved a lot of physical activity. His appetite was good, he relished his nutritive diet and had become prayerful and peaceful. As none of his symptoms had recurred, dosage of #2 was reduced to **OD** and #3 was stopped.

On 16 September 2018, patient was advised to taper down the dosage of #2 to **OW** as per his comfort. At his final review in August 2019, there has been no recurrence and the patient was taking #2 at **OW**.

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9. Menorrhagia ^{12051...India}

A 13-year-old girl, with the onset of puberty on 19 April 2018, had heavy menstrual bleeding for a week. As she had two more such difficult periods within the next five weeks, the practitioner, who is her mother, gave the following remedy on 23 May 2018:

#1. CC8.7 Menses frequent + CC15.1 Mental and Emotional Tonic...QDS

There was not much change as she had 2 more similar periods within the next 6 weeks. As such aberrations happen in the initial stages, the mother was confident that things will settle with the remedy. When her daughter had the next period also within 3 weeks, she immediately consulted a gynaecologist on 14 August 2018. Though the prescribed allopathic medicine reduced the heavy bleeding in 2 days but bleeding continued for another 12 days. This frustrated the patient as it was difficult for her to attend school during those days. Her doctor suggested a hormonal treatment but her mother was not willing to continue allopathic medicines.

Instead, on 17 September 2018, consulted a **senior practitioner** ¹⁰³⁷⁵ who made the following remedy to replace #1:

#2. NM6 Calming + NM56 Menses Bleeding + BR16 Female + SR256 Ferrum Phos + SR537 Uterus...TDS

After 3 days, her period started (which was exactly 3 weeks after her previous one), and lasted for 10 days with normal bleeding. Subsequent three periods from October happened at regular intervals of about a month, with normal bleeding for 7 days. From January 2019, even the duration of periods was stabilised at 4-5 days. After 7 months on 29 April 2019, dosage was reduced to **OD** and then gradually tapered down before stopping on 1 July 2019. As of 19 August 2019, the patient is 100% free of her menstrual problems with no recurrence.

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10. Chronic forearm & elbow pain ^{11605...India}

A 68-year-old female started having mild nagging pain in her right forearm and elbow joints 6 months ago. As the pain increased and made it difficult for her to carry on day-to-day kitchen chores, she consulted an orthopaedic doctor and took painkiller and applied gel as prescribed. She was advised to give rest to her forearm for at least a month, as her muscles had become weak due to overuse. The pain subsided within a week and she resumed her normal household work, since she had no domestic help, before the prescribed rest period was over. Within a month, her pain started all over again. She ignored it for 3 months, but the pain became so intense and continuous that she could not even lift a mug of water while taking bath. This time, she chose to take vibrionics treatment from her son-in-law who had recently qualified as a practitioner.

On 11 February 2019, she was given:

#1. CC20.2 SMJ Pain + CC20.4 Muscles & Supportive tissue...TDS

Within 3 days, her pain reduced by 50%, and within another 4 days she could resume her household duties as pain was now bearable. One month after starting the remedy, she was free of pain except on occasions when the workload at home increased. After another month, she could do all her household work without any pain but preferred to continue the remedy at **TDS**.

Considering her age and the need to do household work, **#1** was enhanced on 1 May 2019 as follows:

#2. CC12.1 Adult tonic + #1...OD

On 1 July 2019, **#2** was stopped. Combo **#1** was resumed at **3TW** and gradually tapered down before stopping on 1 August 2019. As a preventive measure, she has been put on a cycle of **CC17.2 Cleansing...TDS** for a month to be alternated with **CC12.1 Adult tonic + CC20.4 Muscles & Supportive tissue**, for a year. As of 28 August 2019, she is fit with no complaints.

☞ Answer Corner ☞

1. How can I use vibrionics to prevent diseases in apparently healthy patients who were cured of their ailment using vibro?

