

Sai Vibrionics Newsletter

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

Vol 12 Issue 2

Mar/Apr 2021

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☞ From the Desk of Dr Jit K Aggarwal ☞

Dear Practitioners

Om Namah Shivaya! Blessings to all ahead of the auspicious occasion of Maha Shivaratri. Swami says, *"People did not come here to sleep and eat; they came to manifest, by disciplined processes, the Divine in them. That is why each is called an individual (vyakthi), one who makes clear (vyaktha) the power (sakthi) that is in them - the divine energy that motivates them. For this purpose, people have come endowed with a body and the intelligence needed to control it and divert it to useful channels of activity. You must achieve this by the steady pursuit of morality and good deeds (dharma-nishta and karma-nishta)."* - Divine Discourse, Shivaratri, 1963.

These words beautifully capture the very essence and purpose of our existence. They are also a solid reminder for all of us of how significant a role vibrionics can play in helping us realize the very goal of our lives and how we can channel our intelligence and actions for the greater good of our fellow sentient beings.

One such blessed soul who embodied this beautiful spark of Divine energy and used it for the betterment of humanity was Swami Ananda. It is with great sadness that we bid farewell to Swamiji, who took Samadhi on 24 January at the age of 84. Along with Swami Narayani (Mataji), Swami Ananda co-authored the wonderful Handbooks on Healing which form the basis of the vibrionics system of healing. He supported Mataji in her spiritual journey to conceive and establish a simple, comprehensive, effective and revolutionary system based on Divine healing vibrations. This, with Sathya Sai Baba's immense grace and blessings, evolved into Sai Vibrionics. We were greatly blessed when Swamiji graced us with his presence at our First International Conference in 2014. We will always remember Swamiji with gratitude as the epitome of simplicity and humility.

Having formalised our organisational structure a year ago (as announced in vol 11 #2 Mar-Apr 2020), we have now elevated our erstwhile Monthly Reports Coordinators to Regional Coordinators (RCs). From their limited role of collecting and uploading monthly reports, RCs now carry an expanded set of responsibilities. They will be spearheading the growth of vibrionics in their respective regions with complete oversight of all vibrionics activities. They will act as an interface between the IASVP wing director and the practitioners operating at the grassroots level. I am delighted to report that the 24 RCs from India have already held their 2nd bi-monthly virtual conference. These conferences have led to bringing the practitioners closer, on a common platform, giving impetus to data collection, streamlining of reporting procedures, writing of case histories, enrolment of practitioners in the IASVP, and distribution of Immunity Booster **IB**.

While touching on the subject of **IB**, though the overall Covid-19 cases being reported worldwide is on the decline, the pandemic situation is far from over. Although the drive for vaccination has started in earnest

all over the world, in light of the emergence and spread of new strains of the virus, we are yet to know its effectiveness. It is therefore imperative that we continue the momentum we have built up in the distribution of **IB** and also continue to take **IB** even after vaccination. Several practitioners have voiced their apprehensions as to how to counter the side effects of the vaccine. We have addressed this concern in the "Answer Corner" and also the "In Addition" #2 of this newsletter, along with updated combos for both prevention and treatment of Covid-19.

We are delighted to report that the 'Spread the Word' campaign in Andhra Pradesh, India, has taken off. Our Vibrionics team met with the Principal and other faculty of the Junior College for Women in Anantapur on 6 February 2021. This was followed by an introductory/awareness talk on vibrionics by **Practitioner** ^{12051 & 02696} to an assembly of 500 students. On the invitation of the school authorities, a follow-up talk was given to the students on Thursday 11 February. Such was the interest from the audience that although originally planned as a 15-20 minute talk, the event went on for an hour and a half! **Practitioner** ¹²⁰⁵¹ is in the process of forming a team to expand this initiative to other schools and old-age homes in both AP and Karnataka.

I am pleased to inform you that the process of replacing the earlier AVP workshops with virtual workshops is now complete. This remote learning option has given us the opportunity to harness the talent of many teachers as a direct result of solving logistic constraints stemming from distance and travel. The 1st two virtual AVP workshops were conducted by our USA & Canada coordinator in 2020 from Apr to Jul and Sep to Nov. Following those great successes, the 1st nine-week AVP virtual workshop in India was launched on 9 January 2021 by two senior teachers and is expected to conclude with a 2-day workshop at Puttaparthi. Much thought and planning has gone into the process of making these workshops comprehensive and interactive, interspersed with demos, role-plays and sharing by qualified practitioners from all over the world about their enriching experiences of treating patients, animals and plants.

Over the last few months, we have recorded another first in the Seva of Sai Vibrionics. In October 2020, we were blessed to have been presented with the challenge and the opportunity to provide remedies to approximately 10,000 troops deployed in various locations in snowbound areas and living under huge mental and emotional stress. A specific Combo was developed by our research team. The feedback received from recipients of this combo was incredible - all the people who took the remedy reported an overall positive state of well-being. More details are given in the "In Addition" #4 of this newsletter.

My dear brothers and sisters, in conclusion, I wish you all a blissful Maha Shivaratri. I pray that we may all be immersed in Shiva and spend the rest of our sojourn on this planet in Ananda. In Swami's own words, let us all "*Utilise this rare chance, this unique opportunity, secured by the merit of many births, for self-improvement.*" – *Divine Discourse, Shivaratri, 1965.*

In loving service to Sai

Jit K Aggarwal

❧ Practitioner Profiles ❧

Practitioner ^{11595...India} is an electronics engineer who has been working as an Administrative Manager in her family company for eight years. Fortunate to be born in a family of Sai devotees, she attended from the tender age of six, Balvikas (Sai Spiritual Education) classes and participated in cultural programs, and later helped her mother in conducting these. All this, she feels, contributed immensely in developing her self-confidence and public speaking skills.

The practitioner's interest in natural ways of keeping her family healthy began after her young daughter was completely cured of allergies and frequent illnesses with naturopathy. Thereafter, she used to explore health information and study and experiment with home remedies, and share this knowledge with family and friends. In Sept 2017, as she came to know through her meditation group about Sai Vibrionics, the practitioner instantly connected to this system of healing and perceived that it was Swami steering her towards this. Consequently, she became an AVP in Feb 2018 and VP in Oct 2018.

She does her vibrionics seva from home and has treated well over 300 patients to date. Initially, it was amongst close family members that she witnessed outstanding cures in treating chronic ailments. Her husband was suffering from extreme pain in the first joint of both little fingers, possibly because of a badminton injury; an x-ray revealed a gap between the joints. The doctor declared 'no cure' for this problem which has to be managed with painkillers alone; this appeared to be arthritis which was very likely to spread to other joints. On 22 Feb, 2018 he was given: **CC10.1 Emergencies + CC15.1 Mental &**



Emotional tonic + CC20.2 SMJ pain + CC20.3 Arthritis + CC20.7 Fractures...6TD. Improvement occurred gradually and by March 2019, he was completely free of pain. The husband said this is nothing short of a miracle since even a feather-light touch on the joints produced excruciating pain. He suffered for so many years and it disappeared completely with vibrionics alone. Her 81-year-old father-in-law also had total relief from painful cramps that had been bothering him for years. When he had a fall, fracturing 8th & 9th ribs, vibrionics remedy **CC10.1 Emergencies + CC20.5 Spine + CC20.7 Fractures** was started within five minutes. In the hospital, he was merely given painkillers as it is not possible to put a cast on the ribs. The doctor's prognosis was that he would have excruciating pain for three weeks. To everyone's astonishment, he started walking on the 3rd day. After three weeks, the doctors were amazed at his progress! The usual x-ray taken at six weeks showed complete healing.

The practitioner has obtained excellent results with some specific combinations. For fast relief from fatigue, she uses **CC9.1 Recuperation + CC12.1 Adult tonic**. She made this initially for her meditation mentor who commented, soon after taking the remedy, that he felt he could lift an elephant with his left hand. For all types of headaches, **CC4.10 Indigestion + CC11.3 Headaches + CC11.4 Migraines + CC15.1 Mental & Emotional tonic** has proved to be very effective. For chronic hoarseness in the throat, **CC18.5 Neuralgia + CC19.7 Throat chronic** is extremely beneficial. When she does not get much success with different combos, giving only **CC10.1 Emergencies** brings the desired result, with exceptional outcome in many cases. So she gives **CC10.1 Emergencies** in a separate bottle, especially when sending it by courier. The added benefit is that other family members can use it should the need arise.

