

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

As I write to you on New Year's Eve, I am reminded of Swami's words "Regard every second as a new year and act on that basis. You need not wait for the passing of twelve months to embark on any enterprise. Transform yourselves every moment. Get rid of the bad old ideas; that will herald the birth of the new year. Take part in service activities to sanctify your lives. Adhere to righteous conduct. Live up to the motto: Help ever, Hurt never"...Sathya Sai Baba, *Divine Discourse*, 1 January 1993, *Prashanti Nilayam*.

The sun will soon set on 2020 and the dawn of 2021 is imminent. Although the COVID-19 pandemic has wreaked havoc around the globe, it has left us all richer in many ways. As far as Vibrionics is concerned, this year has taught us many lessons and presented us the opportunity to evolve how we teach, and treat and care for our patients. Listed below are some of the milestone achievements during the year 2020.

1. Successful adoption of a digital platform for training and development; including new admissions process and bolstering online curriculum content and delivery mechanism. This initiative was rolled-out in an accelerated manner in the spirit of seamless delivery of Vibrionics education and making it accessible to all those who are interested in becoming practitioners during these times. Going forward we also see this initiative benefiting those who are unable to travel to attend workshops in far-off locations for an extended duration of time.
2. Paradigm shift in our treatment methods moving from physical consultations to telephone/online consultations and personally delivering remedies where possible or sending remedies via post or broadcasting them. My special thanks to those who have been painstakingly doing this for the past nine months.
3. Launching of the updated website with enhanced features and a significant facelift. We recorded 5,700 hits on the landing page within just five months of the re-launch, resulting in an increased number of queries related to practitioner information and an upsurge in candidates applying for the AVP course.
4. Admitted 64 new practitioners to the International Association of Sai Vibrionics Practitioners (IASVP). A standardized visiting card designed for IASVP members was also very well received by all members of the association. Vibrionics remedies are provided to ALL patients totally free of charge and without any donations in kind or money. Anybody deviating from this practice will have their name immediately struck off our database. Vibrionics equipment viz, SRHVP machine and 108CC box is the property of IASVP and is solely for the use of the practitioner who receives it. It can neither be given nor sold to anyone else.

5. Successfully developed an immunity booster remedy that works both as a prophylaxis and treatment for COVID-19. At the very onset of the pandemic, our research team stood up to the challenge, resulting in a remedy that has truly been a boon to thousands. I am forever indebted to the All India President, Mr. Nimish Pandya, for issuing a communique to all State Presidents in April itself to extend all possible co-operation to our practitioners; resultantly, we were able to ensure widespread distribution of Immunity Booster remedy even during the lockdown period thus benefitting about 270,000 recipients. In the coming year, we envisage a greater role and participation of our regional coordinators in India in the growth of Vibrionics.

6. Strengthened our operating platform by implementing a robust and agile organization structure and formulating effective Standard Operating Procedures.

Despite these remarkable developments, this is not the time to rest on our laurels. We have planned many more initiatives and already set new goals for the coming year. In the words of Benjamin Franklin "There will be plenty of time to sleep once you are dead.". Every year we must thrust further forward to strengthen and expand the vibrionics mission with greater rigour and dedication.

In 2021 we look forward to taking the impetus further with the implementation of several initiatives at the grass-root level. As the first step in this direction, we plan to launch the "Spread the Word" campaign with awareness talks in small social groups, schools, private companies and other organizations. The idea is to introduce vibrionics as a supportive therapy by approaching companies that are visited by allopathic doctors, suggesting to them to try vibrionics in conjunction with allopathy. We will also approach places of worship, such as temples and gurudwaras that are organizing allopathic or homoeopathic clinics. We will also focus on the recording of observations by the allopathic doctors as to the efficacy of vibrionics.

I invite those of you who are interested in approaching companies, schools, etc, to work together in pairs or in groups and submit a proposal to admin@vibrionics.org. All guidance, assistance, and support in the form of reading material or presentations will be provided by our admin team. I am sanguine that this initiative will present an immense seva opportunity for practitioners.

There is further scope for vibrionics seva in larger settings such as community service projects. One such project was highlighted in Vol 11 Issue 5, wherein a practitioner from Croatia approached the local government and with the help of community volunteers revived lavender bushes by treating them with Vibrionics remedies. This year our special focus will be on such projects that can be undertaken at neighbourhood animal shelters (especially cow shelters in India), local parks, etc.

Having just celebrated Christmas, I deem it apt to reiterate Swami's words on Jesus. Swami said that Jesus served the poorest of the poor and taught His followers that whenever we serve the needs of the poor, the needy, the hungry, and the diseased, we are serving God. Baba urged us to "Awaken the Jesus Within You!" Indeed, it is the need of the hour. I humbly request all practitioners to thoroughly imbibe life lessons from Jesus's life and march forward on this journey from humanity to divinity embracing fully all obstacles and trials.

I am truly hopeful that 2021 will bring many seva opportunities for vibrionics. I pray that all of us make a resolve to "start every day with Love, spend the day with Love, fill the day with Love, and end the day with Love" so that we may collectively spread divine light and love towards healing our planet and making it a better place.

In loving service to Sai

Jit K Aggarwal

☪ Practitioner Profiles ☪

Vibrionics Clinic at Wellness Centre SSSIHMS Whitefield

We are delighted to present profiles of a group of practitioners actively involved in vibrionics seva at the Wellness Centre at the Super Speciality Hospital, Whitefield. Vibrionics has been an integral part of the Wellness Clinic since its inauguration on 23 February 2017. It is run by five dedicated practitioners on a rota basis three days a week. In the beginning, there was a modest response but patient numbers have been steadily growing by word of mouth and many patients are being referred by the hospital doctors who are gradually becoming more open towards alternative therapies.



Practitioner 10776 has been the Karnataka co-ordinator ever since the first workshop was held in Bengaluru in 2009 and he has been the main guiding force in organising many training and refresher workshops in Karnataka. He played a significant role in the setting up of the Vibrionics Clinic at the Wellness Centre.



Practitioner 12051 was profiled in Vol 9 Issue 2 Mar-Apr 2018 newsletter. Her workload has increased manifold since this profile was published. She has been holding and guiding all virtual workshops in Karnataka since the start of the pandemic in March 2020. She is the in-charge of all activities connected with this Vibrionics clinic. She has organised and compiled the five profiles given below.



Practitioner 10741, after obtaining her BA degree served as the Joint Secretary of the Divine Life Society for five years; now she is a homemaker. At the young age of 12, she had her first darshan of Swami in 1956 when she accompanied her parents who believed in the divinity of Swami. She was rendered spellbound listening to His discourse. After marriage in 1969 she moved to Mumbai where, encouraged by her mother-in-law, she got actively involved with the Sai organization as a bhajan singer. Later she became a Bal Vikas coordinator, and in-charge of the Ladies wing which required supervision of all three wings - spiritual, education and service. All this brought her immense peace and self-confidence. It was in 1975 when she had the divine call to visit Puttaparthi. Her seva continued when she moved to Bangalore in 1997, also she was fortunate to join the Brindavan bhajan group.

The practitioner feels blessed to have been guided to participate in the vibrionics training program and become an AVP in 2009 and VP a year later. The regularly held refresher courses, she felt, secured the necessary confidence needed to practise. She treated members of her Samiti, Bal Vikas children and their parents, also her friends and relatives. She cherished the opportunity to serve sevadal ladies at the Super speciality hospital in Whitefield from 2011 to 2014. She successfully treated many ailments of the digestive system, acute chest infections, tropical diseases, respiratory allergies, skeletal/muscle/joint issues and skin conditions. Many women used to take remedies for their family members too.

