

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

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☞ From the Desk of Dr Jit K Aggarwal ☞

Dear practitioners

I am privileged to be writing to you at this time of Guru Pournima, a very auspicious day for all Sai devotees. It is a nostalgic day for our vibrionics mission. When Swami was in His physical form, we would present to Him an annual progress report and offer Him a cake that He would lovingly cut for us to



Guru Pournima 2010 - Swami cutting the cake

distribute as prasadam to practitioners. While strict enforcement of physical distancing is in effect in Prasanthi Nilayam, the intensity of prayers has increased dramatically during these times. Devotees from all over the world are coming together to host prayers and interactive discussions like never before by leveraging online conferencing platforms. Swami said "Chant the

*name of God day in and day out. That alone will protect you at all times. Just as air is all-pervasive, God is present in you, with you, around you, below you, above you. Hence, you should be in constant communion with divinity"...*Sathya Sai Baba, Guru Pournima Discourse, 21-7-2005, Prasanthi

Nilayam. This excerpt is very pertinent for all practitioners and their patients, especially during these unprecedented times.

As you are all aware, Covid-19 has been ravaging through the world, causing havoc at all levels – personal, social, economic, and political. Unfortunately, the ones most impacted by the pandemic are the underprivileged communities, who lack access to basic healthcare and amenities. While it is difficult for practitioners to physically meet and treat patients, I am delighted to report our SVPs have stepped up their broadcasting efforts for healing our planet and all those who are affected by Covid-19; many of our other practitioners are now posting remedies to their patients.

I am pleased to share with you that the current situation with several practitioners having been sheltered-at-home has resulted in a significant increase in the frequency of virtual meetings. Take the example of Karnataka, where practitioners meet *fortnightly* online to share, support, enhance and enrich their knowledge and practice of vibrionics. They do so by discussing case histories from prior editions of our newsletter and remedies from the 108CC book. According to the **Coordinator**¹²⁰⁵¹, these regular online meetings are proving to be a great forum for exchanging views, studying each topic in detail, and learning from different perspectives.

I strongly encourage practitioners to consider a pooling and pairing strategy for dealing with the current crisis, and also generally for augmenting and complementing each other's skills and capabilities. For example, French-speaking practitioners from France and Gabon are pairing those with good communication skills with others who have poor language/admin skills. The French coordinator has increased the frequency of their online meetings to monthly from their previous quarterly meetings.

It is heartening to receive reports from practitioners around the world about patients with Covid-19 like symptoms, and also those tested positive, becoming free of symptoms within a few days of starting treatment with our remedies. I thank everyone for their sincere and dedicated efforts in the Immunity Booster distribution program. The proactive approach of all practitioners and support of SSS Seva Organisation enabled us, in India alone, to distribute 34500 Immunity Booster remedies by the end of last month benefitting about 103500 people, an increase of 40% over the last two months. Closer home in the ashram, **practitioner**¹¹⁶⁰⁴ has been dispensing these remedies to seva dal, the elderly residing in the sheds, and other ashram inmates. She follows in the footsteps of her father **practitioner**⁰⁰⁷⁵⁹ who passed away on 27 May 2020 at the age of 98. He was a very dedicated practitioner and was active until his late years. We have fond memories of him as he treated a lot of patients in Puttaparthi for over 20 years.

I've heard that the next 2 months are going to be crucial as the virus keeps mutating and epicenters keep shifting. We need to provide an effective and timely response to curtailing the spread and treating those affected by Covid-19. I must add that our research team is keeping a close watch on developments as it relates to mutation and spread of the virus. They are able to do so by studying case histories and feedback received from practitioners from all over the world. It is my earnest appeal to all practitioners to continue to send updates on the results of cases, however simple these may be.

I leave you with an exciting news that on this very special day of Guru Poornima 5 July, we shall be relaunching our main website <http://vibrionics.org> in a new and improved version. We greatly appreciate the hard work, creativity and dedication of **practitioner**⁰³⁵¹⁸ who worked closely with **practitioner**¹¹⁹⁶⁴, with technical support from **practitioners**^{03560 & 03531}.

In loving service to Sai

Jit K Aggarwal

❧ Practitioner Profiles ❧

Practitioner^{11975...India}, a post-graduate in political science, is a homemaker with two young children. Born into a family of Sai devotees and inspired by her parents, she involved herself in service activities since childhood. Her charitable father, who had several personal blessings from Swami, guided her to do selfless seva and lead a humble life. She would help her mother in Balvikas classes and later became a Balvikas guru to help the underprivileged children nearby. Active in the local Sai centre, she has rarely missed an annual seva visit to Puttaparthi or an opportunity to serve in the super specialty hospital in Bengaluru.

In April 2012, she experienced the miracle of vibrionics when a single dose of vibro remedy cured her 12-



year-old asthma which was hereditary. A vibrionics practitioner from her Sai centre (physiotherapist by profession) had visited her and saw her suffering from severe bronchial attacks. He immediately prepared a remedy and administered the first dose in her mouth. She had simply put the remedy bottle before Swami's picture in her shrine and forgotten about it. The next day when her practitioner inquired about her condition, she expressed her delight that her breathing was normal and hence she needed no further remedy. But, upon his insistence, she took **OD** for a week and stopped. The problem never recurred and this incidence ensured her entry into vibrionics through this practitioner. With his help she went to Kerala to do the course and became an AVP in July 2012. Only when she attended the February 2020 Karnataka refresher workshop, this dedicated practitioner who does her work silently with diligence and great humility, felt encouraged to apply to become a VP which

she did in June 2020.

During the past eight years, she has treated more than 1000 patients with wide-ranging illnesses which include common acute ailments like gastric disorder, cold and cough, headache, toothache, tonsils, and rash; and chronic illnesses like cancer, varicose veins, heart problem, diabetes, hypothyroidism, infertility, hair loss, HIV, kidney disorder, prostate, down's syndrome, epilepsy, vertigo, asthma, arthritis, vitiligo, and eczema. She is happy that about 80% of her patients were 100% cured because she believes that they took remedies sincerely. Others improved substantially and stopped coming. Most of her patients are from an economically poor background; she sends remedies by post to those unable to visit her. It is remarkable that she has treated 100 cancer patients covering 12 types of cancer, some at an advanced stage. Fifty of them were completely cured as confirmed by tests and now continue to take maintenance doses. Five elderly patients passed away peacefully. All the remaining improved substantially and are continuing with their vibrionics remedies. She has had good results with diabetic patients too. Out of 10 insulin-dependent patients, 5 stopped taking insulin within 6-8 months and the other five were able to halve their insulin intake. Out of the other 15 diabetic patients, three stopped allopathic medicine under their doctor's advice since their blood sugar level became normal. They continue with the maintenance dosage of **OW**. The remaining 12 patients have improved to a point where their sugar level is now stable at half the dosage of their allopathic medicine. She has had 100% success with the 15 couples she treated for infertility. Three women conceived within 1-2 months and the rest within a year. All the 15 women had a normal delivery and healthy vibro babies; two of the mothers had a dream in which Swami not only blessed them before delivery but also suggested names for the babies.

The practitioner shares an interesting case of treating her neighbour's cow in December 2019 with **CC1.1 Animal tonic + CC8.1 Female tonic + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic**. After a month, the cow which was giving 4 litres of milk per day started giving 7-8 litres and it is creamier and sweeter than before; this continues till date. In another case, a 60-year-old male suffering from epileptic attacks for 20 years, high BP for 10 years, and sleeplessness for 8 years got hardly any relief from allopathic medicines. Within 2 weeks of starting vibrionics remedy his attacks stopped, BP became stable, and he started sleeping well; so his doctor stopped the sleeping tablets and reduced the dosage of BP medicine. Eventually, he reduced the epilepsy medicine to a bare minimum.

