

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

Vol 13 Issue 4

Jul/Aug 2022

In This Issue

☞ From the Desk of Dr Jit K Aggarwal	1 - 2
☞ Practitioner Profiles	2 - 4
☞ Case Histories using Combos	4 - 9
☞ Answer Corner	9 - 10
☞ Divine Words from the Master Healer	10 - 11
☞ Announcements	11
☞ In Addition	11 - 15

☞ From the Desk of Dr Jit K Aggarwal ☞

Dear Practitioners

We are now entering into one of the holiest months of the year - Ashada - which brings with it the auspicious festival of Guru Purnima, a festival that holds a dear place in the hearts of all practitioners as the day Swami showered us with love in the physical form by cutting the cake offered by the vibrionics team and accepting our offering of prasadam for three consecutive years.

In His Guru Purnima discourse in 1969, Swami said, "*Today's festival is called Guru Purnima; it is a name full of meaning. Purnima means the effulgent full moon. Guru means (Gu-ignorance, Ru-destroyer) he who removes the darkness and delusion from the heart and illumines it with Higher Wisdom.*" The full moon represents the mind when it is filled with love. And, Swami says, the only way to fill our hearts with pure unsullied love is to engage in sadhana (spiritual practice), one of the easiest forms of which, in the Kali Age, is seva (service).

Seva is the very spirit behind Sai Vibrionics that endeavours to spread the stream of Divine Love in the form of healing vibrations. With Swami's immense grace I am happy to report, our mission has picked up steam in the last few months. Camps and physical clinics that had been suspended due to the pandemic have re-started in full swing; these are being held at both the original and new venues by dedicated teams of practitioners. You can refer to the 'In Addition' section for a brief report of our activities.

With this acceleration in seva activities, we are being flooded with enquiries from patients asking for contact details of their nearest practitioner. All such requests are handled by a dedicated team under the IASVP wing and can be contacted at practitionerInfo@vibrionics.org. I request all practitioners dealing with such inquiries to obtain feedback from patients, as to whether the practitioner is active and his latest contact details, in order to keep our database up-to-date.

I am happy to report good progress since announcing the institutionalisation of Sai Vibrionics with a formal and dynamic organisational structure just over two years ago (vol 11 Issue 2: March/April 2020). In the backdrop of challenges and opportunities that the pandemic presented us with, a team of senior practitioners, who have taken responsibility for running the organisation, has formed a 'think tank' in order to introspect and analyse the functioning of the organisation. The team will evaluate the activities of all the wings and formulate a comprehensive roadmap to fulfil the aims and objectives of Sai Vibrionics and take it into the future.

And while on the topic of taking vibrionics forward and making a meaningful impact, gaining credibility on the world stage is of paramount importance. This requires much greater contribution, effective coordination and increased collaboration amongst our practitioners to produce and present their successes via publishable case histories. In order to maintain our repertoire of case histories, I strongly

urge all RCs and mentors to ensure that every practitioner (AP, AVP or SVP) sends us at least one chronic case history every quarter to: casehistories@vibrionics.org. Don't worry if you do not have a properly documented case; simply fill in the required data from your patient records in the excel or word document template which we will provide you with, on request. Our case histories team will then use the raw data to rewrite your case in a publishable format. Kindly make sure to include your registration number in all communications.

Guru Purnima is an occasion when we should rededicate ourselves to living every day by the teachings of our spiritual master who through His Divine life and teachings taught us the true meaning of Love and Service. In His Guru Purnima discourse in 1998, Swami said, "*Seva is the highest form of worship and the best penance. Seva is the most important form of reciting the Lord's name.*" Let us move ahead with gratitude and humility on the path our Sadguru Sai has illuminated for us.

In loving service to Sai

Jit K Aggarwal

☪ Practitioner Profiles ☪

Practitioner ^{11618...India}



has a Masters in Structural Engineering and worked as a software engineer from 1995 to 2000. From 2003 to 2017 she was instrumental in establishing and managing an NGO, Premalayam, that adopted five government schools from the slums of Hyderabad to help poor and needy children. The NGO focussed on their health, education, employment prospects and personality development programs and provided them with counselling to overcome inhibitions, with the aim of making them better citizens. Presently, she is a homemaker and an active vibrionics practitioner.

She was a self-professed atheist since childhood as she was unable to justify the suffering of poor people and, as a result, showed a keen interest in seva. She participated in service activities during festivals as part of Scouts and Guides and engaged in Ramakrishna Mission youth seva programs.

In 1996, she married an ex-student from Swami's institute but he did not influence her to become a devotee. The same year, she started experiencing a spiritual connection with Shirdi Sai Baba. Moving to the US in 2000, she witnessed the service activities of the Sai organisation first-hand and actively participated in them. In 2001, she visited Puttaparthi with her husband and had her first darshan of Sathya Sai Baba. She still remembers the discourse Swami gave that day on love and doing seva with dedication. Swami's words answered all her questions and cleared all her doubts. At the same time, she beheld Swami's service initiatives and institutions and witnessed devotees performing seva with love and enthusiasm. The barriers were lifted and she finally came into Sathya Sai fold.

