

Sai Vibrionics Newsletter

www.vibrionics.org

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

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☞ From the Desk of Dr Jit K Aggarwal ☞

Dear Practitioners

I feel privileged to be writing to you from Prashanti Nilayam on the eve of Mahashivratri – one of the most auspicious times of the year. Who else could sum up the bliss and joy one can derive during Shivaratri than Shiva Himself? He says, "*You will be immensely benefited if you keep awake and sing the glory of God at least on this night... Can you not spend a single night in the whole year singing the glory of God? Sanctify this night by participating in bhajan. The bliss that you get from bhajan, the sweetness you experience in the divine name, the happiness you derive from visualising the divine form cannot be obtained elsewhere. Everything is possible only through love. So, cultivate love and sanctify your life.*" – Sathya Sai Baba, Shivaratri Discourse, 14 February 1999.

The pandemic has been transformational for our vibrionics operating model in a positive way, enabling us to augment both treatment and reach. I'm happy to report that both our postal and broadcasting networks are now running smoothly. When our admin team cannot find a local practitioner for a website inquiry, they now connect them with a practitioner on our postal network, who sends the remedy to the patient by post. Should the postal option be unfeasible, we connect the patient with the broadcasting team for remote broadcasting of remedies.

Another great initiative resulting from the pandemic is a global collaboration system – practitioners assisting other practitioners when they are treating patients who are in a distant location/different country. This system, which is work-in-progress, is expected to be a boon for AVP applicants, who need a large number of prospective patients to be eligible to enroll on the course.

We are truly expanding our reach with the launch of the new website. I would like to acknowledge and recognize the extraordinary efforts of Practitioner ¹²²⁰⁸ and his team in dealing with the requests efficiently and in a timely manner. Based on very positive and satisfying feedback from patients, I also extend my appreciation to all the practitioners who promptly respond to such requests. May we continue to *serve all with love and care*.

Our initiative to offer training in vernacular languages, starting with Hindi and Telugu as pilot projects, has been a huge success. I am happy to report that all the new Assistant Practitioners (APs) have provided exemplary service to patients in their areas within just two months of starting their practice.

Thankfully, the dust finally appears to be settling on both the spread and severity of symptoms related to the Omicron variant. Resultantly, our vibrionics clinics are reopening in many parts of India and globally. What started as a response to a need that arose during the first lockdown has now become a regular feature of vibrionics seva. The efficacy of our Immunity Booster (**IB**) has resulted in demand for it, soaring like never before. With the efforts of SVP¹¹⁵⁶⁷ and AP¹⁸⁰⁰⁵, the incessant support of the SSSSO,

and the proactive approach of practitioners from Andhra Pradesh, 800 bottles of **IB** were distributed in rural areas. Similar activity is also reported from the rural areas of Haryana. The number of **IB** beneficiaries has crossed 650,000 as of 28 February 2022. We are also immensely thankful to the SSSSO for the opportunity to distribute **IBs** to all sevadal batches coming to Prashanti Nilayam. We extend our gratitude to the practitioners for lovingly preparing hundreds of bottles of **IB** every week, the RCs for organising the timely despatch of the same, and the ashram authorities, state seva coordinators and the local team for distribution of the same. Special thanks to Coordinator¹¹⁵⁷³, Senior Practitioner⁰²⁸¹⁴ and District President from Haryana, all of whom have done a stellar job of ensuring the smooth functioning of this seva.

The sadder face of the pandemic is that many families have lost near and dear ones. People who have experienced loss may have a range of feelings. This could include shock, numbness, sadness, denial, despair, anxiety, anger, guilt, loneliness, depression, helplessness, relief and yearning. I would advise all practitioners to look for such symptoms among patients and treat them with extra love and care.

We've done some restructuring internally of our admin team; however, practitioners are not impacted in any way and can continue to send their queries to admin@vibrionics.org. Might I request that you continue sending case histories and combo queries to our normal email addresses.

In conclusion, our dear Lord's instruction to us on Shivaratri is to "*Follow in His Footsteps.*" He says, "*You should not waste your valuable time in vain gossip. Instead, undertake service activities in villages and slum areas.*" – Sathya Sai Baba, Shivaratri Discourse, 14 February 1999.

May we all continue to cultivate love in our hearts and keep up the good work!

In loving service to Sai,

Jit K Aggarwal

☞ Practitioner Profiles ☜

Practitioner ^{03108...Greece} is a graduate in biochemistry with Masters in marketing and commerce. Though she does not feel that she is a classic Sai devotee, the practitioner has been exposed to Swami from childhood as her mother had books on Baba and a box with vibhuti. A huge poster of Sathya Sai Baba covered a large window in a store near their home. She has deep admiration for Swami and His mammoth humanitarian projects.



She experienced the power of vibhuti first-hand when her 14-year-old daughter developed an itchy allergic rash all over her body. Before taking her daughter to the hospital she applied some vibhuti on the affected areas and to her utmost amazement the instant the vibhuti came into contact with the rash it disappeared! It acted like an eraser and, within minutes, the entire skin became normal.

Very early on, the practitioner realised that the miracle of life and nature itself could not be revealed through the lens of science alone. During her childhood, the practitioner took homoeopathic and reiki treatments, both proved highly beneficial. As an adult, she always sought alternative methods to help her family and herself. Twenty years ago, a friend gave her a bottle of vibrionics remedy to administer to her young children whenever they had a cold or a fever. This remedy proved to be a 'magic wand' in her hands and gave her astounding results. In 2014, the same friend mentioned to her that Dr Aggarwal was soon going to conduct a seminar in Greece. This was the start of her journey with vibrionics which she considers a precious gift, one that has become an integral part of her everyday life.

Opportunities to practice vibrionics often come to her most unexpectedly. She finds herself talking about vibrionics, without any reason, sometimes to strangers, and is surprised to find them open to taking treatment from her. Once she came across a seemingly healthy-looking fish vendor in a street market and started talking about vibrionics. The vendor requested treatment for fear and insecurity about her situation after undergoing thyroid surgery post malignancy. The following week, the practitioner gave her **NM6 Calming + NM12 Combination 12 + NM25 Shock + NM95 Rescue Plus + NM110 Essiac + BR2 Blood Sugar + BR3 Depression + BR4 Fear + SR308 Pituitary Gland + SR521 Pineal Gland** and continued to meet her every week at the street market for the next two and a half months, refilling her bottle when required. The patient had completely overcome her fear and sense of insecurity during this time.

