

Sai Vibrionics Newsletter

www.vibrionics.org

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

Vol 11 Issue 2

Mar/Apr 2020

In This Issue

☞ From the Desk of Dr Jit K Aggarwal	1 - 2
☞ Practitioner Profiles	2 - 4
☞ Case Histories using Combos	4 - 8
☞ Answer Corner	8 - 10
☞ Divine Words from the Master Healer	10 - 10
☞ Announcements	10 - 10
☞ In Addition	11 - 15

☞ From the Desk of Dr Jit K Aggarwal ☞

Dear Practitioners

I'm very happy to be writing to you on the heels of Maha Shivarathri from Puttaparthi, where this joyous festival was celebrated with highly uplifting veda chanting and ecstatic twelve-hour long bhajans. According to our Great Master, *"There is no use in just thinking of Shivarathri once a year. Every minute, every day, every night, you should think of Divinity and sanctify your time, for the Time principle, truly speaking, is Shiva. You yourself are Shiva. Try to understand and recognize this principle of Shiva Tatva which is your own Reality."* - Sathya Sai Baba, *Shivrathri Discourse, 17 February 1985*. Simple though it may sound, it is a highly compelling message for us to spiritualize our every moment/every breath. This becomes even more important today when the world seems to be in a state of turmoil on many fronts, is in the grip of panic due to the spread of Coronavirus or COVID-19 (as named by WHO), and is preparing to fight this potential pandemic. We have a significant coverage dedicated to protective measures in dealing with the virus in the 'In Addition' section of this issue. My simple thinking on this matter is that spiritually charging our lives and keeping a check on what we take in through our outer and inner senses is the best vitamin and most effective preventative measure one can take. Having said so, I strongly advise and request all our practitioners to also take safeguards as suggested in the last section of the newsletter.

In *Volume 9 Issue 2 (March - April 2018)* edition of our Newsletter, I had briefly touched upon our proposal to design and implement a formal organization based on best practices in alternative healthcare management with a view to gearing up for expansion. I am happy to announce that with encouraging response to my call for volunteers to step-up, we have now formalized such a structure with standard operating procedures (SOPs). We have formulated a very robust and dynamic organization structure with nine key functional wings: Operations & Logistics, Admissions; Education, Training & Promotions; Research & Development; Newsletters; IASVP; Information Technology; Audio Visuals; and Publications. Each functional wing has several subject-related sections to be handled independently. This has already resulted in new admin seva opportunities for practitioners. As we expand, we will need more teachers (and mentors) at all levels from e-course right up to the SVP level. We will also need practitioners who have good writing skills for the News team and those who can transcribe information from audio files for the AV wing. We will provide complete training and guidance to all those who volunteer for all specialized seva opportunities.

Our practitioners are conducting Sai Vibrionics camps at various locations, benefitting a large number of patients. While our focus remains on maintaining a high standard of treatment and on reaching out to maximum number of patients, we would like to record these activities and share the experience from these camps for the benefit of all practitioners. In order to do this, we would require a small write-up on all such camps along with a few good quality photographs. If practitioners who are conducting camps can all forward us the same, it would be most appreciated.

There seems to be a little confusion amongst IASVP members about renewing their identity cards. Please note, on receipt of a renewal notification, it is mandatory to re-read the rules and regulations on our Practitioners' website (as we do make changes from time to time) and "check" the box at the bottom of the webpage prior to hitting the "submit" button on the webpage.

In conclusion, I'd like us all to spend a few minutes everyday in prayer sending lots of compassion, love, and healing energy to our Mother Earth and all those affected with COVID-19 virus and leave you with this great enlightening message from our Lord – *"When people view the world with the vision of love, they will have peace. All diseases will be cured. Most diseases have their origin in the mind. Everything has a psychological basis. When a person feels that something is wrong with him, he develops an illness. A healthy mind is needed for a healthy body."*

"Start the day with love, spend the day with love, end the day with love, that is the way to God. If you develop love, disease will not come near you." -- Sathya Sai Baba, Shivrathri Discourse, 17 February 1985.

In loving service to Sai
Jit K Aggarwal

☞ Practitioner Profiles ☞

Practitioner 03542...UK is a qualified structural engineer with over 40 years experience in the construction industry in the UK. He was technical director of an international construction company before retiring in 2017. Though spiritually inclined since childhood, it was not until the age of 42 that he felt a deep stirring in his heart after reading the book on Sathya Sai Baba "Man of Miracles". In the same year, in June 1996, he visited Puttaparthi and had his first divine darshan that instilled his faith in Swami. Inspired, he started having bhajans at his home which over the years became a Sai centre with varied service activities and continues to this day. It was blessed on several occasions with His divine manifestations of vibhuti, nectar and lingam.



In February 2016, an opportunity seemed to arise to fulfil his childhood dream of becoming a doctor, when he learnt about Sai Vibrionics through a YouTube video. As he was nearing his retirement, he and his wife were thrilled to join the vibrionics course and became AVPs in June 2016. He was taking allopathic medicines for a 6-month-old cough with no relief. To his surprise, with just two doses of vibrionics remedy his cough vanished and did not recur. This further strengthened his faith in vibrionics to pursue it with greater enthusiasm. In November 2018 he qualified as an SVP at Puttaparthi. After a month, while he was returning home from India, a beautiful lingam manifested in the vibhuti box that he was carrying!



The practitioner has treated over 170 patients. Most of them had substantial relief and many have experienced complete healing. The cases treated successfully cover a range of ailments like high blood pressure, varicose veins, constipation, diarrhoea, vomiting, colitis, cirrhosis of liver, earache, hypothyroid, fibroids, endometriosis, common cold, flu, toothache, kidney infection, sleep disorder, stress, depression, Miller Fisher Syndrome, asthma, and skin infections. He feels great joy in treating the plants in his garden with vibrionics water; this has resulted in a blooming garden free of green flies and fungal infections.