The practitioner developed a keen interest in natural methods of healing and became a certified yoga teacher in 2005. In 2012, she started her PhD in Yoga on the effect of vibrations from chanting beejaksharas (seed mantras) on chakras in the human body and their role in healing diseases. But she was not able to complete this as she had to move to the USA again with her husband for another six years. There, she came across Sai Vibrionics while looking for information about vibrations and frequencies. Considering this as Swami's call, she applied for and completed the AVP training in 2018-19 and was certified as a VP in April 2020.

Soon after becoming an AVP, she treated a family member who had been suffering from abdominal pain for the last nine months. The pain was becoming intolerable. She gave him **CC4.3 Appendicitis + CC4.10 Indigestion + CC10.1 Emergencies**. Within a week he was 90% better and totally pain-free in a fortnight.

In an incredible incident, a 22-year-old woman suffering from viral fever for 15 days came to her house when the practitioner was not at home. She felt dizzy and had to lie down. The practitioner's sister gave her one dose of the only remedy she had with her - **CC9.2 Infections acute + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic**. When the practitioner returned home two hours later, the patient had miraculously recovered!

The practitioner narrates an amazing case of a 35-year-old lady suffering from hypothyroidism for 18 years and taking 100 mcg Eltroxin tablets. She was given **CC6.2 Hypothyroid + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic** and after five days, the doctor advised her to

stop the allopathic tablets!

CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic and after five days, the doctor advised her to A 39-year-old male had sustained severe head injuries in an accident. After 40 days of stay in ICU, when he was discharged, he had: **a.** impaired vision due to brain clots and hence advised eye surgery. **b.** damaged kidneys and so was soon to be started on dialysis. She gave him **CC3.2 Bleeding disorders + CC3.7 Circulation + CC7.6 Eye injury + CC10.1 Emergencies + CC18.5 Neuralgia** and **CC7.6 Eye injury + CC10.1 Emergencies** as eye drops in distilled water for his eyes, also **CC4.2 Liver & Gallbladder tonic + CC12.1 Adult tonic + CC13.2 Kidney & Bladder infections + CC13.4 Kidney failure + CC15.1 Mental & Emotional tonic** for his kidneys. After two weeks, the patient went to the hospital for his eye operation, only to be told that the doctor had cancelled it as he no longer required surgery! And the creatinine levels had improved to an extent that he did not need dialysis!!

The practitioner finds, in cases of respiratory allergies, adding **CC19.6 Cough chronic + CC19.7 Throat chronic** to **CC19.2 Respiratory allergies** gives faster relief. In chronic cases, she prescribes **CC10.1 Emergencies + CC17.2 Cleansing...TDS** for a week prior to starting the regular remedy and finds this speeds up the healing process.

These wonderful results have helped boost the practitioner's confidence and she believes that, with love and sincerity, even the most complex cases can be cured. During the pandemic, she actively took part in **IB** packing and distribution. Now, she enthusiastically participates in vibrionics camps. She finds online workshops and meetings highly beneficial to her understanding of vibrionics and for keeping up-to-date with developments. She hopes to contribute to the growth of vibrionics by doing research on farm crops.

Since the start of her practice, the practitioner has maintained higher vibration levels. She feels Sai guides her in her choice of remedies and is grateful to Him for the opportunity to share His love with the needy.

Cases to share:

- [Nosebleeds, sinusitis](#)
- [Breast pain in lactating mother](#)
- [Jaw pain](#)
- [Asthma, adenoids, & ear pain](#)

+++++

Practitioner ^{11603...India}



is a commerce graduate and currently a homemaker. Apart from practicing vibrionics, she enjoys singing, especially bhajans, reading spiritual books and listening to Sai devotees narrate their experiences with Swami. Having been born in a family devoted to Sai Baba, helping others comes naturally to her. Since her childhood, the practitioner has been involved in Sai samiti activities and served as a Bal Vikas guru for five years. She enthusiastically participates in Narayana seva whenever presented with an opportunity.

She was divinely inspired to learn vibrionics after attending an awareness speech given by a practitioner in her local Sai centre and joined the AVP course soon after. Though she had difficulty in using the computers required for the course, with determination and support from her family and mentors, she was able to complete the AVP certification in July 2018 and subsequently, became a VP in May 2019. She actively participates in all vibrionics camps.

She feels that the 108CC box is a Divine gift and is grateful that she has been chosen as His instrument for this seva. Experiencing the power of vibrionics healing on herself gave a big boost to her confidence in this system. For the past seven years, she used to get vertigo attacks 2-3 times a week. Taking one dose of **CC18.1 Brain disabilities + CC18.7 Vertigo** would give her complete relief within an hour. Ever since she became a practitioner, her family, friends, and relatives always turn to vibrionics as their primary healing system. She always carries the Wellness Kit with her and has found this to be of great help to herself and others in an emergency.

