

## Sai Vibrionics Newsletter

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

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

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### ☞ From the Desk of Dr Jit K Aggarwal ☞

Dear practitioners

Aradhana Mahotsavam has just gone by and Eswaramma Day is around the corner – both occasions being very auspicious and celebrated with immense devotion and great reverence to honour our Mother Sai and His mother Eswaramma. On the occasion of Aradhana Day, we celebrate Swami's life and His message – Love & Service being the two most important pillars of His teachings. Swami says, "*Though the service to humanity is holy, unless it is merged in the higher ideal of the Lord, realizing the Lord immanent in all, adoring the Lord in the form of everyone, there is no profit at all. One should have full faith in the divinity of man and service should be offered in the uninterrupted contemplation of the Lord*"...*Satyam Sivam Sundaram Vol 1, Chapter 14, p191*. This is Swami's vision, which must be a source of inspiration for those who take up the path of service. Eswaramma, the Lord's own mother, was the embodiment of Swami's core message of love and sacrifice. Swami said, "*Before Easwaramma passed away, I fulfilled all her wishes. There is no fee whatsoever in our institutions. Education is offered totally free to one and all. Our hospitals are also free.*" It was through Easwaramma that Swami taught us the attitude of worship in which one should render service. Baba declared that His Life is His Message. So, being in His presence, observing His compassion, His simplicity, His earnestness, His insight, His love, is itself a valuable opportunity for the aspirant to gain fullness and freedom...*Satyam Sivam Sundaram Vol 3, Chapter 7, p89*.

After two years of restrictions and uncertainties, life has almost completely transitioned to normalcy and so have our clinical seva activities in both rural and urban areas. We now have regular clinics and camp activities, including, Thursday clinic at Sivam, Hyderabad, Saturday clinic at Dharmakshetra, Mumbai, weekly clinic at the Wellness Centre at SSSIHMS Whitefield and Sunday clinic at the International Centre, New Delhi. I'm happy to report that our 108CC box charging sessions have also restarted with Karnataka kicking it off on 9<sup>th</sup> April, followed by Mumbai on 23<sup>rd</sup> April. In Puttaparthi, we continued to have recharging sessions even during the pandemic, while following social distancing norms.

It is important to recognize opportunity in adversity. It is true that life unfolds between the polarities of order and chaos. Our vibrionics mission's adaptation to the chaos and disorder created by the Covid-19 pandemic stands as a testament to this higher perspective, a necessary part of the evolution of life. The development and mass-scale distribution of the Immunity Booster (**IB**), the success and expansion of our broadcasting model, the complete digitization of our case histories including the ones from the first International Vibrionics Conference, [https://vibrionics.org/?page\\_id=4046](https://vibrionics.org/?page_id=4046) and the augmentation of our postal network in India that has grown from 8 to 43 practitioners are all noteworthy initiatives that show how we have evolved our organizational and operating models to become a lot more efficient and robust coming out of the pandemic.

Our vernacular AP training program is showing incredible promise – all nine APs (five Hindi and four Telugu speaking) have successfully completed their probationary period under the tutelage of their respective mentors. They are now equipped to make an impact at the grass-root level in remote villages and communities. A regular system of feedback and information sharing is in place to further strengthen the AP structure. In the near future, more workshops are being planned for AP candidates from Kerala, Tamil Nadu, Andhra Pradesh and Northern parts of India. The feedback we have received shows that this training program has been widely appreciated as we are now able to train dedicated persons in their vernacular language and the admission process and training period are shorter. We believe this paves the way for the future growth of vibrionics aligned with maximum societal impact.

The **IB** distribution in Prashanti Nilayam was started in March 2020 and from February 2021 onwards every seva dal received **IBs**. However, in view of the reduced number of Covid-19 cases being reported, it was recently decided to put this distribution activity on hold. It will resume when the need arises.

Swami addresses us as Embodiments of Shanti for He visualizes the inner core in each of us. In fact, He is the inner core in us. He asserts *“In everyone, Sai exists; so, for everyone, Shanti is the core”*...Garland of 108 precious gems by Prof Kasturi 4<sup>th</sup> Edition, 1979, p107-8. To put this teaching into practice, a group of 18 SVPs from India came together on 6<sup>th</sup> March 2022 to broadcast daily divine healing vibrations to the war-torn regions of Russia and Ukraine. We are also sending our prayers for world peace. We have full faith that the age of love, harmony and cooperation will soon replace war, hatred and greed. After all, it is none other than our own Mother Sai, who has vouchsafed “Remember that there is nothing in this world as powerful as the Lord’s name to protect it. It is not arms and bombs that will save the world. Only God’s grace should protect the world”...Sathya Sai Speaks vol 24 p34.

I wish you immense Prema and Shanti in your practice and lives.

In loving service to Sai

Jit K Aggarwal

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## ☪ Practitioner Profiles ☪

**Practitioner 11235...India** is a science and law graduate, working as an accountant in a private firm in Cochin. In his spare time, he loves reading spiritual books and participates in service activities. It was in 1990 that he first read a book on Sai Baba, given to him by his cousin. While reading the book he felt transported to a different world altogether; copious tears flowed down his cheeks and he experienced unfamiliar feelings gushing inside him. This was the start of his journey to Swami.



Since 1992, he has been actively involved with Sai Seva activities like Prashanti seva, distribution of medicines in primary health centres, and participating in monthly medical camps. He served as a coordinator in the service, spiritual and publication wings for a total of seven years. For over three years he has been in-charge of study circles at his local Sai Samiti.

On hearing about Sai Vibrionics at a district meeting, he felt a strong urge from within to become a practitioner. When the opportunity presented itself in 2010, he applied without a second thought and qualified as an AVP in December of the same year, VP in September 2011 and SVP in March 2013. He has treated more than 9200 patients and is one of the five Regional Coordinators in Kerala. His team played a major role in the distribution of thousands of bottles of immunity boosters, more than 50% of **IBs** distributed in their state.

He feels fortunate to have worked closely with other practitioners and to have received opportunities to conduct medical camps at three different centres that kept him occupied for three weekends in a month before the start of the pandemic. Even during the pandemic, he continued the seva by dispatching remedies via courier after phone consultations with his patients. The beneficiaries of his seva are currently around 100 patients per month.

The practitioner has come across several interesting cases in his practice. In one instance, a 42-year-old female who tested positive for RA factor, with long-standing swelling and pain in her joints, for which she took allopathic medications without much relief. After two weeks of taking vibro remedies, there was 50% improvement and almost complete relief within a month. In another case, a 63-year-old man with vertigo, having tried allopathic treatment for four months without relief was given **CC5.3 Meniere's disease +**

**CC15.1 Mental & Emotional tonic + CC18.7 Vertigo** and In two weeks he reported 70% relief and soon afterwards, he was completely cured.