The practitioner feels it is most important to connect with Swami before giving consultation to the patient. This ensures that the right words are spoken, correct remedies chosen and pure love from Swami flows through the practitioner. In many cases, her patients obtained great relief from their stress after just speaking to her and in some instances, they even shed tears. Initially, she used to brood over her critical cases but now she has learnt to surrender them to Swami. She pays great attention to detail while recording a patient's history, this helps in a thorough understanding of the case, thus making follow-up easier. She contacts her new patients regularly for a few weeks and later periodically, which makes them feel happy that they are being cared for and also gives her a chance to monitor their progress.

The practitioner spends time educating her patients on a healthy lifestyle. She has noticed that many patients don't drink enough water which itself would go a long way in solving their problem. Similarly, intake of fresh fruits, vegetables, and daily exercise coupled with a few minutes of meditation would help in achieving faster recovery. She is of the opinion that all practitioners themselves must also make appropriate lifestyle changes in order to maintain good physical and mental health to serve as ideal examples. Recently, she has taken up mentoring of two new AVPs and finds this is a great opportunity to keep alert and enhance her own ability as a practitioner.

The greatest benefit she receives from vibrionics, she perceives, is the fact that she remains connected with Swami doing her seva. She keeps her 108CC box with her when she does daily Gayathri chanting so the powerful vibrations can be absorbed by the remedies. She feels vibrionics is one powerful tool Swami has bestowed on her to help advance in her spiritual journey. Her belief is that by empowering practitioners worldwide with necessary skills, not only in giving remedies but also in being able to suggest lifestyle changes and counseling patients with pure love, will make Vibrionics the medicine of the future.

Case to share

- [Chronic back pain](#)
- [Cancer in lung, brain metastasis](#)

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Practitioner ^{00123...India}, a commerce graduate, is a retired businessman. Soon after his marriage, his mother-in-law passed away and he accompanied his wife to her hometown Hyderabad in Sept 1969. At that time, Swami happened to be visiting Sivam, His residence there. The wife went for His darshan and was fortunate that Swami called her for an interview where He gifted her a photo of Himself from His

youth. The couple placed the framed photo at their altar amongst pictures of other gods and goddesses.



Twenty-one years later in 1990, vibhuti started pouring from this picture and the materialization continued for six months. This miracle spurred the practitioner and his wife to participate in local Sai activities. When a devotee told them Swami had now taken them in His fold, they started going to Puttapparthi every year for seva.

In 1994 through a family friend he came to know about vibrionics, then in its infancy, as a simple drug-free healing system with no side effects. He immediately started exploring the possibility of learning the system, attended training sessions in Delhi, qualified as a practitioner, and obtained the SRHVP machine. He started treating family, friends, and Sai devotees but due to his business pressures, he could not expand his vibrionics practice beyond his immediate circle. In 2010 he moved to Hyderabad to help his elder son manage his two steel rolling factories with a workforce in excess of 400. He continued his practice with these employees and as the word got around, he started getting a stream of patients. But making a large number of remedies with the SRHVP was time-

consuming. During one of his frequent trips to Puttapparthi in 2011, he learnt about the 108CC box and got one which enabled him to serve his patients better. Additionally, he was put in touch with local **Practitioner**¹⁰⁸³¹ who took quite a lot of his patient load. In 2014, he felt privileged to attend the 1st International Conference on Vibrionics in Puttapparthi. At the end of the proceedings, he was so motivated that he decided to retire from his business completely in order to engage *full-time* in vibrionics seva! This, he says, was a turning point in his life.

The practitioner has treated more than 30,000 people for all kinds of diseases with a success rate of 95% which, he is convinced, is due to special grace showered by Swami. The remaining 5% of patients, he believes, don't follow instructions properly. He sees an average of 350 patients per month. He and his wife attend daily discourses on Bhagavad Gita in a gathering of 500 people. This provides him with an excellent opportunity to give treatment. He gives consultation to and writes prescriptions for the patients while his wife counsels them and gives out the remedies along with instructions.

He uses three combos frequently, these cover 70% of the remedies he dispenses. To each of these, he adds what he calls **Backup combo: CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic + SM2 Divine Protection.**

1. **Digestive combo** for flatulence, acidity, indigestion, constipation and stomach ache etc: **CC4.4 Constipation + CC4.5 Ulcers + CC4.10 Indigestion**
2. **Respiratory combo** for cold, cough, throat problems, chest infection and fever etc: **CC9.2 Infections acute + CC19.3 Chest infections chronic + CC19.6 Cough chronic + CC19.7 Throat chronic**
3. **Musculoskeletal combo** for knee problems, back pain, body ache, joint and muscle dysfunction etc: **CC20.1 SMJ tonic + CC20.2 SMJ pain + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine**

The remaining 30% remedies, he customises to individual requirements. When meeting patients is not practical, he happily sends remedies by courier. With mental and emotional issues, he often treats by broadcasting remedies.

The practitioner shares an interesting case where a 70-year-old woman with hemifacial spasm, high BP, anxiety, fear and depression, already taking both allopathic and vibrionics treatment, started drooling continuously for two days, even during her sleep, causing her much distress. As this was something new, it baffled him but **CC4.2 Liver & Gallbladder tonic + CC4.10 Indigestion + CC9.2 Infections acute + CC10.1 Emergencies + CC12.4 Autoimmune diseases + CC15.4 Eating disorders + CC21.11 Wounds & Abrasions + Backup combo**, made in just one glass of water did the trick and the drooling stopped immediately! In another acute case, a 34-year-old female developed a corn on her thumb. With

CC10.1 Emergencies + CC21.1 Skin tonic + CC21.2 Skin infections + CC21.5 Dry Sores + Backup combo, the corn disappeared within 2 weeks. In yet another case, a 50-year-old male suffering for three years from skin cancer has healed completely within three months.

He works closely with other practitioners and periodically organises refresher meetings. As personal sadhana, the practitioner studies scriptures and other spiritual books and shares this learning with other like-minded people. He starts his day with Suprabhatam (early morning prayer) and to keep fit he takes regular morning walks. He and his wife have had several longstanding health issues which were resolved with vibrionics. Their hearts are filled with gratitude to Swami who has helped them maintain good physical and mental health in their senior years. More importantly, his practice gives him a great sense of satisfaction resulting from leading a purposeful life and providing service to humanity.

Case to share

- [Heel bone spur](#)

∞ Case Histories Using Combos ∞

1. Chronic back pain ^{11595...India}

A 72-year-old woman had been suffering from lower back pain for the past five years. She is very active and regular with her daily walks. But she had to wear a back support for traveling, sitting down on the floor, or standing for long periods. She has been taking allopathic tablets for 20 years for high BP and for one year for hypothyroid, both of which she decided to continue. She was not taking any medicine for back pain. On **18 April 2019**, the practitioner gave:

CC3.7 Circulation + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.6 Osteoporosis...6TD in water

Within three weeks the patient felt 30% improvement in pain and by the end of eight weeks, she was 80% better. After another week on 21 June, she reported 100% relief, stopped using the belt to support her back and had no problem sitting or standing for long periods. So the dosage was reduced to **TDS** and after two weeks to **OD**, before stopping the remedy on 1 Aug 2020. There has been no recurrence as of 15 Jan 2021.

Editor's note: **CC20.5 Spine** could have been added to accelerate the recovery.