The practitioner feels that at the start of her practice, her heart was not so open to the suffering of her patients but then she had some unique experiences which made her develop empathy for them. One day she wondered why some patients complain so much about migraines. The very next day she developed a severe headache that lasted the whole day. So she could understand how painful migraine can be. Another time she wondered how can people develop thyroid problems. Within a week she gained weight and felt sleepy and lazy all the time. When tested for thyroid, her TSH was 13-14 mIU/L, normal being 0.4 to 4.0. It took 2 months for the TSH level to normalise. Thankfully none of these problems have recurred. In yet another instance, she was inwardly critical of both her diabetic mother and mother-in-law, though outwardly she would advise them with love to control their diet and take walks. Soon she had recurring UTI and underwent a series of tests advised by her doctor. It came as a shock to discover her glucose level had shot up to over 400 mg/dl. She was advised to take insulin for a week followed by other medicines. Instead, she preferred to rely on vibrionics and after 2 weeks, fasting sugar had come down to 90 mg/dL and random to 140-160 mg/dL. The physician could not believe that blood sugar could come down so quickly; it has been within normal range ever since.

In the initial years of practice, she used to have fixed timings to see patients at home. In January 2015, she had an eye-opening experience when she and her family lost their way in rural Kerala on their way

back home in Karnataka. This happened to be the area from where many of her patients came. The difficulty of travelling 200-300 km by buses from such a remote place made her realise the inability of those impoverished patients to reach her place at a particular time. That day, she resolved to see patients at **any** time during the day. Her husband actively supports her in her practice. He makes the patients feel comfortable, takes down notes while she interviews them. He also helps with the housework leaving her free to attend to her patients. Even her children help by making the patients and their children comfortable. She treats more than 100 patients in an old age home 56 km away. As she is unable to visit them more than once in 3 months, she sends them remedies every month through a volunteer or by post. In addition, she serves at the annual medical camps conducted by the local Sai centre.

The practitioner states that Sai vibrionics plays a big part in her life and gives her immense satisfaction. She feels very blessed Swami guides her from within whenever she is in a dilemma as to what remedy to give. When, out of gratitude and love some patients bring their “vibrionics” children to meet her, she feels they have a special energy around them. Practice has made her peaceful and positive. She has many patients from different faiths, some initially hesitate, but she encourages them to take the remedy with a prayer to whichever form of Lord they believe in. Some Christian patients revealed they saw Lord Jesus in Sathya Sai Baba! She is confident that if the practitioners encourage their patients to take vibrionics remedies with total faith, results will be miraculous.

Cases to share:

- [Infertility](#)
- [Mouth cancer](#)
- [HIV](#)

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Practitioner ^{03508...France}, an accomplished nurse anaesthetist, has to her credit many qualifications in nursing and anaesthetic reanimation including a master’s degree in Anaesthesiology. She has extensive experience of working in the operating theatre, intensive care, and emergency for the past four decades, and continues to do so with dedication. She learnt several foreign languages and even obtained a private pilot’s license to work abroad with humanitarian relief organisations.



Guided on the spiritual path since childhood by her mother, whom she considers as her first guru, she spent 15 years learning and practising martial arts and Buddhist philosophy. This anchored in her an inner strength which has been a blessing for her chosen profession to deal with patients and their suffering with understanding, love and care.

Her first unforgettable darshan of Swami was in November 1990 in Puttaparthi as He came close to her and gave her an intense look which melted her heart and filled it with joy. So, she resolved to intensify her various service activities. In 1993, the practitioner witnessed a 12-year-old child, pronounced to die or remain severely handicapped for life after a head trauma and 3 months of coma, getting miraculously healed with vibhuti and fervent prayers. This incident made the practitioner look for an alternative to allopathy and to understand the process of healing. Her mother had severe rheumatoid arthritis and was bedridden for several months. In 1995, during a phase of remission, she brought her to the ashram where she had a blessing from Swami and underwent ayurvedic treatment and was healed. This deepened her desire to seek answers on the energetic aspect of different therapies.

During her visit to Puttaparthi in November 2013, inwardly she asked Swami ‘As everything is Your energy then why there is no energy medicine in Your ashram?’ No coincidence, soon she came across a devotee who was visiting Dr Aggarwal’s clinic in the ashram. This was her introduction to vibrionics and it came barely 48 hours before she was due to return home. During her next visit in November 2014, she completed the AVP course in Puttaparthi and after 5 years, the SVP course in France.

She started her practice with herself, family members, friends, and colleagues as well as their animals, plants, gardens and houses. Most of her patients live far away and consult her on the phone. At work, she treated many of her colleagues and their families for various ailments with great success. Those who followed the treatment protocol faithfully were cured completely and still come to her for remedies. Others with strong addictions could not stick to the suggested lifestyle changes and so stopped consulting her in

spite of the fact they benefitted from the remedies. As an example, a colleague with psoriasis that covered 90% of her skin showed amazing improvement with plaques remaining only on her elbows after vibrionics treatment. This patient discontinued the treatment because she was unable to make changes to her lifestyle. The practitioner observed that even after 3 years the large psoriatic patches did not come back!

The practitioner prayed to Swami in 2015 asking how she could integrate vibrionics into her work at the hospital. She strongly felt guided to clean her work environment. Thereupon, she was able to spray healing vibrations in areas where there is greater concentration of people - reception and recovery rooms, staff rooms, changing rooms and operating theatres. Spraying was done at night after the surface technicians completed their cleaning. She found that the combo used, **CC10.1 Emergencies + CC17.2 Cleansing**, was very effective. But she noticed signs of fatigue, stress, and brownouts amongst the staff, so a second combo was used: **CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders**. She then alternated the 2 combos every month and in certain areas, further sprayed specific combos, depending on the state of the place and the individuals, eg, **CC9.2 Infections acute** to protect fragile patients from germs.

Positive visible changes in the behaviour and symptoms of patients encouraged the practitioner to continue this practice, her most memorable experience with combos. She sprays every day before starting anaesthesia in the operating theatre to stabilise and calm both the patients and staff. It is remarkable that during 2015-2019, more than 1,000 patients benefitted from the healing spray. She also uses the spray to protect and purify herself, her home and garden, and during her travels on important appointments.

In her experience as an SVP, using the powerful card system is very rewarding as it allows precision in treatment. Using her knowledge of how different allopathic medicines work for different levels of pain, she has potentised allopathic pain killers and gathered them in a kit, to treat different levels of pain on a scale of 1 to 10. She has found them very effective and practical. In cases of deep depression associated with withdrawal, she has successfully used **CC15.5 ADD & Autism**. She follows the advice of a senior practitioner ⁰²⁴⁹⁹ with whom she shares a lot and works together on difficult cases. She recommends this kind of pairing for the benefit of patients as well as practitioners.

The practitioner is convinced vibrionics is not a closed care system, but one that is constantly evolving. It vibrates with total freedom, allowing different paths depending on the individual and the cause of the disease. Even when it doesn't seem to work for a patient, it is never a failure as it acts at the necessary level invisible to us, as the seed of healing has already been implanted! Sometimes simple combinations are very effective. The most important thing is to keep the connection with the 'source' which is the heart of the practice; when we let Swami act, He assures us of His enlightened guidance. He is the One who heals.

The practitioner feels very honoured and humbled for having received and consciously accepted a mission of service to humanity to alleviate suffering. She feels a great responsibility to transmit Divine Vibrations blessed by Sri Sathya Sai Baba to the patients. She says that this seva has brought her back to the essentials in her life and protects her from individualism and selfishness. "To heal a patient is to heal oneself", she concludes.