Ecstatic with her own healing, one of his patients referred her daughter and son-in-law to the practitioner. This young couple had been trying for a baby for the last three years but were not successful. Both had high cholesterol and blood sugar for which they were taking allopathic treatment. The young woman also had PCOD for which she had undergone a few laparoscopic surgeries. A month after taking vibro remedies, both of them showed a decrease in cholesterol and blood sugar levels and two months later the woman conceived, merely a week before she was due to start IVF treatment! The concerned doctor pointed out that the date of conception did not match with the allopathic medicine schedule, thereby attributing this success entirely to vibrionics treatment, so when their son was born in Nov 2019, they called him a 'vibro baby'.

The practitioner perceives certain combos to be extremely effective. He finds **CC8.2 Pregnancy tonic** to be the best remedy for a smooth, painless and normal delivery. In his experience, **CC18.7 Vertigo, CC19.6 Cough chronic, CC19.7 Throat chronic** and **CC21.11 Wounds & Abrasions** never fail. Amongst the simulator cards, **NM59 Pain** and **NM97 Sciatica** have given him exceptional results.

The practice of vibrionics has taught the practitioner the true meaning of selfless service and increased his patience and compassion towards his patients. He has realized that to be successful, he should aim to be a better listener with less ego, more disciplined and dedicated. During the initial days he would feel inflated when a patient referred to him as 'Doctor'. By constant observation of treatment outcomes, realization dawned on him, that *his* ego was hampering the healing process. Since then, he tries to maintain equanimity in his approach to patients. He now clearly understands that he is simply an instrument in the hands of Swami who is the Healer. He considers having the strength to visit different places to conduct vibrionics camps *without* getting tired at his age, is due to the Grace of Swami.

His message to other practitioners is that the success of our healing process depends on the purity of our thoughts, words and deeds. It is our sadhana that cultivates positive vibrations and Namasmarana is one of the best methods to achieve this. He believes that practitioners should keep the company of spiritual and seva-oriented people and take advantage of every opportunity available to do seva.

#### Cases to share

- [Recurrent urinary tract infection \(UTI\)](#)
- [Migraine, shoulder pain](#)

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**Practitioner** <sup>02051...Chile</sup> has a master's degree in strategies and resources for learning. Since migrating from Venezuela to Chile in 2018, both she and her husband, previously university professors, are having to do clerical jobs, due to their inability to obtain the necessary documentation from troubled Venezuela.



In April 1988, while helping a lady carry heavy bottles of water, the practitioner and her husband were led to a Sai Centre, where they first heard of Sai Baba. They instantly fell in love with Swami, turned vegetarian and started a Sai centre in their house, that functioned for the next 13 years. They visited India several times and the practitioner was fortunate to get an opportunity to do research in Baba's university in Puttaparthi. She served as a Director of the Venezuelan EHV Institute for seven years and was National Education Coordinator for three years from 2016-2018.

Currently, she is in-charge of education for Chile's sole Sai Centre and is involved with the formation of EHV Institute in Chile. Her husband and children also play active roles in the Sai organisation.

It was in 2001, on her first visit to Prashanti with her husband and daughter that she learnt about Vibrionics. Instinctively feeling that her vocation was to heal herself and others, she felt guided into taking the initial Sai Vibrionics course. After passing an exam and interview, all three of them qualified as practitioners. Subsequently, she completed her SVP in 2006. At present, she is the only one actively practicing vibrionics though her family supports her in this fully.

Over the years, the practitioner's faith in vibrionics has strengthened. In her experience, Sai Vibrionics medicine is infallible as it is a form of 'Sai' Himself. She has experienced that the only people whose condition does not improve are those who do not comply with the prescribed protocol. Most of her patients observe that they feel calm and peaceful during the healing process. She has learnt that each person is unique and not all react to remedies in the same way or experience similar results. The practitioner makes

it a point to pray before she starts treating a patient and prior to preparing the remedies. She has fixed days when she practices vibrionics and is careful to organize all the material needed beforehand and keeps comprehensive records of the remedies she administers. She is grateful to Swami that she has no dearth of patients as she always finds people willing to put their trust in vibrionics.

The practitioner would like to share an interesting case. When she was working at a computer rental place, a depressed lady sat down next to her crying that she did not wish to live anymore. The practitioner prepared **CC15.1 Mental & Emotional tonic + CC18.1 Brain disabilities** and administered the first dose. The very next day the lady came looking for her saying that she had witnessed a miracle as, for the first time, she was able to sleep through the night without any tormenting thoughts. Since then, this lady has not suffered from any bouts of depression.

Though all combos are powerful, the practitioner finds **CC6.3 Diabetes** exceptionally effective in regulating the disease and **CC15.1 Mental & Emotional tonic** and **CC15.2 Psychiatric disorders**, in balancing mental and emotional aspects. She has experienced great success in healing medical conditions like cancer, diabetes, hormonal disorders, infertility, autism, depression/emotional problems, arthritis, bone and skin afflictions.

She is thankful to Swami for giving her the role of vibrionics practitioner as it has sparked her interest in the integral health (physical & mental health & healthy relationships) of herself, her family and others. Both she and her husband turn to vibrionics when faced with any health challenges. She actively makes an effort to learn more about nutrition and health issues in order to provide her patients with useful suggestions to help complement their treatments for better outcomes and thus help them achieve a better quality of life. Inspired by Swami, she also guides her patients and gives them suggestions, according to the circumstances, in relation to human values and lifestyle. She feels vibrionics has transformed her into a more compassionate and confident person and helped further foster her thirst for knowledge.

Her advice to fellow practitioners is to never give up; with perseverance and full faith in Swami, He will guide us in the right direction.

#### Case to share

- [Arthritis](#)

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## ☞ Case Histories Using Combos ☜

**1. Recurrent urinary tract infection (UTI)** <sup>11235...India</sup> A 67-year-old woman had been suffering from recurrent UTI with fever and pain during urination, for more than six months. This would occur every two months and she would take a prescribed course of antibiotics for 5 to 7 days after which her symptoms would go away. When she next developed the usual symptoms on **8 Aug 2014**, instead of going to her doctor, she decided to consult the practitioner who gave her:

**CC8.1 Female tonic + CC13.2 Kidney & Bladder infections + CC15.1 Mental & Emotional tonic...TDS**

After three days the fever subsided and in another four days, the pain completely disappeared. The patient was happy that she did not have to resort to antibiotics this time. As there were no further episodes the dosage was reduced to **BD** after four months and **OD** after another two months and the remedy was stopped in June 2015. As of Feb 2022, the problem has not returned.