She extended her practice to include patients from the medical camp regularly hosted by Swami's students in a school near Brindavan ashram. The patients allocated to her had mostly neurological disorders like epilepsy, brain disabilities, vertigo and neuralgia. The success rate was high and especially in patients with epilepsy, 90 to 95% improvement was noted. In 2017, when the Wellness Clinic was started the practitioner served there for 4 months and thereafter finding it difficult to travel regularly, now does the seva on 'as needed' basis.

The practitioner says that vibrionics practice has helped her enormously in her spiritual journey. She perceives her self-transformation at three levels, physical well-being, mental satisfaction, and spiritual equilibrium. She attributes this to the uniqueness of the seva in that before giving healing vibrations to patients, she feels Swami's love in her heart as she prays deeply for them. In this way, through repetition of God's name (namasmarana), she receives positive, sacred, and healing vibrations while engaging in

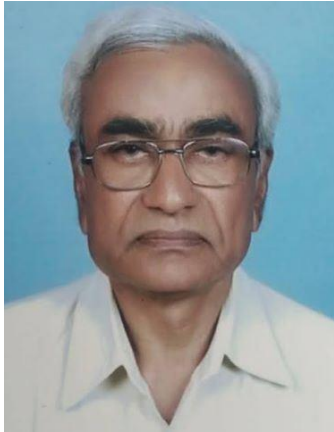
selfless service, as Swami teaches "Dil Mey Ram, Haath Mey Kaam", meaning "Head in Forest, Hands in Society".

Case to share:

- [Trauma of a puppy](#)

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Practitioner ¹⁰⁷⁶⁷, after graduating as a mechanical engineer, worked in a premier steel plant. inspired by a fellow colleague, he came into Swami's fold in the 1970s. Soon afterward, he got an opportunity of having his first darshan of Swami in Whitefield. Since then, he regularly participated in various seva/spiritual activities of the local Sai centre, such as bhajans, study circles, Narayan Seva and weekly medical camps. His involvement in these activities gave him insight into the real purpose of human life.



He took voluntary retirement in 2005 and moved to Bengaluru. Soon thereafter, he was fortunate to be assigned specific duties and responsibilities in Baba's ashram at Brindavan. In August 2009, he came across a circular giving information on Sai Vibrionics training program. Knowing nothing about this healing system, it was an inner prompting that urged him to attend this workshop, thus qualifying as an AVP. Working three days a week as a sevadal at the Super Specialty and General hospitals and at Brindavan ashram, gave him the opportunity to treat fellow sevadals.

Witnessing the effectiveness of the remedies, sevadals from different parts of Karnataka invited him to conduct vibro camps at their respective Samitis. This kept the practitioner very busy eg, in one such camp, he treated 110 patients and returned home only at midnight. In another camp running over 11 days, he saw a total of 398 patients. To this date, many patients continue to contact him and he mails remedies to them. He joined the Wellness Clinic right at its inception. Many times, he felt very touched at patients' attitude of surrender to Swami and their faith in the remedies. He shares the case of a two-year-old child treated for rash spread over his entire body. When he instructed that dosage be reduced in case there was an exacerbation of itching due to pullout, the child's father immediately replied "No sir, it is very good medicine, I know that." Out of gratitude, many patients want to touch his feet and some regularly refer patients to him. This gives him a greater sense of responsibility and encourages him to treat all patients with the utmost care. He has also taken up the task of translating vibrionics newsletters into Kannada.

He finds that the majority of patients don't follow a healthy lifestyle, so he makes it a point to give them tips on diet and water regimen and encourages them to take regular exercise. The practitioner feels he is truly fortunate for having been chosen for this service. Just by looking at the smiling faces of patients visiting him for refills, he derives great joy and happiness. Knowing full well that all healing comes from Swami, his advice to practitioners is to surrender to Him and serve their patients with utmost sincerity.

Case to share:

- [Psoriasis](#)

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Practitioner ¹¹²¹⁰ has a master's degree in physics and was a teacher for three decades in Kendriya Vidyalaya Sangathan, a pioneering group of educational institutions under the Government of India. Her parents have been staunch devotees of Sathya Sai Baba from the early sixties. When she was still in her teens, she became an active participant in the Samiti programs and especially in the seva activities. Watching the service performed by Samiti members in village medical camps, she aspired to be a part of this service to alleviate the suffering of people. However, she felt it was a distant dream since she had no medical background. In 2010, a godsend opportunity came her way to participate in a vibrionics workshop at Brindavan, Whitefield, and became an AVP and progressed to be a VP two years later; thus, her dream came true.



She began treating patients in her Samiti and then in Brindavan ashram with full cognizance that it was Swami who was curing the patients using her as His instrument. She has been practicing uninterruptedly for the last 10 years and also participating in the monthly rural medical camps. She has served in the Wellness Centre at Whitefield Super Speciality

Hospital since its inception in 2017. Since July 2019 she is being regularly assisted on Mondays by **Practitioner** ¹¹⁵⁹⁷, profiled in Vol 11 Issue 6 Nov-Dec 2020.

The practitioner has successfully treated skin ailments such as chronic psoriasis, leucoderma, eczema, and fungal infection in nails. She recites the case of a female suffering from whole body psoriasis for 10 years, for which she gave **CC12.4 Autoimmune diseases + CC15.1 Mental & Emotional tonic + CC21.10 Psoriasis for oral intake**. To accelerate the healing, she prepared an ointment by adding this combo to a mixture of pure petroleum jelly and coconut oil for external application. Regular updates from the patient showed that though the improvement was slow, the original colour of the skin began to surface on both the legs & hands within six months. This provided a boost to the patient to continue the treatment and in another five months, there was complete healing, which she regarded as a divine gift. Additionally, the practitioner has successfully treated cases of asthma attack, alcohol & cigarette addiction, migraine, lumps in breasts, ear infections, and gangrene.

With her long experience of practicing vibrionics, she has come to appreciate the importance of developing a rapport with each patient. Her advice to practitioners is to listen patiently to the history of the patient and be available to them on the phone whenever they need advice. She has learnt to recognise the importance of the triangle between Swami, the patient, and herself. Her loving attitude towards the patients goes a long way in achieving good results. Seeing patients who are sick and mentally & emotionally weak, she feels humbled to serve them to the full extent of her capacity. Most important of all she says "no chance should be given even for a small seed of ego to enter the mind as it is Swami and He alone who guides the practitioner and cures the patient."

Case to share:

- [Acid reflux, constipation, phobia](#)

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Practitioner ¹¹²¹⁷ is a graduate and former entrepreneur who was fortunate to be in Swami's fold since his



childhood. He had his first introduction to vibrionics in 2009 when his physician detected that his triglyceride level was very high at 450 mg/dL (normal <150 mg/dL) and so prescribed allopathic medicines to regulate his lipid profile. The same evening after bhajans, he happened to meet a practitioner and he decided to try vibrionics first. He was given **CC4.2 Liver & Gallbladder tonic...TDS**. On his next medical check-up after one month, his lipid level had fallen drastically to 220 mg/dL.

In 2010, while on sevadal duty at Brindavan ashram, he got an opportunity to sign up for an AVP course to be held in the ashram itself. After successfully completing the workshop, the whole group travelled to Prashanti Nilayam for Swami's blessings with their newly acquired 108CC box and certificate. On their return train journey, a fellow passenger, seeing his vibrionics kit, sought medicine for his chronic ailment, this was the start of his vibrionics practice in

the train itself.