Cases to share:

- [Bilateral calcified tendonitis, acne rosacea, facial burn](#)
- [Knee cartilage lesion, quadriceps injury](#)

☞ Case Histories Using Combos ☞

1. Infertility ^{11975...India}

On **17 May 2018**, a 32-year-old female and her 35-year-old husband visited the practitioner in a distressed state as they could not have a child in the past 8 years of their marriage. At the age of 20, the wife started having irregular menstrual cycles once in 2-3 months which gradually decreased to once a year. Four years ago, they decided to consult a doctor. The wife was diagnosed with PCOD and the husband had low sperm count. Both took prescribed medicines for nearly 4 years without any result. A year back in 2017, the husband felt lethargic all the time, so got himself checked and was diagnosed with hypothyroid (TSH 12 mIU/L, normal range being 0.4 to 4.0). He did not take any medicine but looked for

an alternative system of treatment. When he came to know of vibrionics a year later, his TSH was still 12. They were given the following remedies:

For wife:

#1. CC8.1 Female tonic + CC8.4 Ovaries & Uterus + CC8.8 Menses irregular + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...6TD

For husband:

#2. CC6.2 Hypothyroid + CC10.1 Emergencies + CC12.1 Adult tonic + CC14.3 Male infertility + CC15.1 Mental & Emotional tonic...6TD

Within 3 days the wife got her menses (after a gap of 1 year), which was regular for the next 2 months. Feeling she might be pregnant, the couple visited the practitioner on 20 July for a remedy to ensure safe pregnancy. So, #1 was replaced by:

#3. CC8.2 Pregnancy tonic + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...QDS

As the husband's thyroid level had become normal (TSH 3 mIU/L) within a month of taking the remedy and he felt more energetic, dosage for #2 was reduced to **QDS**.

The pregnancy was confirmed in August 2018 and a healthy baby girl was born on 15 April 2019. #3 was stopped after 2 months. As the husband's TSH still remained normal, dosage of #2 was gradually tapered down and stopped on 20 June 2019. As of June 2020, the wife continues to be in touch with the practitioner and is currently taking a remedy for hair fall.

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2. Mouth Cancer ^{11975...India}

A 40-year-old male diagnosed with mouth cancer (stage 3) in February 2013, underwent chemotherapy followed by surgery on 24 April 2013. As his cancer had advanced to its final stage, he was told he may not survive beyond 6 months. Not willing to yield to the disease, as he had three children to take care of with his meagre economic resources, he visited the practitioner on **23 August 2013**. He was her first cancer patient, 6 months after she qualified as an AVP. She could feel he was in great pain, he was having sleepless nights, puss was oozing out of his mouth, and he was unable to speak with clarity. She was further moved by his condition when he shared he had lost one leg in an accident 4 years back and was managing with an artificial limb. She reassured him and gave the following remedies with a heartfelt prayer:

#1. CC2.1 Cancers-all + CC2.2 Cancer pain + CC2.3 Tumours & Growths + CC10.1 Emergencies + CC11.5 Mouth infections + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...6TD

#2. CC15.1 Mental & Emotional tonic + CC15.6 Sleep disorders...OD at night before going to sleep

He stopped all allopathic medicines and started vibrionics. Within the next 48 hours, his wife called up to say the puss had stopped, pain was tolerable, and he was able to sleep. Three weeks later, he was free of pain and spoke with clarity to convey that his dwindling faith in God was restored. As he slept well, #2 was stopped on 23 October 2013 and the patient wanted to continue #1 at **6TD**. Six months later on 30 April 2014, the dosage was reduced to **QDS** and after another year on 8 July 2015 to **TDS** when his annual test pronounced him cancer free. On 20 December 2018, after the remission period was over, the patient confirmed with great relief his cancer had not recurred; so, the dosage was reduced to **OD** before stopping in April 2019. When contacted on 24 June 2020, he confirmed there had been no recurrence, he was keeping in good health and was holding regular bhajans at home in gratitude to Sai. On the advice of the practitioner, he agreed to take #1 at **OW** as a preventive.

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3. HIV ^{11975...India}

A 55-year-old woman had been bed-ridden and her body weight had halved from her normal 80 kg to 40 kg in 4 months. On 25 November 2016, she was taken to the hospital by her brother as she had cough, high fever, and immobility due to extreme weakness. There she was diagnosed as HIV positive, her CD4 count* being a mere 77. She had contracted the disease from her husband who had died of HIV on 6 November 2016. In the hospital she was treated with antibiotics and her fever and cough subsided but the news of being HIV positive shattered her. Despite medication, she suffered from vomiting, dysentery, sores in her mouth, and flu with throat infection every other week. In frustration she stopped taking medicines and also tore away all the prescriptions and reports lest anyone should get to know of her

disease. The patient's brother had deep faith in vibrionics as he and his wife had been successfully treated for infertility. Assured of complete confidentiality, she eventually agreed to take vibrionics on the condition that she would not visit the practitioner.

So the brother got the following remedy for her on **16 January 2017**:

CC8.1 Female tonic + CC10.1 Emergencies + CC12.1 Adult tonic + CC12.3 AIDS - HIV + CC15.1 Mental & Emotional tonic...6TD

Within 15 days, the patient started gaining strength and could walk around the house. One of her close relatives, a doctor, in whom she had full confidence, got her tested for CD4 count regularly to see the effect of vibrionics and to keep her hopes alive.

Slowly she improved in all her symptoms. In October 2018, to her relief, her doctor relative told her she was improving as her CD4 count was much higher, though still under 200. By January 2019, she became free of all her symptoms with her CD4 count above 200, indicating she was no more in the life threatening range. Her weight had gone up to 69 kg. Since then there has been no looking back. By January 2020 she felt completely normal. On 20 March 2020, she was told she was 100% cured as her CD4 count was now 375. Even then the patient is unwilling to reduce the dosage. Though she does now occasionally talk to the practitioner on phone to thank her, she is still not ready to meet her or entertain questions about her health. Her brother continues to take her remedy from the practitioner every month. She has not been able to go for her test in June 2020 due to the national lockdown in effect but the brother has confirmed that she is back to her normal cheerful self, energetic and confident to face life.

* The **CD4 count** of a person reflects the state of their immune system. For a healthy adult, CD4 count ranges from 500 to 1,200 cells/mm³ of blood. If CD4 count is lower than 200, a person will receive a diagnosis of AIDS.

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4. Bilateral calcified tendonitis, acne rosacea, facial burn^{03508...France}

A 47-year-old woman was suffering from intense pain in both her arms, radiating from her neck to her wrists; this was diagnosed as bilateral tendonitis in 2011. She was prescribed paracetamol and tramadol. In December 2014, she also developed pain in both her knees, this could be due to long hours of standing at work. By February 2015, her condition worsened, she could neither sleep on her side nor lift her arms; this made her work life extremely challenging. So the doctor also gave her ibuprofen 400 mg **BD** and cortisone 10 mg **OD**, and started physiotherapy. She finished 40 sessions of ultrasound therapy without any significant improvement.

In addition, she developed on her face, itchy red bumps with peeling and burning skin, diagnosed as acne rosacea in 2012. Occasionally these became inflamed. She was using cortisone cream and taking curacne 10 mg **OD**. Despite three years of allopathic treatment, there was hardly any improvement.

The patient had an underlying chronic stress arising from all walks of her life including family issues, job, and shock from her mother's demise twenty-five years ago. As her stress was never addressed, she looked depressed and desperate for help when, on 29 September 2015, she visited the practitioner who gave:

For stress and acne:

#1. CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC21.2 Skin infections...TDS

For painful tendonitis:

#2. CC20.1 SMJ tonic + CC20.2 SMJ pain + CC20.4 Muscles & Supportive tissue...QDS

She continued to take all her prescribed allopathic medicines along with vibrionics.

On 30 October 2015, she reported 50% reduction in stress, feeling better from within. All pains were alleviated by 30%. She felt 40% relief in symptoms of acne.

On 26 November 2015, she underwent radio and echography tests that revealed **calcification of joints**, not previously known. Four days later on 30 November, she reported no further improvement except that only her acne was slightly better. Additionally, she felt exhausted and complained of having neck pain since the beginning of November.

To take care of her tiredness and exhaustion, **#1** was enhanced to:

#3. CC3.1 Heart tonic + #1...TDS

To ease her joints pain, #2 was enhanced to:

#4. CC18.5 Neuralgia + CC20.3 Arthritis + CC20.5 Spine + #2...QDS; also in almond oil...**BD** for external application to neck, shoulders, and arms.

On 5 February 2016, she reported complete recovery from neck pain, 60% improvement in acne-related symptoms, 70% improvement in pain in her arms and knees, and also in her mental state. She could lift her arms but not fully; so she started physiotherapy sessions also.