The practitioner has obtained success with several patients like a 53-year-old electrician who had been suffering from tinnitus for two years. He was unable to work full-time as he could not stand for long hours without feeling dizzy and the noise of the electric drill aggravated the problem. She gave him: **CC5.3 Meniere's disease + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.7 Vertigo...TDS**. She met the patient after six months and to her delight he had made a full recovery with just one bottle of pills which lasted six weeks. To his credit, he had continued with the medication despite the two days of terrible vertigo just after starting the treatment (most likely, a pullout). She has experienced the high efficacy of **CC10.1 Emergencies** and so always carries it with her, in every pocket and bag. She finds the **Bach remedies** extremely beneficial in dealing with those who pose obstacles in their treatment with their mental state and **NM6 Calming** for those who are under pressure 24/7.

She has evolved in her practice of vibrionics over the years. Initially, she was filled with the fear of making mistakes which has now given way to a staunch faith that she is just an intermediary between God (the Healer) and the patient. She often speaks to Swami while preparing a remedy and says there is no 'wrong remedy' - the right one always reveals itself, often defying logical reasoning. She says that the best way to listen to others is with an open heart and not just through the ears. Treating patients and hearing their stories has helped to face her own personal issues and realise how connected we all are, despite our nationality, religion, status, etc. In fact, too often for this to be a coincidence, a remedy given to a patient also helps her, as if she were taking it herself!

As a practitioner, she treats her commitment to God and her patients very seriously. In addition to patients' seva, she is involved in the translation of the vibrionics newsletters into Greek. She urges all practitioners to read the newsletters as these are an inexhaustible source of knowledge. She acknowledges how the study of vibrionics helps one to understand the complexity of the human body and how the Handbooks of Healing 1 & 2 and the seven Soham series are a must-read for all practitioners. To be a good practitioner is an ongoing process where continuous study and research are required.

She believes that each one of us should contribute to society according to our own talents. Vibrionics seva is the path gifted to her and she is extremely grateful to Swami for having chosen her as His instrument.

Cases to share

- [Addiction to alcohol and drugs](#)

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Practitioner ^{11622...India}

is a pharmacy graduate with a masters in marketing management and runs a flourishing business of supporting the pharma industry in brand building and providing packaging material. In 1998, on a work trip to Sri Lanka (in the midst of a civil war at the time), he kept feeling the presence of an unseen force continuously protecting him. He saw Swami's photos in the homes and clinics of several doctors that he visited. Keen to have Swami's darshan, on his return to India, he visited Brindavan (Swami's abode in Bengaluru). By giving him padanamaskar during his very first darshan, Swami lovingly took him into His fold.



Since then, the practitioner has been joyfully participating in the activities of the Sai Organisation and since 2018, has been serving as a District Service Coordinator. He regularly volunteers as a sevadal and has taken on the task of designing and printing posters for several Sai events, some held in Prashanti Nilayam.

In early 2019, he designed posters for the vibrionics clinic in the super specialty hospital in Whitefield. That is when he first heard of vibrionics, was immediately drawn to it and took this as a wonderful opportunity to do more seva. He enrolled himself in the training course, qualified as an AVP in February 2020 and a VP six months later. He is now part of vibrionics administrative team and as a Regional Coordinator, he is actively involved in the preparation and distribution of **IB** to seva dals at Prashanti Nilayam.

During the two years of his practice, he has witnessed several miraculous incidents. Once a Sai devotee asked for the **IB** (immunity booster remedy) for herself and her family. The day after she received it, she had a beautiful dream of Shirdi Baba giving her amrita (divine nectar) and urging her to give it to others - the exact same people for whom she had requested the **IB**! Shirdi Sai equated vibrionics to amrita!

The practitioner had spectacular success while treating an 81-year-old woman suffering from chronic IBS and gluten intolerance. Allopathy had not worked for her. He gave her: **CC4.1 Digestion tonic + CC4.2**

Liver & Gallbladder tonic + CC4.10 Indigestion + CC12.1 Adult tonic...TDS. A week later, the patient's daughter excitedly told him that her mother was now eating whatever she liked with no adverse effects! Ever since, the patient has been on a normal diet. Once, when he gave **CC11.3 Headaches** to his housemaid, he found that she came back for a refill in just a week's time. She told him that she had been cured of her years' old ailment in three days and was now distributing the pills to others suffering from headache. This selfless attitude of the patient motivated the practitioner to serve with even greater zeal.

He has had a personal experience with the efficacy of vibrionics when his wife caught her thumb in the door of their car when they were about to leave for the Sai centre for vibrionics seva. She became breathless with shock and pain; the practitioner immediately administered one dose of **CC10.1 Emergencies** and **CC18.5 Neuralgia** in the mouth. Within a few minutes, she was feeling much better and they were able to travel. At the clinic, he prepared: **CC3.2 Bleeding disorders + CC10.1 Emergencies + CC18.5 Neuralgia + CC20.4 Muscles & Supportive tissue** which she took frequently and the swelling subsided within 2 hours. She recovered to an extent that she was able to prepare remedies for the next four hours!

The practitioner is mindful of many elderly patients suffering from chronic diseases for more than 15 years and has come up with a combo he calls 'Sai Abhayam' (Removing the cause of fear): **CC3.1 Heart tonic + CC7.1 Eye tonic + CC12.1 Adult tonic + CC13.1 Kidney & Bladder tonic + CC15.1 Mental & Emotional tonic + CC17.2 Cleansing + CC18.1 Brain disabilities + CC 21.11 Wounds & Abrasions.** He combines this with a combo for any lifestyle disease like diabetes and has experienced excellent results.

The practitioner acknowledges that interacting with patients has helped him to work on himself – he has developed empathy, patience, and the ability to work more with the heart than the head. He considers each interaction with the patient an opportunity to think of Swami and preparing remedies an opportunity to pray to Him. He urges all practitioners to dedicate more time to vibrionics seva and thereby experience the sweetness of Swami's Divine love by contributing to His mission of making vibrionics the 'Medicine of the future'.