He started treating patients at his residence, local bhajan centres, and medical camps and averaged two to three patients daily. Being a district service coordinator, he carried his vibrionics kit while on sevadal duty at Super Specialty hospital, Whitefield, from 2011 to 2013 and treated sevadals there. In 2013 he organised an exhibition on vibrionics system of healing at SSSSO district headquarter and it was well attended. But the real boost to his practice came in 2014 when a month-long Sadhana camp at Brindavan ashram, included vibrionics system of healing. The response from patients as well as ashram authorities was immense and this gave birth to a permanent Vibrionics Clinic at the ashram, it functions seven days a week. Since then, thousands of patients have been treated with a daily average of 10 to 15 patients. Two other practitioners have joined him to help at weekends.

The practitioner has achieved tremendous success in his practice with 60% of his patients reporting complete healing. In one case, the daughter of a permanent volunteer of the ashram had taken various treatments over the past three years for aggressive behaviour but nothing helped. In the last six months, the situation became embarrassing when she started being abusive to her mother in the ashram. In desperation, the family approached the practitioner who gave **CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders + CC18.1 Brain disabilities**. This made her behaviour tolerable and within three months she returned to her normal seva duty. In another instance, the female relative of a trustee, afflicted with Alzheimer's disease, had become restless and taken to aimless wandering. After all treatments for one and a half years failed, vibrionics came to the rescue with **CC18.2 Alzheimer's disease**. Within a short period, the patient calmed down, was responding to communication and confined

at home. In another difficult case where post-surgery for a brain tumour, the fever of a young boy would not subside, so the surgeons had lost all hope. The worried parents came to the ashram and with just two doses of **CC9.4 Children's diseases**, the fever subsided.

Practitioner states that all living creatures except human beings live in harmony with nature. They all live their full lifespan without having to depend on medicine or surgery. Similar to all other creatures, the human body is a perfect machine, which has self-healing, self-repairing, and self-reproducing mechanisms. Because we do not follow the laws of nature, we become imbalanced and get afflicted with various diseases. As vibrionics works by restoring the balance, the practitioner feels this has empowered him to contribute towards holistic care at all three levels, physical, mental, and spiritual, and even environmental.

Case to share:

- [Erectile dysfunction, low sperm count](#)



Practitioner ¹¹⁵²⁹ is a homemaker with a Master's degree in Hindi. She came into Swami's fold in 2006 when her two daughters started attending Sai Spiritual Education (SSE) classes in California. Being a professional Kuchipudi dancer, she was invited in 2007 to teach the children a dance number for the Eswamma day presentation. Thereafter she started attending the Sai Centre regularly and got involved in service activities. After moving to Bengaluru in 2010, she took up sevadal duty at both the General and Super Specialty hospitals in Whitefield.



The practitioner was encouraged to attend a Vibrionics workshop in 2013 by her husband, who was informed about it by a senior practitioner. Right from the start, she never had any doubt about the efficacy of vibrionics healing. She was her own first patient, she treated herself for three slipped discs C4-C6 caused by an accident 20 years ago. Every morning getting out of bed was torture as both her back and neck would be extremely sore. Within two days of taking **CC20.5 Spine**, most of her pain was gone! From then on, her family have been taking only vibro remedies to the almost total exclusion of allopathic medicine.

Since August 2013, she has been serving at a vibrionics clinic in Sai Gitanjali centre every Saturday. Doing vibrionics seva gave her immense satisfaction, especially when she observed many patients getting better from ailments of 10 to 20 years' duration. Many of her close family members and friends have also benefited from vibrionics and her brother-in-law who was suffering from epilepsy for 20 years, was healed with vibrionics.

She was elated when she was invited to join the Wellness Clinic team. In order to meet the necessary requirements, she quickly completed her VP course in June 2017 and became a member of IASVP. The number of patients at the clinic started growing. She particularly recalls many patients diagnosed of heart failure, for which there is no cure, were benefited and continue to call the practitioner for refills which she regularly sends by post, as most of the patients are from far-off places. To date, she has treated over 1500 patients with varied ailments and has achieved complete success with arthritis, joint pains, and herpes. She believes this is possible with other diseases too, provided the patient follows the instructions strictly and takes the dosage as prescribed.

The practitioner is grateful to Swami for giving her this opportunity to help alleviate the suffering of many. She feels it has brought about her inner transformation. She is less agitated, mentally calm, and doesn't get stressed when a problem arises but thinks of it as Swami's way of testing to make her stronger. Her advice to practitioners is that we should have total faith in vibrionics, do our best and leave the results to Swami.

Case to share:

- [Cyst in throat](#)



Case Histories Using Combos

1. Trauma of a puppy ^{10741...India}

An abandoned and traumatised 2 to 4-week-old puppy was sighted trembling by the roadside. Seeing the puppy threatened by bullying stray dogs, a compassionate passer-by simply couldn't resist rescuing such a tiny pathetic creature. She called him Prashanti, perhaps hoping to influence its disposition and confidence. This kind Samaritan took the puppy to a vet but in spite of taking the prescribed medication for a month, the puppy was still too terrified to eat anything, so the caring woman opted for vibrionics. On **5 June 2018**, she contacted the practitioner who gave the following remedy:

#1. CC1.1 Animal tonic + CC10.1 Emergencies + CC12.2 Child tonic + CC15.1 Mental & Emotional tonic...6TD in water

One week into taking the remedy Prashanti began eating and his human family heaved a sigh of relief. Dosage was reduced to **TDS** for a week and as there was steady improvement, it was further reduced to **BD** for a week and then **OD** for another week.

Thirteen months later, Prashanti began eating indiscriminately including any garbage he came across, edible or inedible. This produced gastric problems, like belching and gas. A second remedy solved the issue:

#2. CC1.1 Animal tonic + CC4.1 Digestion tonic + CC4.2 Liver & Gallbladder tonic + CC4.10 Indigestion + CC15.1 Mental & Emotional tonic + CC15.4 Eating disorders...TDS. After one week, he stopped eating garbage and his digestion improved. So, the dosage was reduced to **BD** for another week and **OD** for the third week and stopped.

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2. Psoriasis ^{10767...India}

A 64-year-old male had dry skin with scaling and itching on both legs just above the ankles and the skin had turned dark, almost black. His doctor diagnosed this as psoriasis and the patient took the prescribed medicines for two years but there was no improvement. On **18 May 2019**, the patient had the opportunity to consult the practitioner at a vibrionics camp held in his hometown. He was given:

CC12.4 Autoimmune diseases + CC15.1 Mental & Emotional tonic + CC21.3 Skin allergies + CC21.10 Psoriasis...TDS and in coconut oil for external application. The patient stopped the allopathic treatment.

After one month, the patient reported on the phone that there was 70% relief in itching and the skin was gradually becoming softer and returning to its normal colour. A refill was sent to him by post. After another month, elated at the improvement, the patient took the trouble of making the 300 km journey from his hometown to thank Swami and visit the practitioner at the Wellness Clinic. There was 80% reduction in blackness and scaling on both legs. Another refill was sent after two months in mid-September. The patient called in early November to report complete recovery, so he was advised to reduce the dosage to **BD** for three weeks and **OD** thereafter. The last contact with the patient was in the third week of January when he conveyed that he had been absolutely fine and the pills had finished on 8 January 2020.