Answer : Prevention of disease is most important as often emphasized by Sri Sathya Sai Baba in His speeches. A practitioner should appropriately convey to his patients the preventive aspect of vibrionics remedies and the most opportune time is when he has been cured of an ailment. He can be given a cycle of **CC12.1 Adult tonic** for a month, alternating it with **CC17.2 Cleansing** or vice versa, for a year. The dosage of this preventive cycle may be reduced to **BD** in the next year and **OD** during the third year. If a patient develops an ailment in the middle, the cycle can continue while an appropriate remedy is given for the ailment, but keep a gap of one hour between the 2 remedies. Alternatively, you can stop the cycle and give only the additional remedy until the acute problem is gone and then resume the cycle. A patient can be inspired to persuade his healthy family members and friends also to take preventive treatment.

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2. How can I minimise the use of ethyl alcohol since this is not easily available in my country?

Answer: In vol 10 #2 of our Newsletter (link given below), it was explained that 1 drop of alcohol is enough for up to 20 ml (2 dram) bottle of pills. However, some practitioners wrongly think that adding more than one drop gives faster results; this only consumes more alcohol. Vibration is pure energy that works at a qualitative level. In highly acute situations, one may add one drop directly to 200 ml of water to make the remedy. In camp situations when one needs multiple bottles of the same remedy, one can add just 15 drops of the combo to 450 gm of pills (one packet). <http://vibrionics.org/vibro/newsletters/english/News%202019-03%20Mar-Apr%20HS.pdf>

3. *How to tackle a situation when known patients, including relatives, friends, or those who wield high office or status, expect the practitioner to visit them to treat or deliver remedy for them?*

Answer: It is not an easy situation to be in, but certainly a challenge to be faced. There is a way out for everything. Foremost, we have to view every situation with an alert mind and a compassionate heart. At the same time, we should adhere to our discipline as practitioners that a patient has to be seen personally, at our clinic (maybe at home), wherever consultation is regularly scheduled. Further, a proper record is to be maintained, remedy is to be prepared carefully, and the first dose is to be administered lovingly and prayerfully. When an individual demand goes contrary to the normal protocol of a patient visiting a practitioner, we may politely invite them to visit our scheduled place so that they can be treated properly and professionally. When we pray and connect with the Lord and allow Him to function through us, He gives clarity. We will know when to adhere to our discipline strictly and in what situations we can handle such patients differently without compromising on our professional standard or ethics. We should remember not to set a wrong precedent and get caught in it.

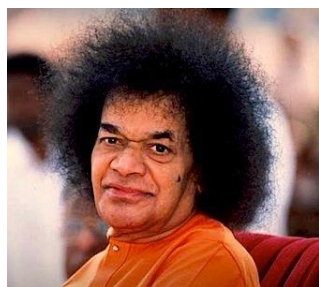
4. *What should be my approach when patients address me as “doctor”?*

Answer: A patient normally visits a practitioner to seek relief from a diseased state. To him, the practitioner is no less than a doctor whom he trusts. Therefore, we should not say or do anything to disturb his faith with which he has approached us. At the same time, we should not project, directly or indirectly, ourselves as doctors. Whatever praise that is expressed by an overwhelmed patient should be inwardly passed on to the Lord as we are working as His humble instrument.

5. *Sometimes miasm is recommended along with a combo and sometimes in isolation with a 3-day gap before and after a combo? Please clarify.*

Answer: Each miasm carries the seed of many diseases in the body. Many of us have one or more miasms dormant within us which may surface due to wrong lifestyle and negative mental patterns. Each miasm remedy is deep acting and so is likely to have a pullout. Therefore one miasm is used at a time and given only when a person is in relatively good health. Prior to that, **SR218 Base Chakra** is advisable **OD** for 7 days to activate the miasms. Also, all other remedies are stopped 3 days prior to starting a miasm and continued only one week after the miasm dose. All these precautions are meant to enable the miasm to work effectively to achieve its purpose.

But, in some cases where the symptoms warrant it, a miasm is given simultaneously with other remedies to help the treatment of a disease and here, there is little likelihood of a pullout. Many combos in the 108CC box include one or more miasms to provide relief from some diseases without much pullout. These broadly cover combos for all cancers and tumours, all kinds of infections, autoimmune diseases, mental and emotional problems, brain disabilities, paralysis, and arthritis.