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**2. Migraine, shoulder pain** <sup>11235...India</sup> A 51-year-old female started to get headaches over two years ago. Even a five-minute exposure to the sun would cause a headache with nausea that lasted the whole day and would get relieved only after vomiting; her condition was diagnosed as migraine. She could not avoid going out in the sun as her profession required her to go on tour 4-5 times a month. Additionally, a few months ago, she started to have neck pain going down to her left shoulder and arm. She did not like to take painkillers, so sought an alternative. On **21 Sept 2018**, the practitioner gave her:

**For migraine:**

**#1. CC11.3 Headaches + CC11.4 Migraines + CC15.1 Mental & Emotional tonic...6TD**



**For shoulder pain:**

**#2. NM59 Pain + OM4 Cervical + OM27 Supportive tissue + CC20.4 Muscles & Supportive tissue...TDS**

To the patient's pleasant surprise, after taking just three doses of #1 she felt complete relief from headache and nausea. After 2 weeks, on 5 Oct, she related that the intensity, duration as well as the frequency of her headaches had come down by 75%. #1 was reduced to TDS and after one month she had 100% relief. She was able to go out in the sun without any trace of this problem. The remedy was continued for one more month, then reduced to OD on 4 Dec and stopped on 6 Feb 2019. As regards the shoulder pain, there was 20% relief after one month, progressing to 90% after five months and 100% in another two months. On 28 May, #2 was reduced to OD for a month before stopping it in July 2019. There has been no recurrence of any symptoms as of March 2022.

**If using the 108CC box give #2: CC20.1 SMJ tonic + CC20.2 SMJ pain + CC20. 4 Muscles & Supportive tissue**

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**3. Arthritis** <sup>02051...Chile</sup> In 2014, a 44-year-old woman started experiencing stiffness in joints throughout the body, more in her hands. Her condition gradually worsened leading to swollen and painful joints, extreme fatigue and a lack of motivation to carry out daily chores. The symptoms were worse in the morning making it difficult for her to move about. She was diagnosed with arthritis in 2017 and since then had been taking prescribed steroids, and anti-inflammatory and pain medicines, but with only little relief. On **28 Aug 2021**, she decided to take vibrionics and consulted the practitioner. At the time she had severe joint pain in her hands, also felt nervous and was given:

**CC15.1 Mental & Emotional tonic + CC20.2 SMJ pain + CC20.3 Arthritis...TDS**

On the advice of the practitioner, the patient made several lifestyle changes including regular exercise, spiritual practices, being optimistic, developing forgiveness and love, a healthy diet to include green juices and exclude red meat and dairy. After one month she had 30% relief from the pain, swelling and stiffness; this increased to 50% in another two months. She was able to move about easily and felt good. After two weeks on 15 Dec, she reported 85% improvement in her overall health including the nervousness. This in turn boosted her confidence to enable her to stop the allopathic medicines.

By Jan 2022, she had no symptoms, became calmer and more energetic. Sometimes with weather changes and food excesses, she feels slight or negligible joint pain. As of April 2022, she continues to do well and prefers to take the remedy at TDS.

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**4. Cough chronic** <sup>03567...USA</sup> A 5 2-year-old female experienced frequent bouts of dry cough, at least two or three times a day, for over four years. The cough would start suddenly and go on for 20 to 30 minutes interspersed with short gaps, leaving her exhausted. She would sip hot water or take lozenges to help suppress the attack. She had no other respiratory symptoms. The doctor ordered several tests which revealed nothing and the prescription medicines did not help. Belonging to the same meditation group, the practitioner had offered her vibrionics treatment on several occasions, but each time she politely declined.

As there was no relief whatsoever the patient could no longer cope with the situation and reluctantly decided to try vibrionics. She chose to stop all other medications and on **1 March 2020** she consulted the practitioner who gave her:

**CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC19.1 Chest tonic + CC19.6 Cough chronic...TDS**

There was no feedback from the patient for two months! In May 2020, when the practitioner telephoned the patient, she confirmed that the cough had faded away and the whole experience had taken her by surprise. The dosage was gradually tapered down to the maintenance dosage of OW which she continued till the end of 2020 to ensure the ailment did not resurface. She feels immensely relieved thinking that she no longer has to face the annoying bouts of cough. She even referred a member of her family to the practitioner for vibrionics treatment. As of Feb 2022, more than a year later, the patient is doing fine. Whenever there is a health problem, she now happily looks to vibrionics for treatment.

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**5. Acne** <sup>03554...Guyana</sup> A female aged 34 had been suffering from a severe breakout of acne all over her face since January 2016. She consulted several doctors including a dermatologist, and was given antibiotics and other medicines as well as recommended facial creams, but nothing helped. As soon as the acne dried up, new spots would surface. On her doctor's advice she underwent an ultrasound scan of the kidneys, ovaries and gallbladder, and tests for cancer, pap smear, mammogram, hormones, thyroid, liver, cholesterol and blood sugar none of which revealed the cause of her acne. She had recently lost her sense of taste and was beginning to lose hearing in her right ear, diagnosed as otosclerosis. On **21 October 2016** she consulted the practitioner who gave her:

**For acne:**

**#1. CC8.1 Female tonic + CC10.1 Emergencies + CC21.2 Skin infections...6TD** in water for 7 days

**For hearing loss:**

**#2. CC5.2 Deafness + CC15.1 Mental & Emotional tonic...TDS** in water, also to put two drops of that vibro water in the ear

The patient took only **#1** and after 3 days had a pullout - diarrhoea and vomiting - which lasted for two hours. The pimples began to dry up and new ones were not erupting. After a week the dosage was reduced to **TDS**. By 10 Jan 2017, 95% of the face was clear and the scars were beginning to fade. In August she had a flare up of acne which soon subsided as she continued to take **#1** at **TDS**. By November 2017 she stopped the remedy as all the scars had disappeared. As of Feb 2022 she had no recurrence of this condition.

The patient commenced taking **#2** on **27 Oct 2016** and within one week, there was 20% improvement in hearing and her sense of taste returned. She then started finding dried wax on her ear after awakening in the morning. By 10 January 2017, her hearing was 60% better but as there was no further improvement until Nov 2017, she stopped **#2** also.

Editor's note: We recommend using oil as eardrops (one drop of remedy in 30ml of virgin olive/coconut oil taken in a dropper bottle) and never in water. Water in the ear can cause many problems including hearing loss. No eardrops should be given to the patient in cases of deafness if it is caused by a hole in the tympanum.