The practitioner witnessed a miraculous healing in the case of a 78-year-old female devotee who had sprained her left lower leg tendons and was in constant pain for 2 ½ months, despite allopathic medicines. After being directed by Swami in a dream, this patient visited the practitioner on 17 May 2018. The practitioner gave the first dose just before the weekly bhajan started in his home. After the bhajans, the overjoyed patient exclaimed she was pain-free and felt fully cured. She was advised to continue the remedy but after a month, the patient returned the remedy bottle unused since she was convinced she had been completely healed with the first dose itself. There has been no recurrence!

The practitioner shares a difficult case of brain haemorrhage suffered by a 30-year-old man in Tanzania, resulting in severe speech impairment, paralysis of limbs, difficulty in breathing, and inability to swallow. Even after 6 months of hospitalisation, his condition showed no signs of improvement and he was brought home in despair in February 2019. On request from the family on 22 March 2019, the practitioner continuously broadcast **SM12 Brain and Paralysis** for 2 hours (If using the 108CC box, give **CC18.1 Brain disabilities**). Then he added further remedies to the broadcast since the patient was also suffering from urinary infection, diabetes, high blood pressure and cholesterol. Over the next 1-3 months, urinary infection

was gone and the patient could move his limbs slightly, breathe better, and also swallow food. After 6 months, the patient was able to move his limbs well and eat by himself although full mobility was yet to be achieved. Inspired by this case, the practitioner often treats by distance healing.

In his experience, adding **CC15.1 Mental & Emotional tonic** to a remedy is very beneficial for patients who live with stress and anxiety. Also adding **CC12.4 Autoimmune diseases** expedites cure in cases of chronic allergies, Lyme disease, and constipation.

Many of his patients take vibrionics remedies not only for their ailments but also as a preventive for maintaining optimal health. He potentises allopathic medicines to counter their side effects. The practitioner always carries the wellness kit with him and has successfully treated many emergency cases during his travels.

The practitioner says he gives adequate time and attention to each of his patients during consultations and listens to them with compassion and love. This makes them value the service provided and sincerely follow the do's and don'ts. He is deeply grateful to Sai Vibrionics for making him more empathetic. He trusts his intuition as he feels guided by the Divine while dealing with each patient. He feels humbled by the blessings received by him in many ways and is keen to play his role in the growth of Vibrionics, especially in the UK.

Cases to share:

- [Diarrhoea, breathing difficulty](#)
- [Colitis with cysts in colon](#)

+++++

Practitioner 01001...Uruguay, a mother of two young children, runs a small business in natural cosmetics. Her profile first published in March-April 2017 newsletter traced her fascinating journey to Sathya Sai Baba and to Vibrionics. For the past 3 years she has been devoting substantial time to vibrionics despite facing business and domestic challenges. Though her second child was barely a-year-old, she went through the SVP e-course. Following this, she participated through skype in the intense 5-day SVP workshop held in India in November 2018 by remaining awake throughout the night on all 5 days (she was in a time zone 8½ hours behind India), in spite of being unwell due to an allergy.



After qualifying as a senior vibrionics practitioner, she has successfully treated 40 patients with varied conditions like reflux in babies, diabetes, hypermetropia, ovarian cyst, mouth ulcers, immune debility, fears in children, dysphagia, and sleep disorders.

The practitioner shares her own case of healing that she attributes predominantly to vibrionics. Due to a recurrent pain in her lower abdomen prior to her menstrual cycle, she got an ultrasound done on 1 February 2019. It revealed a cyst 6.07 cm x 4.09 cm in her left ovary. This was a cause for concern as her entire right ovary and half of her left ovary had already been removed in 1999 because of a similar cyst. Since she wanted to try alternative treatment first her doctor suggested to repeat the test in 4 months and if the size of the cyst did not come down, he would remove it surgically. The very next day she started taking **CC2.3 Tumours & Growths + CC8.4 Ovaries & Uterus...TDS**. The first dose itself made her feel relaxed and her next menstrual period was without pain. Two weeks later, she intuitively supplemented vibrionics with a weekly treatment of Egyptian acupuncture for 10 weeks as she was anxious to preserve her remnant left ovary. On 1 July 2019, a repeat ultrasound test showed no trace of a cyst and her ovary was in perfect health. So she reduced the dosage to **BD** for 2 weeks and from 16 July 2019 she is on **OD** to maintain the health of her ovary.

Enthusiastic to experiment with vibrionics, the practitioner could virtually eliminate cockroaches from her kitchen within 24 hours by spraying the combo **CC1.1 Animal tonic + CC17.2 Cleansing**. Besides being in constant touch with her patients, the practitioner has been taking greater administrative responsibility in the vibrionics community. Assisted by another practitioner, she translates our newsletters into Spanish. She has taken the responsibility of updating database of practitioners for all Spanish speaking countries. In the process, she has inspired and activated many who had been dormant for some years. More recently, with the help of one of her patients and some translators, she prepared and edited a video titled "Introduction to Sai Vibrionics" in 13 languages; this is a practical way to create and spread awareness about vibrionics.

The practitioner interacts joyfully with all her patients by looking at and reinforcing their positives - their strengths, their goodness and the health that sustains them. She tries not to focus on suffering. She gives the vibrational remedy with faith, believing that it will bring light in their life, no matter what the result is.

She sees vibrionics playing an important role in raising the vibrational frequency of the planet and so as a sacred and divine tool that will lead us to live in more harmony with ourselves and the world around us. She imagines that each given remedy brings light and makes that being (person, animal, or plant) shine.