☪ Divine Words from the Master Healer ☪

“What is the cause of heart ailments? Many doctors say that they are due to smoking, consumption of fatty foods, overeating, and other habits. The relationship between food and habits should be properly understood. We should see that proper balance is maintained between the physical body and inner feelings (Spirit). Modern man is continuously in a hurry. Hurry causes worry which affects the physical health. The main cause of heart troubles may be said to be hurry, worry, and curry [fatty foods].”

... Sathya Sai Baba, *Integral approach to human ailments*” Discourse 6 February 1993
<http://www.sssbpt.info/ssspeaks/volume26/sss26-04.pdf>

"God will not ask you, when and where did you do service? He will ask, "With what motive did you do it? What was the intention that prompted you?" You may weigh the seva and boast of its quantity. But, God seeks quality, the quality of the heart, the purity of the mind, the holiness of the motive."

... Sathya Sai Baba, "Lessons on seva sadhana" Discourse, 19 November 1981

<http://www.sssbpt.info/ssspeaks/volume15/sss15-31.pdf>

☪ Announcements ☪

Forthcoming Workshops

- ❖ **Croatia Zagreb:** AVP Workshop **5-8 September 2019**, contact Dunja at dunja.pavlichek@gmail.com
- ❖ **UK London:** National Annual Refresher seminar **22 September 2019**, contact Jeram at jeramjoe@gmail.com or by telephone at 020-8551 3979
- ❖ **France Alès - Gard:** SVP Workshop **20-24 October 2019**, contact Danielle at trainer1@fr.vibrionics.org
- ❖ **France Alès - Gard:** AVP Workshop & RefresherSeminar **26-28 October 2019**, contact Danielle at trainer1@fr.vibrionics.org
- ❖ **India Puttapparthi:** AVP Workshop **16-22 November 2019**, contact Lalitha at elay54@yahoo.com or by telephone at 8500-676-092
- ❖ **India Puttapparthi:** SVP Workshop **24-28 November 2019**, contact Hem at 99sairam@vibrionics.org
- ❖ **India Puttapparthi:** AVP Workshop **23-29 February 2020** (pl.note these dates replace the earlier published dates) contact Lalitha at elay54@yahoo.com or by telephone at 8500-676 092
- ❖ **India Puttapparthi:** AVP Workshop **08-14 July 2020**contact Lalitha at elay54@yahoo.com or by telephone at 8500-676 092
- ❖ **India Puttapparthi:** AVP Workshop **16-22 November 2020** contact Lalitha at elay54@yahoo.com or by telephone at 8500-676-092

☪ In Addition ☪

1. Health Tips

Breathe right with awareness!

*The breath teaches you Sohum all the time, 'so' when air is inhaled and 'hum,' when it is exhaled. This process has to be watched carefully. Here "so" relates to the Divine Principle and "hum" to ahamkara (ego). Thus, while Divinity enters into our body, ego leaves us. And that Divine Principle which has entered into our body must be held firmly in our system..." Sri Sathya Sai Baba.*¹⁻²

1. No breath, no life!

The first thing we did when we came onto this planet was to take a deep breath in and cry loudly, kick starting the lungs! The last thing we will do is breathe out and make others cry. In between these two major events, we breathe in and out, 24 hours a day, non-stop! Amazingly, we do not normally pay attention to our own breath!³

2. Let us know our breath

What is breathing? At a physical level, it is taking air into the lungs and then expelling it. Oxygen, vital for our survival, is taken in from the inhaled air and carbon dioxide is released while we breathe out. This happens automatically and quietly every moment. But, there is more to it than exchange of gases. Breath is like the invisible hand of the Divine, an unbroken string that goes on and on. So crucial is every breath that it ties us to our body. Without it, body will fall apart and life will cease in an instant.⁴⁻⁶

Process of breathing: Every function and every cell of the body needs a fresh supply of oxygen to produce energy. Inhaled air is first warmed and humidified, in tune with body temperature, and cleaned by the nose and lungs. Then the lungs supply this oxygen to the entire body and also get rid of the waste air, carbon dioxide, with the help of the circulatory system. Our brain constantly receives signals about the level of oxygen and carbon dioxide in the body and sends signals down the spinal cord to the diaphragm, a dome shaped muscle under the lungs, which contracts and relaxes during breathing.