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**6. Appendicitis** <sup>11601...India</sup> A 9-year-old girl suddenly developed severe abdominal pain in mid-August 2018. She was not eating properly and would cry in pain every day. The doctor diagnosed acute appendicitis and recommended surgery. He did not prescribe any medicine and advised the girl to take very light food. Four days later on **19 August 2018**, the child's grandmother brought her to the practitioner who gave the following remedy:

**CC4.1 Digestion tonic + CC4.3 Appendicitis + CC10.1 Emergencies + CC12.2 Child tonic...every 10 minutes** for one hour followed by **6TD** for one week reducing to **TDS**.

While collecting refills, the girl's grandmother kept the practitioner informed that the patient had no pain and was eating and sleeping well. On 12 October, it was reported that the size of the appendix had reduced from acute to subacute, so the dosage was continued at **TDS**. On 30 Dec, the patient's mother informed the practitioner that the scan showed the size of the appendix had further reduced and was now within the normal range and that her daughter was absolutely fine. The dosage was reduced to **OD** for one month and stopped on 31 Jan 2019. As of March 2022, the pain has not returned.

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**7. Loss of vision** <sup>11520...India</sup> A 53-year-old man developed severe pain in his forehead and swelling on the left side of his face along with a burning sensation and stiffness in the left eye on 25 July 2018. Over the next few days, he lost all vision in this eye. After two weeks, when he saw the ophthalmologist, his condition was diagnosed as temporal BRVO (Branch Retinal Vein Occlusion, meaning blockage in small veins). The patient had high BP for the past ten years for which he was taking Alprox 0.5 mg. An eye test confirmed the cause of BRVO to be fluctuating BP. The doctor prescribed I-site capsules and Nepafenac eye drops for pain and swelling along with intravitreal injections costing Rs 30,000 (\$400) each, to dissolve the blood clots. There was no certainty the injections would cure his condition, so he did not take them but started on the other two medicines on **10 Aug 2018**. On the same day, he also consulted the practitioner who gave him:

**#1. NM17 Eye + NM36 War + NM109 Vision + NM113 Inflammation + OM11 Eye + OM25 Eye-Retina + OM26 Eye Muscles + BR20 Eye + SM20 Eyes + SR216 Vitamin-E + SR247 Triple Warmer + SR405 Ruta...6TD**

After seven weeks on 30 Sept, there was 50% improvement in pain and 20% in swelling. However, he did have multiple episodes of severe pain. The practitioner advised the patient to take one dose every five minutes for a total of three doses during such times, in addition to the normal **6TD**. After 10 days, the frequency of the pain episodes reduced considerably and there was 100% improvement in the swelling and burning sensation. On 8 Nov the patient reported that the pain had completely gone. There was only occasional stiffness in the affected eye. As some remedies were now not needed, **#1** was modified to:

**#2. NM36 War + NM109 Vision + OM25 Eye-Retina + OM26 Eye Muscles + BR20 Eye + SM20 Eyes + SR216 Vitamin-E + SR247 Triple Warmer + SR405 Ruta...6TD**

On 30 Jan 2019 the patient reported that except for the loss of vision, he had no other eye problems. His doctor advised him to stop the allopathic medicines as these were not helping with vision recovery and the prognosis remained poor.

The practitioner advised the patient to keep away from strong light and not use TV, computer or mobile for long periods to avoid straining the healthy right eye. After four months, in May, the patient happily reported that he was now able to see the outline of images! The dosage was reduced to **QDS** and the practitioner started broadcasting the same remedy at **OD**.

Another two months later, in July, the patient could see black images without any colour and from 9 Sept, he could see distant images normally but still was not able to read. The dosage was reduced to **TDS** and broadcasting was continued along with intense prayers. A month later, on 10 Oct, he was able to recognise some letters though they looked wavy and blurred. In November, to the great delight of both the patient and the practitioner, his vision was restored and he could see everything clearly! Broadcasting was stopped and the dosage was slowly tapered down to **OW** and finally stopped on 10 Jan 2020. As of April 2022, the patient has normal vision.

If using the 108CC box give **#1: CC7.1 Eye tonic + CC7.2 Partial Vision + CC7.3 Eye infections; #2: CC7.1 Eye tonic + CC7.2 Partial Vision + CC7.3 Eye infections**

**Practitioner's note:** In 2011, this patient was almost bed-ridden and was successfully treated with vibrionics; refer to page 151 of the 1st International Conference book.

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**8. Skin itch** <sup>11592...India</sup> The 62-year-old mother of the practitioner was suffering from itching all over her body and a mild rash in some places for 15 years. She took prescribed allopathic medicines for three years and ayurvedic treatment for four years but in vain. Whenever she consumed brinjal or sorrel leaves, the itching became worse, so she eliminated these from her diet. She did not want to take vibrionics treatment in spite of her son's repeated appeals. When her symptoms became much worse, she consulted a dermatologist. The prescribed medicines gave her stomach irritation and nausea which she found intolerable, so she stopped them after a month and finally decided to try vibrionics. On **30 Nov 2018** the practitioner gave his mother the following remedy:

**#1. CC21.2 Skin infections + CC21.3 Skin allergies...TDS**

After one month there was 20% relief in the itching which progressed to 40% in another month. Since new patches of rash developed and thinking these might be due to food allergy, the practitioner enhanced the remedy on 29 Jan 2019 to:

**#2. CC4.10 Indigestion + CC21.6 Eczema + #1...TDS**

Within one month, by 24 Feb, to the delight and surprise of the patient, she experienced 100% relief from the rash as well as itching. The dosage was reduced to **OD** and then to **OW** over a period of two months before stopping the remedy on 22 April 2019. The symptoms never came back.

In the first week of May the patient was given the following to boost her immunity:

**#3. CC12.1 Adult tonic + CC12.4 Autoimmune diseases...OD for one year**

In Feb 2022 she was still fearful of including brinjal and sorrel leaves in her diet, so the patient was prescribed **#2** at a preventive dosage of **OD**, which continues till date. Since then she has started enjoying the above vegetables occasionally without any problem.

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## 9. Haemorrhoids, indigestion <sup>11623...India</sup>

Since early 2019, the practitioner's 45-year-old husband had a protruding haemorrhoid forming a lump that was very uncomfortable and caused severe pain while sitting for long periods at work. Occasionally he had shooting pain while passing stool with slight blood in it. He took homoeopathic treatment for six months but stopped it as he had very little relief. Then he managed the pain by applying coconut oil to the anal region. He also used a soft cushioned chair in his office and started on a healthy diet.