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3. Acid reflux, constipation, phobia ^{11210...India}

For the past two years, a 52-year-old female had been suffering from acid reflux, constipation, and phobias of the sudden sound of a pressure cooker whistle or food mixer, and electric shock from an iron or a mobile charger. For acid reflux and constipation, she was prescribed allopathic medicines to be taken for six months. As there was no improvement, she stopped these after one month and switched to homoeopathic treatment which she took for four months. As this also did not help, she opted for vibrionics. On **17 Feb 2020**, she approached the practitioner who gave the following remedy:

CC4.2 Liver & Gallbladder tonic + CC4.4 Constipation + CC4.6 Diarrhoea + CC4.10 Indigestion + CC15.1 Mental & Emotional tonic...TDS

The patient was advised to drink more water, maintain regular meal timings, and avoid highly spicy or deep-fried food. After three weeks on 9 March, the patient reported that all her gastric symptoms had completely disappeared and she had overcome her fears. The dosage was reduced to **OD** for two weeks and the remedy stopped on 25 March. There has been no recurrence as of Dec 2020.

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4. Erectile dysfunction, low sperm count ^{11217...India}

A 40-year-old male and his 35-year-old wife, a nurse, had their first child in 2012. They had been trying to have another child for 3-4 years but without success. When the husband went for a test, he discovered that he had a low sperm count. Also, he had developed erectile dysfunction. He decided to take vibrionics treatment and so the couple visited the practitioner on **15 Sept 2016**. They were given the following remedies:

For the husband:

CC14.3 Male infertility...TDS

For the wife:

CC8.1 Female tonic...TDS

On 10 October, the husband reported 20% improvement in erectile dysfunction. By his next monthly visit, he felt 50% better. After another month at the time of his next refill, the improvement had gone up to 80%. As he was making steady progress, they continued at the same dosage. On 9 April 2017, the husband was delighted to inform the practitioner that his wife was pregnant and that her ultrasound images showed a normal foetus. So, both of them stopped taking the remedies. A healthy baby boy was born on 2 Oct 2017 and the couple brought him to the ashram to offer their gratitude to Swami.

Editor's comment: It is good to give all expectant mothers **CC8.2 Pregnancy tonic** which can also provide protection against possible miscarriage.

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5. Cyst in throat ^{11529...India}

A 78-year-old woman had been suffering from a choking sensation in the throat for the past one year. It gradually worsened leading to a hoarse throat and a faint voice. As a result, she could barely talk or chant her daily prayers which she was fond of. A medical test revealed a cyst in her throat. The doctor advised surgery for its removal but cautioned that there is a 50% risk of losing her voice forever. The frightened patient, not willing to take the risk, resigned herself to her fate. The practitioner, being a friend of the patient's daughter, suggested vibrionics and the patient readily accepted.

On **18 March 2017**, she was given:

#1. CC2.3 Tumours & Growths + CC12.1 Adult tonic + CC19.7 Throat chronic...6TD

After three weeks, on 8 April, the patient called to say that the choking sensation and hoarseness had reduced by 50% and she could talk with ease for about 10 minutes. She was advised to continue **#1**. Since then, there has been slow but steady progress and in another eight months on 16 December, she reported over 80% improvement and could talk for up to 40 minutes with ease. So, the dosage was reduced to **QDS**. Also, she had developed jaw pain, so the combo was enhanced to:

2. CC11.6 Tooth infections + #1...QDS

In another two months on 17 Feb 2018, the jaw pain was completely gone and she was very happy because her voice was back to normal. She could now chant her daily prayers with ease. She never visited the doctor after starting the vibrionics remedy. The dosage was reduced to **TDS** and gradually tapered down to **OD** on 31 July. As of Dec 2020, there has been no recurrence but the patient feels happy to continue at **OD** as a preventive measure.

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6. Joint pain-post Chikungunya ^{11627...India}

A 57-year-old woman had suffered in 2018 from chikungunya for which she was treated with allopathy for a month. As is common with this disease, pain in her fingers, feet and knees continued for two years. During this period, she took ayurvedic medicines for three months but there was no relief. On **26 May 2020**, when she came to the practitioner, she was not taking any other medicine and she was given the following:

CC3.7 Circulation + CC9.1 Recuperation + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.5 Spine + CC20.6 Osteoporosis + CC20.7 Fractures...6TD orally and also in water for external application.

After five days, there was 90% relief from all her pains. The dosage was reduced to **TDS**. After another 20 days, the patient reported 100% recovery. The dosage was tapered down to **OD**, **3TW**, **2TW** and **OW** over a period of two months before stopping the remedy on 1 August 2020. The patient continues to be well and there has been no recurrence as of Dec 2020.

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7. Skin allergy ^{11624...India}

A 38-year-old male had been suffering from itching at the tip of all fingers and toes for three years. Itching appeared once a fortnight and would persist for 3-4 days. At times, it was so severe that he had an urge to crush his fingers and toes. Additionally, whenever he ate brinjal or gongura (Roselle) itching would increase and also pale itchy bumps would appear all over his body. He also found that the use of sandalwood soap for bathing triggered moderate itching around his waist. Two years ago, for fear of embarrassment at work, he stopped eating brinjal and gongura and using sandalwood soap. As a paramedic, he had to wear latex gloves and that too caused mild itching on his hands at times. He may have inherited the problem from his mother who was allergic to bleach. Without consulting a doctor, he used steroid and antibiotic creams whenever the symptoms appeared and sometimes, he took antihistamine tablets. Concerned about their side effects, he approached the practitioner on **12 March 2020** and was given:

CC4.10 Indigestion + CC12.1 Adult tonic + CC17.2 Cleansing + CC18.5 Neuralgia + CC21.3 Skin allergies...6TD

In the morning of 14 March, he had severe itching on his head and face, indicative of a pullout. Having already been made aware of the possibility of a pullout, he persevered with it and continued with the **6TD** dosage. When the irritation caused by itching worsened during the day, he shaved off his beard and moustache. By the end of the day, his condition improved and the itching almost disappeared by night. After another two days, he was advised to reduce the dosage to **TDS**.

A week later, the patient started using sandalwood soap and even eating brinjal and gongura, though only sometimes. On 1 April, he reported that his condition had improved over the past two weeks as he experienced only mild itching during this period. He was very happy that he could now eat his favourite curries without any fear of allergy. On 1 May, the dosage was reduced to **BD** for two weeks, then **OD** for two weeks and finally zero on 30 May 2020. As of December 2020, the patient has not had any relapse.

Patient's testimonial:

With the help of Vibrionics, I have been cured of my allergies completely and I have stopped the use of topical steroid cream and antihistamine tablets. I now eat vegetables such as brinjal without developing any allergic reaction. I am very thankful to Vibrionics and the practitioner for giving me this wonderful medicine.

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8. Back pain due to acidity ^{11508...India}

A 40-year-old woman had been suffering from severe lower back pain for the past year, she believed that this was due to hyperacidity. Several times a week, she experienced bloating and gas after her evening meal. She consulted a physician in Feb 2019. She was given physiotherapy and also a gel for external application, for three months, and she had complete relief. A month after stopping the treatment, her symptoms started to resurface. Over the next one month, her backache became so severe that she had difficulty in performing her daily chores. On **15 July 2019**, when she consulted the practitioner, she rated her pain at 10/10 and was given the following:

#1. CC4.10 Indigestion...TDS

Just after three days, there was 40% improvement in both gastric symptoms and backache. In another month, 70% improvement was observed. On 21 September she reported she was 80% better, so the dosage of **#1** was reduced to **BD**. However, as she had been facing incomplete evacuation for the past one week, an additional remedy was given:

#2. CC4.4 Constipation...TDS

Within two weeks by 6 October, her motion became normal, **#2** was reduced to **BD** for two weeks before stopping. As her back pain and bloating had further improved to 90%, **#1** was tapered down to **OD**. By 9 November, she felt 100% better, so the remedy was stopped on 23 Nov 2019.