In her practice, she has experienced that in any stressful situation, **CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC18.1 Brain disabilities** taken every 10 minutes gives wonderful results within 30 to 60 minutes. In rural camps, many farm labourers complain of skeletal and muscular pain and she finds **CC3.7 Circulation + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC20.6 Osteoporosis** to be very effective when taken both orally in water and applied externally in coconut oil. In her experience, **CC9.2**

Infections acute + CC19.2 Respiratory allergies in 30 ml distilled water works as excellent nasal drops for a blocked nose.

The practitioner has some interesting cases that she would like to share with us. A 54-year-old man who was suffering from severe earache and swelling at the back of his right ear for two days was given **CC5.1 Ear infections**. The pain and swelling reduced by 90% that very day and he was completely cured in the next three days. In another case, a couple wanted to have another child. They tried unsuccessfully for 3 years; according to the doctor, the woman could not conceive due to PCOD. The practitioner gave **CC8.4 Ovaries & Uterus + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic** to the woman and **CC12.1 Adult tonic + CC14.3 Male Infertility + CC15.1 Mental & Emotional tonic** to her husband. The patient did not take any other treatment and conceived in the next four months. The couple was blessed with a healthy baby boy.

She also had great success treating a 22-year-old who had developed reddish spots over both her legs from thighs to toes due to waxing and was also suffering from indigestion. The practitioner gave her



Before treatment

After treatment

CC4.10 Indigestion + CC15.1 Mental & Emotional tonic + CC21.3 Skin allergies and within six days, the young woman was relieved of both conditions. The next time the patient applied wax, the spots recurred. This time the practitioner advised her to dab the water remedy on the affected areas every 10 minutes for one hour. Within hours the spots rapidly reduced in size and completely disappeared within three days. The next time, the patient started on the remedy two days before waxing. To her great relief, barely any spots appeared.

She enjoys working with other practitioners and advises everyone, whether an AVP, VP or SVP, to consult with their mentor regularly as one can be introduced to a different perspective and also gain invaluable guidance on complex cases. The practitioner is continuously enhancing her knowledge on good diet, exercise and lifestyle and, as a result, is able to give appropriate advice to her patients, whenever necessary. She is extremely grateful for this seva opportunity that has made her develop empathy and kindness towards others and experience oneness with all beings.

Cases to share:

- [Anxiety & abdominal pain](#)
- [Piles, constipation & acidity](#)

☞ Case Histories Using Combos ☞

1, Nosebleeds, sinusitis ^{11618...India} A 10-year-old boy was having nosebleed 2 to 3 times a week since his childhood. Physical strain, exposure to pollution and dry weather conditions, in particular, triggered this symptom. During every episode, he lost at least two ounces of blood and felt weak for the next two days. The doctor prescribed an ointment which did not help. In addition, he was suffering from sneezing, runny and stuffy nose on a daily basis for the past one year. Three months ago the doctor had warned that the child was on the verge of getting asthma and prescribed a nebulizer. But the parents were reluctant to use more allopathic medicines and decided to take vibrionics. On **9 Jan 2022**, the child was given:

#1. CC9.2 Infections acute + CC10.1 Emergencies + CC12.2 Child tonic + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.5 Sinusitis...TDS

#2. CC10.1 Emergencies + CC 19.4 Asthma attack...every ten minutes for one hour if the symptoms are severe, followed by **6TD**

#3. CC10.1 Emergencies + CC19.5 Sinusitis... BD in saline water as nasal drops (distilled water was not available)

After a week the mother informed that there was only one episode of bleeding and 50% improvement in the child's nosebleed, sneezing, runny and stuffy nose. On 28 Jan, she delightfully reported 100% improvement in all his symptoms, so **#3** was stopped. **#2** was never needed and **#1** was continued at **TDS** for two months and reduced to **OD** for two months before stopping on 30 May 2020. As of May 2022, the boy continues to do well.

Editor's comment:

Nasal drops can be prepared in distilled water or boiled and cooled water.

+++++

2. Breast pain in lactating mother ^{11618...India} A 30-year-old woman approached the practitioner complaining of severe pain in her breasts. Four months ago, she had delivered a baby and a month later, the pain started for which she was prescribed painkillers. After a month the pain had worsened to such an extent that she was taking 5 tablets of paracetamol per day along with other prescribed painkillers with no relief. The pain was so intense that she was terrified at the sight of her own baby and wanted to stop breastfeeding but kept postponing this, fearing the baby would not get sufficient nutrition. Though the baby was exclusively breastfed, the mother was producing excess milk which appeared to have caused several lumps in her breast. In the last two days, the patient had also developed constipation with hard and bloody stools. On **16 Aug 2019**, the practitioner gave:

#1. CC2.3 Tumours & Growths + CC3.7 Circulation + CC8.3 Breast disorders + CC10.1 Emergencies + CC20.4 Muscles & Supportive tissue...BD in oil for massage on the affected region, followed by fomentation.