Cases to share

- [Neuralgia of legs](#)
- [Migraine](#)

☪ Case Histories Using Combos ☪

1. Addiction to alcohol and drugs ^{03108....Greece} A 28-year-old woman who had a weakness for alcohol became addicted to it five years ago, soon after the birth of her son. She was divorced and could not cope with the responsibility of looking after the boy, for which she had to depend on her mother even though they did not have a good relationship. She would go out to clubs to drink and dance while her mother was babysitting. She seemed to be of a nervous disposition, sensitive by nature and was always apologetic; she also had poor appetite. As her boyfriend was a drug addict, she started taking drugs (on weekends only) about 18 months ago. She wanted to overcome her addiction, so on **20 Jan 2020**, she approached the practitioner who gave her:

#1. SR318 Thuja 30C...TDS for 4 days followed by

#2. NM5 Brain TS + NM6 Calming + NM12 Combination-12 + NM22 Liver + NM69 CB8 + NM90 Nutrition + NM95 Rescue Plus + OM8 Hypo & Hyperglycaemia + OM17 Liver-Gallbladder + SM41 Uplift + SR240 Kidney + SR242 Liver + SR271 Arnica 30C + SR275 Belladonna + SR302 Nux Vomica CM + SR329 Crab apple + SR330 Addiction to Alcohol + SR340 Aloe Socotrina + SR417 Agrimony + SR439 Pine + SR443 Star of Bethlehem...QDS

After the first two days, she felt a lot of tension, anxiety and had a rapid heartbeat but persisted with the remedy. After three weeks she reported that she did not take drugs and was drinking much less; she felt 60% better. Over the next three weeks, her alcohol consumption continuously reduced until she was only consuming a little on weekends – a huge improvement. So, on 4 March, the dosage of **#2** was reduced to **TDS**. Six months later she was taking a tiny amount of alcohol and that too only occasionally when she was stressed. In Aug 2020 she moved to Switzerland and took sufficient pills for three months. She continued the remedy at **TDS** until she ran out of pills in November but stayed in touch with the practitioner. Their last contact was in Dec 2021, more than a year after stopping the remedy and the

patient was happy to confirm that she no longer had any problem with drugs or alcohol and that she feels very energetic and peaceful.

If using the 108CC box, give #1: **CC10.1 Emergencies; #2: CC4.2 Liver & Gallbladder + CC12.1 Adult tonic + CC15.1 Mental and Emotional tonic + CC15.3 Addictions + CC17.2 Cleansing + CC18.1 Brain Disabilities**

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2. Neuralgia of legs ^{11622...India} A 73-year-old female was suffering from pain in the knees and calves with burning and tingling sensation radiating to her feet, more so in the right leg, for over six months. When she got up from a sitting position, the pain would shoot up her leg and it would be difficult for her to walk even for a short distance. If the pain was unbearable, she would take a painkiller and it would subside; she managed for a month in this way. Later she took physiotherapy for a few weeks, in addition to taking painkillers, but the relief was always temporary. She was then prescribed Neurobion, a nerve tonic which she took for a fortnight every month for 4 months. There was no improvement and the problem persisted. She visited the practitioner on 3 Mar 2020 and was given:

CC10.1 Emergencies + CC12.1 Adult tonic + CC18.5 Neuralgia + CC20.4 Muscles & Supportive tissue...TDS

Within 10 days she was 70% relieved of her knee and calf pain but the burning sensation persisted. A month later on 12 April, she reported 90% improvement in pain but the burning sensation and tingling continued. she had also developed severe back pain. The dosage was increased to 6TD for 3 days and then back to TDS. By 30 April, all her symptoms had completely vanished and she felt 100% fit. Dosage was reduced to BD for 15 days and then to OD. After 18 months, in Jan 2022, she continues to do well and has chosen to take the remedy at OD for maintenance.

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3. Migraine ^{11622...India} A 43-year-old woman started getting frequent and severe migraine attacks accompanied by sensory disturbances, loud sound and bright light all around (aura), five years ago. She would get these attacks almost twice a week, each episode lasting four hours and sometimes the whole night, disturbing her sleep. For the past four years, she had been taking allopathic medicine Flunarizine every day and this gave her complete relief. However, she wanted to stop this medicine. Three times she tried to stop it but the migraine came back after a month, with greater severity. So on **15 April 2020**, she approached the practitioner. At the time, she was under stress due to family issues and was given:

CC10.1 Emergencies + CC11.3 Headaches + CC11.4 Migraines + CC12.1 Adult tonic...TDS

The patient continued to take the allopathic medicine also. After 10 days of taking the remedy she was no longer stressed; her mind became calm and relaxed. However, she did not feel comfortable in stopping Flunarizine for fear of migraine coming back. Meanwhile, her husband and children took treatment and got cured with vibrionics. In six months she gained enough confidence and gathered the courage to stop Flunarizine. After one month of stopping this, she happily reported on 15 Jan 2021, that her migraine did not recur. The remedy was gradually tapered down to **OD** by April 2021 and to zero in July. As of Jan 2022, the patient continues to be fine and has had no recurrence.

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4. Food allergy ^{03518...Canada} A 57-year-old woman, during her travels in Feb 2015, developed inflammation on her cheeks which became red and swollen with a burning sensation. Her dermatologist friend, looking



at the picture of her face, diagnosed it as eczema and prescribed a steroid cream which she used for one week. After some time, the symptoms returned, so she took coriander leaves (cilantro) juice daily and went on a bland diet and she was

fine within a week. Later in **March 2015**, after qualifying as a practitioner, she took the following remedy whenever the symptoms occurred:

#1. CC21.3 Skin allergies + CC21.6 Eczema...6TD

The symptoms would clear up in 4 days and she would gradually reduce the dosage. However, the symptoms would return and soon she realized that this was due to allergy. By careful study, she discovered that whenever she ate peanuts, white sugar, white flour products or packaged food, she would get these symptoms, so she stopped eating these foods. She made healthy changes to her diet but sometimes she would inadvertently eat these at business events and while travelling; she could manage with #1. However in Aug 2020 in the midst of Covid lockdowns when she was under tremendous stress owing to shifting of residence overseas, she snacked on peanuts and packaged food for about a month and the symptoms recurred with greater severity. On **17 Aug** she started to take the enhanced combo:

#2. CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + #1...6TD

Within 2 days, redness and swelling reduced by 70% and burning by 100%; dosage was reduced to **TDS**. In another week, there was 90% relief from redness and swelling, dosage reduced to **BD** on 25 Aug and to **OD** on 7 Sep when she felt 100% better, before stopping on 30 Sep 2020. She also took coriander juice daily and applied Aloe Vera gel to the face.

As of Jan 2022, she has been routinely snacking on peanuts, and frequently eating her favourite sweets made of white sugar and has been absolutely fine.