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2. Cancer in lung, brain metastasis ^{11595...India}

A healthy 61-year-old woman suddenly had a mini seizure (staring spell). When it happened again within a week, she was taken to the hospital where, after a series of tests, she was diagnosed with Stage-4 lung cancer with brain metastasis. The prognosis was very poor and the whole family was in a state of shock. Being ardent devotees of Sathya Sai Baba, the family prayed to Him for guidance. At this point, a relative told them about vibrionics and referred them to the practitioner living 300 km away. The patient's daughter immediately made the journey and saw the practitioner on **3 January 2019**. She was given the following remedies:

#1. CC2.1 Cancers-all + CC2.3 Tumours & Growths + CC18.3 Epilepsy + CC19.3 Chest infections chronic ...6TD in water

#2. CC10.1 Emergencies + CC15.1 Mental & Emotional tonic...TDS (also for her family members)

#3. CC15.6 Sleep disorders...OD before bedtime

Additionally, the patient was advised to practise daily meditation along with her husband. Many a time she felt soothing vibrations in her right lung exactly at the site of the tumour. Within a week she had a dream in which she saw herself completely cured by vibrionics and telling this to everyone. Even her family members had several instances of Swami appearing in their dreams. Over the next 2-3 months, family members taking **#2** felt mentally stronger and the patient felt better and more comfortable and positive with her treatment.

After three months, she went to the hospital for a retest. Surprisingly, there was no progression of the tumour in the lung. The practitioner advised her to start allopathic treatment along with vibrionics to speed up the cure. She underwent six cycles of chemo given intravenously over six months. For each cycle, she was admitted in the hospital for three days. In addition, she was given radiation treatment over 25 days

focused on her brain. The husband made sure that she did not miss a single dose of her vibro remedy even during her hospital stay. #1 was enhanced to take care of any pain:

#4. CC2.2 Cancer pain + CC12.4 Autoimmune diseases + CC15.1 Mental & Emotional tonic + #1...6TD

#2 was no longer required. #3 was to be taken if needed. For rejuvenation she was given:

#5. CC9.1 Recuperation + CC12.1 Adult tonic...6TD

Her condition improved gradually, and she increasingly felt better.

On 25 Aug 2019, the dosage of #5 was reduced to TDS and an additional combo was given to remove the side effects of chemo and radiation:

#6 CC10.1 Emergencies + CC17.2 Cleansing...TDS

In November 2019, the family reported that there was a reduction in the size of the tumour and she was put on oral chemotherapeutics. The practitioner got in touch with a SVP who made the specific remedy to counter the side effects of chemo. So #6 was replaced by:

#7. SR559 Anti Chemotherapy...TDS

Due to the Covid-19 lockdown in March 2020, her treatment was interrupted for about two months and was resumed on 14 June 2020. Suddenly she became diabetic and was told that it was due to the side effects of chemo. So, #5 was enhanced and combined with #4 into a single remedy:

#8. CC6.3 Diabetes + #4 + #5...6TD

On 15 September 2020, her blood sugar was normal and a fresh PET-CT scan was done. The doctors were surprised to see the report as most of the tumour in the brain had disappeared and that in the lung had shrunk and become benign! They wondered how a Stage-4 cancer patient had been healed within 16 months! They reduced the oral chemo medication to a maintenance dosage to be given for 24 months. On their next visit on 16 October 2020, all the previous remedies were replaced by the following composite remedy:

#9. CC12.4 Autoimmune diseases + #1 + #5...TDS

As of February 2021, she is doing well and is continuing with her remedies. One of the family members again had a dream of Swami saying that He has cured her completely and her hair would grow back quickly.

Editor's comment: This is a good example of healing of a very difficult ailment by vibrionics and allopathy working hand in hand.

Patient's husband's testimonial:

"MEDICAL MIRACLE: I and my family members are ardent devotees of Bhagawan Sri Satya Sai Baba. One fine day my wife aged 61 years who was hale and healthy till then, suddenly fell unconscious with seizures and was admitted to the hospital in ICU. The doctors took many tests, scans, and finally reported that it is lung cancer with brain metastases i.e., 4th stage of cancer. The whole family was shattered but we were praying to Swami for His guidance.

As it was Christmas and New Year's Eve, many doctors were on leave and we were not knowing where to go and whom to consult? That very moment we got a call from our relative and he informed us about Sai Vibrionics and referred a practitioner in Bangalore. It was Swami directing us in the right way and we started taking Vibrionics medicine and Swami's vibhuti as suggested by the practitioner. We also did Maypole meditation to relax the mind and to heal the body. Many times during meditation my wife felt vibrations in her right lung, exactly where the tumour was. Within a week my wife had a dream in which she has recovered from all the illness and she says to everyone about Sai Vibrionics. We felt the positivity and day by day it was increasing. All our friends and family members started praying for the speedy recovery of my wife.

Meanwhile, allopathy medicines, Radiotherapy, and chemotherapy treatments were started. As suggested by the practitioner we were continuing Vibrionics medicine along with other medicines. Moreover, our beloved Swami with all His grace made it a point to send materialized vibhuti through someone, an unknown person, or through a courier. After radiation for 25 days and chemo of 6 cycles, a PET CT scan was taken as a follow-up. We were told by the doctors that the tumour has reduced in its size and doctors suggested oral chemo. We felt a little relieved, but the side effects of all the medicine were quite difficult for my wife. But even for the side effects, as per the practitioner's guidance and suggestions, the Vibrionics medicine served as an immunity booster to my wife.

Very recently, after the lockdown relaxation, our oncology doctor advised for another PET CT, and finally, when the doctors saw the report, they were surprised to see the report as most of the tumour in the brain was healed and the tumour in the lung has shrunk in its size and has become non-cancerous. They were wondering how a Stage 4 cancer patient has been healed within 16 months? This was all due to Sai Vibrionics medicine, vibhuti, and beloved Swami's special blessings to my wife."

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3. Heel bone spur ^{00123...India}

A 40-year-old female was suffering from pain and swelling in her right ankle and foot for over six months. Her doctor diagnosed this as a bone spur in the heel and recommended surgery to remove the extra growth. Instead, on **18 February 2018**, she sought the help of the practitioner who gave:

NM59 Pain + NM113 Inflammation + OM3 Bone irregularity + CC3.1 Heart tonic + CC3.7 Circulation + CC13.1 Kidney & Bladder tonic + CC20.1 SMJ tonic + CC20.2 SMJ pain + CC20.3 Arthritis...6TD

Within two weeks she was 100% relieved of pain and swelling. When she went for a check-up after two months, the doctor was surprised to note a 75% reduction in the bone spur without any allopathic intervention. By mid-May, the spur had completely disappeared. So the dosage was reduced to **TDS** and after another month, she stopped the remedy. There has been no recurrence as of Jan 2021.

Editor's note: Remedies from either SRHVP OR 108CC box would have sufficed. **CC3.1 Heart tonic** and **CC13.1 Kidney & Bladder tonic** were not needed as no symptoms relating to these combos have been mentioned. Further **CC20.1 SMJ tonic & CC20.2 SMJ pain** are included in **CC20.3 Arthritis** and hence were not necessary.

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4. Anaemia, menstrual cramps ^{03560...India}

A 17-year-old girl had been suffering from cramps, breast tenderness, and lower back pain during menstruation for the past one year and took painkillers for relief. She became breathless and tired easily, especially during periods. For the past three months, she was having blocked nose and sneezing due to pollen allergy. Each episode would last for a day or two with allopathic medication. A few weeks ago, a blood test revealed she was anaemic with an Hb level of 8.1 g/dl and was prescribed iron supplements. These caused constipation and stomach upsets. Having joined college recently, boarding there made things worse as she felt homesick and stressed due to the extra workload. She had craving for junk food since childhood. On **25 September 2018**, she was given the following remedies:

#1. CC8.7 Menses frequent + CC12.1 Adult tonic...TDS, 4 days before expected date of period until the 5th day of menstruation. If the symptoms become severe, then every 10 minutes for 1 to 2 hours, followed by **6TD**.

#2. CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC15.4 Eating disorders + CC18.5 Neuralgia + CC19.2 Respiratory allergies + CC20.4 Muscles & Supportive tissue + CC20.5 Spine...TDS

The practitioner advised her to reduce the intake of comfort foods and instead stick to a good diet eg, lots of fresh fruits, green leafy vegetables, and nuts, etc; also do daily exercise and meditation. She took the advice seriously and started making a conscious effort to change to a healthy lifestyle. She continued with allopathic medications,

On 28 Oct 2018, she felt 80% improvement in energy and stress levels, and about a third in menstrual cramps, backache, breathlessness, blocked nose and sneezing. Pleased with the progress and confident of a cure with vibrionics, she decided to stop all allopathic medications. Five weeks later, by 2 Dec 2018, all symptoms vanished except for menstrual cramps which reduced by 90% and Hb level became normal at 12.5 g/dl. In January 2019, she had fully recovered and the Hb level went up further to 14 g/dl. She continued to take the remedies for one more month and then stopped. On a further review in Jan 2021, there has been no recurrence of any symptom.