The practitioner states that the whole planet is transitioning from darkness to light, from egoism to solidarity, and from fear to love. Vibrionics is playing its role in this divine plan by giving us an opportunity to SERVE, not just to serve others, but to serve ourselves by transforming and raising our own vibrational frequency. Hence our commitment is most important. It doesn't matter in which area we participate or the number of patients we treat or how long we have been practitioners but what matters is commitment from our heart to assume this responsibility. Her advice to other practitioners is to enjoy the encounter with every patient, with the feeling that it is not just for them to get cured, but for us also to heal ourselves as each patient is a perfect mirror to heal something in us.

Today the practitioner keeps feeling the same "magnetism" for Vibrionics that she felt exactly 10 years ago when she got to know the system. Vibrionics is now a natural part of her life that gives her the opportunity to embrace the joy of seva.

Cases to share:

- [Blurred vision with dizziness](#)
- [Painful boil on leg](#)

☞ Case Histories Using Combos ☞

1. Diarrhoea, breathing difficulty ^{03542...UK}

On 22 August 2019, while on a holiday in Paris, the practitioner was asked for help at midnight by the husband of a very sick 75-year-old lady staying in the same hotel. Since that morning she had stomach cramps, diarrhoea, headache, and breathing difficulty due to congestion in her chest, but was reluctant to visit a hospital. Immediately, the practitioner gave the following combos from his *wellness kit*.

For diarrhoea:

#1. Eat Well + Emergency...every 10 minutes for one hour, repeated after an hour's gap, followed by **6TD**

For breathing difficulty:

#2. Breathe Well...same dosage as for #1

The patient felt much better in the morning. She had no cramps, headache, or diarrhoea and her breathing had improved by 75%. As the patient had recovered fully, the dosage was reduced to **TDS** on 25 August, after 2 days to **OD** and stopped on 29 August. The patient remained healthy and cheerful during the next few days of their holiday. The grateful couple still keep in touch with the practitioner.

+++++

2. Colitis with cysts in colon ^{03542...UK}

A 53-year-old female from Malaysia suffered for more than 2 years from stomach cramps and frequent stools, at least 6 times a day, after which it was diagnosed as colitis in July 2018; colonoscopy revealed cysts and inflammation in her colon. On the advice of her physician, she changed her diet, stopped taking oats and took probiotics. On 13 December 2018, when she met the practitioner in Puttaparthi, she had constant dull pain in her abdomen and passed stools thrice a day. She was not taking any medication and was given the following combo as per Vibrionics 2018 book:

NM1 Amoebic Dysentery + NM2 Blood + NM36 War + NM80 Gastro + NM113 Inflammation + OM6 Colon + SR221 Heart Chakra + SR223 Solar Plexus Chakra + SR285 China Off + SR340 Aloe Socotrina + SR415 Terebin + SR473 CN10:Vagus + SR481 Colon Total...TDS

On 27 December 2018, the patient reported from Malaysia that for the past one week she had no abdominal pain and she passed stools normally once or twice a day. She was advised to continue at the same dosage

for a month after which it was gradually tapered down and stopped towards the end of February 2019. As of January 2020, the patient has confirmed no recurrence of any of her symptoms.

*If using the 108CC box, give: **CC4.6 Diarrhoea***

+++++
3. Blurred vision with dizziness ^{01001...Uruguay}

A 38-year-old woman experienced blurred vision several times a day with occasional dizziness for the past 3 months. Stress at work would make her dizziness worse. Her physician advised her to consult a neurologist which she chose not to, instead, she consulted the practitioner on 5 December 2018.

The following remedy was given:

NM44 Trigeminal Neuralgia + NM109 Vision + NM22 Liver + SM39 Tension...TDS orally and in **distilled water as eye drops...BD**

After one month, the patient reported 50% improvement in her symptoms. She could see better, blurring happened less frequently, and dizziness did not increase with stress. Six weeks later on

20 February 2019, there was 100% improvement. Eye drops were stopped and the oral dosage was reduced to OD which she opted to continue for 6 months. Thereafter it was reduced to 3TW. As of February 2020, there has been no recurrence and the patient is not inclined to reduce the dosage further.

*If using the 108CC box, give: **CC7.1 Eye tonic + CC15.1 Mental & Emotional tonic***

+++++
4. Painful boil on leg ^{01001...Uruguay}

This practitioner's 49-year-old husband had an inflamed boil on his leg, this had developed over a period of 15 days. It looked like a small ball filled with pus.

On 2 February 2019 he was given:

NM16 Drawing...6TD orally and in olive oil for external application **BD** only on the first day

While taking the second dose the patient felt great relief and to his surprise the boil had virtually disappeared. Only a little hole was visible. He felt the pus had discharged as a portion of his pants touching the leg in that area was wet. The next day the skin looked fine, almost like nothing was there. The dosage was reduced to **TDS** for 3 days followed by **OD** for two days and stopped on 7 February 2019. There has been no recurrence as of February 2020.

*If using the 108CC box, give: **CC21.11 Wounds & Abrasions***

+++++
5. Winter rash ^{02870...USA}

A 63-year-old female suffered from red itchy rash on her back, throughout every winter for the past 15 years. It spread from her back to the abdominal region below her chest and the skin felt rough like a grater. Typically the itching would start when the temperature dropped to single digit (in Fahrenheit); sometimes these symptoms would start in late autumn (September) or early winter. The itch as well as the rash disappeared with rise in the temperature every June. When the patient visited the practitioner on 3 September 2015, she was not taking any other medication.

She was given the following remedy:

CC12.1 Adult tonic + CC21.1 Skin tonic + CC21.6 Eczema + CC21.10 Psoriasis...TDS

6 weeks later, on 20 October 2015, the patient reported she did not have rash anymore and her skin felt "smooth like glass". So, the dosage was reduced to **BD** but ten days later, she again complained of itching on her back, so the dosage was reverted to **TDS** and the improvement started.