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5. Carpal tunnel syndrome^{11632...India} A 39-year-old software professional worked on her laptop for 16 hours/day for over a year, resulting in pain and swelling in her right index and middle fingers in Oct 2020. Also she had tremors in her index finger. The condition became so bad that she was unable to use the two fingers for typing; for more than five months; she had to type with other fingers. At this point in time, she applied medicinal oil that provided some relief. Since the swelling was spreading to the entire palm, on 5 Apr 2021 she consulted a doctor who diagnosed this as carpal tunnel syndrome. He prescribed oral medicines which she did not take owing to fear of side effects. As she was desperately looking for an alternative solution, she came to know about vibronics through her friend and on **5 May 2021**, consulted the practitioner who gave:

#1. CC10.1 Emergencies + CC20.3 Arthritis...TDS

#2. CC20.3 Arthritis...BD in coconut oil for external application

On 21 May, she had 40% relief in all her symptoms and occasionally was even able to use both the fingers. In another week, there was further substantial improvement and she was able to move her hand more freely using all the fingers. After another month on 27 June, she felt 90% better overall and was very happy that she could resume her previous workload with ease.

By 5 Sept all her symptoms were completely gone. Both remedies were gradually tapered down and stopped on 13 Nov. As of Jan 2022, in spite of working 16 hours/day on laptop, none of the symptoms have reappeared.

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6. Chest Pain^{11635...India} A 65-year-old male visited the practitioner with the complaint of persistent chest pain while walking and even during rest, for the past nine months. In the year 1999, he had suffered a massive heart attack, underwent coronary angioplasty and was prescribed blood thinners and medicines for lowering BP and lipids. He appeared to be fine until Oct 2020 when he developed chest pain. His cardiologist confirmed another heart attack and a second angioplasty was done. In spite of continuing to take the prescribed medicines, there was no relief from the chest pain. On **30 July 2021** he was given:

CC3.4 Heart Emergencies + CC3.5 Arteriosclerosis + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic...TDS

After two weeks there was 100% relief in pain while resting and 30% improvement while walking. At a subsequent follow-up, on 23 Aug, he reported that the chest pain was completely gone. The patient preferred to continue the remedy at **TDS** for three more months. It was reduced to **OD** in November when he also revealed that, as a side benefit, his triglyceride level had come down to normal within three months of starting the vibro remedy; earlier this value was high.

As of Dec 2021, maintaining his dosage at **OD**, the patient continues to be active, pain-free and is walking four km daily.

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7. Excessive sweating (hyperhidrosis) ^{11635...India} A 51-year-old man had a history of excessive sweating on both his palms and soles since childhood, so his routine activities got adversely affected. In March 2021 he also started getting itching all over his arms at night. He had consulted two dermatologists 20 years back and had taken allopathic treatment for four months without any relief. This had led him to believe there was no cure for his condition until he met the practitioner who gave the following on **4 Aug 2021**:

CC15.1 Mental & Emotional tonic + CC21.10 Psoriasis...TDS and also in vibhuti for external application...**BD**

He started taking the remedy at **OD** in the first week, increasing it to **TDS** over the next week. By 23 Aug he had 25% relief in sweating and 40% in itching and in another week, improvement went up to 50% and 100% respectively. By 19 Sept, sweating also completely disappeared. On 26 Sept the oral remedy was reduced to **BD** and then to a maintenance dosage of **OD** on 11 Oct. External application was stopped on 14 Dec. As of Jan 2022, the patient continues the remedy at **OD** and there has been no recurrence.

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8. Menses, infrequent (PCOD) ^{03582...South Africa} A 45-year-old woman had infrequent menstruation occurring only once or twice a year with heavy bleeding on the first day. This was diagnosed as PCOD 15 years ago. She had low energy level which had a negative impact on her productivity at work. All these years, she had been taking allopathic treatment and towards the last eight months, also ayurvedic treatment, both without success. She decided to stop both treatments in favour of vibrionics. She was visibly upset during the consultation on **21 Aug 2019** and was given:

CC8.4 Ovaries & Uterus + CC8.8 Menses irregular + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS

After two weeks there was 50% improvement in her energy level. On 21 Sept, she was elated when she got her period with normal bleeding after a very long time. Thereafter her periods were always regular with normal bleeding! In July 2020, the dosage was reduced to **OD** which she continues to take as maintenance dosage. As of Feb 2022, she is doing absolutely fine and her energy level is good too. It was this outstanding success with her 15-year old ailment within one month that prompted her to do the vibrionics course; she qualified as a practitioner in Nov 2021.

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9. Sleep disorder post Covid-19, adverse effects of dementia medication ^{03598...UK} An 87-year-old man was diagnosed with mild dementia in 2019 but did not require any medicine for this. In July 2020, a few months after he recovered from Covid-19, he started having prolonged disturbing dreams during which he would get visibly agitated and scream in his sleep. These nightmares occurred two to three times in a month and his caretakers found it difficult to wake him up at that time. In June 2021, he was prescribed Aricept, a medicine for dementia. This caused extreme weakness upon waking in the morning, difficulty in walking and shortness of breath with palpitations even on slight exertion. The symptoms improved on discontinuing Aricept but recurred on restarting it. His cardiologist confirmed these to be the side effects of Aricept but in spite of this, they decided to continue it.

On **10 Sept 2021** he was given the following remedy for sleep disorders:

#1. CC15.6 Sleep disorders...1 dose 30 minutes before bedtime

After three weeks the frequency of the nightmares reduced; he now had one episode in three weeks, an improvement of 30%. He never had a problem with falling asleep but he felt he was now sleeping better. On 3 October he was given the following remedy for dementia and to combat the side-effects of Aricept:

#2. CC3.4 Heart emergencies + CC3.6 Pulse irregular + CC9.1 Recuperation + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic + CC18.2 Alzheimer's disease...TDS

There was no improvement and, so, on **20 Oct**, #2 was enhanced to:

#3. Aricept potentised at 200C + #2...TDS

In less than a month on 15 Nov, the patient reported that he felt 100% better. He was very happy as his energy levels were back to normal and his walking and breathing difficulties and palpitations were completely gone. There was a continuous improvement in the reduction of frequency of his nightmares and the last episode was on 1 December. After six weeks of undisturbed sleep, #1 was stopped in the middle of Jan 2022. As of Feb 2022, the patient continues to have restful sleep and now takes Aricept at

half the recommended dose. He feels happy to continue #3 at **TDS** to prevent the progression of dementia and to counter the side effects of Aricept.

