

## **Sai Vibrionics Newsletter**

[www.vibrionics.org](http://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

This edition of the newsletter marks two major milestones – first being the 95th birthday of our beloved Swami and second being an exciting vibrionics-related announcement. We are all set to establish our very own Sai Vibrionics Research, Training, and Wellness Centre in Puttaparthi! The wheels on this project have been in motion for a while but then COVID came as a stumbling block as it pushed things back by 10 months. Swami says "Regard whatever happens to you as something intended for your good"...SSS vol XVII chapter 15. Little did we realize that all this delay would give us an opportunity to redesign the Centre in order to downsize and adapt the buildings to our current and future needs. This is because over the last few months we have considerably moved practitioners' training to virtual platform and intend to continue this. This has obviously reduced our need for elaborate physical space.

We now envisage the Vibrionics Centre to take about two years to complete. This Institute will not only give our practitioners a much-needed facility for research and development but also play a pivotal role in promoting vibrionics by creating a central independent organizational base for the functioning of all vibrionics-related activities - IT, publications, training, and above all treating patients. I see this as being run entirely by our healing trust via its core leadership team, which is already doing a commendable job. Establishing the Centre is the first step in the gradual process of transitioning my responsibilities to our committed vibrionics core team members. I'm filled with immense gratitude to Swami for giving me the strength and opportunity to continue to advance vibrionics and even more so for blessing our vibrionics mission with a strong team of committed individuals who come from all walks of life and all age groups - retired army personnel to home-makers, software engineers to academicians – from those in their thirties to our head of research who is still going strong at 87!

Ten months into the pandemic, COVID-19 is very much on our minds as it continues to play havoc throughout the planet. This is primarily because of its high level of asymptomatic transmissions and constantly changing behaviour. I remind all of us not to let our guard down nor discourage patients from seeking medical help. However, I am pleased to share that we have received very encouraging feedback from the ground level. Majority of those who have taken the Immunity Booster (IB) have not contracted any infection and even the very few who showed mild symptoms have recovered quickly with just an increase in dosage of the same remedy. In India alone in the last two months we have had a massive surge in the demand for the IB. In addition to the 180,000 recipients who started taking it prior to August 2020 and continue to replenish the remedy, our practitioners have distributed the IB to 54,000 new recipients.

Another exciting update is that since the launch of our revamped website (<https://www.vibrionics.org>) this year on Guru Purnima day, we have received a whopping 4,000 visitors in less than four months. The

number of enquiries from people seeking treatment has also increased. We have also launched Phase-2 of website enhancements that features a more user-friendly Menu with links to Case Histories by Category, Mantras, and a freshly laid out Articles section. We have also made improvements to the webpage on our News site (<https://news.vibrionics.org>) for downloading the pdf version of our newsletters. This page can be accessed by simply entering “pdfs” in the search bar in any language. Also, language support for Marathi has been added to the website. Another good news for our Tamil-speaking practitioners is that our AVP manual has been translated in Tamil by **Practitioner**<sup>11579 & 11580</sup> and will be offered at the Lotus feet of Swami on 23 Nov 2020.

My humble request to everyone is to send in your wellness and spiritual articles and patients’ testimonials (audio, video, or written). For starters, we have added a video testimonial from **Practitioner**<sup>11601</sup> to the website - do have a look. For all such contributions including any query or suggestion concerning the website, or if you encounter any bug in the site, write directly to [helpdeskIT@vibrionics.org](mailto:helpdeskIT@vibrionics.org) for a quick response.

In conclusion, I’d like to leave you with Swami’s very impactful lesson on happiness. He says “Whatever you do, do it with shradha (dedication). The secret of happiness is, not doing what you like, but liking what you do.” Any work that is infused with love and viewed as a spiritual offering is effectively transformed into worship. Yes, we are in the midst of an unforeseen and tragic pandemic. Yet, we have our loving Lord Sai’s words to guide us, our vibrionics community to fall back on, and this incredible blessing of Vibrionics seva to tide us through. Let us all emerge on the other side, stronger, kinder, more dedicated, and more spiritually evolved.

In loving service to Sai

Jit K Aggarwal

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## ❧ Practitioner Profiles ❧

**Practitioner**<sup>11621...India</sup>

is serving as an Assistant Professor in Biosciences at SSSIHL Brindavan since 2014, currently also the Campus Coordinator. He had his first darshan when Swami visited Podanur samiti at Coimbatore in 1989. He was part of the Balvikas group that performed a dance drama after which Swami blessed them by creating vibhuti and posed with them for a group photo. Inspired by his Balvikas gurus to stay focused on Swami, he aspired to be a Sai student. His desire was fulfilled when he joined Swami’s institute in 1996 as an undergraduate and then completed his Master’s degree in 2001. Later in 2008 he received his doctorate from JNCASR in Bengaluru.



During his student days, the practitioner enjoyed doing Sai seva - conducting bhajans, giving short talks, and organizing satsangs. Currently, as a mentor of his young students, he conducts for them awareness courses and weekly sessions on self-development and is also in-charge of the Arts Gallery Self-

reliance team and drama-sets. Dissatisfied with allopathic treatment routinely given to Brindavan hostel students, he prayed for an alternative solution. At the monthly medical camp in Brindavan, the ayurvedic expert could only treat 1 or 2 students as each consultation takes 20-30 min. So, the practitioner considered learning the technique himself but it would take years of fulltime study. Nor could he find a qualified homoeopath to do this seva. It was only after 2 years of prayers that he, after a group meditation session, chanced upon witnessing **Practitioner**<sup>11595</sup> giving a vial of pills to another group member. He learnt this was Sai Vibrionics guided by Swami and what really impacted him was the patient’s comment “Vibrionics works like magic and I always get cured faster”. Encouraged further by the practitioner, he explored the website, went through the admission process and got accepted into the training program. During the e-course, he had first-hand experience of the efficacy of vibrionics when the same practitioner treated him for his daily bouts of sneezing and frequent throat infections. Impressed by his own healing, he referred many of his students for telephone consultation with the practitioner and he would himself collect remedies for them.

He completed his AVP training in Puttaparthi in Nov 2019. On the same day, he made his first remedy **CC1.1 Animal tonic + CC1.2 Plant tonic + CC15.1 Mental & Emotional tonic** as an offering to Swami and placed it on His picture praying for Universal peace! His vibrionics seva with patients began dramatically, while returning home from the workshop, he witnessed from his taxi an accident where a village woman had toppled onto the road from her son’s bike. She was semiconscious, bleeding and

moaning in pain. The practitioner immediately administered emergency remedy kept in his pocket (a practice strongly recommended at the workshop) and then conveyed her in his taxi to the hospital. He felt deeply grateful to Swami for giving him this spontaneous seva opportunity of treating his first patient.

Once back in Brindavan, he started his practice with the students in the hostel. Very soon, many got to know about vibrionics and started to approach the practitioner. This made him extremely busy, which provided an ideal opportunity to involve students in this seva. He trained a team of 12 volunteers who would prepare the combos in vials and dispense them to the needy with instructions on how to take them. Remedies were prepared in bulk for the most commonly encountered ailments in the hostel like diarrhoea, constipation, migraine, headache, fever, and cough and cold. Whenever there was an emergency or anybody was taken ill, the volunteers would consult the practitioner by telephone and take the appropriate remedy to the patient, thus streamlining treatment of these common ailments.

During the Annual Sports Meet in January 2020, all the students moved to Puttaparthi. Long hours of strenuous work of putting the drama sets together resulted in frequent injuries and strains and vibrionics came to their rescue. **All Pain-relief combo, CC3.7 Circulation + CC10.1 Emergencies + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC20.7 Fractures**, evolved in discussion with the practitioner's mentor<sup>11583</sup>. This was prepared in mustard oil for external application, and used for muscle cramps and injuries. Later it was dispensed in pills to be dissolved in water for spraying the affected area. This combo has since been used time and again and it has never failed him. The practitioner recounts the case of a patient who woke up around 2 am with a sharp pain in her ankle. In the past whenever she had such episodes, she would take a painkiller. This time however she immediately used the combo prepared in a spray bottle just the previous evening and the pain vanished in two minutes! She was so impressed with this quick relief that she uses the spray regularly to relax her legs and never takes painkillers. In the case of his elderly father, this combo worked like a charm, giving fast relief for his knee pain.