On 5 April 2016, the patient, who worked as a surface technician cleaning the operating block in a hospital, got accidentally exposed to aggressive vapours of Sanicler, a disinfectant that resulted in first-degree burns of her facial skin which turned red. She neither saw a doctor nor used any allopathic medicines.

On 8 April 2016, #3 was stopped and she was given:

For skin:

#5. CC3.7 Circulation + CC21.1 Skin tonic + CC21.2 Skin infections + CC21.3 Skin allergies + CC21.4 Stings & Bites...TDS and in almond oil...**BD** for external application. She stopped using corticoid cream for acne as it aggravated the burning sensation.

For mental state and physical strength:

#6. CC3.1 Heart tonic + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS

For tendonitis and joints mobility, #4 was enhanced:

#7. CC20.7 Fractures + #4...TDS

Within a month, there was 90% improvement in all her pains and she could easily lift both her arms all the way up. Her physiotherapist was astonished at the results and discontinued her therapy. He also encouraged her to continue the vibro! She could sleep on her side without any trouble. There was 80% improvement in her facial burn and acne, as well as in stress and depression.

All three remedies #5, #6 and #7 were continued at **TDS** for another three months. On 30 July 2016, she reported 100% improvement in all her symptoms and felt completely healed. During dosage reduction, #5, #6, #7 were stopped and selected remedies from these were used to create a new combo #8.

#8. CC15.1 Mental & Emotional tonic + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC21.2 Skin infections + CC21.3 Skin allergies...BD for 3 months followed by **OD** for 2 months.

In the meantime, all her allopathic medicines were stopped by her physician in September 2016, except for cortisone 10 mg which was tapered down to zero only in January 2017. At this juncture, the dosage of #8 was reduced to **OW**.

At a review in May 2019, all her joints were strong and she could lift heavy objects with ease. Her face was radiant and her facial skin well-toned. She felt very well in her body and mind, having integrated vibrionics in her daily health routine. In March 2020, the patient confirmed that she had no recurrence of any symptoms but continues to take #8...**OW**.

Patient's testimonial:

Four years ago, I told my colleague about my tendonitis problems. It was very difficult for me to raise my arms. Now thanks to the combos, I use my arms as if I never had these pains. I was very impulsive and the mental combo soothed me. I feel really better. The combo repaired my facial skin, which was very embarrassing for me. Thanks to you who are patient and attentive, who know how to advise. I feel fulfilled, calm and happy to be able to use my arms again. Thank you for everything.



5. Knee cartilage lesion, quadriceps injury ^{03508...France}

In 2012, a 25-year-old male athlete developed mild pain in his left knee. Being a footballer, he had been using his knees heavily from the age of seven. An MRI scan showed a lesion in his cartilage. By November 2015, he was limping since the pain had aggravated. His physician prescribed paracetamol 1g **TDS** and tramadol 50 mg **BD**. These painkillers gave temporary relief only. He underwent physiotherapy for two months and took three sessions of osteopathy without any improvement. So he had to stop playing football. On **15 May 2016** when he visited the practitioner, he was limping and had severe intermittent pain.

He was given:

#1. CC15.1 Mental & Emotional tonic + CC20.1 SMJ tonic + CC20.2 SMJ pain + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue...QDS for one week, then **TDS**

#2. CC18.5 Neuralgia + CC20.1 SMJ tonic + CC20.2 SMJ pain + CC20.4 Muscles & Supportive tissue + CC20.7 Fractures...BD in almond oil for massage

He continued his painkillers with vibro. After a month, he felt 50% improvement in both pain and limping and 100% in another month. So on 20 July, the dosage of **#1** was reduced to **BD**, same as that of **#2**. Both painkillers were reduced to **OD** and he resumed football practice, though initially he felt some stiffness in the knee joint. Eventually, by 31 August, he stopped taking the painkillers. In September, the football season began and he enjoyed his sports practice without any pain. On 30 September, dosage of **#1 & #2** was reduced to **OD**.

Due to an accident on the football pitch in November, he had muscular breakdown of his left quadriceps; thigh was swollen with sharp acute pain. The wound was cooled and bandaged on the spot by his coach and he was advised complete rest. On 11 November, the dosage of **#1** was increased to **6TD** for 3 days, followed by **QDS** for 3 days and then **TDS** whereas dosage of **#2** was increased to **BD**. He did not take any other treatment. After a month, swelling disappeared and there was 80% improvement in pain and mobility. So, on 15 December 2016, dosage of **#1** was reduced to **BD**.

On 17 January 2017, as the pain had completely gone, dosage of **#1** and **#2** was reduced to **OD** and after a month, **#2** was stopped. On 17 March, tapering down of **#1** was started before discontinuing it on 10 May 2017.

As of December 2019, he has not had any relapse of his conditions. He runs daily for an hour and continues to play football with passion.

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6. Covid-19 ^{00512...}Slovenia

Due to shortage of nurses, this 45-year-old **dental** nurse was deputed to a retirement home to cater for **general** nursing duties. Within two days, there were six COVID-19 infected patients. On 14 April 2020, after doing 13 hour shifts for four continuous days followed by one day of rest, she was very tired and by the afternoon she had no strength, her back was hurting and she felt cold, but even then it never occurred to her that she was sick. In the evening her temperature was 37.6C (99.68°F).

On 15 April, she tested positive for COVID-19, so she was scared and afraid of the stigma this infection carried. She was isolated in the hotel near the retirement home where nurses were staying. In the evening her co-worker, who had been taking vibronics preventive remedy from the beginning of the outbreak, suggested the same to her. But being in a state of panic, she refused. She had become suicidal and was treated by a psychologist who prescribed Lexaruin, an allopathic medicine for anxiety and panic attack.

The next 6 days were a nightmare, daily she had fever of up to 38C (104°F). She spent most of her time in bed. She had headache and severe muscle aches, and was choking with the feeling that someone was sitting on her chest. She had lost her sense of smell and taste. On 23 April she still had fever and was choking and coughing, though her blood pressure and oxygen saturation levels were normal.

For an additional 11 days, she had high fever, joint pains, difficult breathing, sore throat, coughing, loss of appetite and loss of voice. Another test done on 4 May also came out positive. Now she panicked even more and decided to consult the vibronics practitioner.

On connecting to Swami through her pendulum, the practitioner detected a very high viral load and on 5 May 2020, gave:

NM2 Blood + NM6 Calming + NM45 Atomic Radiation + NM76 Dyspnoea + NM90 Nutrition + NM113 Inflammation + NM116 Malaria Extra Strength + OM15 Kidneys + OM17 Liver-Gallbladder + BR4 Fear + BR14 Lung + SM6 Stress + SM13 Cancer + SM14 Chemical Poison + SM26 Immunity + SM27 Infection + SM30 Life (AIDS) + SM31 Lung & Chest + SM40 Throat + SM41 Uplift + SR264 Silicea + SR270 Apis Mel + SR301 Mercurius + SR302 Nux Vomica + SR306 Phosphorus + SR385 Eupatorium Perf + SR406 Sabadilla + SR424 Chicory + SR477 Capillary + SR505 Lung + SR507 Lymphatic Organ + SR535 Thymus Gland...6TD for 4 days followed by **OD***

Next day she was completely calm. The day after on 7 May, she was in a very good mood and even had the energy to go twice for a walk. Another test was done and to her great surprise, she tested negative.

She was tested yet again the following day and by the evening the result confirmed that she was negative. To the great delight of her family she returned home the same evening!

Patient's testimonial:

I would thank you for spending the time on me and calling me every day, enquiring about my condition. If it wasn't for you, I think I would have landed in the hospital on tubes at the time and could have even died. My family and I once again thank you from the bottom of our hearts for your help.

Editor's comment:

The practitioner, having treated many cases, is convinced that Covid-19 cases heal really fast usually in just two days.

* Those with 108CC box, please use the Covid-19 remedy already published earlier.