On 13 March 2016, the patient conveyed that she had gone through the peak of 2015-16 winter with neither rash nor itching and had been 100% fine for the past 4 months. The dosage was reduced to **OD** for a month. As there was no recurrence, it was tapered down to **3TW, 2TW**, and finally to **OW** over the next 3 months and then stopped. Seven months later, the patient confirmed in February 2017 that even during the winter of 2016-17 there was no recurrence. As the patient moved away from that area, the practitioner lost contact with her.

6. Skin infection ^{11563...India}

A 27-year-old female had a rash on her feet and arms especially left elbow for the past six months (see the pics below).



Itching was so intense that she could barely sleep for 2-3 hours. She did not consult a doctor but tried several home remedies without success. So she contacted the practitioner on 15 April 2018 who gave:

#1. CC12.1 Adult tonic + CC12.4 Autoimmune diseases + CC15.1 Mental & Emotional tonic + CC21.2 Skin infections + CC21.3 Skin allergies + CC21.10 Psoriasis + CC21.11 Wounds & Abrasions...6TD

#2. CC12.4 Autoimmune diseases + CC21.10 Psoriasis + CC21.11 Wounds & Abrasions...QDS in extra virgin olive oil for external application

After 12 days the patient reported improvement of 50% with the rash and 75% with the itching and she was able to sleep well. The dosage of **#1** and **#2** was reduced to **TDS**. Three months later on 4 August, she was 90% cured of her symptoms (see pic) and the dosage for both was reduced to **BD** for 2 weeks followed by **OD**.

During this visit, the patient also reported that she was earlier diagnosed to have fibroids and PCOD and now she was suffering from heavy bleeding with abdominal pain.

So, additionally she was given:

#3. CC8.7 Menses frequent + CC10.1 Emergencies + CC12.1 Adult tonic...one dose every hour on the first day followed by **6TD** for 3 days and then **TDS**.

Her menstrual bleeding had stopped by the time of her next visit on 9 October 2018, but monthly periods had also stopped. Her skin condition had improved further. Now, **#3** was replaced by:

#4. CC8.8 Menses irregular + CC10.1 Emergencies + CC12.1 Adult tonic...TDS

On 2 November 2018, her skin condition was normal but now she developed heavy menstrual bleeding together with pain in her back and abdomen. So **#4** was replaced by:
#5. CC20.2 SMJ pain + CC20.5 Spine + #3...one dose every hour on the first day followed by **6TD** for 3 days and then **TDS**.



On 14 November 2018, as the bleeding had not stopped, she opted for allopathic injections.

During the follow-up on 28 November 2018, she complained of boils on her feet. **#1** and **#2** were replaced by:

#6. CC12.4 Autoimmune diseases + CC21.3 Skin allergies + CC21.10 Psoriasis...TDS in extra virgin olive oil for external application

#7. CC12.1 Adult tonic + #6...TDS

On 9 December, she developed swelling with pain in her feet. So **#6** and **#7** were enhanced to:

#8. CC21.11 Wounds & Abrasions + #6...TDS in extra virgin olive oil for external application

#9. CC10.1 Emergencies + CC21.11 Wounds & Abrasions + #7...TDS

Seeing no improvement, the practitioner reviewed the case afresh on 27 December 2018 and replaced **#8** and **#9** by:

#10. CC12.4 Autoimmune diseases + CC21.2 Skin infections + CC21.6 Eczema + CC21.11 Wounds &



Abrasions...BD in extra virgin olive oil & vibhuti for external application
#11. CC8.1 Female tonic + CC9.2 Infections acute + CC12.1 Adult Tonic + CC15.1 Mental & Emotional tonic + CC21.2 Skin infections + CC21.6 Eczema...every hour that day followed by **6TD** for 2 days and then **TDS** from 30 December

There was steady improvement in her skin condition and by 21 January 2019 the boils and swelling had completely gone, only scars remained. The dosage of both **#10** and **#11** was reduced to **OD** for 2 months.

As she felt her skin had totally healed, she stopped taking the remedy on 15 March 2019. As of January 2020 there has

been no recurrence of itchy rash or boils.



7. Abdominal pain ^{11618...India}

A 47-year-old male was having dull intermittent pain on the right side of his abdomen for the past 9 months. Owing to his busy work schedule, he had not consulted a physician. When he visited the practitioner on 4 August 2019 he had continuous pain for the last two days and it became intolerable upon bending. He had not taken any medicine to relieve his pain.

He was given:

CC4.3 Appendicitis + CC4.10 Indigestion + CC10.1 Emergencies...6TD

The very next day, the intensity of his pain became less by 20%. Exactly after a week, on 11 August, he reported 90% improvement as he now had only mild pain, that too during exercise. So, the dosage was reduced to **TDS**. When he reported 100% relief on 18 August, the dosage was reduced to **OD**. As the patient felt no pain, he stopped taking the remedy on 29 August 2019. As of February 2020, on enquiry by the practitioner, the patient confirmed his pain had not recurred.



8. Acidity, food allergy ^{11618...India}

A 58-year-old woman suffered from stomach pain and acidity for the past 8 years, especially when she consumed food items made with chick peas or spices. She got only temporary relief with allopathic medicines but as soon as she stopped them, her symptoms would return. She generally avoided spicy food and chickpeas. When she had an episode of gastric pain and bloating in August 2019, she did not take allopathic medicine but instead, after 3 full days, sought vibrionics treatment.

On 13 August 2019 she was given:

CC4.8 Gastroenteritis + CC4.10 Indigestion + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...6TD

On the third day, there was 60% relief and after another week 80% relief from bloating and gastric pain. On 23 August the dosage was reduced to **TDS**. On 30 August 2019, when the patient reported 100% relief, the dosage was reduced to **OD** and then stopped on 10 September 2019. After starting vibrionics treatment, the patient gradually introduced chick peas and spices in her diet and she never had any problem. As of January 2020, none of her symptoms has recurred.