The practitioner made another important remedy found to be especially useful for his students: **Boys Wellbeing combo** had its inception in the suffering of a third-year undergraduate from low self-confidence. This boy had developed proficiency on the guitar, enough to be chosen as part of a 15-member team in an orchestra competition. As this was to be his first time on stage, the boy asked "I am so afraid about the whole situation that my palms and hands are sweaty and it is difficult for me to play the guitar. I don't want my mistakes to cost the whole team. I don't want to let my team down. How do I fix this?" The competition was to be held on Sunday and he was treated for extreme stage fright from Thursday with **CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic**. He played so well that his team actually won. This remedy was the embryo for the Wellbeing Combo: **CC4.1 Digestion tonic + CC12.1 Adult tonic + CC14.1 Male tonic + CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic** often requested by the boys before examinations and group presentations. Later this combo was prepared in bulk and a bottle was kept in each of the 28 rooms in the hostel. The room leader daily prepares remedy in water for each boy to take at least one sip daily.

In April 2020, with the end of the academic year approaching and students preparing to go back home, COVID-19 was already spreading fast. A large number of vials of our standard *Immunity Booster* were prepared and given to students for their families. He recalls a heart-warming incident where a bottle was couriered to a student's father having COVID-19 symptoms - fever, loss of smell and taste, overall feeling of being unwell. He was taking homoeopathic treatment which the son advised him to stop. He took the *Immunity booster* in SOS dosage viz, one sip every 10 min for two hours that night and one hour the following morning. Within a matter of 12 hours, the father recovered fully and even remarked he could smell camphor in the room! The boy's grateful mother was moved to tears while narrating the story to the practitioner over the phone. *Immunity booster* was given to many for prevention and they escaped contracting the illness. During his training, the practitioner had learnt that vibrionics can treat diseases yet unknown to mankind, with the COVID situation, he clearly saw this in action.

During the lockdown period when the practitioner could not procure bottles and pills, other local practitioners came forward with the supplies, so the work never stopped. And the remedies continue to be sent by post even today, while teaching has shifted to a virtual platform. He is now networking with other practitioners who can send the remedies across to his patients in their areas. He has also introduced vibrionics to his own family, friends, and colleagues.

Closely witnessing the miseries and illnesses of others, the practitioner understands the huge blessing that good health is and has become holistically more health-conscious. He has become more vigilant in watching his thoughts, words, and deeds. This is enabling him to fine-tune his personal *sadhana*, as he

feels the remedies work best when a practitioner lives in harmony with his true Self, thus acting as a divine channel.

The practitioner recommends frequently reading Swami's words "...Serve because you are urged by Love..." on the first page of the 108CC book, thus touching base with *love* that prompts our service and self-examination. He considers Sai vibrionics a special grace conferred on him by Swami. Having prayed with his wife for a 'Sai-centred life', he feels blessed to be living it, by serving Swami's students in all aspects of body, mind, and spirit, encouraging them to be well-rounded leaders as well as exemplars of vibrational healing for future generations.

**Cases to share:**

- [Headache, sinusitis, allergy](#)
- [Painful menses](#)



**Practitioner** <sup>11597...India</sup> is an accomplished academician who retired after serving as principal of three prestigious schools. She holds a B.Ed degree and an MPhil in English literature. Helping to provide education to underprivileged children is very close to her heart. Her first job was that of an evening program coordinator with an NGO involved in the education of disadvantaged children. This later evolved into daytime teaching in regular schools and led to a teaching career lasting almost four decades. Over the years, she has volunteered with ASHA, India, in the area of education, assisted at the Olcott Memorial School, and has contributed to the enrichment of the Balwadi curriculum (for rural preschoolers); all of these institutions serve deprived children and slum dwellers. A memorable incident happened to her as a young headmistress in 1984 when, during a school function, Mother Teresa unexpectedly called her and blessed her by laying her palm on her forehead. In 2013, her contribution to the field of education was recognized by the Rotary club with a 'Nation Builder' award.



She has been involved in *seva* from an early age when she regularly visited old age homes. Later, as the wife of an army officer, she led the 'unit welfare centers' for the soldiers. She briefly participated in the Vidya Vahini project in 2014, but her contribution was sporadic due to her then hectic work schedule. Presently, she is volunteering with a spiritual organisation for building the communication skills of ashram inmates.

The practitioner's husband, an exemplary army officer, was a staunch Shirdi Baba devotee and she joined him in this worship. In 2004, her husband went into a comatose state and this tragedy brought an unexpected stream of Sathya Sai devotees into her life. She, along with her younger daughter, was able to visit Prashanthi Nilayam during Guru Purnima 2004 and since then she feels Swami's divine guiding arms around her and her family, all the time, steering them towards progress and well-being both professionally and spiritually. The physical suffering, pain and helplessness she underwent and witnessed, which ended with the tragic loss of her husband in 2006, opened her heart to alleviate the suffering and pain of others. However, at that point, she was busy trying to stabilise her own household and be a support for her children.

It was in September 2015, after her move to Bangalore, that a name board outside the Vibrionics clinic in Brindavan, Whitefield, caught her attention. It was just a fleeting introduction and her journey with vibrionics really began in 2017 when the vibrionics website accidentally presented itself to her. She became an AVP in February 2018 just before her retirement and a VP, 13 months later. So far, she has treated well over 1000 patients with a huge range of illnesses, in addition to providing administrative assistance when required such as transcriptions. She regularly assists **Practitioner** <sup>11210</sup> in the documentation process at the Wellness clinic in the Whitefield hospital and contributes towards the 'In Addition' section of vibrionics newsletters.

After becoming a member of IASVP in March 2019, she teamed up with **Practitioner** <sup>10354</sup> to treat patients at the medical camp in a Shirdi Baba temple in Bangalore. She has noticed that many patients with skin and digestive issues get better with vibrionics but then some other problem emerges. She believes this is due to poor hygiene and sanitation in the area surrounding the camp. She takes every opportunity to educate these patients on this subject and also gives preventive remedies, especially when waterborne diseases are rampant. In her experience, only a third of the patients treated in camps follow the prescribed

dosage, take appropriate precautions, and collect refills on time, these are the ones who benefit the most. For example, two patients with chronic psoriasis showed tremendous improvement where other treatments had not helped.

The practitioner has yet to understand the process of measuring recovery. Sometimes there is a visible change for the better but very often the patient has had other positive changes in their life which may have helped the cure. She says that most illnesses are due to blocks in the circulatory system and her experience shows that adding **CC3.7 Circulation** to most remedies achieves faster cures. She keeps detailed patient records which help her in taking the right course of action promptly during follow-up visits, especially in cases where there is a pullout which she finds happens in 8% of her patients.

Watching her mentors in action has taught the practitioner that serving with dedication, maintaining a calm demeanour during consultations, and being 100% in the moment, helps one to connect with the patient at a deeper level. She would like to further develop and nurture her attitude to enable her to become more empathetic towards patients. She is a good role model for her patients since she keeps herself fit by exercising daily and eating a balanced diet and giving her best to every task. She sees herself more as a *life coach* than practitioner, hence counselling her patients comes naturally to her. In keeping with that, she suggests healthy lifestyle changes to those of her patients who she feels are psychologically ready (about 10%) to take the plunge.

The practitioner's personal understanding is that there are patients from all strata of society who are unhappy with allopathic treatment as they are aware of its side-effects and complications, hence 'Vibrionics' is definitely the 'medicine' most needed in the present times.

#### Cases to share:

- [Right-sided pain, respiratory allergy](#)
- [Anxiety](#)

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## ∞ Case Histories Using Combos ∞

### 1. Headache, sinusitis, allergy <sup>11621...India</sup>

A 41-year-old male, the practitioner himself, had been suffering from a headache every single day for over 20 years. He had an allergy to dust and pollen and would get bouts of 10-12 consecutive sneezes on waking and his sinuses would become so inflamed that he would have difficulty breathing through the nose. In 1998 surgery for deviated nasal septum did nothing to help his nasal blocks or his headaches although this did take care of his wheezing which he had inherited from his mother. Over the years, the doctors had prescribed nasal drops, antihistamines, anti-inflammatories and painkillers but nothing gave lasting relief; so taking these at least twice a week had become the norm. He was paranoid about getting his head wet. He avoided getting wet in the rain or going to the swimming pool since staying in the water for half an hour would trigger his headache which would only be relieved by a strong painkiller.