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7. Covid-19 during pregnancy ^{03572...Gabon}

When a 33-year-old, 4-months pregnant female came to the practitioner, she looked pale and completely exhausted. She exhibited symptoms for COVID-19 - shortness of breath and tiredness. She couldn't walk 10 meters without losing her breath. On the previous day, her mother was tested positive and hospitalized. So she was worried as she lives with her mother and shares the same bedroom. She had also gone to the hospital but due to shortage of facilities, she was sent back home, so felt helpless.

On **24 May 2020**, the practitioner gave her the following remedy:

#1. 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...one dose every hour for 6 hours, followed by **6TD** and then **TDS** on improvement.

As it is not known how this virus affects pregnancy, as a precaution, the practitioner made her a combo to help her through pregnancy:

#2. CC3.1 Heart tonic + CC8.2 Pregnancy tonic + CC8.9 Morning sickness + CC12.1 Adult tonic...TDS

Two days later on 26 May, the patient reported that she no longer felt tired and that the shortness of breath had disappeared. To be on the safe side, she was advised to continue **#1** till end of June and reduce to **OD** until the pandemic disappears from the country, and **#2** until delivery.

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8. Covid-19 ^{02799...UK}

Around 12 March 2020, a 50-year-old female started to have a very bad headache accompanied by aching watery eyes. Within the next 3 days, she developed further symptoms: body ache, slight fever, dry cough, loss of appetite, taste and smell, and had extreme fatigue. Being an asthmatic since childhood, she has been on bronchodilators because she picks up colds and coughs easily. Knowing these were Covid-19 symptoms and there was no cure for it, she did not consult her doctor. Instead, pursuing information on social media, she took paracetamol which reduced the fever; also took hot water with lemon every morning and drank tea made with spices and honey throughout the day. Soon her husband started showing similar symptoms and on 16 March when his fever went up to 103°F, fear really set in. She was feeling very rough and, referred by a friend, she telephoned the practitioner. Within 24 hours two bottles of pills were delivered to her door.

For Covid-19 prevention:

#1. CC9.2 Infections acute + CC9.3 Tropical diseases + CC9.4 Children's diseases + CC10.1 Emergencies + CC13.1 Kidney & Bladder tonic + CC19.1 Chest tonic + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.6 Cough chronic + CC19.7 Throat chronic...6TD

For inflammation:

#2. Prednisolone potentised at 10M & CM...QDS

She started taking the remedies immediately on receipt on **17 March 2020**. By next morning, she felt a lot better in every respect. By 24 March, she was feeling at least 80% better since her symptoms were almost gone, what remained was a mild occasional dry cough, a little headache and fatigue. She had not

regained her sense of taste or smell. By 5 April 2020 she was 100% better and on 10 April, dosage of #1 and #2 was reduced to TDS and the remedies finished in 2 weeks.

Patient's testimonial: We cannot thank the Practitioner enough for her immediate assistance in delivering the pills to us within 24 hours.

Editor's comment: Post Covid-19 treatment, the preventive combo should be continued at OD until the virus disappears from the area.

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9. Cough – post Covid-19 ^{11613...India}

A 55-year-old female was suffering from the symptoms of cough, headache, fever and loss of taste since 29 April 2020. Within 3 days, with allopathic medicines, she was relieved of all her symptoms except loss of taste and general uneasiness. When her sick neighbour she had been attending to was tested positive for Covid-19, she herself underwent a test and was found positive on 6 May. She was immediately quarantined in a vacant house and was given a course of antibiotics and antiviral treatment for 5 days. In addition, she started taking health supplements and a decoction of spices and jaggery, twice a day. On 11 May, she still had cough mainly in the evenings and mild right-sided headache, for which her husband sought vibrionics treatment. The practitioner gave the standard prophylactic remedy, viz:

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...one dose every 10 minutes for 2 hours, followed by **6TD** for 4 days

From the very next day, she had no cough and felt completely well. A test done on 15 May came out negative. So the dosage was reduced to **TDS** for 4 days followed by **BD** until the Covid-19 situation is completely under control.

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10. Plantar fasciitis, Constipation ^{11613...India}

A 44-year-old female was suffering from severe constipation since 2009. Allopathic medicine gave her temporary relief. For many years she took ayurvedic medicine (triphala) to ease her bowel movements but to no avail. Also, for the past 4 years, she was having pain under her heels especially in the morning. During the past 4 months the pain became so severe that she was unable to walk normally. Her physician diagnosed this as plantar fasciitis. On 6 October 2019, since the pain was more bothersome, the practitioner gave:

For plantar fasciitis:

#1. **CC20.4 Muscles & supportive tissue...TDS**

After 2 weeks, there was 20% improvement in heel pain; this went upto 50% after another 4 weeks. On 16 November 2019, for faster relief, the practitioner gave the patient **#1...BD** in olive oil for external application. For oral use, he enhanced **#1** to:

#2. **CC3.7 Circulation + CC15.1 Mental & Emotional tonic + #1...TDS**

At the same time the patient reported that her constipation had become severe during the past few days. She was given:

For constipation:

#3. **CC4.4 Constipation...6TD for 3 days followed by TDS**

On 20 December 2019, there was 80% relief in both symptoms and by 18 January 2020, these disappeared completely. So the dosage of #3 was reduced weekly to **OD, 3TW, 2TW, OW** and stopped on 15 February, whereas **#1 & #2** were tapered down fortnightly and stopped on 14 March. As of June 2020, there is no recurrence of heel pain or constipation.

Answer Corner

Question 1. Some people in my community are interested in taking vibrionics for prevention of Covid. But they are already taking homoeopathic remedies distributed locally. Can they take both?

Answer 1: Vibrionics combo for prevention has proved to be effective as we have had excellent feedback. So if the patient is comfortable, then he can start on vibrionics 3 days after stopping the homoeopathic remedy. For more details, refer to vol 10 #4 of our newsletter. It is advisable not to take both. Also follow other guidelines given in vol 11 #2 (Mar-Apr 2020).

Question 2. The Immunity Booster is taken OD as prophylactic. On the 1st day, can I prescribe 1 dose every 10 mins for 1 hour followed by OD so that it can benefit asymptomatic patients?

Answer 2: The extra doses on the first day are not needed unless there are symptoms.

Question 3. What is the best procedure for making the Covid-19 immunity booster remedy in large quantity?

Answer 3: To make any remedy, add 15 drops of the combo to one packet (0.5 kg/16 oz) of pills in a non-metallic box (not more than 2/3rd full) and shake in the usual figure of 8. For dispensing, fill the remedy in small vials without touching the pills.

Question 4. With distance healing, once a remedy is made and broadcasted to a patient, can I reuse the same remedy for another patient with exactly the same problem?

Answer 4: Yes, you can if you wish to broadcast **exactly** the same remedy to the other patient. If the remedy made happens to be a nosode, you will of course not broadcast this since a nosode is unique to the patient. Remember, once a remedy is placed in the Sample well, its potency changes and hence it is ONLY suitable for broadcasting or for making a copy of it.

Question 5: If a patient has only one kidney, can I suggest vibrionics to help strengthen his other kidney?

Answer 5: Yes, vibrionics remedy will certainly help to strengthen the remaining kidney and also activate the phantom kidney, that is the subtle aspect of the missing kidney. Incidentally, a healthy solitary kidney can filter enough blood for a person to lead a normal life.

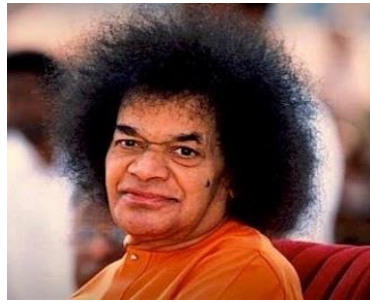
Question 6. What advice or assurance should we give to parents of autistic children? Should we say "Just have faith and pray"?

Answer 6: Of course we need to deal with parents gently with compassion and sensitivity but first, you should take down detailed symptoms by talking to the parents on phone. Then study the case and familiarize yourself with different aspects of autism, prior to meeting the parents, to be able to provide specific guidance. Parents should understand that sooner the treatment is started, the faster and better will be the improvement. Even if we are not able to help autism, we can always manage many symptoms that come with autism like constipation, epilepsy, sleeplessness, hyperactivity, allergies, infections etc. Finally, the parents should be advised they are in this situation, not by random chance, but there is a reason for it. They have some life lessons to learn and so they need to develop an attitude which is, not only supportive of how to deal with the child but also with their own emotional turmoil. You may treat them too to give them strength to cope and if necessary guide them to consult a counsellor /expert in the field.