Editor's Note: As the patient was highly anaemic, **CC3.1 Heart tonic** could have been added for faster improvement.

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5. Sleeplessness, knee pain, gastritis ^{03560...India}

For the past one year, a 52-year-old woman could only sleep for three to four hours; so, during the day, she felt fatigued and dull at work. She did not take sleeping tablets for fear of getting addicted to them. On **3 January 2019**, she consulted the practitioner who gave:

#1. CC15.1 Mental & Emotional tonic + CC15.6 Sleep disorders...every 30 minutes, starting an hour before the usual bedtime, until asleep.

The same night, the patient slept for six hours but had to take three doses, She could not believe that the remedy worked so fast. With excitement, she informed the practitioner of her experience. The second night she had to take only two doses and the third night only a single dose, to have a good normal sleep! She couldn't contain her excitement and rushed to the practitioner's house for treatment of her other health issues. She was suffering from knee pain for the past two years due to a pinched nerve in her spine L4/L5 region. She took prescribed painkillers and physiotherapy exercises, which gave her only temporary relief. Her other health issues were low appetite, stomach upset, and excessive gas for the past one year for which, she was taking antacid. Also, she had blocked nose for two months and needed to use a decongestant. On 6 Jan 2019 she was given the following remedy, which she took along with her allopathic medicines:

#2. CC4.5 Ulcers + CC4.10 Indigestion + CC12.1 Adult tonic + CC18.5 Neuralgia + CC19.2 Respiratory allergies + CC19.5 Sinusitis + CC20.5 Spine...TDS.

She continued **#1** only for a week and stopped it as she did not feel the need for it. After 4 weeks on 2 Feb, 50% improvement was observed in all her gastritis symptoms and blocked nose. Delighted with this progress, she stopped allopathic medications but kept on with physiotherapy. She was not in touch with the practitioner for three months but continued taking **#2**. On 16 May 2019, she reported 90% improvement and by 18 June she was 100% free from all her symptoms including knee pain. **#2** was reduced to **OD** for two months and stopped at the end of Aug 2019. As of January 2021, there has been no recurrence. Vibrionics had completely changed her outlook on health and life. She has been referring many of her friends and relatives to the practitioner.



6. Asthma ^{03591...Indonesia}

A 40-year-old woman was suffering from severe breathlessness and dry cough almost every day for 11 years. She could neither perform household chores with ease nor enjoy outdoor walks. Climbing stairs at her home, which she could not avoid, further aggravated her symptoms. The doctor diagnosed her condition as asthma and prescribed an inhaler and a cough syrup. Though the inhaler gave her only temporary relief, she needed to use it four times a day for all these years. She had also been experiencing hand tremors for the past two years which, as indicated by the doctor, could be due to the prolonged use of the inhaler. On **22 March 2020**, she was given the following remedy:

CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC19.3 Chest infections chronic + CC19.4 Asthma attack...6TD

The cough reduced by 75% within three days during which time, she did not need to take cough syrup even once! In another four days, the cough had vanished and there was a 50% improvement in breathlessness, so she could manage with using the inhaler just twice a day. Therefore the dosage of the combo was reduced to **TDS**. On 20 April, she reported 90% relief in breathlessness, and confident that the vibrionics remedy was working well, she stopped using the inhaler. After a month on 20 May, breathlessness, as well as hand tremors, were completely gone. She could comfortably perform her household chores, climb stairs, and go out for walks. The dosage was reduced to **BD** which the patient decided to continue until October when it was brought down to **OD**. As of January 2021, there has been no recurrence of the symptoms but she still prefers to continue at **OD** as the maintenance dosage.



7. Chronic bronchitis ^{11626...India}

A 36-year-old male, the practitioner's brother, had been suffering from dry cough, tightness in the chest, and breathing difficulty with mild wheezing since childhood. These occurred once every two to three months, usually triggered by the change of weather or exposure to dust. Each episode lasted for about a week while taking allopathic treatment. He was diagnosed with bronchitis and eight years ago, he was prescribed an Asthalin inhaler which gave him immediate relief. When the symptoms were severe, he took

allopathic injections. He became dependent on these and so was worried about their side effects. Soon after his sister became a practitioner he sought her help and she posted the following remedy to him:

CC10.1 Emergencies + CC12.1 Adult tonic + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.6 Cough chronic...6TD

When he started taking the remedy on **7 March 2020**, he was having a dry cough and difficulty in breathing with mild wheezing. Even though his symptoms were becoming worse over the past three days, he decided not to take any allopathic medicine as he was keen to take just vibrionics. After four days he felt 30% relief in all his symptoms and in another two days this went up to 50% and he was able to cough out whitish phlegm. After two weeks on 26 March, he felt completely recovered, so the dosage was reduced to **TDS**. The patient was surprised at the recovery, without the need for allopathic intervention for the first time in his life. The dosage was then gradually tapered down to **OD** and finally to the maintenance dose of **OW** on 25 October. There has been no recurrence as of January 2021. He has also been taking **IB**, immunity booster for Covid at **OD** since July 2020.

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8. Motor impairment in elderly dog ^{03558...France}

A 14-year-old female Golden retriever's health gradually deteriorated over the past 10 months. She had lost her appetite and had to be forced to drink in spite of the heat. She stayed lying in the same place for hours in semi-coma and was losing muscle. The veterinarian diagnosed that she had motor impairment (muscle wasting), was severely fatigued and her hind legs were no longer carrying her weight. Considering the life expectancy of a Golden retriever is 10-12 years, he did not prescribe any medicine but recommended euthanasia. On **5 August 2019** the owners contacted the practitioner who gave the following remedy:

#1. CC1.1 Animal tonic + CC3.1 Heart tonic + CC4.2 Liver & Gallbladder tonic + CC10.1 Emergencies + CC18.4 Paralysis + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue...TDS to be put in her water bowl

A week later the owners were delighted to report a marked change in her condition. They no longer needed to force her to eat or drink. When carried outside she would stretch and roll on the grass. Over the next eight months, there was a slow but steady improvement, so **#1** was continued. In March 2020, her diet of packaged croquettes and patties was replaced by fresh vegetables and meat. This further helped in her healing. On 22 April, the owners mentioned that although taking small steps, she had started to go for walks with them. At this juncture, **#1** was enhanced to:

#2. CC3.7 Circulation + CC20.5 Spine + #1...TDS

Improvement continued over the next several months and on 8 January 2021, the owners reported that her mobility and morale are almost normal. So the dosage was reduced to **BD** for three weeks followed by the maintenance dosage **OD**. Already 16 years old in January 2021, she continues to do well.

Patient's message:

After one week of starting the treatment, the owners wrote, "It is a resurrection! She is alive again, has appetite, eats and drinks normally. She has regained her joy of living by stretching and rolling on the grass. The treatment is good for her and for us too!"

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9. COVID-19 ^{03566...USA}

A 24-year-old female medical student working in a hospital developed body pain, fever 101F (38.3C), extreme fatigue, and loss of smell, taste, and appetite since 19 Dec 2020. Tested positive for Covid-19 on **22 Dec 2020**, she isolated herself in her family home and started taking Tylenol for fever every six hours. The symptoms started getting worse and by 24 Dec, she developed a cough, sore throat, runny nose, chest congestion, and her fever would shoot up to 103F (39.4C) if she missed taking Tylenol. On **25 Dec**, her worried mother approached the practitioner who delivered the **IB** remedy to their door:

CC9.2 Infections acute + CC9.3 Tropical diseases + CC9.4 Children's diseases + CC10.1 Emergencies + CC13.1 Kidney & Bladder tonic + CC19.1 Chest tonic + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.6 Cough chronic + CC19.7 Throat chronic...6TD and as a preventive for her family members...TDS

The next day, her fever reduced to 100F(37C) so she stopped taking Tylenol. There was a 40% improvement in her symptoms, but there was no change in appetite, taste, or smell. After three days on 29

Dec, the temperature came down to normal with 20% improvement in taste and smell, 30% in appetite, and 80% in all other symptoms. She was now able to relish fruit juices. In another two days, there was complete recovery from all symptoms except the taste and smell restored by only 50%. She was happy to be able to eat everything and continued with self-isolation. On 1 Jan 2021, the dosage was reduced to **TDS** and further to **OD** on 6 Jan. On 10 Jan, she reported her taste and smell were 80% better. She came out of self-isolation on 11 Jan and stopped the remedy as she understood she had developed immunity from reinfection for three months. Her family members continued at the reduced dosage of **OD**. On 26 Jan, she reported complete recovery. As of 17 Feb 2021, she is perfectly fine.