On 25 November 2019, he started taking:

**#1. CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies + CC19.5 Sinusitis...a dose every 10 minutes** for an hour followed by **6TD**

After two days, he noticed a marginal decrease in the background headache, a feeling he always had, but the blocked nose felt better by 50%. In a week's time, there was 30% reduction in the headache, nasal congestion had almost disappeared, and bouts of morning sneezing were completely gone. He had been to a retreat, during which he was in the sea, in the pool, and also under the shower for more than four hours, and miraculously the expected blocked nose did not surface.

After a month at the beginning of Jan 2020, there was 80% reduction in headache, resulting in considerably less need for OTC medicines, and all other symptoms had vanished. During 8-14 January there was extreme pressure of work which extended past midnight and the headache resurfaced.

For such situations, he made an **emergency** remedy:

**#2. CC4.10 Indigestion + CC10.1 Emergencies + CC11.3 Headaches + CC11.4 Migraines + CC19.5 Sinusitis...every 10 minutes** for up to two hours (SOS dosage), which he took only on two occasions.

By 1 May, his headache was gone so long as he had proper sleep, so the dosage of **#1** was reduced to **OD** and stopped after one month. Only when there is an excessive workload that extends past midnight or he misses a meal, the headache resurfaces and one or two doses of **#2** resolve the situation. Once

when he ignored taking #2, the headache became severe and lasted for more than half a day! Now he does not take any chances. As soon as he feels that a headache is about to come, he takes a dose of #2 and the headache does not appear. From 1 June 2020, he has been taking the Covid Immunity Booster. As of Oct 2020, there has been no recurrence of any other symptoms.

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## 2. Painful Menses <sup>11621...India</sup>

A 32-year-old woman had been suffering from painful menses since 2013 but she could manage without taking any medicine. She was married into an orthodox family, where *during* menstruation she could not participate in certain religious functions. So she started taking steroid medicines in 2013 to postpone her monthly cycle on such occasions, usually once or twice a year. Concerned about their side-effects, she stopped taking the steroids after four years in 2017. This is when the menstrual pains became worse and she would get severe cramps which could last up to five days. The patient attributed her pains to steroids which she took earlier. As she didn't want to take any painkillers, she would bear the pain by sleeping and taking rest as much as possible.

On 1 December 2019, she consulted the practitioner who posted the following remedy to her: **CC8.4 Ovaries & Uterus + CC8.8 Menses irregular + CC12.1 Adult tonic + CC15.4 Eating disorders...TDS**, the last combo **CC15.4** was included because she was a little overweight due to eating a lot of fried food (owing to food cravings) and at odd times.

By the end of December, the patient noticed a 10-20% reduction in her period pain and cramps. In another month, there was 30-40% improvement which went up to 80% by the end of Feb. On 1 April, the patient reported that pain and cramps were things of the past, so the dosage was reduced to **OD**. On 11 May 2020, the remedy was stopped as she started treatment for excess weight and food cravings. As of Oct 2020, her pains have not returned, nor the mood swings (a surprise bonus) she used to get just before her menses but had not disclosed this to practitioner!

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## 3. Right-sided Pain and Respiratory Allergy <sup>11597...India</sup>

A 40-year-old female had been suffering for four months from shooting pain on her right side from shoulder to foot. The pain disturbed her sleep cycle. The orthopaedic doctor gave her painkillers but this caused morning drowsiness which hampered her house chores. Altogether she continued the allopathic treatment for three months without any success. She decided to address the pain through various homemade remedies.

These did not help either, so on 3 March 2018, finally she consulted the practitioner who gave the following remedies:

For shooting pain:

#1. **CC10.1 Emergencies + CC18.5 Neuralgia + CC20.5 Spine...TDS**

For disturbed sleep:

#2. **CC15.6 Sleep disorders...before bedtime and if needed, repeat every 10 min until asleep**

On 9 March the patient reported 70% recovery from pain in her right arm and shoulder but the pain in her right leg continued. She felt dull pain and some numbness around the hip area. Explaining the pullout phenomenon, the practitioner assured her that such symptoms should be taken as a positive sign that the remedy is working. She felt encouraged and continued to take the remedies. A week later on 17 March, she reported having a good and sound sleep, numbness was gone but the pain improved only marginally.

So #1 was enhanced as follows:

#3. **CC15.1 Mental & Emotional tonic + CC20.1 SMJ tonic + CC20.3 Arthritis + #1...TDS**

After a week on 25 March, #2 was discontinued. After 5 weeks on 20 April, the patient reported 100% recovery from pain. On 5 May 2018, she was still without pain, so the dosage was reduced to **OD** for a month and then to **OW** for another month. She has been pain-free ever since.

On 9 August 2018, the patient came because she suffered for three days from excessive sneezing and difficult breathing whilst spring cleaning her house. This was an 8-year-old problem but not mentioned during earlier consultations because she could manage with over-the-counter anti-histamine tablets.

She was given:

**#1. CC19.1 Chest tonic + CC19.2 Respiratory allergies + CC19.4 Asthma attack...every 10 min** for one hour, repeat for another hour if needed, thereafter **6TD**

The next morning, to her pleasant surprise, she didn't sneeze even once! On 25 August the patient reported 80% relief in sneezing. She could breathe more easily but still had a constricted feeling in her chest. On 3 October there was 100% improvement in breathing; so the dosage was reduced to **TDS**.

On 14 October the patient called to say that she was symptom-free. The dosage was reduced to **OD**. On 5 November 2018, the patient reported that she had suffered no allergic reaction, sneezing or respiratory issues and had moved her residence. She left the practitioner a testimonial.

As of August 2020, none of her symptoms have recurred.

**Patient's testimonial:**

I wish to offer a deep prayer from my heart for all the Vibrionics practitioners for their great service. My overwhelming gratitude is to Swami and the Vibrionics treatment. I am very thankful to have stopped taking painkillers, unbelievable that for the last 8 months I did not run to the chemist to buy some antihistamine or an anti-inflammatory drug. The very thought that my system is chemical-free makes me light-headed. Thank you. Thank you!

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#### **4. Anxiety** <sup>11597...India</sup>

On **5 May 2018**, a 47-year-old female consulted the practitioner to overcome her habit of constant worrying. Whenever she was emotionally disturbed, she would notice an unsteady gait and feel the heaviness of heart. These symptoms of restlessness and anxiety began in Dec 2017. Although her menstrual cycle had been erratic for three months, she did not feel the need to start treatment for this issue. She was only taking calcium supplements which she continued.

She was given:

**#1. CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia...TDS**

On 15 May the patient said she was more relaxed, happy and energetic. She felt 70% improvement in her ability to stay in the present.

Five weeks later on 20 June, the remedy for erratic menses was added:

**#2.CC8.1 Female tonic + CC8.8 Menses irregular + #1...TDS**

On 20 July the patient reported that she continued to feel calm and requested no change in the remedy or its dosage. Every month, she would collect a refill but not give an estimate of percentage improvement. As she hesitated to declare a full recovery, the practitioner realised that she might be becoming dependant on the remedy. The practitioner wanted the patient to become mentally strong and noticing her natural talents, she advised her to join music or art classes. This appealed to the patient who immediately enrolled herself for music lessons.

With faith and diligence, she continued **#2** and it was not until 7 November that she had the courage to acknowledge 100% improvement in her mental state, physical well-being and stamina; her menses problem continued as before. She was confident she was undergoing natural bodily changes owing to menopause, so did not want any further medication for irregular menses. Over the next 5 weeks, the dosage was gradually tapered down and then discontinued on 10 December 2018. The patient has since been consulting the practitioner for all her health issues. As of Oct 2020, the patient is very active and enjoys good health, with no recurrence of earlier symptoms.