9. Insomnia ^{03582...South Africa}

A 66-year-old housewife suffered from insomnia for the past 17 years. She could sleep only for about 3 hours every night. This made her lethargic, irritable, and mentally and physically exhausted. She had difficulty in doing even her routine household chores. She had not taken any medicine for insomnia.

On 19 September 2019, she visited the practitioner who gave her the following:

CC15.1 Mental & Emotional tonic + CC15.6 Sleep disorders...half-an-hour before bedtime and another at bedtime. An additional dose was to be taken if she woke up during the night.

Her sleep pattern began to change and after a week she reported 50% improvement. She was now

enjoying five hours of sound sleep. After another week, she was 80% better. She was cheerful and energetic and said she could easily carry out her household duties. At the end of third week on 10 October 2019, she reported 100% improvement. She said she was now sleeping "like a baby" and getting up feeling refreshed. As she was having eight to nine hours of regular sleep, dosage was reduced to 3TW on 8 Dec; after a week to 2TW and then to OW and stopped on 28 Dec 2019. As of 25 February 2020 there has been no recurrence.

+++++

10. Removal of entity ^{11601...India}

An 11-year-old girl had intolerable pain in her legs, especially thighs, and middle of her abdomen due to which she missed her school for the past three weeks. Presuming that her symptoms may be due to onset of puberty, her parents had consulted a doctor who also suspected the same. As medicine did not help her, the parents brought her to the practitioner on 3 August 2018.

During consultation, due to the loving attitude of the practitioner, the girl opened up to share that 3 weeks back she had a dream in which a lady wearing a white sari hit her hard on the face and head and disappeared. From the next morning, she got this excruciating pain making her cry and she was so scared that she wanted her mother to sleep with her at night. Her parents were surprised as they had no knowledge about this dream. During discussion, it came to light that two houses away one lady had committed suicide recently.

Recognising the cause of her problem to be an entity, the practitioner gave:

CC3.7 Circulation + CC4.8 Gastroenteritis + CC4.10 Indigestion + CC10.1 Emergencies + CC12.2 Child tonic + CC15.2 Psychiatric disorders + CC18.5 Neuralgia + CC20.4 Muscles & Supportive tissue ...every 10 minutes for one hour followed by 6TD

Her parents stopped giving her allopathic medicine. After three days, on 6 August, as there was 50% improvement in all her symptoms, she started going to school. The dosage was reduced to TDS. A week later, on 13 August, the girl had a pullout in the form of rash on her hands and face, but was advised to continue the remedy as before. On 20 August, the girl herself informed the practitioner there was no more pain in her legs and abdomen and the rash had almost gone.

On 27 August 2018 her father informed the practitioner that his daughter was completely cured of all her symptoms; also she was going to school regularly and studying for her exams. When the vial of pills finished, the parents did not feel the need to visit the practitioner again. As of 15 February 2020, the girl is completely normal and healthy as confirmed by her father when he contacted the practitioner to thank her for his daughter's cure.

Editor's note: We appreciate that the practitioner did not want to take a chance and treated the symptoms as well as the cause. Having identified the cause, cure could have been brought even with the combo of **CC12.2 Child tonic + CC15.2 Psychiatric disorders**

+++++

☞ Answer Corner ☞

Question 1: Can you suggest a prophylactic for coronavirus COVID-19, and course of treatment if a patient is suspected to be afflicted with it?

For 108CC box users: CC4.1 Digestion tonic + CC4.8 Gastroenteritis + CC9.4 Children's diseases + CC10.1 Emergencies + CC13.1 Kidney & Bladder tonic + CC15.1 Mental & Emotional tonic + CC19.3 Chest Infections chronic + CC19.6 Cough chronic + CC19.7 Throat chronic.

For SRHVP users: NM6 Calming + NM76 Dyspnoea + NM113 Inflammation + BR4 Fear + BR14 Lung + SM26 Immunity + SM27 Infection + SM31 Lung & Chest + SM40 Throat + SR270 Apis Mel + SR271 Arnica 30C + SR272 Arsen Alb 30C + SR277 Bryonia 30C + SR291 Gelsemium 30C + SR298 Lachesis + SR301 Mercurius 30C + SR302 Nux Vom 30C + SR306 Phosphorus 30C + SR385 Eupatorium Perf + SR406 Sabadilla 30C + SR505 Lung.

The dosage in both cases is the same: **OD** on waking, as preventive; **TDS** in case of suspected infection (mild symptoms such as slight cough). For a patient diagnosed with **COVID-19**, one dose

every hour for 6 doses, followed by **6TD**, reducing slowly on improvement. Any allopathic treatment should be continued and NOT discouraged at any time.

For further details, refer to the “In Addition” section.

+++++

Question 2: Should we use gloves while making a nosode?

Answer 2: Gloves may be worn as a precaution. At the outset, advise the patient to bring the body discharge such as urine, sputum, or pus, in a vial, which has been washed on the outside after taking the sample. To avoid contamination of the sample well or infection to the practitioner, you should wrap the sample bottle in a plastic wrap eg, cling film, before placing it in the sample well. Always return the sample to the patient for safe disposal.

+++++

Question 3: Is it possible to charge in SRHVP machine my crystal pendant which is held in a metal wire surround?

Answer 3: Our view has always been NOT to put a metal object in either well, just in case the metal has iron in it which may adversely affect the magnet in the SRHVP over a long period of time. In this case the metal around the pendant may disturb the vibration going into crystal but it will not affect the SRHVP adversely.

+++++

Question 4: How to ensure that ego does not enter stealthily and take hold on us while doing seva?

Answer 4: We may not know when ego makes its entry and takes charge of us quietly. But the habit of praying every morning before starting the day as well as before starting to interact with the first patient, followed by regular introspection, will help us get rid of it one day. The prayer should be with a sense of surrender to the Lord to make us His humble instruments. Remember the prayer given in the 108CC book in the Introduction: “***We pray that we be pure channels of Your Love, Light, and Healing Energy so that we may help those who come to us today.***” We should remind ourselves every day that vibrionics is a medium and an opportunity for our spiritual evolution. The message of Swami given in the title page of manuals as well as the 108CC book, will keep us grounded. It is good to display this message prominently somewhere and internalise it daily.