#2. CC4.4 Constipation + CC4.10 Indigestion + CC8.1 Female tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + #1...6TD for three days followed by TDS

In addition, the patient was advised to take lots of water to ease constipation.

After four days on 20 Aug, there was 50% relief from the pain as well as constipation. On 26 Aug, the patient voluntarily stopped taking all the painkillers as the pain was manageable. On 30 Aug, #1 was discontinued. On 17 Sept, she reported 100% relief from all symptoms, so the dosage of #2 was tapered down until finally stopped on 18 Dec 2019. She continued to breastfeed her baby for a year and a half and her problem never recurred!

+++++

3. Jaw pain ^{11618...India} A 50-year-old woman came to the practitioner with severe pain in the left jaw that recurred every 1 to 2 months for the past two years. Each episode, lasting for 10 to 14 days, started with mild pain that gradually increased over a week, making it difficult for her to open her mouth fully or chew food. During this period she could take only liquids or semisolids. She took prescribed painkillers and used a mouth guard which gave her only temporary relief. When she visited the practitioner on **10 Aug 2020**, she had severe pain which had started as mild pain a week ago, she was given:

CC10.1 Emergencies + CC11.6 Tooth infections...6TD

Next morning, she was happy to report that there was 70% relief from the pain and she could open her mouth and chew food normally! After two days the dosage was reduced to TDS and continued for two weeks. On 25 Aug, as she reported 100% improvement the dosage was reduced to OD for two weeks and then stopped. She was relieved as she did not need painkillers after starting the remedy. When the patient was contacted on 20 May 2022, she conveyed that the jaw pain had not recurred.

Editor's comments

It is likely this patient had lockjaw (trismus), a painful condition that makes it difficult to speak, eat or maintain oral hygiene. This is most often temporary but if it becomes permanent, or is due to tetanus, it can be life-threatening. Severe lockjaw can affect swallowing and even alter the appearance of the face.

+++++

4. Asthma, adenoids, & ear pain ^{11618...India} An 11-year-old girl had been suffering from runny nose, irritable throat with cough, breathing difficulty, wheezing and ear pain on a daily basis since early childhood. Her condition worsened during change of weather and when exposed to pollution. She had been taking allopathic medicines and used a nebulizer when the symptoms were severe but these provided only temporary relief.

She also had nasal blockage due to adenoids which were growing and causing pain from the ear down to the jaw; the doctor advised surgery. On **13 Aug 2019**, her mother took the girl to the practitioner who gave:

#1. CC5.1 Ear infections + CC9.2 Infections acute + CC10.1 Emergencies + CC12.2 Child tonic + CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.5 Sinusitis...TDS

And for emergencies:

#2. CC10.1 Emergencies + CC19.4 Asthma attack... every ten minutes for an hour and if no improvement, for another hour, then **6TD** for three days and if needed **TDS** for three days and **OD** for three days.

The patient was advised to keep her surroundings clean and avoid exposure to pollution, practise regular pranayama, and avoid taking cold water, refrigerated foods and sweets.

After two weeks there was 30% improvement in runny nose, irritable throat, cough, nasal blockage and wheezing and 40% improvement in ear pain. In another two weeks, the improvement went up to 60% and 50% respectively. After starting the above remedy she did not take allopathic medicines but did use the nebulizer a few times.

After another month, there was 90% relief in all her symptoms. She took **#2** during the first month only, thereafter it was not required.

In the third week of November, the mother delightfully informed that her daughter did not use the nebulizer for the past one month and was pleasantly surprised that her condition was under control even during the winter season.

In Jan 2020, five months after starting the remedy, she was 100% free of all symptoms. On 22 Feb, the dosage of **#1** was reduced to **BD** for a month and then tapered off to zero by 20 Aug. As of 20 May 2022, there has been no recurrence.

+++++

5. Anxiety, abdominal pain ^{11603...India} A 53-year-old woman visited her daughter in the US for three months with plans to return to India in March 2020 but it got indefinitely postponed due to the pandemic. This upset her and she started to have pain in the left side of her abdomen that became worse after eating, a burning sensation in throat, loose motions, anxiety, loneliness and sleeplessness on a daily basis. All the symptoms continued for the next five months. She managed her digestive problems with antacids.

She visited a physician soon after her return to India in July, took medication for a week but got temporary relief from loose motions only; so decided to take vibrionics treatment. On **6 Aug 2020**, she was given:

#1. CC4.2 Liver & Gallbladder tonic + CC4.6 Diarrhoea + CC4.10 Indigestion + CC15.1 Mental & Emotional tonic...6TD

In addition, the patient resumed her practice of pranayam. On 17 Aug, there was 20% improvement in abdominal pain and 30% improvement in burning sensation and loose motions. The remedy was enhanced to:

#2. CC4.11 Liver & Spleen + #1...6TD

Within a week, except for anxiety and sleeplessness, she had 70% improvement in all other symptoms. After 20 days, she felt fine except for some mild, intermittent abdominal pain on eating. Since anxiety seemed to be the root cause of sleeplessness, the practitioner felt it could be resolved by cleaning her system. On 1 Oct, **#2** was enhanced to:

#3. CC17.2 Cleansing + #2...6TD

On 21 Nov, she had 95% improvement in anxiety, depression and sleeplessness and the abdominal pain had vanished too. She felt relaxed and happy. The dosage was reduced to **TDS** and as she was totally fine by 31 Dec 2021, the remedy was stopped. As of June 2022, she continues to be well.