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9. Loss of Voice ^{03570...Canada}

A 54-year-old woman had been suffering from acid reflux for five years. This caused her to randomly lose her voice, even in the middle of a conversation, initially 2-3 times a month and then 2-3 times a week. This was affecting her work which requires spending a lot of time on the phone. Doctor had recommended an antacid - pantoprazole magnesium. In the beginning, it was taken **OD** but subsequently, he suggested taking it when needed. She was now taking it four times a day. This was helping her but would provide

only temporary relief. So, on **19 Jan 2019**, she consulted the practitioner and also mentioned that at times, acid from her mouth looked like transparent mucous. She was given:

CC4.10 Indigestion + CC13.1 Kidney & Bladder tonic + CC15.1 Mental & Emotional tonic...QDS

CC13.1 was included just in case the patient had acidosis. The practitioner also recommended some simple lifestyle changes such as reducing the frequency of chai (tea with milk) or replacing it with black tea with honey, adding more greens and salads to her diet and adopting a regular sleep routine which she tried to adopt.

After two weeks on 3 February, the patient reported that the mucous had stopped. Overall, there was 50% improvement as she was now able to manage on a reduced dosage of antacid from four times to 2-3 times a day. On 19 April, the improvement had gone up to 70% as she was not losing her voice so often and she had stopped taking antacid. Thereafter, she was reporting steady progress on both fronts, acid reflux and loss of voice. Finally, on 11 Aug 2019 at the time of her last refill, she confirmed that her voice was now normal. Thereafter, she did not contact the practitioner but on 11 July 2020 when she came with a new health concern, on enquiry she happily conveyed that she had finished the pills in September 2019. As of Dec 2020, her earlier issues had never recurred.

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10. Back pain due to pinched nerve ^{03596...USA}

A 65-year-old woman was suffering from pain in the right half of her back from the neck and shoulder down to the waist. This first appeared in May 2020, two months after she started working from home due to Covid lockdown and became severe in another two months. She was taking muscle relaxant and painkiller twice daily and needed a heating pad almost all the time. In order to cope with the pain, she would need to do frequent stretches; she must sit and sleep with extra pillows strategically placed for support. In early August the pain had become extremely severe, so she consulted a physician. He diagnosed the cause as a pinched nerve in the neck due to wrong posture working from a kitchen table and staring at the computer screen for long hours. He prescribed ibuprofen (an NSAID), and physiotherapy involving shoulder and neck stretches and physical manipulations. These treatments did not help much, so after three weeks, she approached the practitioner on **27 August 2020**; she was still in severe pain and also emotionally stressed due to Covid and political and social unrest. She was given: **CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders + CC18.5 Neuralgia + CC20.3 Arthritis...one dose every 10 minutes for 2 hours** followed by **TDS**

After three days the patient could feel that her back was more relaxed and the pain was gradually going down. Every time she took the 'water remedy' she felt comforted immediately. After another six days on 5 September, the pain was completely gone and she continued the remedy at **TDS** for one more week. She neither required a painkiller nor any accessories she was using except for a cushion behind her back while working. On 12 September, she was advised to reduce the dosage to **OD** and continue as long as she worked from home. At a review on 20 December 2020, she is still working from home and she has been absolutely fine.

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11. Sun allergy ^{11620...India}

A 46-year-old-woman started getting itching on her face in October 2009, a few months after she got cured of herpes. One month later itching got worse and was accompanied with swelling but only after she had been out in the sun for a few hours. Since then, she had been suffering from both itching and swelling with the slightest exposure to the sun. This eventually darkened her skin. She took ayurvedic treatment which did not help. In January 2010, a biopsy revealed her condition was due to sun allergy. She was prescribed tablets and steroid creams also advised not to step outdoors without complete protection. The doctor also said that there was no cure for this, so she would have to take steroids for life. Although the prescribed medicines provided only temporary relief, she continued them till March 2019 as she seemed to have no choice. However, with time, her condition worsened, she could not open her eyes whenever the swelling occurred. Also, the skin on her hands became very thin and started to peel off. On **9 February 2020**, she opted for vibrionics and the practitioner gave:

#1. CC8.1 Female tonic + CC15.1 Mental & Emotional tonic + CC21.3 Skin allergies...TDS in water

Within two months on 29 March, the frequency of itching had reduced by 60% and in another month on 26 April, she reported 100% improvement in itching as well as swelling. As summer was approaching, the patient preferred to continue the remedy at **TDS**. On 6 June, in order to restore the original skin colour and to eliminate any underlying skin infection, the practitioner enhanced the above combo:

#2. CC21.2 Skin infections + #1...TDS

On 5 July, #2 was reduced to **OD** and gradually tapered down to **OW** over a period of two months and stopped on 6 September. The patient was very happy that her skin colour had become normal. As of December 2020, there has been no recurrence.

Patient's testimonial:

Due to sun allergy, I had terrible itching and swelling on my face and the colour became dark, was feeling shy while meeting anybody. The doctor said there is no cure, but need to continue the steroids for a lifetime. At every Ganesh Chaturthi, I was experiencing itching on skin (maybe due to flowers), but this year I celebrated the festival happily without any skin problems. I am very much grateful for the cure and thanks to Swami for giving such wonderful remedies.

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12. ADHD & Autism 03518...Canada

On 3 Jan 2020, mother of a 5-year-old girl consulted the practitioner for her daughter diagnosed with Attention Deficit Hyperactive Disorder (ADHD) and Autism with speech impairment. She was hyperactive, seeking constant stimulation from movement and throwing tantrums when denied. Throughout the day she would alternate between spinning around or rocking and climbing. She would make sounds to communicate but was unable to speak simple words. She used diapers 24/7. Parents found it extremely difficult to manage the child and never took her out to social gatherings.

She also suffered from bloating, indigestion with constipation or diarrhoea. Every evening she would clutch her abdomen and cry with pain. She had disturbed sleep. Three years ago, a naturopath gave melatonin for sleep and digestive enzymes which do help and still continue to be taken. No allopathic medications were given. She is undergoing speech therapy and is in a special needs program. On a scale of 1 to 10, hyperactivity and behavioural rating was high at 8.

The practitioner recommended daily chanting of 21 Oms with the child and also playing Gayatri Mantra in the house continuously and gave:

CC12.2 Child tonic + CC15.5 ADD & Autism...TDS

The mother chose an auspicious day **26 Feb 2020** to start the remedy. By this time the spinning had reduced by 20%, the mother attributed this to daily chanting. Within a week the girl started having foul-smelling loose bowel movements soon after meals but there was no evidence of pain. She was rolling on the bed; this was new behaviour. The practitioner concluded it was pullout but the same dosage was continued. Sleep disturbances persisted.

By end April, hyperactivity and behavioural rating had improved markedly down to 6. She was listening and following directions willingly. She was eating normally. In another month, rolling on the bed, climbing over things, spinning and rocking all stopped. Bowel movement became normal. She slept through the night for 7½ hours. She was interacting with other children for the first time. She initiated play herself, which was rare before. She showed interest in bike riding and painting, choosing the colours herself. Parents felt very encouraged by these changes and embarked on toilet training.

By end of June, parents found toilet training was very successful with the child being fully out of daytime diapers. The therapist was pleased with the toilet training which is a significant positive step in a child's development.

In September, the child began going to school and was very well behaved and able to sit through classes and started going to the bathroom herself. The mother informed the practitioner that the hyperactivity level is down to 3. As of 2 Dec 2020, the hyperactivity level is normal for children of her age. She is able to sit through with full focus even for her online classes. She is continuing the remedy at the same dosage.