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#### **5. Indigestion, headache** <sup>11606...India</sup>

Soon after qualifying, the practitioner treated her 32-year-old maid who suffered from gas and acid reflux with burning sensation and mild stomach pain every other day for the past four to five years. As the patient had to work in several households to support her four children, she did not pay attention to her health or diet and took no treatment for her ailments. Two months ago, as her domestic situation became worse due to her drunken husband, she started having headaches almost every day. Sometimes the whole head would spin and at other times, just on one side.

On **12 March 2019**, the practitioner gave the following remedy:

**#1. CC4.10 Indigestion + CC11.3 Headaches + CC11.4 Migraines + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS**

The patient was advised to drink more water, include vegetables and fruits in her diet, avoid fried food and maintain regular meal timings as far as possible. After one week she got mild relief but when she came to the practitioner's house to work, she started to feel giddy and had to stop the work.

She was immediately given:

**#2. CC10.1 Emergencies...a dose every 10 minutes** for 1 hour; after that she became normal, so **#2** was stopped.

One week later, the patient reported 100% relief from gas, acid reflux and burning sensation but only 80% relief from headache. After another week, the headache also vanished. On 12 April 2019, the dosage was reduced to **OD**. The patient did not want to taper down the dosage slowly, so continued at **OD** for 2 months before stopping. In June 2019 the practitioner moved to another area, so the patient was no longer working for her. As of June 2020, the patient was keeping healthy with no recurrence of any symptoms.



**6. Frozen shoulder** <sup>11620...India</sup>

In June 2019, a 53-year-old male started to have pain in his left arm. Over the next few months, the pain increased and it became so bad that he was unable to lift his arm. On 11 October 2019, he consulted a neurologist who diagnosed this as frozen shoulder. Since diabetic patients run an increased risk of frozen shoulder, he ordered blood sugar tests - HbA1C and FPG (Fasting Plasma Glucose). Both tests confirmed that his blood sugar was within the normal range. He was given a painkiller which he took only for a week as this gave only temporary relief. Even physiotherapy which he took for 3 months did not help.

During this period, he completed his training in vibrionics and became a practitioner himself and on **2 February 2020**, he made the following remedy:

**CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue...TDS**

He took no other medication and within two weeks, he got 75% improvement in his pain, so was able to lift his left arm without much difficulty. By 22 February the pain had vanished and he was able to move his arm freely. The dosage was reduced to **OD** for a week and stopped on 1 March. As of 31 July 2020, his shoulder has been free of pain.



**7. Oropharyngeal dysphagia** <sup>11613...India</sup>

A 57-year-old female was having difficulty in swallowing as every mouthful would cause a choking sensation. On 12 Mar 2019, after suffering for 10 days, she consulted a doctor who diagnosed her condition as oropharyngeal dysphagia and prescribed allopathic tablets. As she also had sores in her mouth, a diagnostic test on 5 April 2019 confirmed this as oral lichen planus, an auto-immune disorder; so she was given medicines for this condition also. After 5 months, her mouth sores got cured and the medicines for the same were stopped on 25 September 2019. Since dysphagia continued, she underwent an endoscopy on 26 November 2019. This revealed a benign growth in the form of a thin membrane at the junction of respiratory passage and oesophagus. Surgery was recommended for the removal of this membrane. However, the patient opted for vibrionics and stopped taking all medicines. When she consulted the practitioner on **27 November 2019**, she looked much worried about her health.

She was given:

**CC4.10 Indigestion + CC12.4 Autoimmune diseases + CC15.1 Mental & Emotional tonic + CC18.4 Paralysis...6TD** for one week followed by **TDS**

As the movement of food in oesophagus was slow, possibly due to weak muscles, **CC18.4 Paralysis** was included. After 2 weeks on 12 December, the patient reported that the choking sensation had completely disappeared. On 5 Jan 2020 dosage was reduced to **OD** for a month and tapered down gradually to zero on 5 March 2020. Also, she was put on a cycle of **CC12.1 Adult tonic** and **CC17.2 Cleansing**, alternating monthly. As of Sept 2020, there has been no recurrence.



**8. Anxiety disorder** <sup>03576...UK</sup>

On 15 March 2019, a 48-year-old male contacted the practitioner to ask if she could help. For the past six months, he had been suffering from severe anxiety attacks, tiredness, and mood swings. A blood test



revealed a TSH level of 6.8 mIU/L (normal range 0.4 to 4.0) that could lead to hypothyroidism in the future. The doctor did not give any medicine but asked him to monitor the thyroid function every year.

A week later he visited the practitioner and told her that at times, he felt quite low and had a feeling of emptiness within. He was lacking in self-confidence and was unable to communicate with people as he used to before. On a material level, he has everything, a loving family, a successful business and a luxurious lifestyle. Now, he was feeling anxious, restless, worried and irritable, which affected his daily routine and his social and professional life. He had never experienced this feeling in his life, not even when his sister in her forties died three years ago, just the day before her wedding. He was stressed being unable to understand the drastic mental, emotional, and physical change affecting him now and was extremely concerned that his condition would jeopardize his business. The practitioner discovered that the patient still had some unresolved issues regarding his sister's death; this possibly affected his mental state although he had not experienced any symptoms until six months ago. He was not taking any medicine apart from multivitamin tablets.

On **23 March 2019**, he was given:

**CC6.2 Hypothyroid + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders...TDS**

After three days, the patient felt there was 60% improvement in his condition. After another two weeks on 10 April, while on a family holiday, he reported 90% improvement, saying that he felt the same as he did before the onset of his symptoms. A week later on 19 April, he was excited to report that he had completely recovered and was able to carry on with his normal professional and social life. On 17 May, the dosage was reduced to **BD** and then progressively tapered down to **zero** in mid-July. On 23 July 2019, his TSH level had dropped to 4 mIU/L which his doctor considered acceptable, suggestive of a restored thyroid function.

As of Sept 2020, the patient feels completely well in himself and is in good spirits.

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## **9. Osteoarthritis of knees** <sup>03527...France</sup>

A 72-year-old female, a former physical education teacher and national volleyball player had been suffering from osteoarthritis of the knees for at least 15 years (meniscus in the right knee already operated 7 years ago). She took anti-inflammatory drugs repeatedly throughout her career to relieve her pain but stopped taking them 5-6 years ago because these had started to damage her kidneys. She avoided taking painkillers as far as possible but she took food supplements - Silicea, collagen and curcumin. By Nov 2017, the pain in her left knee became so excruciating that she could neither walk nor drive. She was considering surgery on her left knee also.

Out of despair when she finally consulted the practitioner on **31 May 2018**, her spirit was very low and she was given:

**#1. NM2 Blood + NM3 Bone Irregularity + NM12 Combination-12 + NM20 Injury + NM22 Liver + NM40 Knees + NM59 Pain + NM63 Back-up(Booster) + NM86 Immunity + BR18 Circulation + BR21 Injury + SR348 Cortisone + SR573 Osteoporosis + potentised Codeine-Doliprane 200C...6TD** in water

By 4 September there was 20% improvement as the pain was now bearable; the dosage of **#1** was reduced to **TDS**. She told the practitioner she had faith in this treatment. He advised her to take further supplements - vitamins C, D and K2 as he believes that most seniors in France are highly deficient in these. By Jan 2019 she improved by about a third.

As the practitioner felt the progress was too slow, he modified the combo:

**#2. NM3 Bone Irregularity + NM40 Knees + NM59 Pain + OM5 Circulation + BR18 Circulation + SM28 Injury + SM36 Skeletal + SR348 Cortisone + SR573 Osteoporosis + potentised Codeine-Doliprane 200C...TDS** in water

By April there was 80% improvement. By the end of June, the pain had vanished and she could now walk and drive normally! She had avoided surgery and expressed her gratitude to vibrionics. From 4 July, the dosage was gradually reduced to **zero** by 30 Sept 2019. In May 2020 she sent a card to the practitioner saying: "My knee is still fine. I'm so happy!" Towards the end of Sept 2020, when the practitioner called the patient for an update, she said there had been no recurrence of pain and her cure was a miracle.

The practitioner wants to convey that potentised painkiller Codeine-Doliprane (*paracetamol*) is giving very good results for all patients suffering from pain.