Editor's comments:

CC15.6 Sleep disorders at bedtime could have helped resolve sleeplessness much earlier. Normally **CC17.2 Cleansing** is given in a separate bottle and ideally on its own but when combined with a large combo pullout is less likely to happen.

+++++

6. Piles, constipation & acidity ^{11603...India} A 38-year-old female had been suffering from constipation, piles with hard and bloody stools, and itchy anus since May 2011. She had taken ayurvedic treatment for six months in 2017 but with hardly any improvement. In 2018 she underwent piles surgery and took allopathic medicines for three months and had relief from all her symptoms but these recurred within a few days after

the treatment was over. She also had heartburn and nausea for the past one month when she consulted the practitioner on **5 Nov 2019**. She was given:

#1. CC4.4 Constipation + CC12.1 Adult tonic...TDS

#2. CC4.2 Liver & Gallbladder tonic + CC4.10 Indigestion...TDS, increase to **6TD** for 1 or 2 days if symptoms became severe

Within a month the patient reported 40% improvement in constipation, bleeding and itchy anus and 50% in heartburn and nausea. She had taken #2 at 6TD for a month as it helped her. Thereafter the improvement was slow but steady, so she continued with **#1 & #2** for another three months at **TDS**. On 13 Mar 2020, there was 80% relief from all the symptoms; **#1 & #2** were replaced by:

#3. CC4.4 Constipation + CC4.10 Indigestion + CC12.1 Adult tonic...TDS

After this visit the patient did not contact the practitioner but they met at a function two years later in Mar 22. The patient, while feeling sorry that she had not contacted her, conveyed that all her symptoms had disappeared in April 2020 itself and then had discontinued the remedy.

+++++

7. Hypothyroidism ^{11623...India} A 39-year-old woman diagnosed with borderline hypothyroidism in May 2020 was advised to get it re-checked after three months but she ignored it. Over the next six months, she gained 10 kilos, developed overeating habit and suffered from a plethora of symptoms such as body chills, muscle cramps, numbness, sleeplessness, mood swings, fatigue and hair loss. Her test report in Feb 2021 revealed hypothyroidism (TSH - 6.0µIU/ml). She did not want to take allopathic medicines and decided to take vibrionics instead. On **10 Feb 2021**, she was given:

#1. CC3.7 Circulation + CC6.2 Hypothyroid + CC12.1 Adult tonic + CC15.4 Eating disorders...TDS

On 20 Apr, the patient conveyed that her compulsive eating had stopped and she had lost 4 to 5 kg. Muscle cramps and numbness were completely gone and she had 50% relief from body chills, hair loss, and sleeplessness. But there was no improvement in fatigue and she still remained tired and weak throughout the day. Her remedy was enhanced to:

#2. CC12.4 Autoimmune diseases + #1...TDS

By 25 June, she had lost 10 kg and had adopted healthy eating habits. Her mood swings and hair loss were 100% better and the body chills and fatigue were 90% better. Her test report in June revealed normal thyroid levels (TSH - 3.3 µIU/ml). By 1 July, she felt 100% fine and was feeling healthy, energetic and happy, so the remedy was tapered down to **OW** and then stopped on 30 Oct 2021. As of Apr 2022, her thyroid levels are stable and there has been no recurrence of any of the symptoms.

+++++

8. Insomnia ^{03605...France} Since her husband's death ten years ago, a 76-year-old woman was suffering from insomnia. She had difficulty in falling asleep and slept fitfully through the night. She was anxious and nervous at the very thought that she would not be well-rested. She was also acutely stressed about her 40-year-old severely disabled son who was admitted into a special institute. She was not taking any treatment and, on hearing about vibrionics from the practitioner who was also her neighbour, was happy to try it. On **10 Dec 2021** she was given:

CC15.6 Sleep disorders... a dose **one hour** before bedtime, if not asleep, **every hour** and again in the middle of the night, if awoken.

The very next day, the patient reported that she felt relaxed after the first dose but there was no improvement in the quality of her sleep. Two days later the patient felt good as the negative thoughts that haunted her before bedtime had disappeared. She fell asleep after the second pill and slept better. She took another pill upon waking up in the middle of the night after which she managed to fall asleep again and she felt well-rested in the morning. She continued taking the remedy as prescribed and, in Jan 2022, while requesting a refill conveyed to the practitioner that she had been sleeping well since starting the treatment!