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10. Fear ^{11581...India} A 35-year-old woman had profuse menstrual bleeding in May 2020. Having always had normal menses, this was an unusual and frightening experience for her. Allopathic treatment over two months resolved this issue. But the bleeding episode triggered in her fear and anxiety of practically everything eg, fear for her family, her future, etc. She started to relate the TV shows she watched to her own life. Her fears soon became irrational and excessive and her anxiety intense. She consulted a couple of psychiatrists; they prescribed anti-depressants which did not help her and were, hence, stopped. On **5 Nov 2020** her mother-in-law contacted the practitioner who gave:

CC8.1 Female tonic + CC8.7 Menses frequent + CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders + CC17.2 Cleansing...TDS

In addition, the practitioner counselled the patient over the phone, instilled courage in her, and assured her that she would be completely fine. After a week, the patient called to convey that her fears remained the same. She was advised to continue the remedy for at least another three weeks. After just two weeks she called the practitioner again to say that there was no improvement. He told her that he would give her another remedy. However, he repeated the same remedy as he felt that she would be fine with this and asked her to take it for one month. As she appeared to be a little anaemic he advised her to eat pomegranate and dates every day to improve her Hb level.

On 10 Feb 2021, the patient reported that her fears were completely gone and she was now feeling perfectly fine. The dosage was reduced to **OD** for 10 days, thereafter to **OW** for a few weeks until the pills were exhausted. As of Jan 2022, she continues to be well.

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11. Allergy to insect bite ^{11634...India} A three-year-old boy was suffering from an allergy to bites from mosquitos and ants for over a year. At the site of the bite there would be redness, swelling, and continual itching that would last for two to three days and then disappear on its own. The child had at least one new mosquito bite on a daily basis but had never taken any treatment. When the mother brought the boy to the practitioner, he observed that the boy was constantly scratching the swollen reddish spot on his hand. On **4 Sept 2021**, he was given:

CC21.3 Skin allergies + CC21.4 Stings & Bites...TDS in water orally and same to be applied on the affected spots.

After 11 days, on 15 Sept, the mother reported that all the spots had disappeared; the boy did not have any itching after the 1st dose and no new spots were observed! The remedy was continued at TDS and in spite of advice to taper it down slowly, the mother stopped it after two weeks. On a review in Feb 2022, the mother confirmed that the boy has been absolutely fine ever since.

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12. Excessive salt craving ^{12051...India} A 5-year-old girl had extreme cravings for salt and salty foods since the age of two. While the mother worked as a home help the child would go to the nearby shop and spend her pocket money on a small packet of a very salty pickle. At home, she was licking salt and recently eating very sour citrus fruits like lemon. The parents tried various ways to stop her but in vain. As she had a poor appetite she was underweight and always complained of leg pain. The doctor recommended a few tests which the parents did not want her to undergo. When the mother related this to the practitioner on **12 Feb 2021** she was given:

CC6.1 Hyperthyroid + CC12.2 Child tonic...TDS

After 18 days, on 2 March, the mother happily reported that her daughter's cravings had reduced by 80% and she was now eating well. By 21 May there was 100% improvement and the girl would not eat extra salt even when offered! The dosage was reduced to **BD** for two weeks, then to **OD** for two weeks and the remedy stopped on 16 June. As of Feb 2022, the mother is extremely happy that her child has improved in health, gained weight and no longer complains of leg pain.

Answer Corner

Q1. I have some alcohol charged with vibrations which I no longer need. Is it possible to neutralise it in the SRHVP machine?

A. Yes. The neutralisation procedure is exactly the same as for sugar pills (refer Manual for senior vibrionics practitioners, chapter 3)

Q2. Please can you provide preventive dosage with duration for ailments that run in the family?

A. Researchers believe that nearly all conditions and diseases have a genetic/hereditary component but the causes of many disorders can be very complex. When there is a family history of any chronic disease the normal dosage is **OW**. But if there is an indication or just a fear that the patient may get a disease, the dosage is **OD** for a month followed by **OW**. However, do remember, in spite of the inherited and genetic factors playing a role in one's predisposition to certain diseases, this can be minimised by appropriate changes to one's lifestyle eg, by following a healthy diet, good sleeping habits, some spiritual pursuits, and exercising regularly.

Q3. When only one dose of a remedy is required to be taken during the day, why is it recommended to take it before sleep at night or on waking in the morning rather than at other times to suit the patient's habits and inclinations? What is the logic in taking **IB** early morning without brushing the teeth?

A. Vibrionics remedies work best when the nervous system is at rest. Early in the morning when you have just woken from sleep OR at night when you are just going to sleep, you are completely at rest. Hence, a single/OD dosage is recommended at these times. It is easier to remember to take the **IB** immediately on waking and then throughout the day, it provides protection from a possible infection that a family member may have. Also, you do not have to worry about NOT eating 20-minutes before but remember, of course, not to eat anything (or brush your teeth) for at least 20 mins after taking the pill.

Q4. Are there any remedies that can be given to a newborn baby?

A. As a newborn baby's immune system is not fully developed it is generally recommended not to give vibro remedy to a healthy baby. However, as all newborns have gone through the shock of coming into the world, give one dose of **CC10.1 Emergencies** or **NM25 Shock**. Also as a preventive for Covid-19, give one dose of **IB**. A dose is one drop of remedy water and should be placed on the infant's tongue. This answer overrides the answer given earlier in vol 12 #2.

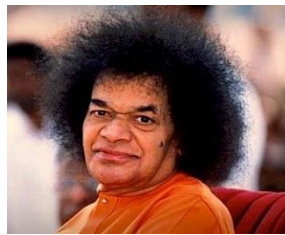
If a baby is premature and not strong and healthy give **CC3.1 Heart tonic + CC4.1 Digestion tonic + CC11.5 Mouth infections + CC12.2 Child tonic + CC18.1 Brain disabilities + 19.1 Chest tonic OR NM5 Brain TS + NM12 Combination-12 + NM22 Liver + NM49 Chest Tonic + NM75 Debility + OM19 Cardiac & Lung + BR5 Heart + SR301 Mercurius 30C...TDS**. On improvement, reduce dosage progressively and discontinue when the baby is strong and healthy.