Sensors in the brain, blood vessels, muscles, and lungs adjust our breathing to changing needs depending upon our activity, situation, thought, and emotion.^{4,5,7}

Normal breathing frequency: Normal respiration rate in adults at rest varies from 12 to 16 per minute (17280 to 23040 per day). In a newborn, this is 30-60 per minute which gradually decreases with age but it may increase after the age of 65. It also increases with activity and during illness at any age. It is one of the four vital signs, along with blood pressure, pulse, and temperature, commonly measured by medical practitioners during illness. Unhealthy lifestyle can make breathing faster thus paving the way for disease. Conditions that affect respiratory rate are anxiety, stress, emotions, asthma, pneumonia, congestive heart failure, or lung disease, use of narcotics, or drug overdose. Some experts consider slower breaths of 8-10 per minute as normal and best for overall health. We cannot measure our own respiration rate accurately since the moment we pay attention to it, our breathing would change and become slower and deeper.⁸⁻¹²

Importance of nasal breathing: Normal breathing involves slow and steady nasal breathing in and out. Nose, unlike the mouth, is so structured as to eliminate the impurities and contaminants including deadly bacteria, aided by a gene in the body that stimulates the receptors of nose to that effect. Absorption of oxygen happens mostly on exhalation. Exhaling through nose is slower than through the mouth and enables the lungs to extract more oxygen for the body. It also ensures proper oxygen-carbon dioxide exchange and helps blood to maintain a balanced pH level.^{9,13,14}

Risks of breathing through mouth: Carbon dioxide will get eliminated quickly due to which absorption of oxygen will slow down; symptoms of illnesses like high BP, asthma, and heart disease will worsen due to hyperventilation; health problems like shortness of breath, snoring, and sleep apnoea may arise as some important stages in the normal breathing process are bypassed. Continuous mouth breathing will open the way for bad bacteria to enter leading to infection. Also, it will weaken the lungs, heart, and brain over a period of time, by denying optimal oxygenation. One can break the habit by consciously breathing through the nose during the day and before going to sleep.^{9,13,14}

Breathing through the mouth may be inevitable in some situations when the nasal passage is blocked or restricted or when the body has less oxygen. If a person is struggling to breathe, it is advisable to seek emergency medical help immediately. For a less serious problem with breathing consult a physician or a practitioner to set it right.

Alternate nasal breathing: There are certain things that anatomy does not teach. The passage of airflow in the two nostrils is asymmetrical in nature i.e. breathing through left nostril is different from breathing through the right nostril. This is due to tiny nerve endings at the base of the nose, connected directly to the brain and stimulated by smell and flow of air. Research studies have shown that a spongy tissue in one nostril swells and the tissue on the opposite side shrinks alternatively in a predictable pattern. This happens constantly, every one to two hours, known as infradian rhythm. It can be interfered with by emotional disturbance, irregular schedules of meal and sleep, and irritation of the nose due to pollution or infection.¹⁵⁻¹⁷

Impact of nasal cycle: It has been observed by yogis adept in the science of breath that while breathing through the right nostril, individuals become more alert, dynamic, and oriented towards the external world. That is, the left side of their brain becomes active. Similarly, breathing on the left side enhances creativity and calmer state of mind with propensity to look inward, indicating an activated right brain. Breathing exercises, like Pranayama help both nostrils to flow equally. Since this is conducive to meditative state, Pranayama precedes meditation sittings. Accordingly, in schools of yoga, breath is attuned properly before undertaking any activity. For example, opening the right nostril before eating to prepare the body for the active process of digestion and opening the left nostril before taking water and other fluids; to lie on one's left side after a meal to stimulate the digestive process; to lie on the left side for 5-10 minutes while going to bed to create warmth and then turn to the right to relax oneself to fall sleep easily are all beneficial.¹⁵⁻¹⁷ Scientific studies have yet to catch up with these aspects. Some experiments have shown differential effects of uninostril and alternate nostril breathing on cardiovascular parameters and correlation with left and right brain activity. Also, regulated alternate nasal breathing can alter metabolism and have therapeutic value, especially in hypertension and pulmonary disorders.¹⁸⁻²⁰