Testimonial from Mother:

Our daughter was diagnosed with Social Communication Disorders in April 2017, at the age of 2. She receives 2 hours of SLP (Speech Language Pathology) and OT (Occupational therapy) each week. Alongside she is on medication for her digestion and on Melatonin for sleep prescribed by a Naturopath. Since taking Sai Vibrionics from the end of February 2020, we have witnessed substantial progress in her development. Impressed with her progress, we decided to try toilet training (not possible before) in May 2020. This has gone exceptionally well with her being totally off diapers and independently using the toilet when needed. She is in Grade 1 taking online classes, sitting through the sessions with focus and willingly participating in activities and completing her homework assignments. She interacts very

well with strangers and her own peer group. Her therapists are very much impressed with her development. In December the family travelled to spend Christmas together and my daughter was very well-behaved during the 12 hours night-time journey. We are elated with the results and would love to continue with vibrionics pills for our daughter. We are positive we will witness more healing.

☞ Answer Corner ☞

Q1. There are high hopes that the Covid vaccine will be available soon. Once I take the vaccination, should I then stop the vibro remedy IB for Covid prevention?

A. No, you should not stop since even the best vaccine is not likely to be more than 95% effective and this is also the view of the World Health Organization. Also, new variants of the virus are appearing. In the light of such uncertainties, we recommend that you continue the **IB** and take all measures to keep the immunity up; also follow the guidelines issued by your local health authority.

Q2. A family living in a high-risk area has requested me to broadcast the IB remedy to them. Can I do so by placing a group photo of the family in the Remedy well?

A. For best results you should broadcast to each individual separately but you can use the same vial of remedy again and again. (also see related Qs in vol 7 #1, vol 7 #2 and vol 11 #4).

Q3. Which remedy can be given to a patient who is due to have bone graft?

A. Bone grafting is a surgical procedure where a diseased or damaged bone is repaired or replaced with a healthy bone, usually taken from the patient's own body but sometimes a cadaveric bone is used. We recommend the following remedy: **CC10.1 Emergencies + CC20.1 SMJ tonic + CC20.7 Fractures; if using an SRHVP, NM3 Bone I + NM25 Shock + SM28 Injury + SR271 Arnica 30C + SR361 Acetic Acid 6X + SR457 Bone**; start **TDS** two days prior to graft, and post graft, give **6TD** for a week before reducing to **TDS** until healed.

Q4. When we require a large quantity of water remedy (e.g., for cattle or fields), we learnt that we first prepare one litre of remedy by adding 900 ml of water to 100 ml of remedy and then mixing thoroughly while praying; next prepare ten litres from this one litre by adding 9 litres of water. This procedure can be repeated until we reach the required quantity. Will these multiple successive dilutions not weaken the final remedy?

A. Vibrionics remedies are not made from a physical substance which, when diluted, becomes weaker; therefore, they do not comply with the laws of physical world like dilution. Vibrations in the remedies comply with the laws of the energetic world of thoughts (to which, prayers, faith and love belong), hence the effectiveness of vibrionics remedies will not diminish by physical dilution.

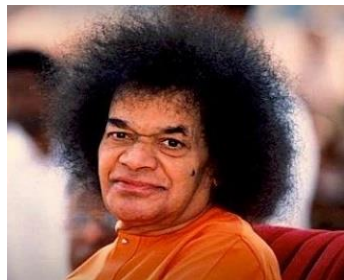
Q5. What remedy can be given to a patient of an organ transplant to minimise its chances of rejection by the body?

A. The following remedy can be started **TDS** one week before the transplant, increase dosage to **6TD** for a week following the transplant and then down to **TDS** until the body is comfortable with the new organ.

Using 108CC: **CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + tonic from the organ category** eg, **CC13.1 Kidney & Bladder tonic** in case of kidney transplant.

Using SRHVP: **NM25 Shock + SM2 Divine Protection + SM4 Stabilising + SM5 Peace & Love Align. + SM41 Uplift + SR266 Adrenalin + SR271 Arnica 30C + SR295 Hypericum 30C + SR318 Thuja 30C + SR353 Ledum 30C + SR361 Acetic Acid 6X + card for the relevant organ**, eg, **OM15 Kidney** or **SR501 Kidney** in the case of kidney transplant.

❧ Divine Words from the Master Healer ❧



"When you cultivate the attitude that you are the body, the body will demand from you more food, more variety in food, more attention to appearance and physical comfort. A large portion of the food now consumed is superfluous; man can live healthily on much less. A good deal of effort and expenditure now spent to cater to taste and to social pomp can be given up, and health too will improve thereby. Mitha thindi, athi haayi - "Moderate food gives excellent health." Gourmets only reveal their Thamoguna (quality of inertia and indolence). Eat to live; do not believe that you live in order to eat."

...Sathya Sai Baba, "The four blemishes" Discourse
<http://www.sssbpt.info/ssspeak/volume14/sss14-15.pdf>

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"People who are suffering, people who are immersed in sorrow and people who are helpless, should be your real friends. You should help such people. This is what you should accept as your primary duty."

...Sathya Sai Baba, "Service To Man Is Service To The Lord" Summer Showers 1973
<http://www.sssbpt.info/summershowers/ss1973/ss1973-08.pdf>

❧ Announcements ❧

Forthcoming Workshops*

- **USA: Virtual AVP Refresher** (changed to) 13-14 Feb 2021**, two half days, (details will be intimated to participants) contact Susan at Saivibrionics.usa.can@gmail.com
- **USA: Virtual AVP Workshop**** weekly sessions **Apr-Jun 2021** contact Susan at Saivibrionics.usa.can@gmail.com
- **India Puttaparthi: Virtual AVP Workshop** weekly sessions **9 Jan-7 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
- **India Puttaparthi: AVP Workshop** 25-31 July 2021** contact Lalitha at elay54@yahoo.com
India Puttaparthi: AVP Workshop 25 Nov-1 Dec 2021** contact Lalitha at elay54@yahoo.com
India Puttaparthi: SVP Workshop 3-7 Dec 2021** contact Hem at 99sairam@vibrionics.org

*All 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

Choose & Use your cooking oils with care

“Modern man who flouts the principle of moderation in every aspect of life endangers his health and wellbeing...Care should be taken to see that the food consumed does not have much fat content, for the fats consumed in large quantity are detrimental not only to one’s physical health but also to one’s mental health...Consumption of large quantity of fat is the cause of cardiovascular diseases.”...Sri Sathya Sai Baba¹

1. Nature of cooking oils:

Cooking oil is fat extracted from plants (nuts, seeds, fruits, olives, grains, or legumes) through a mechanical or a chemical process. It is then purified, refined, or chemically altered to improve taste, texture, and shelf life. Fats are composed of saturated fats, trans-fats (hydrogenated), mono and polyunsaturated fats, collectively called fatty acids. Saturated and trans-fats are normally associated with the risk of coronary heart disease. Omega-3 vital for heart, brain, and eyes and omega-6 for energy are essential polyunsaturated fatty acids not produced by the body. Omega-9 is a healthy monounsaturated fat which can be produced by the body.²⁻⁹

1.1 Need for fatty acids: Fatty acids help the body to absorb the essential vitamins A, D, E, and K to boost immunity, produce important hormones, support cell growth, protect the organs, keep eyes, bones, skin, and hair healthy, energise, and keep the body warm. A spoonful or two (maximum) of oil in salads makes them more nutritious say research findings. Most cooking oils have heart-friendly anti-inflammatory poly and mono-unsaturated fats, and are low in saturated fats. It is crucial in our daily intake of food to have a ratio of 1:1 to 4:1 of omega-6 and omega-3 fatty acids (hereafter called **ratio**). Omega-6 is present liberally in all cooking oils but sources of omega-3 are very limited. As high omega-6 inhibits the absorption of omega-3, we need to include vital nutrients like vitamins B6 & B7 and minerals like magnesium and zinc in our diet to help its absorption.⁷ So, fats should not be viewed in isolation but as part of a healthy diet.²⁻⁹