If a baby has jaundice at birth give **CC4.1 Digestion tonic + CC4.2 Liver & Gallbladder tonic + CC12.2 Child tonic OR NM22 Liver + NM75 Debility + SR284 Chelidonium 30C + SR285 China Off 30C...TDS**. On improvement reduce to BD and on further improvement to OD; stop when symptoms have gone. Follow this procedure with all other ailments too. Since babies respond quickly to vibrations, one can expect to see rapid improvement within a few days. Here are some suggested remedies for common ailments in babies, start at **TDS**:

- Colic: **CC4.1 Digestion tonic OR NM14 Cramps or SR302 Nux Vom 30C**, give before and after feeding
- Constipation: **CC4.4 Constipation OR NM13 Constipation or SR280 Calc Carb 30C + SR302 Nux Vom 30C**
- Diarrhoea: **CC4.6 Diarrhoea OR NM15 Diarrhoea or SR542 Aethusa Cyn**
- Infections and fevers: **CC9.2 Infections acute OR NM18 General Fever or SR265 Aconite 6X or SR275 Belladonna 6X**
- Teething: **CC11.5 Mouth infections OR SR254 Calc Phos 30C + SR283 Chamomilla 30C**

Another usual complaint is slow growth/development: **CC4.1 Digestion tonic + CC12.2 Child tonic OR NM75 Debility + NM90 Nutrition or SR285 China Off 200C + SR263 Nat Sulph.**

☪ Divine Words from the Master Healer ☪



Food habits are of primary importance when health has to be secured and maintained. When these are not regulated, health suffers. 'No restraint, no success' is the axiom. Restraint, controls, and limits have to be observed at every step. One should restrain the wild adventuresomeness of the tongue

...Sathya Sai Baba, "The Jewel in the iron safe", Divine Discourse 20 November 1982
<https://www.sssbpt.info/ssspeaks/volume15/sss15-54.pdf>

The relief and joy that you give to the sick and the sad reach Me, for I am in their hearts and I am the One they call out for. God has no need of your service; does he suffer from pain in the legs, or ache in the stomach? Try to serve the godly; be dhaasaanudhaasas---servant of the servants of the Lord. The service of man is the only means by which you can serve God.

...Sathya Sai Baba, "A flower at His feet", Divine Discourse 4 March 1970
<https://www.sssbpt.info/ssspeaks/volume10/sss10-06.pdf>

☪ Announcements ☪

Forthcoming Workshops*

- **India Puttaparthi:** SVP Workshop **3-7 March 2022** contact Hem at 99sairam@vibrionics.org
- **France Paris:** SVP Workshop and Refresher **14-18 March 2022** contact Danielle at trainer1@fr.vibrionics.org
- **USA: Virtual** AVP Workshop **April 20 – June 20, 2022****, contact Susan at Saivibrionics.usa.can@gmail.com
- **India Puttaparthi:** Virtual AVP Practical Workshop **20 June - 8 July 2022**** followed by face-to-face workshop at Puttaparthi **15-17 July 2022****, contact Lalitha at editor1@vibrionics.org

*Workshops are only for those who have undergone the admission process and the e-course. Refresher is for existing practitioners.

**Subject to change

☪ In Addition ☪

1. Health Tips

Know and Build-up your Immunity!

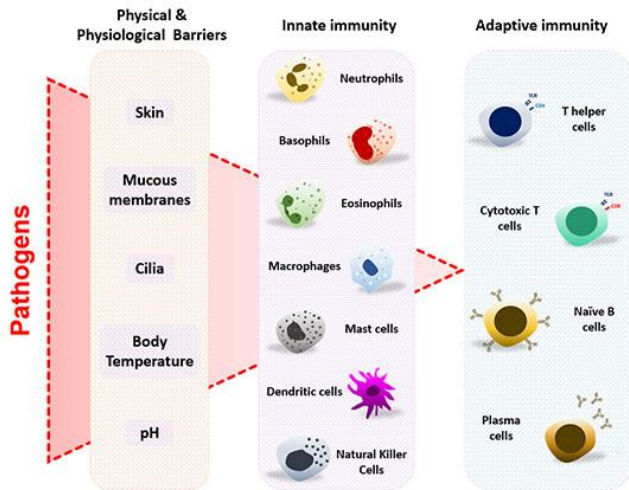
"I want to tell you that the best and the wisest thing is to see that you do not fall ill... One sacred duty of a doctor is to advise persons on how to preserve health and prevent disease and also educate the villagers in methods of avoiding illness... The current belief is that medicine is to be valued for its validity during illness and its use ends with the cure. But this point of view has to change. Medicine is to be used to see that one does not fall ill."...Sathya Sai Baba^{1,2}

1. What is immunity?

Immunity is the defence mechanism of the body to recognise and retain whatever belongs to the self and reject what is foreign, to protect itself against infection. Self includes cells, tissues and organs; foreign implies harmful organisms like viruses, bacteria, other pathogens and toxins. This capacity is two-fold. One is *innate/natural or genetic immunity* we are born with. The other is *acquired or adaptive immunity* developed by the body when exposed to various pathogens.³⁻⁸

2. Innate immunity

Innate immunity is the foremost and immediate line of defence carried out by the body in four ways: first



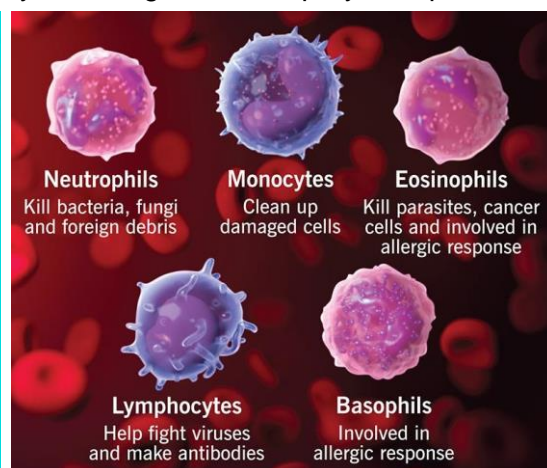
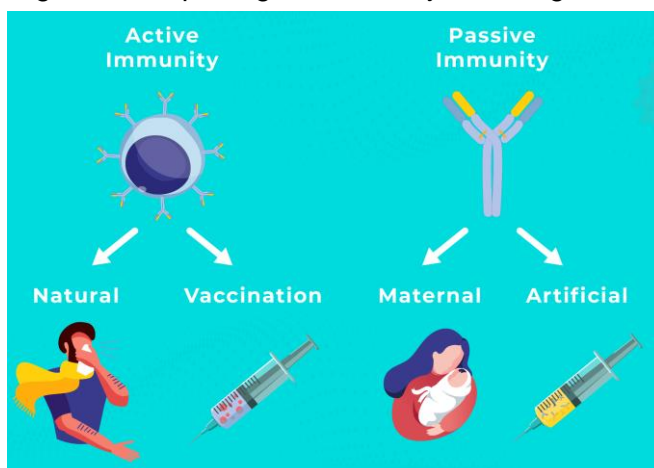
is the mechanical barrier of the skin and mucous membranes that line our mouth, nose, eyes, and the respiratory, digestive, and urogenital tracts, which prevents entry of toxins and harmful organisms; second is the chemical barrier of sweat, tears, saliva, stomach acids, mucus, and other fluids secreted by the body that make it inhospitable for invaders to enter or inhabit the body. If these two barriers are breached, the next two defences are fever and inflammation which indicate that the body is fighting an infection using the cells of innate immune system. So, do not get annoyed when sick. A constant battle is on, out of sight, inside the fortress of your body, to protect you!^{5,6,7}