Disturbance in the nasal cycle can lead to disease according to yoga experts. If one nostril remains blocked, we will frequently experience pain and headaches. When the breath continues to flow in one nostril for more than two hours, it will have an adverse effect on our health. Longer the flow of breath in one nostril, more serious the illness. For instance, continuous right nostril breathing can lead to diabetes; long periods of activity of the left nostril may result in fatigue and reduced brain function and even asthma. These can be reversed with correct breathing through the other nostril under the supervision of an expert

and then prevent recurrence by learning and practising alternate nasal breathing called *svara yoga*.¹⁶
¹⁷ Some studies have shown that changes in nasal airflow duration, pattern, and rhythm corresponded to various disease states in humans e.g., breathing through right nostril increased blood glucose level significantly and breathing through left nostril decreased it.²¹

Self-checking nostril dominance: We may self-check our nostril dominance by a simple technique of holding a pocket mirror against our septum and gently exhale. The mirror will show two puffs of condensed vapour from our breath. The one that takes longer to evaporate would indicate the dominant nostril. One may change the cycle by lying on the dominant-nostril side for 10 minutes to open up the opposite nostril and again check on the mirror to see the difference. In this way, one may experiment with oneself to enhance one's awareness. But it is best to approach a competent teacher or a master to learn properly if one wants to be adept in it. The nasal cycle may vary from person to person and even at different times in the same person.²²

3. Techniques of rhythmic breathing

The breathing we generally do is not breathing at all, according to experts. It is shallow breathing through the chest, upper part of the lungs but right breathing is within our power through attention, awareness, learning, and conscious practice.^{23,24}

Simple breathing: It is best to breathe naturally, but consciously. A basic simple method is just to breathe in a measured way, in and out. That will harmonise the system. Later with practice one may mentally chant Om or Sohum or any sacred word of choice.²³

Diaphragmatic breathing: If we lie on our back and place one hand on the chest and the other on the abdomen, we can observe the movement of our diaphragm while breathing naturally. As we breathe, let us visualize that we are inhaling air into the abdomen and pelvic area. If done properly, the hand on the chest should not move, while the hand on the abdomen should rise with the inhalation and fall with the exhalation. When we inhale fully, the diaphragm is pulled down while air is sucked into the lungs, causing the abdomen to move outward. When we relax and let go, the diaphragm slides back into its original position and air is expelled. If done regularly for 10 days with attention, movement of the diaphragm will get regulated and breathing using the diaphragm will become a habit. Practising a few minutes in the morning and evening will establish the habit and make it a meaningful part of our life.^{15,17}

This can also be practised standing up, keeping the head, neck, and trunk straight, a hand on the abdomen and watch the movement of diaphragm. Gently push in and exhale, then let the abdomen come out and inhale. Fill the lungs, but don't overdo it.^{15,17}

Guidelines and advantages to remember: Breathe fully and smoothly, without jerks or sound, with awareness, in a relaxed way akin to a baby in deep sleep; not to create a long pause between inhalation and exhalation. If done correctly we will notice a sensation of coolness at the tip of the nostrils upon inhalation, and a feeling of warmth on exhalation. The lungs will get cleansed, the body will get cooled down and energised, and the internal stress response will get turned off producing profound relaxation. One can enjoy good health with heightened awareness and clarity in thinking.^{15,17}