Editor's comment: Due to the emergence of multiple Covid-19 variants, the preventive dosage is highly recommended even for those who have been vaccinated or fully recovered.

10. Respiratory allergy, loss of hearing & smell ^{11624...India}

On **22 April 2020**, a 56-year-old woman consulted the practitioner as she had been suffering from respiratory allergy, symptoms being throat irritation, wet cough, and headache, for the past seven years. This occurred 6-7 times a year whenever weather changed (especially during rains and winter) or if she ate or drank something cold. Each episode would last for about five days without allopathic medicines which she would take only when the symptoms were unbearable. During these years, she had also lost her sense of smell. A month ago, she had a runny nose and lost hearing in her left ear with a sensation of water trapped inside. Being a school teacher, she was worried about the hearing loss and consulted an ENT specialist. After a week's course of antibiotics, her nose stopped running but there was hardly any improvement in the ear. This, coupled with domestic problems, stressed her so much that she was not getting proper sleep. The practitioner gave the following remedies:

#1. CC5.1 Ear infections + CC9.2 Infections acute + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies + CC19.5 Sinusitis...TDS

#2. CC15.6 Sleep disorders...OD, half an hour before going to bed

On 8 May, she reported 40% improvement in hearing and 100% relief from the sensation of water entrapment. After another three weeks, she regained her sense of hearing completely, was able to sleep peacefully and could even enjoy the fragrance of incense and flavour of foods. On 14 June she observed complete recovery of her sense of smell. During this period, in spite of a change of weather and intake of cold foods, none of the allergy symptoms were triggered. Dosage of **#1** was reduced to **BD** and after two weeks to **OD**. She stopped taking both **#1** & **#2** at the end of July 2020. As of February 2021, there has been no relapse and she has been able to enjoy the outdoors even during the winter and rainy seasons without fear of falling sick.

Editor's comment: A maintenance dosage of **OW** could have been given.

❧ Answer Corner ❧

Q1. Are there any remedies that can help with the side effects of the Covid-19 vaccine?

A. Give **SR318 Thuja 30C** but if you have only the 108CC box, give: **CC9.4 Children's diseases**. Dosage: **OD** at night, two days before vaccination and 10 days from the day of vaccination, while still continuing **IB** at **OD** on waking.

Q2. Is it required to give IB to a newly born baby, when kept in a protected environment and the mother is taking IB regularly?

A. Yes, give a single dose of **IB**; the dose for a baby is just one drop of water remedy on the tongue. Remember, normally, no vibration is given to a newborn, refer to Newsletter vol 10 #3. Of course, the mother should continue her daily intake of **IB**.

Q3. What remedy can be given to a new-born to clear the trauma of birth?

A. Once a baby is one month old, you can give **NM25 Shock** but if you have only the 108CC box, give: **CC10.1 Emergencies**.

Q4. While treating prostate cancer, allopathic medicines aim to impede male hormone production as cancer cells grow fast in the presence of male hormones. In vibrionics, treatment for prostate cancer includes **CC14.1 Male tonic**, will this not encourage the body to produce more male hormones?

A. Vibrionics is focused on restoring the healthy vibratory frequency of a diseased organ so that it can repair and restore by itself. **CC14.1 Male tonic** will work to restore the balance of male hormones as needed by the body, the requirement for which is lower due to the presence of prostate cancer. Hence the vibrionics remedy will not negatively affect the allopathic treatment.

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Q5. Are there any standards used to check the working of the SRHVP machine?

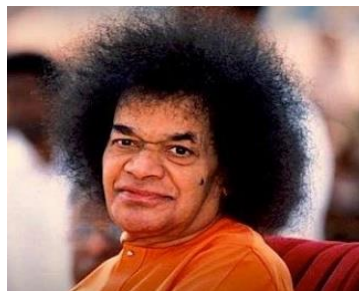
A. The SRHVP machine has no moving parts, so the chance of anything going wrong inside the **machine** is very low. Gently shake the machine and if you don't hear anything rattling, then it means that nothing is broken inside, and the machine should be in good working condition. Generally, the only thing that can go wrong is the meter. It can get stuck and the dial will not turn in which case, don't force it lest it breaks completely; or, it will go round and round freely. In both cases, it may be possible to repair it. Apart from this, we have not seen anything else go wrong with the machine. If you suspect the machine is faulty because a remedy made in it did not work, then we suggest you re-evaluate your case as there could be several reasons why the remedy did not work.

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Q6. Is there a remedy for Candida Auris, a new fungus emerging in many parts of the world?

A. Candida Auris, is one of the world's most feared hospital microbes, affecting people with low immunity. Its symptoms, easily confused with those of Covid-19, are usually fever and chills that do not subside with antibiotics but can vary depending on the affected body part, bloodstream being the most common. If using SRHVP, give: **NM2 Blood + SM27 Infection + SR294 Hepar Sulph Calc 30C + SR298 Lachesis 30C + SR301 Mercurius + SR313 Sepia 30C + SR318 Thuja 30C + SR354 Nitric Acid 30C + SR370 Borax + SR556 Pyrogenium 30C + SR566 Fungi-Pathogenic + Myristica Sebifera 6X** from homoeo store. If you have only the 108CC box, give: **CC21.3 Skin allergies + CC21.7 Fungus + CC21.11 Wounds & Abrasions**. Dosage: one dose every hour for one day, then **6TD** for a week followed by **QDS**. Candida does not seem to survive in alkaline conditions, so the patient should be advised to consume alkalizing foods.

☪ Divine Words from the Master Healer ☪



“Adhyathmic [individual personal] sorrow is caused by the human body, the home of countless microbes, and other parasitic beings. No one can be free from these disease-inducing causes. But, one can easily overcome this sorrow by developing feelings of compassion towards all beings and thoughts which thrive on Love and spread love. Illness, both physical and mental, is a reaction on the body caused by poisons in the mind. An uncontaminated mind alone can ensure continuous health. Vice breeds disease. Bad thoughts and habits, bad company and bad food are fertile grounds where disease thrives. Arogya (good health) and Ananda (bliss) go hand in hand.”

...Sathya Sai Baba, Discourse on “The three sorrows” 13 July 1980
<http://www.sssbpt.info/ssspeaks/volume14/sss14-51.pdf>

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“In rendering service, see that you do it for the satisfaction of your conscience and not to impress others. Treating service as an offering to the Divine, do it perfectly. Remember that God is watching every one of your actions. Be your own watchman to scrutinize what you do. When you do everything to satisfy your conscience, you are well on the way to Self-Realisation.”