On 5 April 2020 he developed throbbing pain along with swelling in the anus which he ignored due to his busy work schedule. Two days later the pain became worse; he developed fever and chills accompanied by severe vomiting and burping with a bad odour. The indigestion occurred due to the intake of spicy food. Because of the Covid situation the patient isolated himself, took paracetamol for the pain and fever and, on **7 April 2020**, his wife, who had just qualified as a practitioner, gave him:

**CC4.4 Constipation + CC4.10 Indigestion...in water every 10 minutes** for one hour followed by **6TD**

There was no relief after one hour and the fever was consistently high, so he was advised to dab the remedy water on the anal region. While applying the remedy the patient suddenly strongly felt the presence of the Divine, started sweating profusely and the fever began to subside. The next day, the fever and vomiting were gone and burping and pain in the anus had reduced by 50%.

In three days he became free of all symptoms except for the lump. The dosage was reduced to **TDS** and within a month the lump vanished as well. The dosage was gradually tapered down over the next one month and finally stopped on 10 June 2020. The patient is delighted that he was completely cured of this painful condition. There has been no recurrence as of Feb 2022.

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**10. Swelling, itching on face** <sup>03555...UK</sup> A 36-year-old woman suffered from recurrent swelling and itching on the face including eyelids for over three years. Doctors could not identify the cause and prescribed steroids both oral and a cream. Symptoms would fade away slowly and during each episode, it will take six weeks before her condition would be tolerable. She would then stop the steroids and the symptoms would reappear a few weeks later. She took time off work repeatedly whenever the itching was severe. In the past six months, she had three such episodes of even greater severity than before. During the latest episode, the symptoms did not subside even after six weeks of using the steroids, so out of desperation, she opted for vibrionics. The practitioner noticed that she was wearing very heavy makeup and thought that allergy could be the cause of her illness. She advised her to stop using makeup and gave her on **28 June 2021**:

**#1. CC7.1 Eye tonic + CC7.3 Eye infections + CC15.1 Mental & Emotional tonic + CC21.2 Skin infections + CC21.3 Skin allergies + CC21.6 Eczema...6TD**

Within 24 hours there was 50% relief and to her utter surprise, this progressed to 100% within 48 hours! After three weeks she was advised to reduce the dosage to **TDS** but instead, she stopped it. Within five days, itching and swelling made a comeback but with much less severity. Much stressed on 26 July, she contacted the practitioner who gave her a refill of **#1**. Within two days she was symptom-free. The dosage was reduced to **TDS**. On **8 Aug** she revealed another condition that for the past one year whenever she went out in the sun, she had a burning sensation and itching on her face, especially around the eyes. She was advised to use sunglasses and a sun hat, and given an additional remedy:

**#2. CC7.3 Eye infections + CC21.3 Skin allergies + CC21.6 Eczema** in aqueous cream to be applied on the face before going out in the sun.

Two days later she reported that **#2** had provided immediate relief. Over the next few months, she was able to resume wearing her makeup without any problems. Since starting the treatment she never felt the need to take time off work. On 10 Jan 2022, the dosage of **#1** was reduced to **OD**. In Feb 2022 both remedies were stopped. The patient went to India and attended four weddings while using heavy makeup and there was no recurrence. As of April she is fine and inspired by this successful outcome, all her family members now resort to vibrionics for their health problems.

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**11. Irregular menses** <sup>11616...India</sup> A 21-year-old young woman had irregular menses since her menarche nine years ago. She got her periods only once in three months, each menstrual cycle lasting for six days with excessive bleeding on most days. She was not undergoing any treatment. Due to personal circumstances, she was currently under a lot of stress. Her last period was in Jan 2021 and on **11 March 2021** she consulted the practitioner who gave her:



**CC8.8 Menses irregular + CC15.1 Mental & Emotional tonic...one dose every ten minutes** for two hours followed by **6TD**

Her next period came on 15 April and lasted for two weeks but with normal bleeding. The dosage was reduced to **TDS**.

Though the patient was advised to continue at **TDS** until the next cycle, she reduced the dosage to **OD** from 25 April. On 6 May, she informed the practitioner that she was no longer stressed. During May and June the patient had normal bleeding that lasted only five days, so she stopped taking the remedy in June. As of March 2022, she continues to have regular periods with normal bleeding lasting 3 to 4 days.

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**12. Pilonidal Cyst** <sup>03596...USA</sup> A 22-year-old woman suffered from a recurring cyst in her lower back near the tailbone for the past five years. It was diagnosed as a pilonidal cyst - an abnormal pocket in the skin that usually contains hair and skin debris. Once or twice a year it would get infected and form an abscess which caused severe pain and swelling. This affected her mobility and sleep for 3 to 4 weeks after which it would rupture on its own. In the latest episode in mid-Sept 2020 when the patient experienced the usual swelling and severe pain, she chose to visit the hospital emergency where she was referred to a surgeon who scheduled the surgery for 11 Dec. As the cyst did not rupture by itself she consulted the practitioner on **3 Nov 2020** and was given the following remedy:

**#1. CC10.1 Emergencies + CC12.1 Adult tonic + CC20.1 SMJ tonic + CC20.2 SMJ pain + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC21.1 Skin tonic + CC21.2 Skin infections + CC21.11 Wounds & Abrasions...TDS**

After a week the swelling reduced by 20% making it easier for her to move about and work without much pain; the improvement continued over the next five weeks. By the time she went for surgery on 11 Dec, there was no pain or swelling. Nevertheless, the surgery was performed as scheduled. The surgeon was puzzled as there was no sign of the cyst! He scheduled another appointment on 18 Jan 2021 for further evaluation and removal of stitches. Once again nothing was found. It was obvious to the patient that Sai Vibrionics was responsible for her healing. As the practitioner felt **CC10.1 Emergencies** was no longer required, on 18 Jan, she replaced **#1** with

**#2. #1 without CC10.1 Emergencies...TDS**

The dosage was reduced to **OW** at the end of April 2021. The patient stopped taking the remedy at the end of July. However, at the beginning of October 2021, the patient began to feel slight pain in her lower back. **#2** was resumed at **TDS**. After two days, to the patient's great delight, the discomfort was gone and there was no sign of a cyst. She was advised to continue the remedy for one month after which it was stopped. As of April 2022 there has been no recurrence.

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## ☞ Answer Corner ☞

**Q1.** All my patients who were treated with **IB** became healthy. I understand that some people don't recover completely even though they tested negative for Covid after allopathic treatment. The clue as to why may be indicated in a recent study which found that the overall brain size in Covid-infected participants had shrunk between 0.2 and 2%. There were losses in grey matter in olfactory areas linked to smell, and regions linked to memory. Is it possible to help such patients?

**A.** Yes, give to the patient **SR258 Kali Phos 6X + SR464 CN1: Olfactory 10M...TDS** for 4 weeks. Those who have only the 108CC box should try to obtain this from an SVP, failing which they can give **CC18.1 Brain disabilities** which contains both these remedies.

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**Q2.** For broadcasting is it important that we use a full-length colour picture of the patient? In vol 9 #4 you seem to imply that a full-length photo will give better results.