If using the 108CC box, give **CC12.1 Adult tonic + CC20.1 SMJ tonic + CC20.2 SMJ Pain + CC20.5 Spine + CC20.6 Osteoporosis**

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**10. Painful haemorrhoids** <sup>03592...South Africa</sup>

A 50-year-old female had been suffering from painful haemorrhoids and constipation for the past 5 years. Her doctor recommended surgery which, due to her fear of operations, she declined. For the past 3 years, she took allopathic medication for pain and constipation but only intermittently when the condition was severe; this did not help much.

She decided to opt for vibrionics and on **10 April 2020**, consulted the practitioner who gave the following:  
**CC4.4 Constipation...TDS**

The patient was not taking any other medication. On 29 April there was 25% relief in both the pain and constipation. After another two weeks on 15 May, the healing had progressed to 50%, the haemorrhoids had shrunk to half their original size. During the next 2 weeks, there was a further gradual shrinking of haemorrhoids. On 1 June, the patient felt 100% well with no pain, the constipation and haemorrhoids had completely disappeared. The patient also noticed that her years' old problem of severe abdominal cramps and heavy bleeding every month during her periods, was completely gone! She was delighted with this bonus healing as she had not even mentioned this issue earlier. The dosage was tapered down to **BD, OD, 3TW, 2TW** over a period of 3 months. Finally, the patient decided to stop the remedy on 31 Aug 2020, as the painful problems had even faded from her memory! As of Oct 2020, there has been no recurrence.

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**11. Piles, recurring** <sup>11615...India</sup>

A 50-year-old female had blood in stools and severe anal and stomach pain for the past three weeks. Her first episode with these symptoms but without the bleeding, then diagnosed as piles, occurred in 1996 and she got cured with homoeopathic treatment which lasted 15 days. The same symptoms recurred in June 2017 and homoeopathy came to the rescue again. When it happened the third time in August 2019, she could not contact her previous homoeopath, and she consulted an allopathic doctor who suggested surgery which she wanted to avoid. So, on her own, she took the primary homoeopathic remedy for piles *Aesculus 200* but this did not help.

She visited the practitioner on **24 Aug 2019** who gave:

**#1. CC4.4 Constipation + CC4.6 Diarrhoea + CC4.8 Gastroenteritis + CC4.10 Indigestion + CC8.1 Female tonic + CC15.1 Mental & Emotional tonic...every 10 minutes for 1 hour** followed by **6TD**

On 26 August, as the bleeding had not reduced and the anal area was very painful, though there was relief in stomach pain, **#1** was enhanced to:

**#2. CC3.2 Bleeding disorders + CC20.4 Muscles & Supportive tissue + CC21.11 Wounds & Abrasions + #1...every 10 minutes for 1 hour** followed by **6TD**

Two days later she reported 50% reduction in pain and *no* blood in stools. On 2 September, as her pain had reduced by 90%, the dosage was reduced to **TDS**. By 20 September, as the patient was relieved of all symptoms, the dosage was reduced to **OD** but on 15 October, the patient decided to stop the remedy. On 3 November, she came for other problems - back pain, knee pain, general weakness and irregular menses.

Keeping in mind that she was close to menopause and had prematurely stopped **#2**, it was replaced by:

**#3. CC3.2 Bleeding disorders + CC4.4 Constipation + CC8.6 Menopause + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC20.4 Muscles & Supportive tissue + CC20.6 Osteoporosis...TDS**

Within 16 days all her symptoms had disappeared, so on 19 November the dosage of **#3** was reduced to **OD** and tapered down gradually to **2TW** on 4 December. Two days later, pain in the anal area recurred, so the dosage was increased to **TDS**. It took a week for her to be pain-free again. After ensuring for a month that none of the symptoms had recurred, the dosage was reduced to **OD** on 14 Jan 2020 and then tapered down over 5 weeks to the maintenance dosage of **OW**. On 17 February 2020 she was also given **CC15.1 Mental & Emotional tonic...TDS** for a month to be alternated with **CC12.1 Adult tonic + CC17.2 Cleansing** for one year while continuing **#3** at **OW**. As of Oct 2020, she has been absolutely fine.

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## 12. COVID-19 <sup>11613...India</sup>

An 83-year-old male having asthma for 28 years and taking an inhaler and nebuliser, was also taking imitinab\* (a chemotherapy drug that slows the growth of cancer cells) for blood cancer diagnosed ten years ago. On 12 July 2020, he developed a fever of 101° F and breathlessness, more than usual. As the symptoms continued for four days, his family, using a pulse oximeter, checked his blood oxygen level which was 89% (the normal level is 95% - 100% but being an asthmatic, his normal was 92%). He was immediately admitted to the hospital on 16 July where he was given oxygen support. A swab test done on the same day found him Covid positive; so he was given vitamin-C, Zinc and Calcium tablets in addition to daily IV injections, presumably anti-viral although not disclosed by the hospital.

After three days on **19 July 2020**, fever was reduced to 99.5° F but the oxygen level went down to 84%. Immediately, a family member contacted the practitioner who gave the standard Immunity booster 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**

Next day, the fever came down to 99° F and his energy level and appetite increased substantially. After 3 days on 22 July, the swab test showed he was still positive and his oxygen level stayed at 84%, so he continued to be on oxygen support. However, four days later on 26 July, much to his relief, he tested negative, his oxygen level improved to 98% and he got discharged from the hospital. The doctors were surprised that in spite of asthma and blood cancer, this man aged 83 recovered in just 10 days.

On 5 August, the dosage was slowly tapered down to **TDS, BD, OD** and the patient, not feeling any further need for the remedy, stopped it on 10 Sept 2020.

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## ☞ Answer Corner ☜

**Q1. Can Immunity Booster (IB) for Covid prevention be given to a patient suffering from an autoimmune disease like rheumatoid arthritis or psoriasis; with such disorders, the patient may be taking an immunosuppressant drug to lower his immunity?**

**A.** Yes this can be safely given to such patients. *IB* has been formulated to address the symptoms caused by this virus; so *IB* works on strengthening the organs most susceptible to the virus. Yes, it will boost one's own immunity at the etheric level, enabling one to fight viruses including Covid and bacteria. Therefore *IB* does not interfere with immunosuppressive treatment being given at the physical level. It has been reported by some practitioners treating rheumatoid arthritis that they have given *IB* without any adverse effect on their treatment of this disease.

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**Q2. Could Immunity Booster (IB) for Covid cause a pullout?**

**A.** Yes, in theory, it could because this combo is like any other remedy. However, the occurrence of pullout is rare with acute problems such as Covid. If *IB* is given for prevention, pullout (though unlikely) can be in the form of headache and/or tiredness and is expected to last two days but continue *IB* at **OD**.

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**Q3. I've had my 108CC box for over two years and it needs to be recharged. There are no practitioners anywhere near me. What should I do?**

**A.** It is possible to keep the vibrations active for another two years. Hold each dropper bottle in your right hand and tap against the palm of the left hand nine times, while praying. The vibrations which might have become dormant would get a chance to reactivate and this will extend the charge by six months. This process can be repeated every six months by up to 4 times. Take great care by keeping your box away from sources of radiation and ensuring the bottles don't dry up. Check each vial at least once in three months and top up any bottle which is running low.

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**Q4. I used to get alcohol for topping-up the 108CC bottles, through devotees visiting India. As some bottles are running dry and people are not travelling, I am at a loss as to what to do?**

**A.** We use ethyl alcohol of >96% purity. In some countries, **grain alcohol** of high purity is available, If it is not possible to procure this locally, then one can use clear liquor like gin or vodka (around 45% alcohol

content) as a temporary measure. The problem with lower purity alcohol is that, when added to pills, it does not evaporate fast enough; so the pills become mushy especially when we add multiple drops of different CCs in a bottle. To avoid this problem, add one drop from each CC required to an empty bottle; use one drop of this mixture to prepare the remedy in pills. See similar question in News Sep/Oct 2014, vol 5 #5.1.

**Warning!** For making remedies we must not use denatured ethyl alcohol, or methyl alcohol commonly known as rubbing alcohol, as both are poisonous if taken internally. Use only ethyl alcohol, also called ethanol.