...Sathya Sai Baba, Discourse on “Spiritual significance of loving service” 21 November 1995
<http://www.sssbpt.info/ssspeaks/volume28/sss28-34.pdf>

❧ Announcements ❧

Forthcoming Workshops*

- **USA: Virtual AVP Refresher** (changed to) 6-7 March 2021, two half days**, (details will be intimated to participants) contact Susan at Saivibrionics.usa.can@gmail.com
- **USA: Virtual AVP Workshop**** weekly sessions **July-Sep 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 intimated to participants), contact Lalitha at elay54@yahoo.com
- **India Puttaparthi: Virtual SVP Refresher** 22-23 March 2021, two half days** (details will be intimated to participants) contact Hem at 99sairam@vibrionics.org; or Padma at admin1@vibrionics.org
- **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

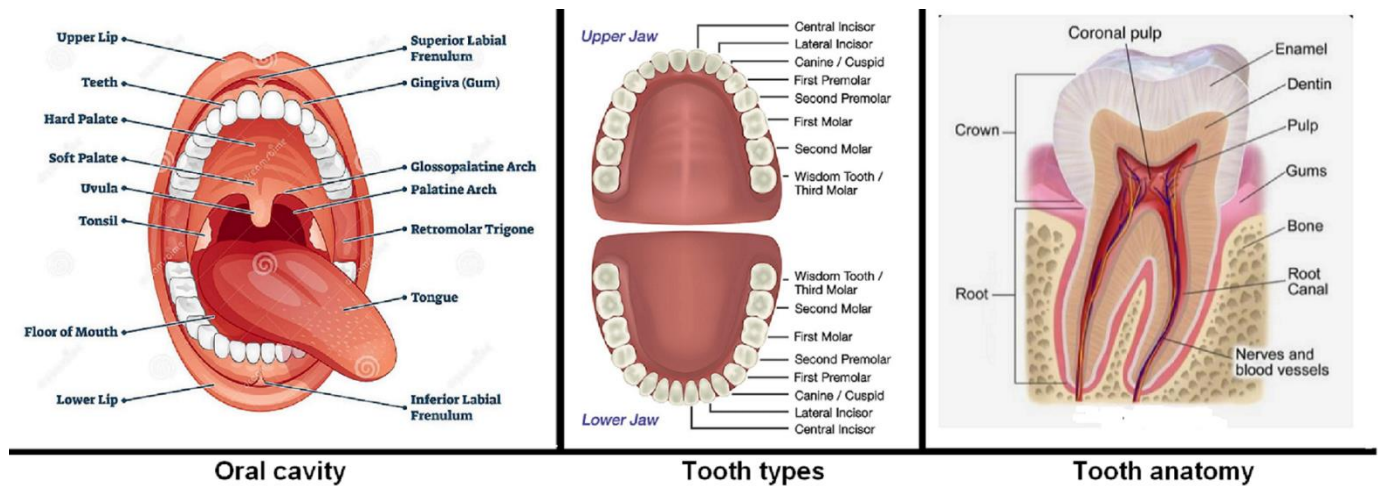
Oral health--a window to our wellbeing!

“As soon as we wake up in the morning, we should cleanse our mouth. The inner and outer sides of teeth should be brushed well. The surface of the tongue should be cleaned thoroughly. For, **mouth is the front entrance, the gateway for all diseases.** While talking to each other we should be cautious of unpleasant odour. **Health should thus be protected through hygiene.**”...Sathya Sai Baba¹

1. Mouth: structure and functions

Mouth (oral cavity) along with lips, cheeks, palate, tongue, gums and teeth enable us to take food and drink, initiate digestion, breathe air, speak and sing, and show emotion, especially a smile! No wonder it is called *a mirror of the body!*²

At the roof of the mouth is the palate, hard in the front and soft at the rear. The soft palate contains the dangling flesh (uvula) with tonsils on either side like twin pillars holding up the opening to the throat. A healthy tongue, light pink with some white on the surface, is vital for taste, mastication, swallowing, and speech. While chewing food, saliva secreted by the salivary glands in the walls and floor of the mouth begins the digestive process. The fibrous and dense gums line the bony structures (alveolar arches) that contain the teeth. Teeth, essential for cutting, crushing, and chewing food, are 32 in number in an adult comprising four incisors, two canines, four premolars, four molars, and two wisdom teeth (the third molar) in each jaw. Molars have two to three roots and other teeth have one root each. Each tooth is made of four types of tissue -- *pulp* (innermost part to nourish the tooth), surrounded by hard yellow *dentin* and



Oral cavity

Tooth types

Tooth anatomy

protective *enamel* (hardest tissue in the body), and hard *cementum* under the gum line to hold the tooth in place. The trigeminal nerve (largest and most complex of the 12 cranial nerves) supplies sensations to the mouth and also acts as the motor nerve for the muscles of mastication (chewing).^{2,3,4,5}

2. Mouth disorders: The mouth, especially a coated tongue and periodontal space between the gums and teeth, is an ideal location for bacterial growth due to its average temperature of 37C (98.6F) and a humidity level of 96%.⁶ Mouth is also the entry point to our digestive and respiratory tracts.⁷ Oral infections can travel to other parts of the body as teeth are connected to both cardiovascular and skeletal systems.⁸ Main cause for oral disorders is a frequent intake of sticky or sugary food and drinks coupled with inadequate cleaning.⁹

2.1 Plaque is a soft, sticky film of bacteria that forms on teeth and can be removed by brushing. If allowed to remain, it will harden to create **tartar** or calculus needing professional help to remove it. Combined with sugar or starch from the food, plaque will produce acid causing tooth decay and pave the way for gum diseases.^{9,10}

2.2 Dental caries/cavities are holes in teeth indicating bacterial infection and tooth decay.^{9,10}

2.3 Gingivitis is an infection in gums indicated by bleeding while brushing or flossing the teeth. It precedes and acts as a warning sign for the more serious periodontitis (Pyorrhoea).^{9,10,11,12}

2.4 Periodontal disease: When the oral infection spreads below the gum line to affect the bone and tissues, gums start to recede from the tooth leading to further inflammation, bone loss, and loosening of teeth.^{9,10,11,12}

2.5 Oral skin infections: *Cold sores* (infectious painful sores around the lips and the mouth, caused by herpes simplex virus); *canker sores* also called *aphthous ulcers* (painful sores in the mouth, caused by bacteria or viruses, not contagious, may indicate food sensitivity or deficiency of iron, folate, or vitamin B12); *oral lichen planus* (white streaks on the tongue in a lace-like pattern, an immune disorder); *thrush* (white patches in the mouth due to yeast infection); and *Leukoplakia* (white patches of excess cell growth on the gums, tongue or cheeks, common in smokers, can develop into oral cancer).^{2,9,13}

2.6 Bad breath (halitosis): You may not even know you have bad breath because of gradual tolerance to the smell of your own breath. Caused by food debris and plaque, bad breath may indicate gum disease, cavities, dry mouth, acid reflux/GERD, oral cancer, diabetes (a sweet and fruity odour), or kidney malfunction (if it smells of urine, fish, or ammonia).^{2,6,9,12,14}

2.7 Dry mouth (xerostomia) is lack of enough saliva marked by cracked lips, a dry feeling in the throat, or excessive thirst leading to mouth ulcers, soreness, infections, and tooth decay; smoking makes it worse. Dry mouth can be due to stress, medications, or cancer treatment, or maybe a sign of a disease like diabetes.^{2,14}

2.8 Discolouration/lumps: White or red discoloration in the mouth could be a sign of many problems including oral cancer, especially in older males. A coated tongue may indicate indigestion. Sores, lumps, swelling, or thick patches, accompanied by difficulty in swallowing, chewing, or speaking, or moving the tongue or jaw, or a sore lip or throat which does not heal, need a medical check-up. Oral cancers, if not attended to immediately, can be life-threatening.^{4,14}

2.9 Sensitive teeth: When the protective enamel wears down or gums get infected, teeth become sensitive to any hot, cold, sweet, or sour intake. Excessive or hard brushing, eating acidic foods, and grinding or clenching of teeth may also lead to tooth sensitivity.^{9,15}

2.10 Other oral disorders: Misaligned teeth, impacted tooth (a tooth not erupting like wisdom tooth), burning mouth syndrome (without an obvious cause but could be related to taste and sensory nerves or an underlying medical condition) and genetic abnormalities like cleft lip or cleft palate. When the tongue or lower lip is swollen or enlarged, tongue or gums have a dry cobblestone appearance, saliva is scanty or has a thick consistency, these could indicate salivary stones or an autoimmune disorder. Swelling or pain in the jaw may indicate arthritis. Conversely, a medical condition can result in a mouth disorder eg, chronic acid reflux/GERD may lead to tooth erosion. Diabetes, HIV/AIDS, osteoporosis, and Alzheimer's disease can worsen oral health problems. Medications can also reduce the saliva flow and lead to diseases.^{2,7,8,14,16,17}

3. Home remedies for:

3.1 Bad breath: Drink plenty of water. Take vitamin C rich fruits like orange, Indian gooseberry, and lemon; these produce enough saliva to kill foul-smelling bacteria. Chew a clove, fennel/anise seeds or betel nut. Rinse with homemade or natural mouthwash or swish cool water.^{18,19}