Five months later in May 2022, the patient reported that she had been falling asleep soon after taking the first pill and rarely required a second dose. She now feels very relaxed, comfortable and healed and is continuing with the remedy.

+++++

9. Kidney stones ^{03601...Nepal} A 17-year-old female was taking four different allopathic medicines for anaemia, menstrual problems, and water accumulation in cervix for two years. Although her menstrual problems got normalized after seven months of taking these medicines, she developed other symptoms such as pain in the abdomen when lifting objects, dizziness, vomiting (early mornings on waking up) and frequent diarrhoea. She was taking the medication intermittently and continued to suffer from the above symptoms.

In March 2021, when the pain in the abdomen worsened during her menstrual cycle for three days, she consulted another doctor. He advised a scan that revealed a stone of 4 to 5 mm in each kidney. The doctor attributed the cause to the allopathic medicines and prescribed another set of medicines. She took them for two months with some relief but stopped them as her family could not afford them anymore. She started taking a home remedy and it did not improve her condition. Her family then opted for vibrionics and on **22 Aug 2021** she was given:

CC8.1 Female tonic + CC12.1 Adult tonic + CC13.2 Kidney & Bladder infections + CC13.5 Kidney stones...TDS

The abdomen pain was gone in two days and after another week, she informed that all other symptoms had vanished too! The practitioner advised her to reduce the dosage but she preferred to continue at **TDS**. When she came for a refill on 15 Nov, she was advised to get a scan done which she did the next day. It showed that the stone size had reduced in both kidneys to 2.5 mm and 2.1 mm. This being within the acceptable range, no allopathic medication was prescribed. The remedy was tapered off to the maintenance dosage of OD. There has been no relapse as of June 2022.

+++++

10. Deep vein thrombosis (DVT) ^{10940...India} A 33-year-old woman, teacher by profession, came to the practitioner complaining of painful cramps and stiffness in her right calf muscles for the past three months. She had pain while standing, walking or sitting. Her job demanded long hours of standing which worsened her condition. She consulted an orthopaedic doctor who diagnosed it as DVT after a physical exam and prescribed medicines. The patient did not take them and opted for vibrionics instead. On **28 Oct 2015**, she was given:

CC3.1 Heart tonic + CC3.4 Heart emergencies + CC20.4 Muscles & Supportive tissue...TDS

The patient also did the exercises suggested by her doctor. On 9 Nov, there was 60% improvement in the cramps as well as stiffness and the dosage was reduced to **BD**. On 2 Dec, she had 95% improvement in pain and stiffness and the dosage was reduced to **OD**. By the end of December, she was fine and the remedy was stopped. She was happy that she could stand for long hours, sit or walk without any discomfort. As of June 2022 there has been no recurrence.

Editor's note: Ideally, dosage of **TDS** should continue till the patient is 100% symptoms-free.

+++++

11. Respiratory Allergy ^{11633...India} A 37-year-old woman had been suffering from severe respiratory allergy, on average for nine months in a year since childhood. She had sneezing, watery eyes, perpetual stuffy nose and breathing difficulty, especially when lying down. Also her feet were very cold and she always had to wear socks. What bothered her most was the nasal congestion which got aggravated by strong smells, head bath, consuming any fruit or vegetable (except brinjal and okra) or grains. This made her life difficult and she found herself very stressed. She was not taking any treatment.

In 2018 her husband's paralytic attack added to her woes. The symptoms got worse and she became aggressive and had suicidal thoughts. She consulted a doctor who prescribed Betnesol nasal drops and Okacet tablets. She took them every two or three days. Each time she felt better for two days. As these medicines caused weight gain and back pain, she discontinued them after a year. She then took homoeopathy for one and a half years but stopped as there was no improvement. In Jan 2021, when the symptoms became unbearable, she again took the previous allopathic medicines which provided temporary relief only. On **27 Sept 2021**, she consulted the practitioner who gave:

CC4.10 Indigestion + CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies + CC19.5 Sinusitis...TDS

The very next day the patient had stuffy nose resulting in breathing difficulty. But she could manage without the allopathic medicines. After three days, she had complete relief from all the symptoms! After a week she was thrilled to report that she had eaten a guava after three years without getting any allergic

reaction. After another 20 days, she reported that even after taking a head bath and eating fruits, there was no trace of any symptoms!

On 8 Nov, the dosage was reduced to **BD** for two weeks and then to a maintenance dosage of **OD** which the patient continues. Her aggressiveness and suicidal thoughts were gone too. She felt relaxed and was able to handle any stress with a calm mind. As of Mar 2022, she is doing fine and happily enjoys fruits, vegetables, and grains.

+++++

12. Acidity, leg pain ^{11633...India} A 60-year-old woman approached the practitioner seeking treatment for her acidity that caused belching, discomfort in stomach and hunger pangs she was having for the past ten years. She had work related tension until her retirement two years ago. She had gained 5 kg weight since then. She also had heaviness in her legs accompanied by pain in the calf muscles for the past five months and that was bothering her the most. In addition she had 4 to 5 bowel movements a day and tiredness for the past four months. She was not under any medication except for an antacid she took when the acidity was severe.