**A.** Further research based on feedback from practitioners confirms that a full-length photo is not necessary. A passport-size photo will work equally well but it should be printed on good quality photographic paper for best results. Further what is important is that there is no blank border around the picture, particularly at the bottom so that the patient's body part is able to touch the bottom of the remedy well of the SRHVP.

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Q3. With the holiday season coming, please can you recommend a remedy that I can give to all my patients who are travelling?

A. The remedy depends on the situation prevalent in the specific area they are travelling to so a suitable combo can be prepared relevant to your case. However you may use the following general combo for most situations: **CC4.4 Constipation + CC4.6 Diarrhoea + CC4.8 Gastroenteritis + CC4.10 Indigestion + CC9.2 Infections acute + CC9.3 Tropical diseases + CC10.1 Emergencies + CC11.6 Tooth Infections + CC21.3 Skin allergies + CC21.4 Stings & Bites...OD**

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Q4. Can I prepare vibrionics remedies for external use in *olive oil* for all my skin patients?

A. As the use of the correct medium is important, it is best to first check with the patient if they are allergic to any of the mediums that you use for topical application. For example in the case of a patient with psoriasis, when the remedy was made in extra virgin olive oil, new lesions started to appear on his skin. Later it turned out that he was allergic to certain plant products. When the medium was changed to unperfumed cream, his condition started to improve immediately. The use of water would avoid any such problem. For ease of external application, a spray bottle would do the job nicely.

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Q5. Is it possible, when a diabetic patient responds really well to vibrionics but continues to take allopathic medicines, that the blood sugar could go down too far?

A. This question is addressed in vol 7 #4 and vol 5 #5 but this issue is so important that we would like to clarify this again. As the vibro remedy is for **balancing** the blood sugar, this would go down if it is high and vice-versa. However, in the case of a patient on insulin or a heavy dose of oral medication, blood sugar could come down very quickly. This could lead to hypoglycaemia which can be dangerous especially if it happens when the patient is sleeping in which case he could go into a coma. The practitioner should make the patient aware that a situation could occur where the blood sugar could become too low. For this reason it is strongly recommended if the patient is due for a vibro dose and it's time to eat, they take it 20 mins after meals. So, proceed with caution and start with a lower dosage like OD and perhaps that too, in the morning and increase it slowly asking the patient to keep a check on his sugar levels. We should always encourage such a patient to keep in regular contact with his doctor.

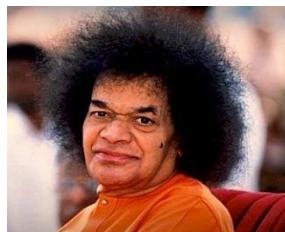
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Q6. For dispensing remedies I like to use glass bottles with cork lids. Would cork affect vibrations like some metals might?

A. It is perfectly safe and good to use glass bottles with cork. Incidentally, some homoeopaths also use the same.

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## ☪ Divine Words from the Master Healer ☪



*People who are supposed to be leading a very pure life are leading an unsacred life because of the wrong food they eat. They are developing negative feelings in their heart instead of good feelings. Milk is considered a pure (sattvic) food. However, one should not drink thick milk because it gives rise to slothful/dull (tamasic) feelings....Thick milk gives you more fat and strength, but it develops mental dullness also.*

...Sathya Sai Baba, "Supreme Bliss Comes From Absolute Wisdom" Discourse 1 September 1996  
<http://sssbpt.info/ssspeaks/volume29/d960901.pdf>

All service should be regarded as an offering to God and every opportunity to serve should be welcomed as a gift from God. When service is done in this spirit, it will lead in due course to self-realisation.

...Sathya Sai Baba, "Born to Serve" Discourse, 19 November 1987  
<http://www.sssbpt.info/ssspeaks/volume20/sss20-26.pdf>

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## ❧ Announcements ❧

### Ongoing and forthcoming Workshops\*

- **USA:** **Virtual** AVP Workshop **25 April - 15 June 2022\*\***, contact Susan at [Saivibrionics.usa.can@gmail.com](mailto:Saivibrionics.usa.can@gmail.com)
- **India Puttaparthi:** **Virtual** AVP Practical Workshop **6-22 July 2022\*\*** followed by a face-to-face workshop at **Puttaparthi 28-30 July 2022\*\***, contact Lalitha at [editor1@vibrionics.org](mailto:editor1@vibrionics.org)

\*Workshops are only for those who have undergone the admission process and the e-course.

\*\*Subject to change

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## ❧ In Addition ❧

### 1. Health Tips

#### Live healthily to prevent lifestyle diseases

*"The most common source of illness among people today is tension. What is the cause of tension? It is indulgence in excess of various kinds. Men must learn to moderate the hectic pace of living. Hurry causes worry and worry causes disease. 'Hurry, worry and curry (fatty food)' are the causes of heart diseases. Insulin injections are but one-fourth for the diabetic, the other three-fourths are: dietary restrictions, physical exercises, and other such disciplines. Therefore, the first requirement is control of food and head (the mind). When you control these two, there will be no room for illness"...Sathya Sai Baba<sup>1,2</sup>*

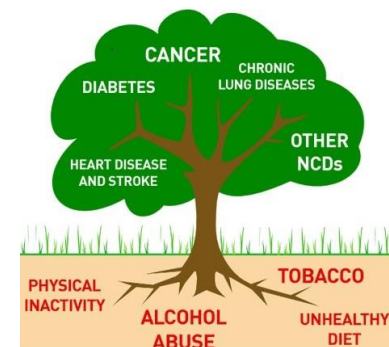
#### 1. What is health?

The word health comes from the word whole. It is a state of complete wellbeing one should experience in day-to-day life at every level - physical, mental, social, and spiritual, not mere absence of disease. A healthy person would exude peace and joy from within!<sup>3,4</sup>



#### 2. What are lifestyle diseases?

They are basically non-communicable diseases, mostly chronic, and arise from or get triggered or aggravated by unhealthy and undisciplined lifestyle. They have rendered intake of medicines a way of life!<sup>5,6,7,8</sup>



**Major causes** are overindulgence in eating and drinking not in sync with our bodily needs, lack of physical activity, poor exposure to fresh air and sunlight, inadequate sleep, and stress. This disease-prone lifestyle has come about due to the fast pace of life driven by technology, long hours of work, poor posture, social and peer pressure to be competitive, lack of healthy recreation and time with loved ones, a general shift in family culture and breakdown of families. The problem is compounded by habits like smoking, drinking alcohol, and drug abuse. Genetic predisposition and pollution of air, water, and soil are other major factors.<sup>5,6,7,8</sup>