Question 7. Are we allowed to make a diagnosis based on symptoms and recommend an allopathic treatment besides vibrionics?

Answer 7: No, as we are not qualified medical practitioners, we should not make any diagnosis. We should treat with vibro remedies based on symptoms. If the patient brings a diagnostic report, it can help in deciding the most appropriate combo. If we suspect a serious condition, ask the patient to consult an allopathic doctor.

❧ Divine Words from the Master Healer ❧



“Food is generally looked down upon by ascetically minded seekers and treated as something which does not deserve attention. But, since the body and the mind are mightily interdependent, no one can afford to neglect it. As the food, so the mind, as the mind so the thought; as the thought, so the act. Food is an important factor which determines the alertness and sloth, the worry and calm, the brightness and dullness.”

... Sathya Sai Baba, “Food and health” Discourse 21 September 1979
<http://www.sssbpt.info/ssspeaks/volume14/sss14-31.pdf>

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“Service should proceed from an awareness of what one owes to society. One's name and fame, all the comforts one enjoys, are derived from society. One finds fulfilment in society. That being the case, if one does not serve society, whom else can he serve? Sheer gratitude demands that one should serve society which is the source of all benefits enjoyed by man. Men without gratitude are worse than wild animals.”

... Sathya Sai Baba, “The Spirit Of Service” Discourse 21 November 1988
<http://www.sssbpt.info/ssspeaks/volume21/sss21-31.pdf>

❧ Announcements ❧

Forthcoming Workshops*

- **India Puttaparthi:** Virtual AVP Workshop, weekly sessions **Sep-Nov 2020**(full details will be intimated to participants), contact Lalitha at elay54@yahoo.com
- **UK London:** UK National Annual Refresher Virtual Seminar **20 Sep 2020**, contact Jeram Patel at jeramjoe@gmail.com
- **USA Richmond VA:** Virtual AVP Workshop weekly sessions **Sep-Nov 2020** (full details will be intimated to participants), contact Susan at saivibrionics.usa.can@gmail.com
- **India Puttaparthi:** AVP Workshop** **25 Nov-1 Dec 2020**, contact Lalitha at elay54@yahoo.com
- **India Puttaparthi:** SVP Workshop** **3-7 Dec 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.

**Subject to change

❧ In Addition ❧

1. Health tips

Eyes are precious: Take good care

“See no evil; see what is good. Only then will your eyes attain the sacred power by which you will be able to visualise the Divine Cosmic Form.”... Sathya Sai Baba¹

“Of all the senses, sight must be the most delightful...the only thing worse than being blind is having sight but no vision”...Helen Keller (Deaf-Blind American Author & Activist)

1. Know your eyes

1.1 The most delicate, complex, and sensitive sense organ in the human body, eyes give us the precious vision, the sense of light, colour, form, and movement, and maintain the biological clock of the body. The two eye balls are situated within bony sockets and protected on the outside by the eyelids, eyebrows and tear film. Each eye is moved by 6 muscles which are attached around the eyeballs. Light rays entering through the pupil are focussed by the cornea and lens to form an image on the retina.

The retina contains millions of light-sensitive cells which convert the image into a pattern of nerve impulses. These impulses are transmitted along the optic nerve to the brain where these are processed to form a single image.²⁻⁴

1.2 What is normal eyesight?: A “20/20” (in feet) or “6/6” (in metres) visual acuity indicates normal eyesight, though not a perfect one. The first number (upper one) denotes the distance from which all are examined during an eye test, using the Snellen eye chart. The second number tells us how well someone is able to read the letters on the chart at 6 m. If one has 6/9 visual acuity, he can see details only at 6 m that people with normal eyesight will see at 9 m.^{5,6}

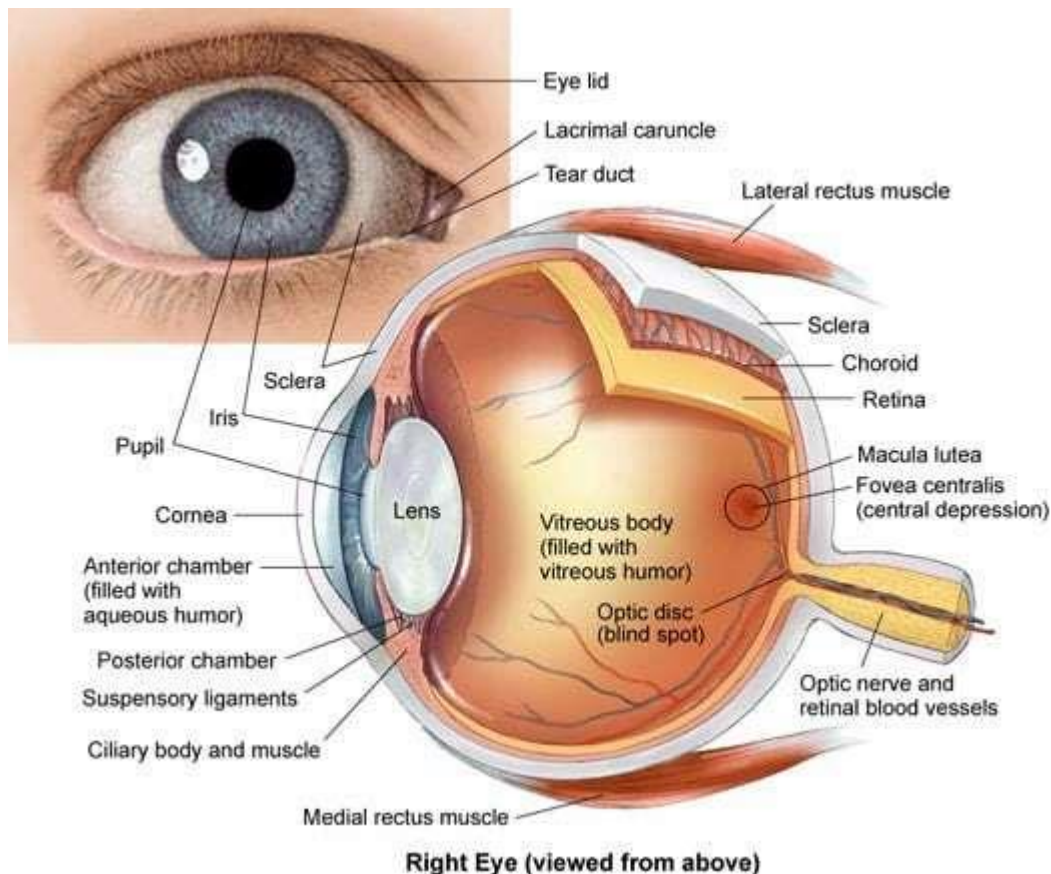
1.3 What is normal eye pressure?: Eye pressure—also called intraocular pressure or IOP—is a measurement of the fluid pressure inside the eye. While the average IOP is 15 mmHg, the range of normal eye pressure is much larger, between 10 and 21 for about 90% of the people. This depends on many factors like age, blood pressure, pulse rate, and refractive error. IOP beyond 21 is generally considered as a risk factor.^{7,8}

1.4 Eye problems could arise due to infections, genetic disorders or from birth, by neglect or accident, or by incorrect use or abuse of the eyes.