+++++

Question 5: Can I treat for suspected cancer even before diagnosis?

Answer 5: Yes, you can, and include remedy for the involved organ also. The beauty of vibrionics remedies is that they are prophylactic and start acting on the etheric body even before symptoms appear at the physical level. Refer to our newsletter vol 10 #6, Answer Corner Q5, on preventive dosage for cancer.

+++++

Question 6: How to treat a patient for thyroid when it is not known whether it is hyper or hypo-thyroid?

Answer 6: In the absence of a diagnostic report, symptoms and their cause when known, guide us in choosing the most appropriate combo. It will help to read the health article on thyroid in our newsletter vol 10 #6

+++++

Question 7: While putting the first pill into the mouth of the patient, what to do if the cap of the bottle touches the tongue or the saliva falls on practitioner’s finger?

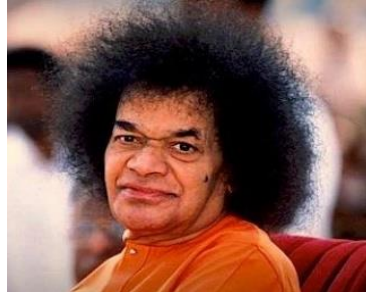
Answer 7: You should always put the first pill in patient’s mouth and maintain a little distance to avoid such contact. If the hand still touches the tongue, simply wash your hands thoroughly. If you are unable to put the pill from a distance, the cap with the pill may be given to the patient to put the pill himself.

+++++

Question 8: Will habitual inhaling of camphor vapour every morning by a patient interfere with the vibrionics remedy being taken by him?

Answer 8: The strong smell of camphor inhaled is likely to interfere with the vibration of the remedy. Its smell remains for a long time; so, it is used in moth balls to keep away insects. Either the patient can by choice suspend inhaling camphor while he is under vibrionics treatment or give a gap of at least an hour between such inhalation and the remedy.

☪ Divine Words from the Master Healer ☪



“Eat only fresh food. Do not eat stale food that has been prepared on the previous day. Oil is necessary for preparing food. Doctors say that excess oil in the food will give rise to cholesterol. However, cholesterol is also required in the body to some extent. Therefore, do not eat food that is totally devoid of oil. Eat balanced food.”

...Sathya Sai Baba, “Supreme Bliss Comes From Absolute Wisdom”, Divine Discourse, 1 September 1996
<http://sssbpt.info/ssspeaks/volume29/d960901.pdf>

+++++

“We must constantly engage ourselves in service to others. God has given us this body for that purpose only. This body is not meant to be engaged in mere eating and drinking and thus wasting our valuable time. We must realise the truth that God has given us this body for serving others and thus help others. There is nothing greater than service to humanity. Service to man is service to God. All great men have sanctified their lives only by serving humanity. Therefore, you start serving humanity at least from now onwards. Service is more important than bhajan and all other sadhanas.”

...Sathya Sai Baba, “Service To Man Is Service To God””, Divine Discourse, 1 January 2004
<http://www.sssbpt.info/ssspeaks/volume36/sss37-01.pdf>

☪ Announcements ☪

Forthcoming Workshops*

- ❖ **USA Richmond VA:** AVP Workshop **3-5 April 2020** contact Susan at saivibrionics.usa.can@gmail.com
- ❖ **India Delhi-NCR:** Refresher Seminar **9-10 May 2020** contact Dr Sangeeta Srivastava at dr.srivastava.sangeeta@gmail.com or by telephone at 9811-298-552
- ❖ **India Puttaparthi:** AVP Workshop **8-14 July 2020** contact Lalitha at elay54@yahoo.com or by telephone at 8500-676-092
- ❖ **India Puttaparthi:** Follow-up Workshop for SVP batches of 2018-19, **16-17 July 2020** contact Hem at 99sairam@vibrionics.org
- ❖ **UK London:** UK National Annual Refresher Seminar **20 September 2020** contact Jeram Patel at jeramjoe@gmail.com
- ❖ **USA Richmond VA:** AVP Workshop **9-11 October 2020** contact Susan at saivibrionics.usa.can@gmail.com
- ❖ **India Puttaparthi:** AVP Workshop **25 Nov-1 December 2020** contact Lalitha at elay54@yahoo.com or by telephone at 8500-676-092
- ❖ **India Puttaparthi:** SVP Workshop **3-7 December 2020** contact Hem at 99sairam@vibrionics.org

* AVP and SVP workshops are only for those who have undergone the admission process and the e-course. Refresher seminars are for existing practitioners.

☪ In Addition ☪

1. Health tips

COVID-19 – Prevention and care

“It is man alone who is subject to the most health-related trouble. A number of human diseases are on the increase. The reason is that man does not like to partake of food as God created it”

...Sri Sathya Sai Baba¹

1. What is novel coronavirus?

Coronaviruses are a large group of viruses, transmitted between animals and people. Several of them prevalent amongst animals have not yet infected humans. The SARS-CoV (Severe Acute Respiratory Syndrome virus) that spread in 2003 first identified in China was a coronavirus, from civet cats to humans. MERS-CoV (Middle East Respiratory Syndrome) identified in Saudi Arabia in 2012 was also a coronavirus transmitted from camels. Even the common cold one faces often is due to a mild virus from the same family.^{2,3,4,5}