The most common lifestyle diseases are acidity, hypertension, heart disease, stroke, obesity, and type 2 diabetes. Other diseases that are increasing in frequency and joining this list are cancer, especially oral and colon cancer, chronic liver disease, cirrhosis, colitis, irritable bowel syndrome, PCOD, caries, behavioural problems, depression, Alzheimer's disease, asthma, arthritis, osteoporosis, skin ailments, and kidney failure.<sup>5,6,7,8</sup>

### 3. Nature and symptoms of three major lifestyle diseases

**3.1 Obesity** means abnormally excessive fat in the body; this is caused by high sugar, high fat, high salt diet and minimal physical activity. Indicator of obesity is BMI (Body Mass Index arrived at by dividing weight in kg by height in meters squared) of 30 or higher. This is one of the primary causes of many diseases, especially type 2 diabetes in adults, catching up increasingly with children and youth. BMI above 25 is considered overweight, a signal to prevent obesity.<sup>8,9</sup>



**3.2 Type 2 Diabetes** is due to insulin resistance ie, insulin produced by pancreas does not work properly or is insufficient to control blood sugar level. Normally this occurs in adults but increasingly being found in children. Those who are obese, eat high-calorie food, have family history or genetic predisposition and children with abdominal obesity (increased waist to hip ratio) are vulnerable. Also, children with low birth weight due to poor maternal nutrition during pregnancy and inadequate breast feeding in infancy can get it; overfeeding of such weak children by overzealous parents can lead to insulin resistance.<sup>8,9,10</sup>

**Symptoms develop slowly.** One of the earliest symptoms is increased thirst, frequent urination or urinary tract infection. Increased hunger, weight loss, fatigue, dizziness, blurred vision, slow healing sores, frequent infections, numb or tingling hands or feet or decreased sensation in feet, increased sweating while eating, and areas of darkened skin are some of the noticeable signs. The exact symptoms may differ from person to person. Even a single symptom is enough to suspect diabetes. Fifty percent of the cases may be asymptomatic and come to light only when blood tests reveal this condition. They may have mild symptoms like unintentional weight loss, minor skin infection, or itching in the private parts which go unnoticed and may lead to heart attack, stroke, vision loss, coma etc. In case of children, parents should be alert to indicators like impaired growth despite getting seemingly adequate nutrition and ants making a beeline for the child's urine!<sup>8,9</sup>



**Symptoms of diabetic emergency:** Blood sugar could suddenly fall (hypoglycaemia) when a person with diabetes has skipped a meal or exercised too much. Common symptoms include hunger, clammy skin, profuse sweating, drowsiness or confusion, weakness or feeling faint, or sudden loss of responsiveness: or blood sugar may go up suddenly (hyperglycaemia) showing symptoms like breathlessness, fruity-smelling breath, nausea, vomiting, and a dry mouth.<sup>11,12</sup>

*Diabetes may affect many organs and systems, especially the eyes, teeth, kidneys, skin, and neuro, cardiovascular and skeletal systems.*<sup>8,9</sup>

**3.3 Cardiovascular diseases** are disorders of the heart and blood vessels. An unhealthy lifestyle generally leads to coronary artery disease (CAD) as prolonged fatty deposits on artery walls restrict blood flow to the heart and brain. This may result in a heart attack or a stroke. People with hypertension, abnormal cholesterol and high triglycerides, obesity, and diabetes are easy prey. One may get an indication before an attack (not to be ignored), or it may be sudden.<sup>8,9,13-16</sup>

#### Common Heart Attack Warning Signs



**Acute symptoms of heart attack** are sudden pain or feeling of pressure, squeezing, crushing, fullness in the centre of the chest, or sudden pain in the arms, shoulders, elbows, jaw or back. In addition, one may have shortness of breath, anxiety, nausea, vomiting, faintness, palpitations, or a cold sweat, or may turn pale. It may last for a few minutes, or keep coming back.<sup>8,13-16</sup>

**Acute symptoms of stroke (brain attack)** are sudden weakness or numbness of the face, arm, or leg, especially on one side of the body. Other symptoms



include sudden onset of confusion, difficulty in speaking, understanding speech, blurred/double or loss of vision especially in one eye, dizziness, loss of balance or coordination or severe headache with no known cause, and fainting.<sup>8,9,17</sup>

#### 4. First aid during a diabetic emergency, heart attack or a stroke

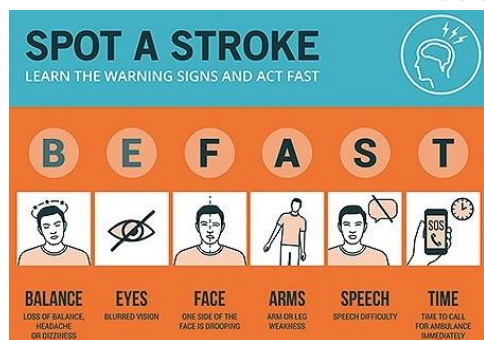
**4.1 Diabetic emergency** could be due to either very high or very low sugar. When the patient is conscious and able to swallow, give a sweet drink, chocolate, or some sweet to suck; within minutes patient will improve. When the patient is more alert, offer a substantial carbohydrate meal, eg, a sandwich or several sweet biscuits. If the person is unconscious call for an ambulance immediately; do not try to give them anything to eat or drink as they may choke. Turn them onto their side to prevent obstruction to breathing.<sup>18,19</sup>

**4.2 A heart attack** needs immediate medical attention or within an hour to prevent permanent damage. Until help arrives, make the person sit on the floor leaning against a chair or a wall to ease the strain on the heart and to prevent an injury if they collapse. Loosen their clothes around the neck, chest, and waist and help them to feel calm. Don't let anyone crowd around the patient. Aspirin tablet (not more than 300 mg in one dose) can be given to chew to thin the blood. If already on medication, their own medicine can be given.<sup>20-23</sup>

**Cardio Pulmonary Resuscitation (CPR):** If the patient collapses or pulse is not found, give CPR after gently helping the person to lie on a firm surface with his back straight on the ground. Immediately give one cycle of 30 hard and fast Compressions on the chest, open Airway to breathe and give two rescue Breaths (called C-A-B). Continue the C-A-B cycles till the patient starts to breathe or medical help arrives. Chest compressions alone may save a life! Go through the links to know how a layperson can administer CPR.<sup>21-23</sup> (Refer to vol 1 #1 Sept 2010 for heart attack in women and vol 2 #5 Sept 2011 for how to survive a heart attack when alone).