Caution: Betel or Areca nut (supari), if addicted to, may lead to oral cancer.^{18,19}

3.2 Dry mouth: Keep sipping water but drinking *too much* water will reduce the mucus film in the mouth and can worsen the problem. Chew figs to activate the salivary glands. Can chew sugar-free hard candy or gum for relief; if it is sweetened by xylitol, it may even help prevent tooth decay. For dry and chaffed lips, apply coconut oil, ghee, oil-based lip balm, or ointment with vitamin E. Take some liquid with dry food and avoid acidic beverages.^{2,14,20}

3.3 Plaque or tartar: Gargle with vinegar solution or rub orange peel or its paste for 2-3 minutes and rinse with warm water, twice a week; brush with one tablespoon of baking soda and a pinch of salt or scrub teeth with aloe vera - baking soda and glycerine once a week; dip the toothbrush in fresh lime juice and gently rub it over the teeth and rinse after a minute, once a fortnight; chew sesame seeds well and then brush with this paste; apply a paste of vitamin C rich fruits like tomato or orange or strawberries (don't use for sensitive teeth) and rinse after 5 minutes.²¹

3.4 Toothache and gum disease: Rinse the mouth with warm salt water or use a cold compress to relieve pain, inflammation, and a busted lip. Rinse with 3% hydrogen peroxide diluted with an equal amount of water, to heal bleeding gums and remove plaque too. Chew guava leaves, licorice root (mulethi), fresh garlic, or clove for sensitive teeth. Apply garlic or turmeric paste, or gently massage with clove or peppermint oil.^{22,23,24,25}

3.5 Accidental scalding or burns in the mouth: First drink cool water, then keep a cube of ice or cool water in the mouth for 10 minutes. Breathe through the mouth for a while. Have some honey, yogurt, or cold milk to soothe the mouth. Apply mint toothpaste for relief, or vitamin E oil for relief and tissue regeneration. Avoid hot, crunchy, salty, and acidic foods till the burn is healed.²⁶

4. Tips for oral health: Prevention is better than cure

Dental hygiene is extremely important as it can prevent most infections.^{2,3,7,27-36}

- **Brush properly for two minutes**, every night before going to bed but ideally, after every meal and if not, rinse mouth preferably with saltwater. The correct technique is to hold the brush at a slight angle aiming the bristles towards the area where the tooth meets the gum, and brush each tooth a few times gently with short circular motions. Remember to brush the outside, inside, and chewing surfaces of teeth as well as your tongue but avoid vigorous or over-brushing. While brushing the inside of the front teeth, hold the brush vertically. Use a toothbrush with a *small head* and *soft bristles* and change it every three months. A pea-sized amount of toothpaste is enough; finish brushing with a spit, not a rinse.²⁸ See link²⁹ for a demo on how to and how not to brush.^{7, 27,28,29,30}
- **Floss³¹ once a day** to remove bacteria from tight spaces between teeth and under the gum line, before brushing your teeth. Daily oil pulling is good for oral hygiene,³² Resist using a toothpick or other object to prevent injury.^{7,27,28,29,31,32}
- **Say NO to tobacco**; avoid sugary snacks, tetra pack juice with preservatives, and sticky foods.^{3,7,27-32}
- **Regular dental check-up is advisable** and also check your tongue for abnormal changes.^{4,7,28} Develop good dental care practices for children right from infancy.^{3,33,34}

- **Take nutritious diet** and enough natural vitamin D; eating crisp fruits like apple (has xylitol) and chewing raw vegetables like carrot will clean the teeth and stimulate the gums to generate mouth cleansing saliva.^{35,36}

5. Conclusion: Good dental care from infancy to adulthood is vital for good oral health! Supplement and complement oral hygiene with Sai Vibrionics for prevention as well as cure.

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35. Best diet for oral health: <https://dentistry.uic.edu/news-stories/the-best-foods-for-a-healthy-smile-and-whole-body/>;
- <https://dentistry.uic.edu/news-stories/eat-fruits-and-veggies-for-a-healthy-smile/>; <https://www.colgate.com/en-us/oral-health/nutrition-and-oral-health/healthy-foods-list-seven-best-foods-for-your-teeth>
36. Top 3 fruits for teeth: <https://friscominimolars.com/top-3-fruits-teeth/>

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2. Covid-19 Updates

2.1 Revised Covid combos (Last updated in Sep/Oct 2020 newsletter)

A. For prophylaxis and treatment: In view of the mutating virus and new variants of Covid-19, our research team has carefully revised the Immunity Booster **IB** as follows:

For those with 108CC box: **CC4.1 Digestion tonic + CC4.2 Liver & Gall bladder tonic + CC9.4 Children's diseases + CC11.3 Headaches + CC13.1 Kidney & Bladder tonic + CC15.1 Mental & Emotional tonic + CC19.3 Chest infections chronic + CC19.5 Sinusitis + CC19.6 Cough chronic + CC19.7 Throat chronic**

For those without 108CC box but having SRHVP: **BR4 Fear + BR9 Digestion + SM26 Immunity + SM27 Infection + SM31 Lung & Chest + SM40 Throat + SR272 Arsen Alb 30C + SR277 Bryonia 30C + SR291 Gelsemium 30C**

Dosage: **OD** on waking, as preventive; **TDS** in case of suspected infection (mild symptoms such as a slight cough). If tested positive, one dose every hour for 6 hours, then **6TD** tapering down to **QDS - TDS - BD - OD** on improvement

B. For recuperation: On recovery, if tired in body and mind with low energy:

For those with 108CC box: **CC9.4 Children's diseases + CC11.3 Headaches + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC19.7 Throat chronic**

For those without 108CC box but having SRHVP: **NM75 Debility + SM18 Digestion + SM24 Glandular + SM27 Infection + SM41 Uplift + SR291 Gelsemium 30C**

Dosage: **OD** at night before going to bed, while continuing **IB** at the patient's current dosage.

It is important that patients are encouraged to strictly follow the guidelines given by their health authorities and any allopathic treatment should be continued and NOT discouraged at any time.

C. For side effects of vaccination: **SR318 Thuja 30C**

For those with only 108CC box: **CC9.4 Children's diseases**

Dosage: **OD** at night, two days before vaccination and 10 days from the day of vaccination, while continuing **IB** at **OD** on waking.

2.2 Some experiences with **IB** from around the globe

Prevention is better than cure ^{1001...Uruguay}

An 86-year-old woman began taking our **IB** remedy as soon as the first cases of Covid-19 appeared in her country in March 2020. She lives with her 57-year-old daughter and 23-year-old granddaughter, both of whom did not want to take **IB**. A few days after attending a birthday party around Christmas, the young girl developed high fever and other symptoms of Covid-19; she was tested positive on 30 December. Immediately the other two women took the Covid test. While the mother tested positive, the grandmother was negative. She is happy and grateful as she believes that vibrionics **IB** continues to protect her from the virus.

Positive response of hospital management to **IB** ^{00512...Slovenia}

Although Slovenia's healthcare system does not recognise alternative healing methods, the management at our practitioner's regional hospital has adopted the regular use of the Immunity Booster **IB**. They got convinced that this remedy for Covid-19 is not only effective but achieves faster recovery. On her own initiative, the practitioner started to broadcast on 26 October 2020 to four patients who were in the hospital in critical condition. They were on respirators and intubated, having been diagnosed with Covid pneumonia, acute respiratory insufficiency with at least 5-7 other disorders. After 28 days of distant treatment, the results of all the tests (haematological, biochemical, gas analysis, immunochemistry, urine, coagulation etc) of one patient were found to be normal and he was discharged. Within the next 7 days, the same happened to the other three patients. The doctors were amazed at the effectiveness of the vibrionics system. The hospital management were so impressed that they remarked "*Vibrionics is not only the future but also the very present of medicine!*"

Fast relief of Covid symptoms ^{03578...France}

This 73-year-old female had been suffering from pain in the abdomen and in the joints and muscles all over her body for 2 months. She felt feverish, tired, and extremely exhausted. She feared that she had Covid-19, though did not go for a test. On 26 April 2020, the practitioner gave her **IB** and within two days, she started to improve and over the next five days, her normal functioning was 100% restored. Even nine months later she has had no recurrence.