On the left is a painting of novel coronavirus by a computational biologist²

In December 2019, there was a cluster of pneumonia cases in China. Investigations found they were caused by an unknown virus, initially referred to as 2019 novel coronavirus (2019-nCoV). This is a new strain not previously identified in humans. The UN health agency announced on 11 February 2020 that “COVID-19” will be the official name of this deadly virus from China, stating that the disease represented a “very grave threat” for the world but there was a “realistic chance” of stopping it. What is known now about this virus might change as studies and research are ongoing.^{3,4,5,6}

According to many infectious-disease experts of the world, this novel virus from China is likely to become a pandemic that circles the globe. The virus could reach most “if not all countries”, the World Health Organization has warned. Scientists do not yet know how lethal the new virus is but there is a growing consensus that the pathogen is readily transmitted between humans. Also, it is spreading more like influenza than its slow moving viral cousins, SARS and MERS.⁷

2. Common signs of COVID-19

At first glance, symptoms for this virus may appear similar to those of common cold or flu. These symptoms can include fever, dry cough, shortness of breath, breathing difficulties, and in some cases abdominal pain, aching muscles, and fatigue; less typical ones include phlegm build-up, coughing-up blood (haemoptysis), and diarrhoea. In severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure, and even death. This virus cannot be diagnosed based on symptoms alone. Laboratory tests are required to confirm if someone has this novel virus.^{3,4,5,8} Many of those infected initially showed no symptoms. According to reports the new virus has an incubation period of 14 days but it may even be 27 days. If one is not sure what one has and is concerned, a phlegm sample analysis from a health care professional will determine the presence or absence of respiratory virus.^{8,9}

3. How does COVID-19 spread?

The exact dynamics are yet to be determined. The new virus spreads primarily by contact with an infected person through respiratory droplets generated when a person coughs or sneezes or through droplets of saliva or discharge from the nose. There is currently no evidence to suggest that it is airborne. It also spreads through contaminated surfaces touched by hands.^{3,4,5}

4. Protective measures

Follow good personal hygiene practices and simple preventive measures, namely:^{3-5,8,10-14}

Wash hands regularly with soap and running water (or hot water) or use an alcohol-based hand rub, even if your hands are not visibly dirty, as washing eliminates the virus on hands. Hand towels in particular should be clean or one may use disposable towels for drying hands after washing.

Cover your mouth and nose with flexed elbow or tissue or a mask or cloth while coughing and sneezing. Discard the tissue or mask or cloth immediately into a closed bin and clean your hands to prevent contamination of objects and people you touch.

Maintain a distance of 1 metre (3 feet) with anyone showing symptoms of respiratory illness such as coughing and sneezing. A cough or sneeze projects small droplets containing the virus. You can breathe in the virus if you are too close. Touching or shaking hands with a person can pass the virus. Avoid unnecessary contact with animals too and wash hands after touching animals. Also avoid contact with potentially contaminated animal waste or fluid on the soil or market facilities in animal or animal product markets.

Do not touch your face, especially eyes, nose, and mouth as your hands may have touched a contaminated surface. The most common virus carriers are digital devices like mobile, laptop and mouse, knobs and handles on doors, tables and chairs, lift buttons, stair bannisters, etc, including outside surface of face mask.

Stay at home if feeling unwell and avoid travel. If you must go out, wear a surgical mask with the coloured side facing out. If you have fever, cough, or difficulty in breathing, seek medical care immediately.

Use mask if you are a care provider whenever in the same room, but use and discard it properly and remember to wash hands. Masks alone will not protect unless combined with hand hygiene and other preventive measures.^{8,10}

Instil two drops of sesame oil in each nostril every morning to keep the nostrils lubricated and free of impurities, as suggested by the Ministry of AYUSH, Government of India, based on advice from ayurvedic experts.¹¹

It is strongly recommended that you take the following preventive supplements daily: Vit-C 3g in divided dosages, Vitamin D3 2000 IUs, magnesium 400 mg, zinc: 20 mg, selenium: 100 mcg.¹⁴

5. Treatment with Vibrionics

In view of the pandemic situation caused by the outbreak of COVID-19 virus, here are the guidelines for Vibrionics practitioners.

Practitioners will continue to render Seva proactively from individual homes. WHO has stressed that fundamental public health interventions can still limit the spread of the virus and drive down cases even where it was transmitting widely, as the work of authorities and communities in China, Singapore, and South Korea has shown. It is, therefore, advised that practitioners should concentrate more on hands-on demonstration of preventive healthcare such as avoiding crowded areas, washing hands and following cough etiquette.

As this virus is an unknown entity, new information flows in daily. So we are having to revise our combos, keeping in mind that some patients don't exhibit symptoms at all and if they do, maybe after several days of having been infected. We have made a single combo, both for prevention and treatment and only the dosage is different. Preventive remedies as advised below may be dispensed to patients and their families **directly by the practitioner himself** who should stress upon the patients **to strictly adhere to the protocol and guidelines issued by WHO and their local health authority**. Remember to label the remedy bottle "*Immunity booster*". Under no circumstances, these remedies should be distributed in bulk.

For 108CC box users: CC4.1 Digestion tonic + CC4.8 Gastroenteritis + CC9.4 Children's diseases + CC10.1 Emergencies + CC13.1 Kidney & Bladder tonic + CC15.1 Mental & Emotional tonic + CC19.3 Chest Infections chronic + CC19.6 Cough chronic + CC19.7 Throat chronic.

For SRHVP users: NM6 Calming + NM76 Dyspnoea + NM113 Inflammation + BR4 Fear + BR14 Lung + SM26 Immunity + SM27 Infection + SM31 Lung & Chest + SM40 Throat + SR270 Apis Mel + SR271 Arnica 30C + SR272 Arsen Alb 30C + SR277 Bryonia 30C + SR291 Gelsemium 30C + SR298 Lachesis + SR301 Mercurius 30C + SR302 Nux Vom 30C + SR306 Phosphorus 30C + SR385 Eupatorium Perf + SR406 Sabadilla 30C + SR505 Lung.