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Q5. Can I use water instead of ethyl alcohol to mix the crushed medicines or allergens before potentiating them?

A. Yes, you can use water but it should be pure, eg, bottled or boiled & cooled water. Important thing is to make sure that the substance being potentiated should either touch the bottom of the container or it should dissolve at least partially in water/alcohol. If it does not dissolve but floats, then use the substance on its own.

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Q6. My patient is in the habit of inhaling Vicks VapoRub; can he still use it while taking vibrionics?

A. Vicks VapoRub, also used by mothers for applying to the chest of children to relieve coughs and colds, contains camphor, menthol and eucalyptus oil. Such strong-smelling ingredients have the ability to antidote many vibrations. So it is best to avoid VapoRub and other similar balms (eg, amrutanjan in India, also such products sold in many countries under different brand names) while taking vibrionics remedies. If a patient must use it, allow a gap of at least one hour on either side of taking the remedy.

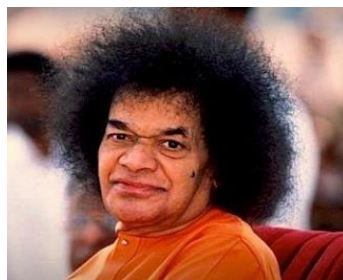
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Q7. For how long are the vibrations effective in mediums like coconut oil, petroleum jelly, olive oil, vibhuti, and corn powder?

A. Just like in sugar globules, vibrations in these mediums will remain effective for six months provided the remedy is well preserved eg, kept away from sources of radiation.

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## ☪ Divine Words from the Master Healer ☪



“Health and happiness go together. Happiness is a vain dream if health is absent. The Shruthis (holy scriptures) declare that health is a very basic quality for man, since without it he cannot realise any of the four goals of life, right doing, right desiring, right earning and final release. A sound mind needs a sound body; the one reacts on the other. The world is supposed to be only the projection of the mind, when the mind is inoperative during deep sleep, the world too is inoperative and non-existent. The mind too has to be healthy.”

...Sathya Sai Baba, “The Doctor’s Profession” Discourse, September 1980  
<http://www.sssbpt.info/ssspeak/volume14/sss14-53.pdf>

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“Seva is prescribed as one among the nine steps towards Realisation. You must therefore be earnest about it and welcome all chances to serve the old, the sick, the disabled, the diseased and the distressed. Holding a fruit in the hand is just a preliminary step; eating and digesting must follow, so that you may be healthy and happy. So, too, wearing a scarf and badge round the neck is but an indication of the joy that is within reach when you actually serve. Your Seva will be Judged with reference to the mental attitude accompanying it. So, whatever work is allotted, do it

with fervour, understanding and reverence. In seva there can be no high or low, for Sai is in all. Sai receives your seva, to whomsoever you may offer it.”

...Sathya Sai Baba, “No Bumps, No Jumps”, 3rd All India Conference of SSS Seva Dal, 14 November 1975  
<http://www.sssbpt.info/ssspeaks/volume13/sss13-18.pdf>

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## ❧ Announcements ❧

### Forthcoming Workshops\*

- ❖ **USA: Virtual AVP Refresher\*\* 16-17 Jan 2021, two half days**, (details will be intimated to participants) contact Susan at [Saivibrionics.usa.can@gmail.com](mailto:Saivibrionics.usa.can@gmail.com)
- ❖ **USA: Virtual AVP Workshop\*\* weekly sessions April-June 2021** contact Susan at [Saivibrionics.usa.can@gmail.com](mailto:Saivibrionics.usa.can@gmail.com)
- ❖ **India Puttaparthi: Virtual AVP Workshop weekly sessions Jan-March 2021** concluding with a practical workshop at Puttaparthi on 13-14 March 2021 (details will be intimated to participants), contact Lalitha at [elay54@yahoo.com](mailto:elay54@yahoo.com)
- ❖ **India Puttaparthi: AVP Workshop\*\* 25-31 July 2021** contact Lalitha at
- ❖ **India Puttaparthi: AVP Workshop\*\* 25 Nov-1 Dec 2021** contact Lalitha at [elay54@yahoo.com](mailto:elay54@yahoo.com)
- ❖ **India Puttaparthi: SVP Workshop\*\* 3-7 Dec 2021** contact Hem at [99sairam@vibrionics.org](mailto: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

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## ❧ In Addition ❧

### 1. Health tips

Ears are precious: Take good care

*“The ears also need pure food. This means we should listen only to sacred words and to accounts relating to the Divine. Let us always hear good and pleasant things about others. In this way, we must safeguard the ears from being polluted by hearing bad things. Only thus can we ensure consuming satvic food through the ears”...Sathya Sai Baba<sup>1</sup>*

*“May my ears be healthy to listen to divine sounds... May I listen abundantly with my ears so that I may learn.” (a Vedic prayer)<sup>2</sup>*

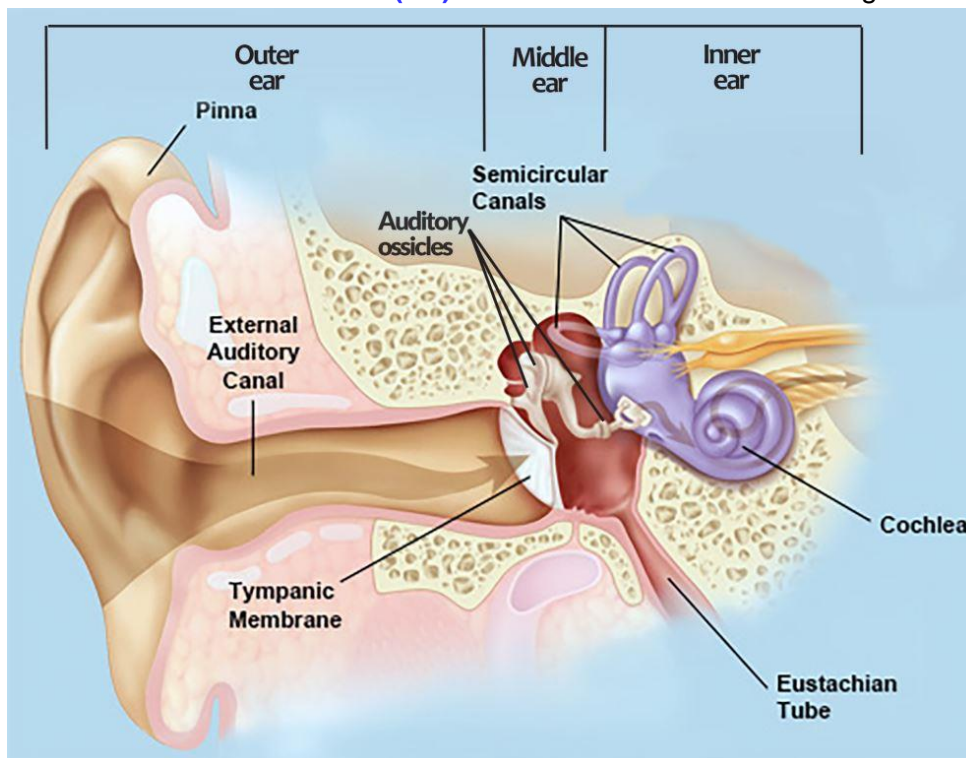
#### 1. Know your ears

**1.1 Ears are powerful and sensitive:** They gauge the pitch, loudness, the direction of the sound, and nuances of voiced emotion. Even before birth, infants respond to sound. Ears can catch sound in sleep, are self-cleaners (through earwax), transmit taste signals to the brain<sup>4</sup> (the facial nerve for taste runs through the middle ear), and help in keeping the body balance.<sup>3-6</sup>

The funnel-shaped outer ear (pinna) is the receiver of sound that travels down the auditory canal to the eardrum (tympanic membrane) and vibrates it. Resting against it are three tiny delicate bones (ossicles) that work like amplifiers. The Eustachian tube connects the air-filled middle ear to the back of the throat equalizes pressure and drains mucus. A spiral tube (cochlea) in the inner ear, with the help of three fluid-filled semi-circular canals (labyrinth), transmits the sound waves and the information on balance and head position to the brain.<sup>6</sup>