2. Eye infections

2.1 Infections occur when harmful microorganisms (bacteria, fungi, or viruses) or foreign particles invade any part of the eye or its tissues.⁹⁻¹³

2.2 Contagious infections: the most common is conjunctivitis (*pink eye*): It is typically viral, but could be due to bacteria. Common symptoms which tend to appear suddenly are redness, itchiness, sensitivity to



light, burning, sticky discharge, gritty feeling of a grain of dust or sand in the eyes, tearing or watering of eyes, swollen eyelids (sometimes painful), and blurred vision. *Trachoma* is another highly contagious bacterial infection, but sporadic.⁹⁻¹²

2.3 Non-contagious infections could be due to allergen like pollen, any chemical splash, noxious vapour, any irritant, or use of contact lens for extended periods. In case of allergic conjunctivitis, inflammation, itching, and tearing may be

intense, accompanied by sneezing and watery nasal discharge. Fungal infections are rare. Other possible infections include *keratitis* (inflammation of cornea due to bacteria, virus, or parasites in

water); *uveitis* (caused by certain viruses like herpes, but more commonly linked to autoimmune disorders like rheumatoid arthritis or lupus); *infection of eyelids* or its skin which include *stye* (a painful bump similar to a pimple) and *chalazion* (an accumulation of secretions, usually painless); and *corneal ulcer* due to bacterial, viral, or fungal infection.^{9,10,13}

3. Eye problems/defects

3.1 Common refractory errors: myopia - inability to see distant objects that mostly starts from childhood; hypermetropia - inability to see nearby objects due to short eyeball; astigmatism - both nearby and faraway objects look distorted due to irregularly curved cornea; presbyopia - hard to see things or read at arm's length after the age of 40.^{14,15}

3.2 Cataract is a gradual clouding of the lens of the eye when it becomes less flexible, less transparent, and more dense with age, leading to a decrease in vision in one or both eyes. Symptoms include fading or yellowing of colours, blurry or double vision, frequent changes in eyeglasses, seeing halos around light, discomfort with bright lights, and difficulty in reading, driving, or seeing clearly at night. Apart from age, nutritional deficiency, genetic disorders, some medical conditions like diabetes or past eye surgery, exposure to radiation, long-term use of steroids, trauma, or addictions may also cause it.¹⁶

3.3 Glaucoma is an eye condition where the optic nerve deteriorates and gets damaged, either due to its sensitivity or less blood supply to it. More often it is because of increased eye pressure when the aqueous humour is overproduced or not drained properly due to clogging. The damage to the eye is gradual without any warning sign. The most common symptom is patchy blind spots appearing frequently in both eyes and tunnel vision in advanced stages. In some cases there is noticeable hazy or blurred vision, appearance of rainbow coloured circles around bright lights, severe eye pain with headache, red eye, nausea or vomiting, and sudden sight loss. As the vision loss is not reversible with treatment or surgery, it is one of the leading causes of blindness in adults above 60.^{17,18}

3.4 Retinal disorders: Major retinal problems include *macular degeneration* and *retinal tears or detachment*. Symptoms are: numerous *new floaters* (thread like black spots or specks), sudden and *rapid flashing lights* at the edge of the visual field, distorted vision, and sometimes a grey curtain obstructing vision. Retinal detachment is painless, unless it is due to an injury, and occurs spontaneously within a few hours or days. People with unstable or high sugar levels are at risk of developing *diabetic retinopathy*.^{19,20}

3.5 Other eye disorders: Some rare/genetic disorders are *night blindness*, and *colour blindness* when one cannot distinguish usually red-green but sometimes blue-yellow shades.^{19,21}

Squint is an eye defect where eyes do not align properly and point in different directions, unable to look at the same spot at the same time. Exact cause is not known. It may lead to *lazy eye* as brain ignores signals from the affected eye.²²

"*Dry eye*" occurs when our tears are not able to lubricate the eyes adequately and worsens with age. It may also be due to an autoimmune disease or some medicine like antihistamine, or exposure to smoke or wind. Typical symptoms are stinging and burning, pink eye, continuous discomfort in the eye or watering of eyes.²³

"*Watering eyes*" is of concern only when too many tears flow nonstop with pain, change in vision, or a feeling of something in the eye that does not go away.²⁴

Some problems like twitching of eyelids, puffy eyes, and dark circles are due to lack of rest, stress, or inappropriate diet and lifestyle.^{25,26}

3.6 Digital eye strain - an emerging public health issue: More than 90% of digital device users experience eye strain. Most common ocular symptoms being tearing, tired eyes, dry eye and blurred vision, burning sensation, redness, and double vision. Common non-ocular symptoms include stiff neck, general fatigue, headache and backache. Blink rate comes down to 5-9 per minute as against the normal 10-16.²⁷⁻²⁹

4. Protect your eyes from injury

4.1 Eye injuries: Possible injuries are: scratch on the eye (corneal abrasion) by any instrument or by a pet; foreign particle going into the eye; chemical injury due to acid or alkali or eye burns due to direct exposure to steam, fumes, or radiation; black eye or swelling due to any hit or cut on the eye. Common symptoms are pain in or behind the eye, spasm of the eyelids, continuous flow of tears from one eye, reduced or altered vision or even loss of sight, blood visible in the eye or bleeding around the eye.³⁰

4.2 First Aid and medical care: Immediately visit an “eye emergency” clinic but before that, simple steps of First Aid may help.³¹⁻³³

- Blinking can get rid of small dust or sand particles.
- Open eyelids gently and rinse or bathe the eyes with clean water to flush out any foreign object. Pull upper eyelid over lower eyelid to brush away gently any foreign particle.
- In case of chemicals in the eye, immediately remove contact lens. Tilt the head to lower the affected eye, so that while bathing the eyes the diluted chemical liquid does not run over to the other eye or side of the face. After washing for 15-20 minutes, put a clean pad over the eye while taking the patient to the hospital.
- In case of cut, wound or puncture, **do not** rinse with water. Instead, gently place a protective cover like clean eye pad or wound dressing over the eye without pressing.
- In case of a hit in the eye, gently apply a small cold pack or compress without applying pressure, to reduce pain and swelling.

4.3 The Don'ts after injury: Avoid movement of head, don't roll eyes, and don't rub or touch them with finger or cotton swab. Don't self-medicate.³¹⁻³³

5. Preventive measures for healthy eyes

5.1 Good hygiene practices like washing hands often, not rubbing the eyes and using clean towels will help prevent infections.¹⁰⁻¹³

5.2 Strengthen your eyes: Some ways to relax and nurture the eyes are:^{26,34-40}

- *Palming*, by placing the hollow part of the palms gently on the closed eyes. Block out all light, sit comfortably, and concentrate on your respiration and relax with eyes closed for 5-10 minutes twice a day or several times for 1-2 minutes.^{34,36-38}
- *Lightly press the eyes* with all four fingers together, hold for a few seconds and slowly let go. Blink and open eyes for a few seconds, repeat 5 times; mild massage of eyebrows with fingers also helps.³⁶⁻³⁸
- *Sunning* with closed eyes, for 5 to 10 minutes early morning or evening when the sun is mild and not too hot.^{34,36,37}
- *Eye movements* up and down, and right and left, followed by eye ball rotation, *focussing* by changing focus between near and far, *normal blinking* every now and then, and *slow blinking* by looking straight at a blank wall³⁶⁻³⁹.
- Gentle massage with vegetable or almond oil over dark circles, if any, just prior to bed time.²⁶
- *Cold compress* after eye exercises or when one feels strained. One may use cooled slices of cucumber or raw potato or tea bags.²⁶ *Splashing* of cold water over the eyelids, with mouth filled with water, preferably in the morning, will improve blood circulation.⁴⁰
- *Swimming*, walking, yogasanas, and neck and shoulder exercises under guidance will improve circulation and nourish the eyes.