On **26 Aug 2021**, she was given the following remedies:

For leg pain:

#1. CC12.1 Adult tonic + CC13.1 Kidney & Bladder tonic + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue...TDS

For Acidity:

#2. CC4.2 Liver & Gallbladder tonic + CC4.10 Indigestion + CC15.1 Mental & Emotional tonic...TDS

As the patient was staying in a far off place she was given both **#1** and **#2** with an instruction to start **#2** after there is 50% improvement in calf muscle pain.

After ten days, on 5 Sept, she had 80% improvement in heaviness in legs, pain in calf muscles and 50% in belching, discomfort in stomach and hunger pangs. Her bowel movements came down to once or twice a day even before she started **#2**! As her condition improved she felt relaxed and energetic. **#2** was started on 21 Sept. On 23 Sept, she revealed that she had sores on her lips for the past one month. She was given an additional remedy:

#3. CC11.5 Mouth infections + CC21.11 Wounds & Abrasions...TDS

Within a week her sores had completely healed, after which **#3** was tapered down and stopped. On 1 Nov, she informed that all her problems have been resolved. On 18 Nov, **#1** and **#2** were tapered off and stopped on 15 Dec. As of June 2022 she continues to be well.

❧ Answer Corner ❧

Q1. I am treating a pregnant cow, due to deliver her first calf in about a month. The cow is active and the vet has given her a clean bill of health. I thought of prescribing **CC1.1 Animal tonic + CC8.2 Pregnancy tonic. Is this the correct combo?**

A. Yes, the combo is perfect and should be continued for a month after delivery. Further for good milk production, you can give **SR554 Lac Can**. When this remedy was given to 400 cows, milk production increased on average by 25% in just two weeks.

+++++

Q2, I am going to be abroad for several months and wish to take my 108CC box with me in order to continue my seva. I am concerned about the customs clearance at the other end.

A. Hundreds of practitioners have taken 108CC boxes abroad and there have been only a few instances where they were questioned at the customs, most recently in the USA. On referring the officers to the main vibrionics website, they were satisfied that the liquid in the dropper bottles contained only alcohol and no other substance of any kind, so the 108CC box was released. In the past we had obtained certificates from laboratories both in Canada and India; these testified that our remedies contained no other physical (biological, chemical, or herbal) substance but only blessings in the form of healing vibrations.

+++++

Q3. A patient has a small chip in her last molar, due to inadvertently biting into a small pebble in her food. That particular tooth is now sharp and food gets lodged between molars. In the 108CC box, **CC11.6 Tooth infections** seems to be the only combo related to teeth, will this be sufficient to prevent a trip to the dentist?

A. No as the gap between molars would require filling by the dentist. In the meantime, it will be good to take the above remedy as this will prevent any infection and avoid any tooth decay. Also, it is important to maintain good oral hygiene. Do tell the patient that the sharp tooth could cause injury to the soft tissue in the mouth.

+++++

Q4. Can the remedy bottles be kept in the motorbike trunk? Does a motorbike produce any radiation when its engine is on?

A. A trunk or top-box is a storage compartment fitted behind the seat. Most motorcycles have a battery and electrical components located directly under the seat of the rider. Because of current-flow in the engine, EMF radiation will be produced but it will be too weak to affect the remedies. In any case, the trunk is far enough from the engine. We suggest that the remedies are not left in the trunk, any longer than necessary.

+++++

Q5. Is there a remedy for workaholics?

A. If using SRHVP, give **SR280 Calc Carb 30C + SR298 Lachesis 30C + SR302 Nux Vom 30CTDS.** If the patient is workaholic out of fear of failure, tension or stress, add **NM6 Calming.** If using 108CC Box use **CC15.1 Mental & Emotional tonic.**

+++++

Q6. Nowadays many children are addicted to using smartphones for playing video games, using social media. This is affecting their performance in studies and by keeping them stay indoors, making them physically inactive. Is there any vibrational remedy which would cause de-addiction to electronic gadgets?

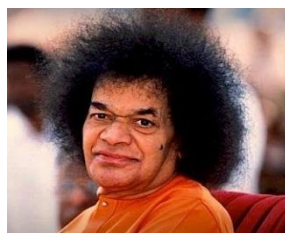
A. We have many remedies such as **CC15.1 Mental & Emotional tonic, CC15.3 Addictions, CC17.3 Brain & Memory tonic** or if using an SRHVP **SM5 Peace & Love Alignment, SM6 Stress** which can help children to overcome addiction to electronic gadgets. But for vibronics remedies to be effective we must address the root cause of the problem. A loving environment at home, parents spending quality family time with children, at least some of it in open air and themselves staying away from excessive use of these gadgets, will go a long way in addressing this social menace which has reached epidemic proportions.

+++++

Q7. I have found for relief of skeletal pain, remedies applied externally using water spray bottles, are extremely effective. So should one still take oral remedies?