1.2 Smoke point of oils: Smoke point is the temperature at which an oil starts smoking or burning. All *refined* vegetable oils have a high smoke point between 200C to 270C. Most of the *unrefined* oils have lower smoke points and can be used for low-heat cooking.¹⁰ The structure of all oils begins to break down as it reaches its smoke point losing all its nutrients and flavour; it starts to release free radicals that can damage health. Standard home cooking is done at much lower temperatures: Boiling/steaming 100C, pressure cooking 120C, stir frying 120C, and deep frying 160C to 190C.¹⁰

1.3 Cold-pressed oils are beneficial: Cold-pressed, unrefined oils close to nature are ideal for health, especially organic, as they do not lose their beneficial properties during extraction. Preferably, they should not be heated; they are apt for salads, sauces, smoothies, etc to get full benefit, though some may be used for sautéing or stir frying.^{10,11}

1.4 Intake: Any oil, considered healthy or otherwise, is essentially fat (9 calories/g). How much oil to take depends on age, gender, and level of physical activity, and consumption of other fatty substances. Keep it to the minimum between 25-30% of total daily calorie intake; within this limit, saturated fat should be less than 10% and trans-fats less than 1%.¹²

1.5 Storage: All oils are sensitive to heat, light, and exposure to oxygen. Sunlight destroys vitamin E. Store cooking oils in a dry, cool, dark cupboard, to retain their taste and quality, never near a stove or any source of heat. With time oils oxidise and develop free radicals responsible for diseases. Discard any oil that smells “off”.^{3,4,5}

There are more than 100 cooking oils.¹³ This study covers 23 major oils including ghee the only exception which is not of plant origin. Usage of oil for salads, smoothies, dips, spreads, etc refers to *cold pressed* and *unrefined* oil.

2. Commonly used cooking oils (generally with high omega-6 content and used for cooking with heat):

2.1 Almond oil: A good source of vitamin E, it is easily ingested by drinking it from a warm tablespoon. Can be used for cooking, low-heat baking and stir-fries, though best for salad dressing and flavouring. This oil balances the cholesterol levels, can prevent cancer and diabetes, keeps the colon and rectum healthy, relieves earaches, clears dark circles under the eyes, and is a natural remedy for eczema and psoriasis.¹⁴

2.2 Avocado oil: Made from avocado fruit pulp, it is one of the best cooking oils with highest smoke point, apt for frying, roasting, baking, or grilling. Ideal in salads, smoothies, dips, and spreads. Studies show it prevents diabetes, cataracts and macular degeneration, and skin problems like psoriasis. It is used in treating digestive diseases, neurological issues, autoimmune conditions, and skin injuries. It has a prescription drug status in France because of its proven ability to reverse arthritis.¹⁵

Caution: Those on blood thinners should consult their physician as this oil may react with them.¹⁵

2.3 Butter oil (Ghee): A healthy fat produced by heating butter and rich in fat soluble vitamins. Clarified butter made from the milk of grass-fed cows has better *ratio* (1.5:1) than most other oils. Cooking in ghee would be beneficial for a healthy vision and digestion, strong bones, and a glowing skin.^{9,16,17}

2.4 Canola/Rapeseed oil: It is high in monounsaturated fat like olive oil, low in saturated fat, with an excellent *ratio* of 2:1. Is widely used in cooking and food processing due to its affordability and versatility.¹⁸

Caution: Largely highly processed, partially hydrogenated, and genetically modified.¹⁸

2.5 Coconut oil: It is highly heat resistant; studies have shown that even after 8 hours of continuous deep frying at 185C its quality remains acceptable. Like avocado oil, this is considered better than other oils for frying. A unique oil, with sufficient scientific evidence to show it is excellent for health with many medicinal properties. Though viewed with apprehension due to its high level (90%) medium chain saturated fat content, half of its fat content is lauric acid which can prevent several diseases.¹⁹ *Refer to earlier newsletters²⁰* for its unique benefits and caution.

2.6 Corn oil: It is known to be a highly refined vegetable oil, easily available, and widely used for deep frying to crispness.²¹

Caution: Largely genetically modified.²¹

2.7 Cottonseed oil: Necessarily refined, it is used in processed foods and for baking and deep-frying due to its affordability and flavour. Ideal for application to heal wounds and protect from infection.²²

Caution: High on saturated fats.²²

2.8 Mustard oil: Known as India's olive oil, it is used for cooking and as a preservative for pickles. Comparatively low in saturated fat, it has an optimum mix of omega-3, omega-6, and omega-9 fatty acids. It has high levels of vitamin E, can boost immunity, and improve nails and cracked heels and dental health with topical use. Often used for massage; steam inhalation with a few drops of this oil can relieve cold and clear congestion.²³

2.9 Olive oil: Made from the fruit of olive tree, it has been part of the diet of the world's healthiest, longest-living people for centuries. High-quality virgin olive oil has well researched anti-inflammatory compounds, antioxidants, and numerous heart-healthy nutrients. It is known to support brain health, fight mood disorders and depression, and lower the risk of breast cancer. Best way to consume it is to drizzle over cooked vegetables, grain dishes, or salads. May be added at the end of cooking. It is not only excellent for skin and hair; it can be used to remove grease and to polish furniture too!²⁴⁻²⁷

2.10 Palm oil: It is used in many baked goods, diet bars, and chocolate. Medicinally, it is an antidote for poison, a cure for gonorrhoea, a natural laxative, a diuretic, and treats headache and skin infection.²⁸

Caution: Largely heavily processed!²⁸

2.11 Peanut/Groundnut oil: Can be used for frying and has a longer shelf life. Rich in antioxidants and a great source of vitamin E, it is considered healthy for the heart, brain, eyes, and blood sugar control. Generally safe.²⁹

Caution: Sometimes genetically modified and partially hydrogenated.²⁹

2.12 Rice bran oil: Very common in South Asia and a great source of monounsaturated fats with many health benefits.³⁰

2.13 Safflower oil: Ideal for high heat cooking, like roasting, baking, and frying. It is known to help relieve constipation.³¹

2.14 Sesame/Gingelly oil: An excellent flavour enhancer and cooking oil in use for centuries, best suited for stir-frying, sautéing, pickle making, and salads, especially the dark toasted sesame oil. A great source of antioxidants, excellent for heart and blood sugar control.^{32,33}

2.15 Soybean oil: A good source of vitamin K to maintain healthy blood clotting and bone health, it is full of beneficial unsaturated fatty acids.³⁴

Caution: May contain harmful trans-fatty acids.³⁴

2.16 Sunflower oil: There are several types of sunflower oil with varying benefits and disadvantages due to their different fatty acid composition. Mid-oleic and high oleic types are considered healthier and good for cooking at low heat.³⁵

Caution: May release toxic compounds at high temperatures, not advisable for frying despite its high smoke point.³⁵

2.17 Vegetable oil blend: As no oil is perfect, research encourages blending of oils in order to achieve desired fatty acid ratios and improve the overall micronutrient profile.³⁶

Caution: Many are extensively processed and may get easily oxidised.³⁶

3. Oils with high omega-3 content (listed in order of ratio) unsuitable for cooking: Ideal for seasoning, smoothies, cold soups, shakes, yogurt, oatmeal, and for dressing salads, *also refer to earlier newsletter.*⁸

3.1 Flaxseed/Linseed oil (1:4 ratio): One of nature's richest and best sources of omega-3, almost 50-60% of the oil. Makes the brain and heart healthier, detoxifies and relieves constipation and diarrhoea. It is known to prevent and remove cellulite (fatty dimpled deposit normally on buttocks and thighs) and treat Sjögren's syndrome (a disorder of the immune system with symptoms of dry eyes and dry mouth).³⁷ (**Perilla seed oil**^{8,38} contains 65% omega-3 but disadvantages are: possible anti-coagulant effects and pulmonary toxicity).