3. Adaptive immunity (active & passive)

Our body develops active adaptive immunity in two ways. Either it gets the disease and develops immunity towards it naturally during the recovery period or it develops immunity by vaccination against that particular disease.^{5,6}

3.1 Adaptive immunity through the disease: It takes weeks after one gets a disease to develop this immunity but it protects against recurrence of that disease lifelong, eg, measles and chickenpox. The body responds rapidly to prevent the disease when it faces the same pathogen again. This is because the immune system keeps a record of every germ/microbe it has encountered, recognises it, and immediately produces the antibodies and/or the warrior T-cells to fight it. But they are specific to a disease or a related infection eg, measles antibodies will protect when exposed to measles but will not protect against any other disease like chickenpox. Flu and the common cold have to be fought many times as they are caused by different viruses or different strains of the same virus.^{5,6,7,8,9,10}

3.2 Adaptive immunity induced through vaccination: A vaccine is a weakened or inactivated version or fragment of a pathogen. When injected or given orally or through a nasal spray, it exposes the body to that



pathogen/disease without causing that disease so that the body is enabled to rapidly respond to an attack by the live infectious

pathogens and prevent that disease in future. The normal immune response takes about two weeks to work after vaccination and may need to be given several times to build long-lasting protection as immunity tends to wane with time.¹⁰

Examples: Trivalent DTaP vaccine to prevent diphtheria, tetanus, and pertussis (whooping cough) is given in three doses followed by booster doses. One or two doses of MMRV vaccine takes care of four diseases measles, mumps, rubella (German measles) and chickenpox. Pentavalent Vaccine (3 doses)

protects against five diseases (diphtheria, pertussis, tetanus, hepatitis B and Haemophilus influenzae type b).^{11,12,13}

Several diseases that have been prevented or nearly eliminated in many countries with vaccines include flu, tuberculosis, hepatitis A, HPV (human papillomavirus), meningococcal disease, pneumococcal, rotavirus, shingles (herpes zoster) and malaria. Only two diseases have been eradicated as certified by WHO -- Smallpox in humans caused by variola virus for over 3000 years (last incident was in 1977), and rinderpest (cattle plague) from mid-2011. Polio is also near eradication.^{14,15,16}

Benefits: Vaccinations have no doubt reduced disease, disability, and death from a variety of infectious diseases. In addition to individual protection, they offer community protection called herd immunity by interrupting the chain of human-to-human transmission and slowing down the spread of the disease.^{17,18,19,20}

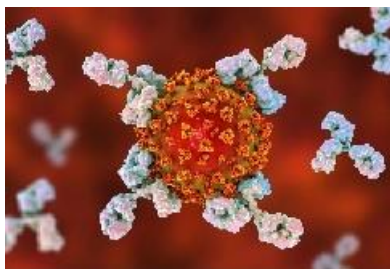
Mild to moderate side effects: As the body's immune system responds to a vaccine, it is common to experience pain, redness and swelling at the injection site, fever, tiredness, headache, muscle pain, chills or nausea, which pass off within a few days.²¹

Caution: People with allergies or autoimmune or other conditions should check with their doctor before getting vaccinated. Vaccinations may not be advisable for those who have had severe allergic reactions to any vaccine in the past in the form of rapid heartbeat, difficulty in breathing, swelling of the tongue or throat, or a generalized rash or hives which may require immediate medical attention.^{21,22}

3.3 Passive immunity: When a person is injected with antibodies to a disease, produced in a body other than his own, it is called artificial *passive immunity*. This is given for immediate protection, not as a routine when a vaccine for the disease is not accessible or available; or as a preventive measure to high-risk individuals or those with immune system deficiencies. The immunity will last a few weeks or months. A newborn baby receives passive immunity naturally through the placenta of the mother and after birth through breast milk; the protection gradually wanes after 6 months of age.^{5,8,10,23}

4. Know your immune system

The human immune system is an ingenious and fascinating network of cells, organs and chemicals - an



efficient internal police force - present throughout the body ever ready to protect us. It has four main functions – protection against millions of foreign microorganisms (bacteria, virus, parasites, and fungi); body equilibrium through the removal of worn-out or dead cells; surveillance and removal of mutant cells which alter genetic material; and regulation through increasing and suppressing the immune response. It also involves a complex process that, to be most effective, requires interaction between all the mechanisms of the body.^{6,9,24} Five types of white blood cells (WBC) composed of many immune cells including the Special *B-*

cells and *T-cells* play a vital role. T-cells regulate the immune system and also attack the cells infected with viruses. *Antibodies (immunoglobulins)* are specialised Y-shaped proteins produced by B-cells as part of their search-and-destroy army to locate and fight the invaders. All immune cells are continuously learning who to fight and how.^{7,10,25,26,27}

5. Be aware of immunity disorders

When the immune system does not work as it should, four kinds of disorders are possible.²⁸⁻³¹

5.1 *Primary immune deficiency* is being born with a weak immune system with defective, fewer, or no immune cells, and is usually diagnosed in childhood. Such children are in constant danger of repeated, long-lasting, or unusual infections that are difficult to treat. Other signs are an enlarged spleen, poor growth, and problems after receiving a live vaccine. Complications may arise later in life in the form of severe infections, autoimmune disorders, or cancer.^{28,29}

5.2 *Secondary/Acquired immune deficiency happens* when the immune system is weakened by external factors like flu or measles for a short time, by special drugs or treatment given for cancer or organ transplant, by diseases like HIV/AIDS which destroy WBC, or when the immunity is compromised due to poor lifestyle choices like smoking, alcohol, and poor nutrition.²⁸

5.3 *Overactive immune system*, genetic in nature, can cause asthma, eczema, or allergic rhinitis when triggered by common harmless allergens like dust, pollen, or smoke which generally won't affect a healthy person.^{28,30}

5.4 *Autoimmune disease* happens when our own immune system turns against us by mistaking a part of our body as foreign and releases proteins called autoantibodies that attack the healthy cells. There are many such diseases, the most common ones being type -1 diabetes, rheumatoid arthritis, multiple sclerosis, inflammatory bowel syndrome, chronic fatigue syndrome, celiac disease, Hashimoto's disease, certain types of cancer like lymphoma, myeloma, and leukaemia, and lupus which affects the whole body. The cause is unknown, possibly a combination of genes triggered by something in the diet or environment, and it is usually not easy to diagnose.^{28,31}