Pressing around the base of the nail of the left little finger is considered an effective life-saving first aid in acupressure for heart attack.<sup>24</sup>

**4.3 Stroke** occurs when blood supply does not reach part of the brain due to either clotting or bursting of a blood vessel in the brain. It always comes like a thunderbolt. So, every second counts as brain cells start dying. Call for emergency medical help. If the patient is not fully alert, place the patient on their side in a supported position of greatest possible comfort, cover the patient to prevent heat loss till medical help arrives.<sup>25-26</sup>



Do not let the patient go to sleep. A stroke can affect the ability to swallow and cause choking, so don't give medication, food or drinks. If it is a haemorrhagic stroke (20% of strokes could be) aspirin may cause more bleeding. Even if symptoms vanish quickly, do not delay calling for help. Most stroke patients do not need a CPR but if a patient is unconscious with no pulse or breathing, immediately give CPR.<sup>25-26</sup>

#### 5. Healthy lifestyle can prevent or contain any disease

Most lifestyle diseases are preventable as well as reversible! Regular physical activity coupled with an appropriate diet can reduce the risk of chronic diseases. A healthy diet consists of complex carbohydrates (whole grains, vegetables and fruits), plant-based protein (lentils, beans, peas, nuts, and seeds) and healthy fats in moderation compared to the so-called "fat-free" foods. Research says a healthy lifestyle can trump a lot of our genetics too!<sup>5,8,9,27-32</sup>



**Taking care of social health** through acts of kindness, seva or community work, and nurturing relationships as well as spending quality time with self every day through meditation or silent sittings brings peace and joy.<sup>32</sup> In the context of lifestyle it is good to remember the golden words of Mahatma Gandhi: *"Instead of using the body as a temple of God we use it as a vehicle for indulgences, and are not ashamed to run to*

*medical men for help and abuse the earthly tabernacle.*"<sup>33</sup>

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## 2. SVP workshop 3 to 7 March 2022, Prashanti Nilayam

Sai Vibrionics is a gift, providing a constant opportunity for service to mankind which is indeed service to



SVP workshop in progress



After the valedictory speech



Oath-taking ceremony

God. Swami's blessing ensures its effectiveness which in turn motivates the practitioner's enthusiasm to advance in skill and knowledge, not only in service to their patients but also for the Sai Vibrionics organization itself. This was evident from this recently held SVP workshop.

After completion of 12 weeks of excellent online training conducted by our senior trainers, this very productive practical workshop was attended by four practitioners from India, one from USA and one from France. All participants gave presentations on their "Vision for Vibrionics - five years from now" and how each one of them can contribute to taking Vibrionics forward. There was an inspiring and heartfelt address by Dr. Aggarwal and this ended with a Q & A session. The workshop concluded with an oath-taking ceremony by all trainees. The collective feedback from the participants and the trainers was highly positive and motivating us to work towards Swami's vision to make Vibrionics available to more and more people across the globe.

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### 3. Refresher workshop, Bengaluru, 9 April 2022

Karnataka practitioners had been holding monthly meetings online since April 2020 and had covered 20 out of the 21 categories in the 108CC book. This most informative, encouraging and exciting workshop



Manifestation of Vibhuti by Swami

was held at Sai Geetanjali Samiti in Bengaluru. Many practitioners had arrived early in the morning to place their letters and 108CC boxes at the altar. The atmosphere became charged with excitement and joy since Swami had blessed the workshop with manifestation of vibhuti in abundance (see pic) on the letters, photos of Swami for distribution and some 108CC boxes (including the one from the Wellness Centre at the SSIHMS). The morning session started with an address by **Practitioner<sup>11622</sup>** on the importance of seva considered as panacea for self-transformation. Next session was information and discussion on category 21 of 108CC book, followed by inspiring experiences by five practitioners.

The highlight of the workshop was the recharge session in the afternoon. With the efforts of **Practitioner<sup>11601</sup>** a Master Box was brought from Parthi especially for this session and then returned. The 35 practitioners present felt especially blessed that their boxes were charged directly from the Master Box, see pic.



### 4. Recharging Session, Mumbai, 23 April 2022

Dharmakshetra was the venue for this recharge session which started at 4 pm in the vibrant atmosphere of Wellness Centre, with prayers to Swami and chanting of Omkar. At 5 pm all the 31 recharged 108CC boxes were placed at Swami's lotus feet for His blessings. A brief discussion followed on post-pandemic issues and general queries before concluding with Mangal Aarti.



### 5. Respite from chickenpox for the cows <sup>11570...India</sup>

In a large cow shelter, five out of a total of 2200 cows developed fever with blisters on their face, neck, and back. As a result, they went off their food and after five days, they were hospitalised. Two days later on 5 October, 20 more became ill and were quarantined on the premises. On 10 Oct after a week's stay in the hospital, the five cows returned, all without fever but still weak and suffering from loss of appetite **CC1.1 Animal tonic + CC9.4 Children's diseases...TDS** in their drinking water. The very next day, their

appetite increased and the fever and blisters reduced. On 17 Oct, their fever was gone and they had all made 80% recovery with fewer blisters; they were now enjoying their fodder. A week later on 24 Oct., the visiting practitioner was delighted to witness complete recovery in all the 25 cows! After six months in April 2022, all the 25 cows continue to be well. This has provided the practitioner with another venue for vibrionics seva.

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## 6. In Memoriam

**Sri Ravindra Balkrishna Dave** <sup>10163</sup> at the age of 70, merged with Swami on 24 Dec 2021. Following a heart attack a year back he developed gangrene of the intestine for which he was operated and a month later he passed away. In spite of his serious health issues, he was active till the last month of his life and submitted his monthly reports. We gratefully acknowledge his great dedication to vibrionics.

**Father Charles Ogada** <sup>02522</sup> left for his heavenly abode on 30 March 2022 at the young age of 51. He had been practicing vibrionics in Nigeria since 2009 and together with his brother had seen thousands of patients. He had introduced vibrionics in the hospital he established four years ago. Two months prior to passing away he had contracted Covid-19 from which he recovered but later succumbed to malaria. A true seeker, he will be sadly missed both for his seva and words of wisdom. While recovering from Covid-19 he had written a poem, which we would like to share:

### SEEK THE TRUTH OF YOUR EXISTENCE

I am not this body - sick and feeble.

I am not this mind - worried about the body.

I am not these emotions - hovering around me like a cloud of dark energy.

I am not my children either - with the deep bonds of relationship built on the platform of oneness.

I am not JOY Village - and all the edifice of love and service standing tall and strong.

I am not my failures - and they are many.

Neither am I my successes - which I know are numerous too.

I am not a priest - and the habits and costumes which makes a monk

I am not God - and all the religious concepts and ideas which formed the substance of its very existence.

I am not anything; I am not nothing; I am not even I - projected as a reflection of its own Self!

And I am not this thinking process which says – 'I am not this and I am not that'

I am not;

Yet I am.

\*\*\*\*\*

Om Sai Ram

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