Caution (flax oil): Pregnant women, diabetics and those on blood thinners should consult a physician.³⁷

3.2 Chia seed oil (1:3 ratio): Due to its very high omega-3 content, pair it with olive oil to get best benefits.³⁹

3.3 Hempseed oil (2.5:1 ratio): Has adequate antioxidants and a number of minerals and chlorophyll.^{40,41}

3.4 Walnut oil (5:1 ratio): Excellent for brain and blood sugar control.⁴²

3.5 Wheat germ oil/vitamin E oil (7:1 ratio): Just a tablespoon fulfils vitamin E requirement for the day, its regular application can remove scars.⁴³

3.6 Pumpkin seed/Pepita oil with less omega-3: Otherwise known as a silent champion of good health. Can prevent and reverse hair loss, ease menopause symptoms, treat overactive bladder, support the health of heart, prostate and cancer patients and prevent cancer too.⁴⁴

Note: Fish oil, used only as a supplement, has the highest omega-3 **ratio** and is one of the richest sources of omega-3.⁹

4. Points to remember

★ **Caution while buying:** Many of the oils found in the market are a blend of highly processed and refined oils negating the benefits of vegetable oil. Some are hydrogenated to further enhance their flavour and shelf life resulting in unhealthy trans-fatty acids associated with a higher risk of heart disease, diabetes, obesity, and cancer. Keep the benefits and disadvantages in perspective. Try to buy oil in a dark coloured glass bottle.^{2,4,24}

★ **Rotate** your common cooking oils **and supplement** with omega-3 rich oils and diet.^{3,4}

★ When used externally, best to do a self-test on a small patch of skin for any possible allergy, though almost all oils are good for skin and hair. Oil pulling with coconut, sesame, or olive oil has many benefits including dental health.⁴⁵

★ **Minimise usage of oil** and keep the pan free of stickiness by using home-made cooking spray by mixing equal amount of oil and water in a spray bottle.⁴⁶

★ **Prevent clogging of drains:** Wipe the used pan to free it from oil traces before cleaning. Do not throw left over oil into sink.⁴⁷

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2. Inspiring anecdotes

a. Pilgrimage Panacea ^{11529...India}

In July 2019 a group of 170 pilgrims aged 15-65, gathered in Kathmandu, Nepal, for further travel into the high Himalayas, their destination being the sacred sites of Lake Manasarovar and Mount Kailash. Diamox, an allopathic medicine, is generally considered a defence against the unpleasant symptoms of both altitude sickness and motion sickness from traversing the curvy mountain roads. On this pilgrimage were family members of the practitioner but not herself; all were particularly prone to severe motion sickness. However, they and many others in the group were unwilling to take Diamox because of its well-known, adverse side effects. Having previously made the pilgrimage herself in 2012, the practitioner understood what was needed and prepared the following remedy, which she offered to everyone.

CC3.7 Circulation + CC4.1 Digestion tonic + CC4.6 Diarrhoea + CC4.10 Indigestion + CC9.2 Infections acute + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC17.1 Travel sickness + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine...TDS to 6TD as per the requirement of each individual.

This remedy worked perfectly for 75 members of the group including four allopathic doctors, who opted for vibrionics and *all of them* made the entire journey unscathed. Nearly half of others who preferred to take the allopathic drug suffered from vomiting, diarrhoea, cough & cold and had breathing difficulty. On their return home, the grateful pilgrims called the practitioner to express their gratitude.

b. Rejuvenation of an elderly cat ^{00660...USA}

Simba is an elderly 20-year-old Marmalade cat of humble origin, born of a feral barn cat and adopted from his litter when still tiny by his kindly human "mom" in 1999. He was raised and lovingly cared for into his



old age when alas, Simba fell ill in August 2019. His appetite decreased, he lost weight, his fur fell out in clumps and he languished inside with none of his usual interest in going outdoors. The vet pronounced kidney failure, a fatal prognosis, and gave up. Acupuncture was tried, but to no avail. To keep Simba hydrated a solution of potassium and saline was injected 8 times a day into the back of his neck. As a last resort, Simba's mom turned to the practitioner who asked Swami via her pendulum and our Lord gave an enthusiastic assent. So, a remedy was prepared on **18 Jan 2020: NM2 Blood + NM7 CB7 + NM59 Pain + NM75 Debility + NM86 Immunity + OM5 Circulation + BR11 Kidney + SM2 Divine Protection +**

SR325 Rescue...6TD in water and administered into the mouth with an eye dropper.

Simba responded right away with returned appetite. With continued improvement, dosage was reduced to **TDS** after one week. Ten days into the remedy Simba wandered out into the back yard. Within a month the elderly cat had regained his normal weight. His fluid injections gradually reduced to only twice a week. His fur stopped falling out and became soft and lustrous. His previous youthful demeanour returned and he often saunters outside to bask in the sun amidst the squirrels and birdsong. He follows his mom about the house and purrs contentedly, snuggling up to her at night. At the end of August, the dosage was reduced to **OD** which still continues as of Dec 2020.

On a recent visit to the vet, Simba's amazing condition astonished the doctor and his staff. Both Simba's mom and her practitioner friend know Who is behind this remarkable recovery. Simba's owner sincerely declares, "I am so very grateful to Baba for making this gentle method of healing available to all of us, especially for all His four-legged and winged creatures."

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3. Health Camp at Railway Station Puttaparthi 21-23 Nov 2020

Transition from quantity to quality

Since 2009, Prasanthi Nilayam Railway Station becomes the scene of a large, well-established, vibrionics camp from 21-23 Nov to serve devotees arriving by train to celebrate Swami's Birthday. Usually there is an allopathic camp too, but only Sai Vibrionics was available this pandemic-stricken year, when the usual attending thousands shrank to merely hundreds. In advance of the camp, **Practitioner couple** ^{02444 & 01228} spent two days preparing 500 remedy bottles. Trusting in Swami's protection and His *IB* for Covid prevention, this heroic couple didn't hesitate to offer their experienced service to all who attended. The far smaller crowd enabled them to render greater



personal assistance, spending more time with patients with chronic problems and explaining the system when appropriate. 368 patients received remedies for themselves and also for ailing relatives and friends back home, as well as extra supplies for their long-term issues. Some were given first aid for cuts and bruises. There was provision for hand sanitiser. Guidelines of keeping safe distance and using masks were adhered to.

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4. Obituaries

It is with much sadness that I bring you the news of passing away of two dedicated practitioners during the month of November. **Sri Dudharam N Samarth** ¹⁰³³⁰ aged 76, was the former DP of Gadchiroli in Maharashtra. Always smiling, he was an inspiring, active and sincere leader. **Sri Sivadasan M G** ¹¹²³⁸ aged 66 was the District Service in-Charge of SSSSO, Ernakulum Dist. in Kerala. He was the co-ordinator for conducting Vibrionics camps under the SSSVIP Program. Both were actively engaged in vibrionics seva until their very last moment and will be remembered by the vibrionics fraternity for their exemplary service.

Om Sai Ram

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