6. Keep your immune system in balance

The immune system works hard to keep us alive and active. We must, therefore, respect it and not interfere with its working. It should be kept in balance (neither underactive nor overactive) for it to function at its best.^{7,32-40}

- Follow a healthy lifestyle. Refer to health tips given in our newsletters regarding sleep, exercise, intake of water, and a healthy diet.
- Sai Vibrionics remedies can be taken to build up your immunity at the root level!
- Do not be influenced by immunity boosting advertisements for food and supplements.⁷ Far from helping, they may actually interfere with the functioning of the immune system.
- Keep away from unhealthy practices of smoking, consuming alcohol, or self-medication.
- Do not ignore fatigue, achy muscles, swelling and redness, low-grade fever, numbness and tingling in the hands and feet, unusual hair loss, and frequent or irritant skin rash.
- The Covid-19 virus and its variants have posed an unprecedented challenge to mankind, being handled worldwide through vaccines, new treatment protocols, and guidelines on health and safety measures.³⁶⁻³⁹ See Newsletter vol 11 #2 on Covid-19 Prevention and care and vol 0 #3 for updates of 9 June 2021.
- **Be happy**, keep smiling, laugh frequently, be in tune with yourself, embrace the universe and its creation with your inner light and love. These will all help keep your immune system in balance!^{35,40}

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2. AP telugu workshop 30 Dec 2021–1 Jan 2022 Puttaparthi

As part of our initiative to impart training in vernacular languages to reach out to rural and remote areas, a



workshop for Assistant Practitioners was conducted in Telugu for four participants from AP and Telangana by two senior teachers along with three aspiring teachers as silent observers. The zeal and enthusiasm of the participants was remarkable and they felt even more charged after listening to the encouraging and inspiring words of wisdom by Dr Aggarwal, see workshop pic.

It is very heartening to note that soon after qualifying, **Practitioner**¹⁸⁰⁰⁵ took up the responsibility of distributing 2750 bottles of **IBs** to various Sai centres in different districts of AP and a tribal village near Visakhapatnam under the leadership of **Senior Practitioner**¹¹⁵⁶⁷ and his dedicated team. This seva was initiated with the encouragement and blessings of State President of AP, see **IB** pic.

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3. Monthly meetings in French

French Coordinator⁰¹⁶²⁰ has been organizing virtual meetings every month for the past two years which are attended by 3 practitioners from Gabon and eight from France. One practitioner presents a chosen topic that covers one body system (from the 21 categories of the 108CC book), an organ or a specific disease. The presentation includes a detailed explanation of the anatomy, physiology, and various related diseases, any visible signs of an illness or imbalance, and treatment with vibrionics combos. All practitioners research the topic by diligently going through the manuals, newsletters, and the conference book. They all actively contribute to the session with their own inputs, questions, case histories, and success stories.

Practitioner⁰³⁵⁴⁶ comments: “*These topics are leading me to become more and more aware of the complexity and sophistication of the creation of this extraordinary machine that is the human body, how each part, no matter how small, has a very specific and useful role in the multiplicity. This creation - free of charge - can only be divine and we must take great care of it.*” She also tries to instill this awareness into her patients.

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4. Interesting Anecdote

4.1 Miracle of healing by faith ^{18004...India} A 56-year-old village woman was suffering from severe arthritis, back pain, sciatica, and varicose veins for three years. She was unable to walk even a few steps properly, unable to sleep well and the excruciating pain would render her unconscious at times. She was taking ayurvedic painkillers which were not helping her. A vibrionics patient advised her to meet his practitioner but only after three days of stopping her ayurvedic medicines since he knew that vibrionics should not be taken along with Ayurveda. The very same day, the lady prayed to Swami and stopped her medicines, resolving to take only His medicine! Five days later she was able to walk all the way to the practitioner's place on her own and informed him that she was completely cured ever since she took the Sankalpa! The practitioner was astounded but still gave her an appropriate remedy. The woman happily agreed to take it; the pain never returned. *This practitioner has successfully treated over 170 patients within two months of having been trained.*

4.2 From the diary of a Practitioner ^{10707...India} **a story (paraphrased) of pain and miraculous cure:** Throughout my childhood I was plagued with frequent, debilitating headaches, no less than one episode a month. After I started working in a bank their severity increased, and was soon accompanied by nausea. All of a sudden half the objects in view would blur and everything in my field of vision floated. 30 minutes later the headache would start and would generally lead to two days of severe headache, nausea, sleeplessness, and exhaustion. For relief, I popped Anacin tablets, untold numbers of them over the years. Not until I visited our Super Speciality hospital in Puttaparthi did I discover I was suffering from classic migraine headaches and was prescribed Vasograin each time I had an attack.

Sai Vibrionics to my rescue....

And then, gratefully, I discovered Vibrionics and joined a training course in Aug 2009 at Brindavan. Within two days of completing the course at around 8 pm a migraine developed and rather than resorting to the prescribed allopathy, I made a remedy: **CC11.3 Headaches + CC11.4 Migraines**. I took one pill while chanting 'Sai Ram' and fell asleep within 30 minutes only to awaken around 12:30 am in extreme pain. Feeling shocked I grabbed my allopathy, ripped open the pack and removed the tablet but then mysteriously something stopped me. I felt I should respect the oath and the teaching of our Vibrionics training program; that I should first try vibrionics on myself and my family. Only when I feel totally convinced of its efficacy should I begin the seva of offering it to others.

I kept aside the allopathic tablet and instead popped a vibro pill under my tongue. At 4.30 am I awoke again, astonished to discover my pain had completely vanished! What a divine miracle! The following day I felt unusually fresh and energetic. Though I did not take the remedy every day, the migraine episodes rapidly dwindled and, at present, though I am not taking any remedy, they have completely vanished. For me, vibrionics is among His best gifts to humankind and since 2009, my family has switched over completely to vibrionics.

I present this case as an offering to dear Swami from my heart and thank the Vibrionics team with gratitude for disseminating this unique seva, enabling practitioners like myself, to be His instruments of divine love.

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5. In Memoriam

With a heavy heart, we bid farewell to **Col S K Bose** ^{02414...India} who was 84 when he passed away on 9 Feb 2022. He came from a family of staunch Sai devotees; it is well known that his father was raised from the dead by Swami. He was a civil engineer in the Indian Army and post-retirement, moved to Puttaparthi in 1999. He supervised the construction of Chaitanya Jyoti museum and was appointed its 1st director. Keenly interested in homoeopathy, he became a vibrionics practitioner 22 years ago. Whether at home or in his office he always made time for his patients. He was doing Swami's work till his last day. He will always be remembered with great love and respect by all those whose lives he touched.

Om Sai Ram