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3. Interesting Anecdotes

3.1. Travelling with newly-adopted puppy ^{01339...USA}

On 25 October 2020, the practitioner flew 800 miles to pick up an eight-week-old female miniature poodle puppy. She was concerned that the three-pound (1.4 kg) pup would cry from stress and fear, leaving her mother for a stranger; not only this but subsequently imprisoned in a carrier box and stored under airplane seat for a two-hour return flight. So before leaving home she had prepared a remedy **CC1.1 Animal tonic + CC15.1 Mental & Emotional tonic + CC15.6 Sleep disorders** in distilled water in a 3 ml dropper bottle. Sure enough, the tiny pup began to cry at the airport during their almost five-hour wait before the flight. A dropper-full of remedy was given and in two minutes the pup dropped off to sleep. For the next five nights, the puppy received this remedy at the first sign of distress or exhaustion. Each time the pup fell asleep within two-three minutes. After five nights it was no longer needed. Vibrionics was the drug-free, stress-free answer to an otherwise traumatic experience for a young puppy.

3.2 A Divine Calling Card ^{03578...France}

The practitioner's neighbours had been suffering from severe fatigue, diarrhoea, and vomiting for over two weeks ever since their return from a holiday abroad. The couple, in their late fifties, are very successful practitioners of a bio-resonance system of healing using Platonic solids and Lecher's antenna to measure subtle energies. Unlike before, they failed to heal themselves for the first time in their lives. The allopathic examination had found no pathogens to explain their symptoms. A clairvoyant diagnosed "negative energy" and digestive disturbances. On 7 March 2020, the couple consulted the practitioner who gave **CC4.6 Diarrhoea + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.2 Psychiatric disorders + CC17.2 Cleansing** for oral intake and **CC15.2 Psychiatric disorders + CC17.2 Cleansing** in water to spray around the house and on themselves. To their great astonishment with merely one spray of the second remedy, the wife felt something coming out of her entire body and she slept off and the next day upon waking she felt free from this bad energy. The husband felt better but not completely relieved.

After three days all physical symptoms completely disappeared for both of them. Still, the wife felt the presence of a black band obscuring the spiritual light which earlier she was able to see clearly. By 20 March, after just two weeks of treatment, they both reached 100% recovery and the wife's vision cleared. In excitement, the neighbour invited the practitioner to his home on 14 July to witness his recent discovery using his Lecher antenna. The vibrational remedy #2 soared to a stunningly high 150,000 -180,000 Bovis* on his calibrating device. By comparison, a healthy human vibrates only at around 12,500 Bovis (100,000 Bovis are considered to indicate high spiritual energies). The couple had been told of Swami only once but they were convinced that the remedy's power can only be due to the spiritual power of Sathya Sai Baba. The couple continues to use the spray!

*Bovis is a frequency scale to measure the life force.

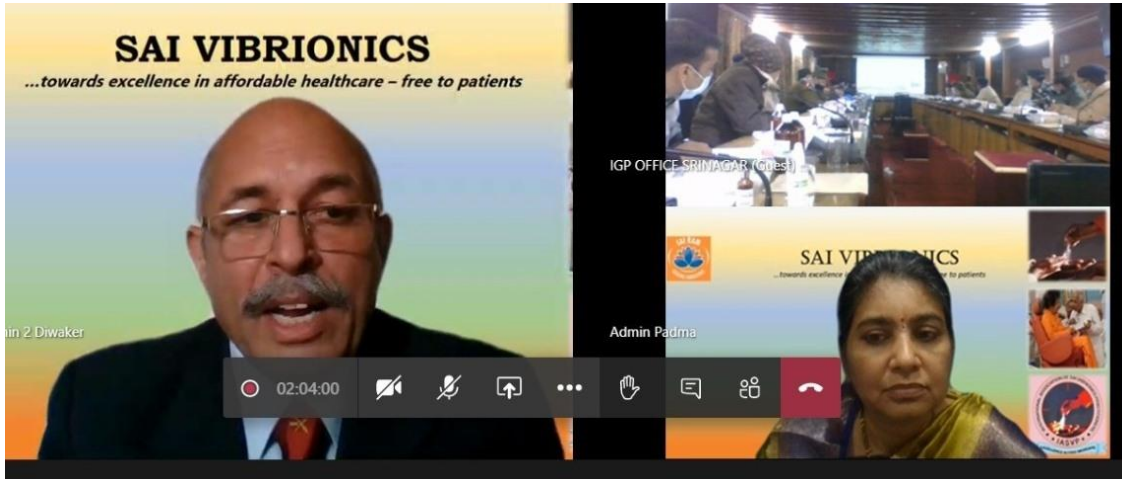
3.3 Fracture pain vanishes with drugless analgesic ^{10228...India}

On 2 February 2021, our practitioner's 92-year-old mother had a fall in the bathroom. She was immediately moved to her bed and vibhuti applied on her forehead while the practitioner administered **CC10.1 Emergencies** in water. He called his relative, an orthopaedic surgeon, who advised giving Zerodol painkiller. Also, a technician came to the house with an X-ray machine which revealed a broken left hip (Sub capital fracture, N.F. left side). The surgeon did not advise an operation due to her age; so the practitioner prepared **CC10.1 Emergencies + CC20.6 Osteoporosis + CC20.7 Fractures...** a dose every 30 minutes in water. This gave his elderly mother great relief from pain! When another relative, a general surgeon, dropped by and enquired of the exact location of the pain, to his amazement she replied, "There is no pain". Remarking that a broken femur neck is very painful, he asked which painkiller was she given? Learning that she was only taking vibro, the surgeon's reaction was that the remedy must be extremely powerful, otherwise, this is impossible. Though confined to her bed, she takes no medicines other than vibro and continues to be pain-free.

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4. 'Happiness' medicine for troops deployed in difficult terrain

Vibrionics administration received a request for a remedy that could help personnel who remain separated from their families for most of their service and are under huge physical, psychological, and organisational stress.



The isolation and long periods of duty in operational areas, where they often see in front of their eyes colleagues being shot, cause grief and constant fear of death. The resultant sense of anxiety, fear, stress, depression, and post-traumatic

stress disorder, would at times develop into suicidal tendencies amongst them.

Guided by Swami during meditation, the research team worked on creating a suitable combo: **NM95**



Rescue Plus + BR3 Depression + BR4 Fear + BR7 Stress + SM1 Removal of Entities + SM2 Divine Protection + SM4 Stabilising + SM5 Peace & Love Alignment + SM39 Tension + SM41 Uplift. It was named 'Happiness'.

On 29 October 2020, nine SVPs started

broadcasting the combo to the troops until they could receive vials of 'Happiness'. Then started the dispatch of supplies - plastic vials, sugar pills, and 30 ml dropper bottles of liquid remedy. A virtual training session was conducted on 26 December for 18 persons to introduce them to Vibrionics. A demonstration was given on how to prepare remedy vials to be given to the troops, along with instructions on its dose, dosage, and precautions



to be observed for taking and storing them. Within a period of 30 days, each of the 8013 persons taking the remedy had reported 100% wellbeing. We are delighted to share that the second consignment of the supplies is on its way and there is demand for Vibrionics for other ailments too.

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5. In Memoriam

Along with Swami Ananda (see “From the Desk”), we bid farewell to two, valued practitioners who truly dedicated their later years to vibrionics and were a great inspiration to practitioners and patients alike. They have both left the legacy of their beautiful seva.

Shri Laxmikant Sharad Konnur ⁰²⁸³⁶ (profiled in Vol 10 Issue 3) from Kolhapur, Maharashtra passed away on 1 Jan 2021, after recovering from Covid-19 in Dec 2020, days before his 72nd birthday. All the practitioners in the district looked up to him for support and guidance. Our hearts go out to his wife **Practitioner** ¹⁰⁶⁴⁸ who trained together with her husband 12 years ago and continues the seva.

Shri Suresh Chakravarty ¹⁰¹³² from Guwahati Assam was still eagerly serving at the age of 87 before he passed away peacefully on 18 August 2020. After retiring as chairman of the State Pollution Control Board he served in the Sai Organisation as District coordinator for many years.

Om Sai Ram

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