**1.2 Normal hearing range:** A healthy human ear can hear a wide range of frequencies from a very low 20 Hz (lowest pedal on a pipe organ) to a very high 20 kHz (ability to hear upper frequencies starts to wane with age). Our hearing is most sensitive to sounds in the range of 1.5 to 5.0 kHz, the frequency range of most human speech. This means sound in this range is perceived louder than that at 0.5 kHz or 10 kHz.<sup>3,7-9</sup>

**1.3 Safe and unsafe decibel (dB) levels:** The normal audible range for loudness is from 0 to 180 dB. A



sound is harmful if it hurts the ears or causes ringing. Some safe sounds are - normal breathing (10 dB), birdsong and leaves rustling, ticking watch (20 dB), soft whisper (30 dB), refrigerator hum (40 dB), normal conversations (60 dB), and washing machine (70 dB). Undesirable ones are - heavy city traffic (80-85 dB inside the car), power tools, hairdryers (90dB), car horns, sporting events, (100-110 dB), ambulance siren (120-130 dB), live rock band (130 dB), airplanes taking off, firecrackers (130-160 dB), and rocket launch (180 dB). Above 85 dB is considered damaging, sustained exposure between 80-90 dB

for years or 90 dB for an hour may also cause damage. Exposure above 110 dB for less than a minute, or above 130 dB for less than a second, is enough to cause irreparable damage.<sup>3, 8-12</sup>

## 2. Ear disorders

**2.1 Hearing loss:** Apart from age-related hearing loss (presbycusis), one of the most common causes is an obstruction in the external ear canal because of wax (cerumen) build-up, haematoma, or foreign body, and this is generally treatable.<sup>12</sup> Other causes could be acoustic trauma, barotrauma (air pressure changes) common in divers, head injury, ear infection, congenital, Meniere's disease, tumour in the auditory nerve, chronic diseases, or drugs.<sup>10,12</sup>

**Some indicators** of the onset of hearing loss are: difficulty in hearing over the telephone, need to strain to understand conversations or asking people to repeat themselves, trouble hearing in a noisy background, or need to turn the volume of TV higher or feeling tired easily (perceived to be due to age but could be due to hearing difficulty). If a child does not respond to sound, has delayed speech development, stumbles a lot, or has trouble paying attention in school, it could be hearing loss.<sup>13-14</sup>

**Research reveals** that right and left ears handle sound differently. The right one responds more to speech and logic processed in the left hemisphere of the brain. The left ear is more tuned to music, emotion, and intuition processed in the right hemisphere. So, those with greater hearing loss in the left ear may have problems in understanding emotional issues, and those with right ear hearing loss may lose some of their ability to sort things out.<sup>15</sup>

**2.2 Meniere's disease:** It is a disorder of the inner ear which usually begins with a feeling of pressure or congestion in the ear. This is followed by *tinnitus* (a ringing sound like hissing, roaring, pulsing, whooshing, chirping, whistling, or clicking), fluctuating hearing loss, and *vertigo* (sudden dizzy spells, spinning - like a horizontal merry-go-round type sensation, or being pushed over by an invisible hand). Some people may lose their balance and fall and may also have nausea, vomiting, and acute reduction in hearing. As the disease progresses, tinnitus and hearing loss may increase; in later stages, imbalance may worsen. Though not fatal, this disease can be incapacitating. The underlying cause is unknown but generally attributed to migraine, viral infections of the inner ear, head injury, hereditary predisposition, or allergy.

*Perilymph fistula*, sometimes mistaken for Meniere's disease, is a rare condition caused by oozing of liquid from the inner ear into air-filled middle ear.<sup>16-20</sup>

## 3. Ear infections

**3.1 Eustachian tube dysfunction:** This tube becomes swollen or blocked, generally due to cold, flu, sinus infection, or allergies, and fluid builds up in the middle ear; this results in a feeling of fullness in the ear, muffled sound, pain, fever etc. Exercises like swallowing, chewing, yawning, or deep breathing will

help open up the tube. Normally it gets settled without any treatment. In severe cases, it may cause a middle ear infection. As eustachian tube is short, narrow, and horizontal in childhood and grows with age, ear infection is common in young children but it passes off quickly. Adult ear infection may indicate health problems!<sup>21,22</sup>

### 3.2 Ear infections of outer, middle, and inner ear<sup>22-30</sup>

**a. otitis externa (swimmer's ear):** Usually a bacterial infection of the outer ear canal, it is caused by dry skin or eczema, scratching, over-usage of finger or cotton swab to clean the ear, or excessive water exposure or water trapped in the ear. Typical symptoms are itchy rashes, tenderness, redness, swelling, mild fever, and pain. Sometimes infected pus from the middle ear can drain into the ear canal through a hole in the eardrum. Rarely, the infection could be due to fungus or virus.<sup>22,23,24</sup>

*Infectious myringitis:* mostly bacterial, it is an inflammation of the eardrum with symptoms of small blisters and intense pain.<sup>25</sup>

**b. acute otitis media:** Middle ear gets inflamed or infected due to virus or bacteria and fluid gets trapped behind the eardrum. Normally, the infection arises from a respiratory problem. After an acute otitis media in children, fluid builds up in the middle ear, inhibiting vibration of the eardrum and subsequent transmission of sound into the inner ear. Symptoms include earache, redness or swelling in the ear, headache, fever, persistent feeling of pressure inside the ear, and hearing loss. If there is discharge with inflammation (*otorrhoea*), it can be clear, pus-filled or bloody. In case of excessive build-up of phlegm or mucus, usually in the sinuses, and sometimes in the ears and throat, it is "*middle ear catarrh*". If the bone behind the ear gets infected and swollen it is "*mastoiditis*".<sup>26-28</sup>

**c. Infections of inner ear:** *Vestibular neuronitis* (inflammation of the vestibular nerve of the inner ear), caused mostly by viral infection, starts with sudden and dramatic vertigo. Other prominent symptoms are dizziness, nausea, and vomiting. *Labyrinthitis* (inflammation of both vestibular and cochlear nerve) can be caused by either virus or bacteria and has additional symptoms of ear pain, tinnitus, and loss of hearing.

*Herpes zoster* of the ear is a viral infection of the cochlear nerve with symptoms of pain, vertigo, and blisters on the ear, face, and neck.<sup>24,25,29,30</sup>

Infections of the outer and middle are milder and last 1-2 weeks, compared to those of the inner ear which can last longer.<sup>29</sup> Symptoms may get aggravated due to changes in climate or altitude.<sup>29</sup>

## 4. Ear trauma / injury:

**4.1 Bug in the ear!** A bug can crawl in when a person is asleep or fly into the ear, if outdoors. It may die right away or move or buzz, even bite or sting. Children may not realise it, so may rub or scratch their ears and cry in pain. Calmly pull the ear, tilt and shake the head to dislodge it. Pour a tiny amount of lukewarm oil into the ear to suffocate the bug and then flush it out using warm water.

**Caution:** Never hit the ear or put any object or swab as it can push the bug further in and damage the eardrum. If the bug does not come out or there is history of ear infection, consult a doctor.