5.3 Eye-friendly diet: A balanced diet rich in vitamins A, C, D & E, omega-3 fatty acids, and trace mineral zinc will keep eyes healthy. These are abundantly present in fresh fruits, vegetables, especially leafy greens and nuts and seeds^{35,41-43}

6. Tips for eye care: it is never late to improve our vision

- Active lifestyle, sufficient rest, a balanced diet, adequate intake of water, correct posture of sitting upright, especially while using digital gadgets, regular exercise, personal hygiene, fresh air, and above all, a relaxed state of body and mind are the key to prevent eye problems.^{17,34-40,44-45}
- Get a comprehensive dilated eye examination every few years. For children, at 6 months of age, at 3 years, and then every year between 6 and 17 years old. For adults, once every 5-10 years under 40 years of age, every 2-4 years till 54 years, and more frequently as one ages. Early diagnosis is the only way to prevent blindness.^{17,44,45}

- Know your family history and risks, wear protective glasses where needed, pay immediate attention to visual changes and consult an eye doctor. People with myopia, diabetes, heart problems, or those who had a stroke, and users of contact lens should take extra care.^{17,44}
- **Practise 20-20-20 rule to prevent digital eye strain:** Take a break every 20 minutes and look at something 20 feet away for 20 seconds. **Download eye-care apps to remind you!** Also take care of proper lighting to minimize glare and adjust the display settings of the digital gadgets.⁴⁶⁻⁴⁸

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2. COVID-19 Anecdotes

#1. An inspiring experience from a patient of Practitioner ^{00512...Slovenia}

I am a nurse working in a Retirement Home in Slovenia and have been taking the remedy for Covid-19. On 27 March the first case of the virus appeared in the Home and promptly escalated, infecting 53 residents of which 30 succumbed within weeks. Soon, there was no nursing staff left to work with me! There was a total collapse of the Retirement Home. Five Slovenian health centres and three hospitals came to our rescue. Even medical and nursing students from two towns came to help. Unfortunately, some of them contracted the virus. I offered the Immunity Booster (which I had been taking) to everyone. Some of my colleagues accepted and all got rid of the virus quickly. The authorities at work, in spite of the dire situation, alas, rejected it. As I was placed in the epicentre of the outbreak, I decided to stay away from my daughters, partner and loved ones and chose to lodge in a nearby hotel. It was very hard but I saw my family only over the phone for almost eight weeks. I had to work with doctors to visit all residents. From my hotel in the evening, I supervised and guided incoming medical staff by phone, text and video calls. I had to oversee their lodging needs such as food and bedding. It was hard, stressful, and exhausting and the schedule was gruelling.

All in all, quite an arduous and unforgettable experience but I survived and the credit goes to the Immunity Booster for protecting me and for supporting my health! As I write now and remember what all I went through, I feel grateful to the practitioner who I could call upon at any time to help me, the word "thank you" is just not enough "for everything you did! I love you".

#2. The email response from an elderly American devotee

Just after taking the first dose of the new Vibrionics Immunity Booster for Covid-19, I was surprised with its remarkable effects. I noted successive sensations, location by location, in all the areas of my body affected by illness or injury in the last five years: bladder, hip, small intestines, and the locus of a head injury, being the major ones. I tangibly *felt* the remedy working, individually spending several minutes with each area. Most astonishing of all, was its effect on my psyche, my state of mind. I experienced two powerful and heartfelt emotional releases, hopefully clearing the effects of old trauma from painful experiences. Only time will tell regarding true healing, but the combo proved to be an impressively accurate detective, locating all my health issues.

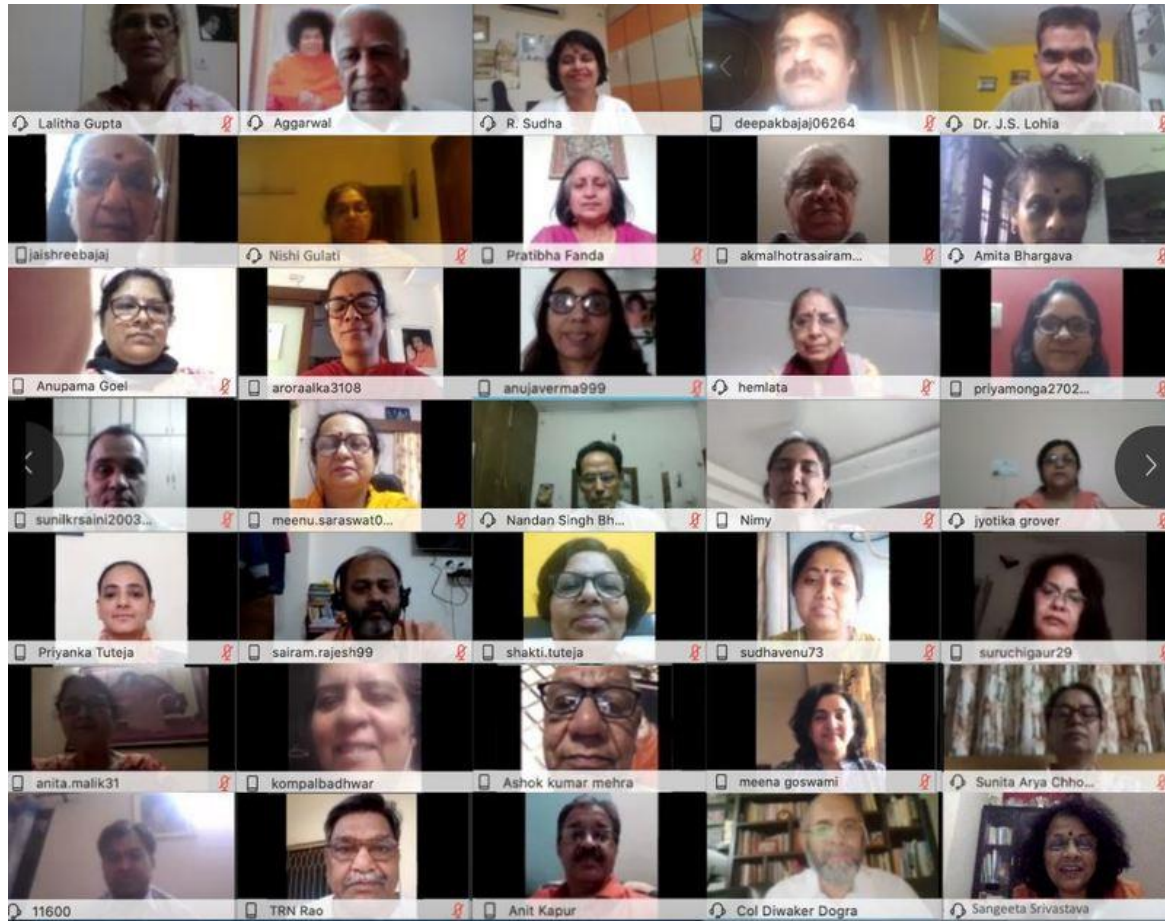
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3. Virtual Refresher workshop 8-12 May, 2020 - an initiative of the Delhi-NCR Vibrionics Team

This well-organised workshop attended by 40 practitioners was a huge success.

On the 1st day of the workshop, a review of the entire vibrionics course in an interesting quiz form was done by Teacher¹¹⁴²², entreating practitioners to read all newsletters to keep abreast of the latest

developments in this ever-evolving field. On the 2nd day, successful case histories were presented under the guidance of Teacher & Delhi-NCR Coordinator⁰²⁸⁵⁹; a feeling of gratitude towards vibrionics was evident amongst all the presenters. It was emphasized that cases must be recorded in a proper format, taking photographs of diseased body part, where applicable, and follow reduction procedure etc. On day 3, led by Practitioner¹¹⁹⁶⁴, participants shared how vibrionics has transformed them. As the session progressed, one witnessed a sense of awe at being part of a system that has filled so many hearts with humility, love, and social responsibility to serve. Also some difficult cases were discussed. On day 4, the participants were taken through the organizational structure of vibrionics and the way forward. They were encouraged to take membership of IASVP, which is now mandatory.



Both Mrs Hem & Dr Jit Aggarwal were delighted to join the final session on day 5. Mrs Hem answered the queries on COVID-19 and shared useful tips from her personal experience. Also, she provided a detailed checklist for writing a case history, comparing a case history as received for publication

against the final version. Dr Aggarwal took the practitioners through a journey of development of Vibrionics under the watchful eyes of Swami. He also gave a bird's eye view of the upcoming Sai Vibrionics Research, Training & Wellness Centre coming up at Puttaparthi in the next two years. He urged the practitioners to regularly read the vibrionics course books, newsletters, and conference book. He reiterated that we must focus on Swami to be able to give our best as practitioners of this healing system. By Swami's grace the workshop turned out to be a great learning experience for all attendees.

Om Sai Ram

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