Caution: One can do simple breath-awareness exercises, but advanced techniques, especially those using breath retention, should be learnt and practised under the strict guidance of a competent teacher. Some practices are such as to befit only those on an ascetic path. There are different practices of breathing taught in different places and schools of yoga, depending on the stage and nature of one's life. Some practices require altering one's lifestyle substantially; if not done, it may not benefit at all, rather bring harm.²⁵

4. Let our breath take us beyond!

Watching our own breath regularly with joy, awareness, and focus will gradually take us to the stillness and the truth within. "*Love is My Form; Truth is my Breath; Bliss is My Food; My Life is My Message, Expansion is My Life..*" sang Sri Sathya Sai Baba, to show the way! It is vital to know our breath, enjoy it with love, explore it, and just be with it. It will bring happiness in this life and, if pursued with undivided attention, help us transcend the elusive and illusive cycle of birth and death!

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2. Awareness talks, South Florida, USA 11-14 July 2019

There was an awareness workshop held on 13 July, organised by **Practitioners** ^{11584 & 02787} at their home in Fort Lauderdale, South Florida. Many participants showed keen interest in taking vibrionics remedies and for possibly training to be practitioners themselves. This was preceded and followed by talks at both the Fort Lauderdale and Miami Sai centres where Dr Aggarwal shared his personal experiences with Swami including blessings and guidance given to him regarding the Vibrionics mission. Both meetings were well attended and a lot of interest was shown in learning more about vibrionics.



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3. AVP workshop, Puttaparthi, India, 17-22 July 2019

Ten candidates (six from India, one each from Gabon (Central Africa), Benin (West Africa), South Africa,



and UK) qualified as AVPs in this intense 6-day workshop. Four practitioners from India and abroad also participated to refresh and enhance their knowledge. The workshop conducted by the two senior teachers^{10375 & 11422}, supported by a senior practitioner¹¹⁹⁶⁴, had inspiring and interactive sessions. Dr Jit Aggarwal gave some guidance through skype from US. The workshop also had invaluable inputs on effective case history writing by Mrs Hem Aggarwal. The highlight of this workshop was

a shift in the teaching technique to a more interactive case study based method, rather than a chapter-wise presentation. The sessions were interspersed with demo and role-play by teachers and the senior practitioner as well as mock clinic in which the participants were encouraged to do role playing as patient and practitioner. A system of taking formal feedback from the participants about the format, content, and presentation aspects was also initiated. All the qualified AVPs took their oath before Swami with great enthusiasm, keen to start their practice.

4. Refresher Workshop in Hindi for VPs/AVPs, Bhilwara, Rajasthan, India, 25-27 August 2019

This three-day workshop was organised to reach out to practitioners in the remote areas of the State of Rajasthan in our drive to retrain the existing practitioners and bring them at par with the rigorous current standard of training. It took months of hard work by a senior teacher¹⁰³⁷⁵ together with two **Bhilwara coordinators** ^{10461 & 10462} to organise this workshop. All the 14 (10 from Bhilwara and 4 from Jaipur) were computer non-savvy, did not undergo the mandatory e-course, and so arrangements were made to help them complete the course manually. It was conducted in Hindi by the **senior teacher** ¹⁰³⁷⁵ supported by senior vibrionics **practitioner** ¹¹⁹⁶⁴ at the Sai Centre in Bhilwara, to update their knowledge.

The sessions covered the history and growth of vibrionics, responsibilities of practitioners, selection, preparation, and administration of remedies, and recording of patients' history. The participants were happy that they could interact and get clarifications from Dr Aggarwal directly through a vibrant skype session. He emphasised on qualitative practice with sincerity, love and compassion, and professionalism.

The highlight of the workshop was many sessions of model clinic with lively role playing by the participants. This gave them an insight into the nuances of patient-practitioner interaction. Such was the interest that the sessions extended late into the evenings on all the three days and the participants were happy about it! This was supplemented by actual clinic every afternoon during which 30 patients were treated. That the workshop had resurged the practitioners' energy and spirit was evident by the zeal shown by them. All took a pledge to take vibrionics to greater heights as a work entrusted to them by Swami.



Om Sai Ram

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