**Prevention:** Use earplugs or sterile cotton ball while sleeping, trekking, or camping in the countryside or mountains. Use of an insect repellent will reduce the risk.<sup>31,32,35</sup>

**4.2 Eardrum, ruptured/perforated:** Ear infection, acoustic trauma, barotrauma, head injury, a hit or slap, or inserting an object or fingernail can cause a tear or a rupture, more so in children as their eardrums are delicate. This may result in bleeding, pain, tinnitus, hearing impairment, deafness, or balance problems. Often, a perforated eardrum repairs itself, but sometimes it may cause recurrent infections requiring treatment.<sup>30,32,33-35</sup>

**4.3 First aid in case of injury and bleeding from within the ear:** Bandage a clean pad over the whole ear and let the patient lie down towards that side till medical help can treat it. Can apply cold compresses over the dressing.<sup>30,35</sup>

**4.4 Don'ts in any ear emergency:** Don't block the drainage coming from the ear nor clean the inside. Don't put any liquid into the ear (**except for bug in the ear or to soften earwax**). Don't try to remove any object from inside with any tool.<sup>30,35</sup>

## 5. Tips for ear care<sup>12,30,34-51</sup>

- Stop using cotton swabs or fingers to clean ears (this will deplete the earwax), instead wipe the outer-ear with a washcloth or tissue; keep the ears dry.<sup>30,35,36,37</sup>

- Leave earwax alone.<sup>38</sup> Wax produced in the ear canal lubricates and protects the ear from dirt and infection and comes out naturally. Chewing helps in this process. If it gets built up, put 2-3 drops of olive oil or prescribed ear drops to soften it and generally, it will fall out.<sup>30,38</sup>
- Avoid exposure to loud noises and use earplugs. Research reveals that ears need 16 hours of quiet to recover after one loud night out! Ears can never get used to noise; silently and gradually it would be causing damage! Once the sensory cells, called hair cells, in the cochlea, get destroyed, they don't regenerate.<sup>34-37</sup>
- During air travel, swallow and yawn frequently during ascent and descent to equalize the air pressure in ears;<sup>30,34,35,37</sup>
- Try well-known home remedies for pain and swelling eg, warm or cold compress over the ears or warm oil, in which crushed garlic has been soaked, applied to the ear canal.<sup>39</sup>
- Drink plain ginger tea for dizziness.<sup>40</sup>
- Follow a healthy lifestyle with a balanced diet, regular walks, exercise, yoga, meditation and adequate rest to destress, improve hearing, and deal with vertigo.<sup>41-50</sup>
- Reduce salt intake.<sup>49,50</sup>
- Have regular check-ups; do not neglect warning signs, and never hesitate to seek medical help (untreated hearing loss can impact cognition, health, and mental wellness)<sup>37,46</sup>
- Sai Vibrionics has helped in numerous cases of ear disorders including tinnitus and vertigo, loss of hearing, and earaches and infections.<sup>51.</sup>

### References and Links:

1. Sathya Sai Speaks, Summer Showers Divine Discourse May-June 1990, Indian Culture and Spirituality, Sanctify the body, chapter 2, page 8: <http://www.sssbpt.info/summershowers/ss1990/ss1990.pdf>
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## 2. Inspiring anecdotes

### a. Divine Mother's panacea <sup>03572...Gabon</sup>

A 33-year-old female had been suffering from agonizing back pain, which had plagued her since childhood. Her parents confessed complete ignorance as to its cause. Neither allopathic nor traditional herbal treatment had worked. On **20 Sept 2020**, she visited the practitioner. While he was preparing the remedy, the patient felt a strong mysterious pressure on her left foot but she did not think much of it. The same night she dreamt of Lord Sai seated in a chair. He said "I am sorry that you have suffered this pain all these years. You are so young! Don't be afraid, I'll take care of you. While the remedy was being prepared for you, I was there by your side and I began to solve your problem. That's the reason you felt the pressure on your left foot." Swami materialized vibhuti and sprinkled it over her entire body. No surprise that the pain completely disappeared within 2 days! Quite an assurance, when a practitioner serves selflessly with love, it is He who is truly present in that service and the One behind all healing!

### b. Swami's Oxygen in action <sup>11601...India</sup>

The practitioner shares a powerful Covid-19 recovery incidence of a Shirdi devotee family - father aged 73, mother 59, and their daughter. On **10 Sept 2020**, the mother suddenly saw Shirdi Baba standing by her side. He said, "I will protect you". She didn't realize what it meant. Two days later, all three of them contracted Covid-19 and were admitted to a hospital. After 10 days, the father and the daughter were still in the hospital ward but the mother had been moved to the ICU as she struggled for breath and had to be put on a *non-invasive* ventilator. The Covid Immunity Booster remedy was sent for all of them the same day, to be taken in SOS dosage. The daughter and father felt 80% better within seven hours, but the mother's condition worsened as her oxygen level became dangerously low. The next day on 23 September, the practitioner added **SR304 Oxygen** to the earlier remedy and sent it for the mother. The daughter sat by the mother in the ICU and gave her this remedy every hour. Miraculously, the mother's oxygen levels started rising and she was even permitted to sit out in the verandah for 30 min. The next day all three of them recovered 100% and were discharged from the hospital on **25 Sept 2020**. Baba indeed delivered His promise by protecting not only the mother but the whole family.

### c. No pain, all gain <sup>11621...India</sup>

A young woman aged 33 had a fall at home on 5 March 2015. She suffered a comminuted bimalleolar fracture and dislocation of the right ankle. The doctors performed a surgery that involved internal fixation with a tubular plate and screws. Although she was able to walk reasonably comfortably, every time she sat cross-legged on the floor for an extended period, she would feel extreme numbness in the leg and mild pain in the ankle. As soon as she stood up, she would need to support herself holding on to something to walk. It would take her a minute or so, to come back to normalcy. She stopped all allopathic medications as they were ineffective and had resigned to live with this condition. In Dec 2019, when she was talking to the practitioner about her painful menstruation, she casually mentioned her ankle pain. So he gave her **All Pain Relief combo** (see practitioner's profile)...**3-6 pills in half a bucket of water** for soaking legs for **20 minutes at least once a day** and also massage the area with remedy water. She did this for just three days and all her ankle issues, persistent for over 4 years, completely vanished. It has now been over 10 months and she has been fine ever since.

#### d. Miracles in action at His abode <sup>11621...India</sup>

These incidents happened at the ashram in Prashanti Nilayam during the 2020 Annual Sports Meet. A 40-member team was preparing drama sets involving fabrication of structures, props and backdrops from 7 am to 10 pm daily. The work was highly labour intensive and the area very dusty. To boost the energy of the student volunteers the practitioner prepared a remedy\*, 10 drops of which were added to a 20 litre water can. When sevadals drank this water, to their surprise what they tasted was tender coconut. Then the students experienced the same and so did the practitioner who confirmed that nothing but the vibro remedy was added to water. All felt that it was Swami bestowing His special blessings to energize them.

During fabrication work involving welding, some students complained of eye strain. **CC7.1 Eye tonic + CC7.6 Eye injury + CC10.1 Emergencies** was made in a spray bottle and when applied over their eyes they felt *immediately* refreshed. This became the instant saviour for their tired eyes!

Animals too experienced His healing as a few dogs in the vicinity suffering from indigestion were given **CC1.1 Animal tonic + CC4.8 Gastroenteritis + CC4.10 Indigestion** in water and by the next day, they were all hale & hearty.

\***CC4.8 Gastroenteritis + CC4.10 Indigestion + CC9.2 Infections acute + CC10.1 Emergencies + CC12.1 Adult tonic + CC14.1 Male tonic + CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic**

### 3. Obituaries

It is with a heavy heart that we share with you the news of passing away of six dedicated practitioners from India within the last two months. They have been an inspiration to the vibrionics fraternity and will be remembered for their exemplary service.

- **Dr Sham Lal Verma** <sup>11156</sup> aged 84 years, from Panchkula Haryana, was actively practising until his very last moments.
- **Sri Ramachandra Mengji** <sup>10245</sup> aged 80 from Solapur Maharashtra, introduced many seva oriented persons to vibrionics and organised AVP & JVP workshops in 2009.
- **Sri Albady Rama Naik** <sup>10695</sup> aged 77, was extremely active in Puttur village in South Kanara. He was meticulous in keeping patient records and very particular about submitting his reports on time.
- **Sri Loknatha Sankesha** <sup>10616</sup> aged 69, from Thane Maharashtra, engaged in this seva until his last breath, even submitted his last report in the month of his demise; conducted many camps and distributed Wellness kits to sevadals.
- **Sri Prabhakar Naidu Maripi** <sup>11582</sup> aged 66, from Jagdalpur, Chhattisgarh, enthusiastically served patients in remote tribal areas, actively distributing *IB* remedies until he passed away.
- **Dr Subrahmanya Bhatt P** <sup>11971</sup> aged 59, from Idikudi Bantwal DK in Karnataka, succumbed to a massive heart attack just two weeks after the passing away of his guru, **Practitioner** <sup>10695</sup> who had inspired him to take up vibrionics. In just seven years of practice, he held 315 camps and treated 72,320 patients in and around his village. His daughter **Practitioner** <sup>11589</sup> continues to build upon his seva.

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**Om Sai Ram**

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