The dosage in both cases is the same: **OD** on waking, as preventive; **TDS** in case of suspected infection (mild symptoms such as slight cough). For a patient diagnosed with **COVID-19**, one dose every hour for 6 doses, followed by **6TD**, reducing slowly on improvement. Any allopathic treatment should be continued and NOT discouraged at any time.

Keeping in view the threat of community spread of COVID-19 virus, until further instructions, no Vibrionics camps will be undertaken.

Protective measures

These are already described in the article on Coronavirus in the “In Addition” section of our newsletter Vol 11 #2, Mar-Apr 2020. All are advised to read <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html> and to comply with instructions therein.

Very little is known about this virus. No specific medication or vaccine has come to the fore so far. No case has been treated with Vibrionics as yet. Before giving a remedy to somebody we must strongly recommend that on any suspicion, the patient must be advised to seek medical help immediately; in addition, the practitioners should themselves take due precautions.

Golden Formula: Keep immunity up with proper life style, diet, exercise in fresh air, exposure to sunlight, and prayers for the wellbeing of all. Adhere to best personal hygiene and preventive measures, don't panic.

References and Links:

1. Health, Food, and Spiritual disciplines, Divine Discourse 8 October 1983, Sathya Sai Newsletter, USA, vol 8-4, Sathya Sai Baba Speaks on Food, Sri Sathya Sai Sadhana Trust Publication, December 2018, page 55
2. Painted picture of novel coronavirus: <https://www.forbes.com/sites/evaamsen/2020/02/10/what-does-a-coronavirus-look-like/#3f2c5d753c7f>
3. World Health Organisation site: <https://www.who.int/health-topics/coronavirus>; <https://who.int/emergencies/disease/novel-coronavirus-2019>
4. Q&As on coronavirus: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
5. Official statement on virus in China: https://www.youtube.com/watch?v=mgc_K2x-GKA
6. <https://www.who.int/dg/speeches/detail/who-director-general-s-remarks-at-the-media-briefing-on-2019-ncov-on-11-february-2020>
7. Coronavirus pandemic: <https://www.nytimes.com/2020/02/02/health/coronavirus-pandemic-china.html>
8. Symptoms: <https://www.dw.com/en/coronavirus-cold-or-flu-symptoms-how-to-tell-the-difference/a-52233885>
9. Incubation period: <https://www.dw.com/en/how-long-is-the-coronavirus-incubation-period/a-52569944>
10. Protective measures against the new virus: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
11. How to use masks: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>
12. AYUSH site <https://pib.gov.in/PressReleasePage.aspx?PRID=1600895>
13. Measures conveyed through music: <https://www.youtube.com/watch?v=mP-mCfo4-f8>
14. Preventive supplements: <https://www.peakprosperity.com/forum-topic/supplement-support-against-coronavirus>

+++++

2. Refresher Seminar Chennai, India, 18-19 January 2020

A two-day refresher seminar attended by 14 practitioners from Tamil Nadu (including 2 via Zoom), was hosted by practitioner¹¹⁵⁶¹ at her residence in Chennai. Apart from the course teacher¹¹⁴²², the seminar was also addressed via Zoom by another senior teacher¹⁰³⁷⁵ (on model clinic), and Hem Aggarwal (on case histories) and Dr Jit Aggarwal. The highlights were:

Each participant presented one of their difficult cases which was discussed at length under the guidance of the course teacher. This session was followed by a live clinic on multiple chronic cases.

Importance of case histories and how best they can be presented for publication was explained. There was also a practical session on writing a good case history.

Dr Aggarwal guided on how to tackle difficult cases. He inspired the participants to stay connected with Swami through unwavering faith and to work from the heart with a sense of surrender to Him, always



remembering that we are merely His humble instruments and He is the only Healer. If a patient is still not cured, it is the Will of God. Emphasizing that unhealthy life style was the major cause of ailments, he suggested “self-healing by detachment” that he was practising. Also, he indicated how to replace a negative thought with a positive one by recalling, for example, loving

memories of Swami in our lives. Having updated their knowledge of Sai Vibrionics practices, the participants reaffirmed their commitment to this seva before leaving.



3. Refresher Seminar, Bengaluru, India, 8-9 February 2020

A highly interactive two-day refresher seminar attended by 34 practitioners from Karnataka was organised by the Bengaluru team, and conducted by our senior teacher¹⁰³⁷⁵, with model clinic and case studies, at Brindavan in Whitefield. Many participants had completed their training long time back and were keen to update their knowledge and resume their practice. An abridged simple AVP course manual on vibrionics was specially designed for this occasion. Different aspects of patient treatment, more specifically, how vibrionics remedy can help build immunity and how it can be used as eye, ear, and nasal drops were discussed. The participants were guided on how to write case histories and the importance of keeping proper patient record, for lending authenticity to their successful cases for publishing them for the benefit of all readers.



The participants were delighted when Sri Nagesh Dakappa, the State President of SSSSO of Karnataka, despite his very busy schedule, made his appearance as a special guest. In his inspiring and emotionally-charged address, he reminisced about his interaction with Swami when He directed him to help organise the first vibrionics workshop in Bengaluru in 2009 and also subsequent ones and to start a clinic in Brindavan.

Dr Jit Aggarwal in his address motivated the practitioners to connect with Swami with one-pointed concentration and pursue vibrionics as a noble service for self-transformation. Practising vibrionics is a unique seva as the entire world is slowly moving towards complementary therapies with no side effects. He stressed, as we are not medical doctors, we have to invest a lot of time and effort to build up our skills to treat patients.

Two practitioners shared their experience of the power of vibrionics in curing a case of mouth cancer in 4th stage, cases of HIV and a case of deformity of a spina bifida child. By the end of the workshop not only their 108CC boxes were recharged but also the practitioners themselves felt charged with a renewed enthusiasm to do selfless service!



Om Sai Ram

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