A. Remedies are equally effective when applied externally, either by spraying or by dabbing. This should be supplemented by oral intake of remedies for a speedier cure. And do keep in mind that no remedy should be dispensed in alcohol.

☪ Divine Words from the Master Healer ☪



“Man is the victim of many a pain; to those who identify themselves with body, life is a series of trouble and misery. But to those who know that the body is but a vehicle, these cannot cause anxiety...Bodily health is important, for ill-health affects mental poise and concentration. When the body is fit, mental

functions too run smooth; when the body suffers, the mind too gets unsettled. So, this raft called body which is the only means of getting across the sea of samskara (worldly life) has to be kept in good trim.”

...Sathya Sai Baba, “The Human Raft” Discourse, 14 December 1964
<http://www.sssbpt.info/ssspeaks/volume04/sss04-46.pdf>

“In order to deserve the sacred name, Seva, the activity must be freed from all attachment to the self and based on firm faith in the Divine resident in every being. Seva has to be considered as worshipping the form that God has assumed to give the Sevak (one who serves) the chance of worship. When a hungry Nara (man) is served a hearty meal, what is being done is Narayana (God) Seva, for, Nara is only “a form and a name” projected by Maya (human ignorance) on Narayana.”

...Sathya Sai Baba, “Equipment for Service” Discourse, 21 November 1986
<http://www.sssbpt.info/ssspeaks/volume19/sss19-25.pdf>

❧ Announcements ❧

Forthcoming Workshops*

- **India Puttaparthi:** Virtual AVP Practical Workshop **6-22 July 2022**** followed by a face-to-face workshop at **Puttaparthi 28-30 July 2022****
- **UK London:** Virtual Annual Refresher Seminar **18 Sept 2022****, contact Jeram Patel at jeramjoe@gmail.com
- **India Puttaparthi:** Virtual AVP Practical Workshop **2-20 Nov 2022**** followed by face-to-face workshop at **Puttaparthi 25-27 Nov 2022**
- **India Puttaparthi:** AP Workshop (Tamil) **29-30 Nov & 1 Dec 2022****

*Those who have undergone the admission process and the e-course may contact Lalitha at editor1@vibrionics.org for the above workshops at Puttaparthi. Refresher seminars are for existing practitioners.

❧ In Addition ❧

1. Health Tips

Preventing Arthritis and its Progression

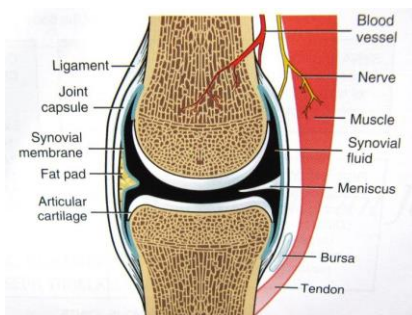
“If you inhale the pure air of Sathya, Dharma, Shanti, Prema, your mind will be free from evil bacilli and you will be mentally sturdy and physically strong. As Vivekananda used to say, you should have nerves of steel and muscles of iron. That is, you should have hope and joy as an unshakable resolution, not despair and rejection”...Sathya Sai Baba¹

1. What is arthritis?

It is a common disorder caused by inflammation or degeneration of the joints making it difficult to move or stay active, mostly painful.²

2. Know your joints!

Joints are junctions between the bones to provide structural stability, flexibility, and body movement. They are classified into three types based on their mobility – freely movable “synovial joints” in the hip, shoulder, elbow, wrist, and knee; less mobile “cartilaginous joints” in the intervertebral discs of spine; and the least mobile “fibrous or fixed joints” in the skull. The joints are cushioned and supported by soft connective tissues and cartilages (shock absorbers), tendons which connect the muscles to bones, and ligaments connecting bones to other bones. Synovial membrane, a padded pocket of fluid lining the joints, lubricates the synovial joints; articular cartilage and bursae (small sacs filled with synovial fluid) ensure their smooth movement without friction. Despite the coordinated skeletal structure of



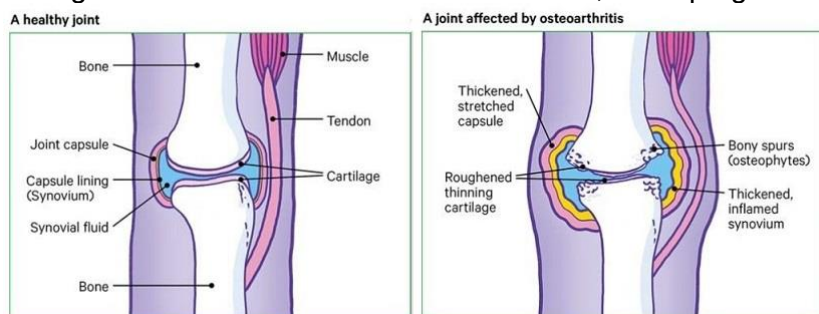
joints to ensure smooth mobility of the body, worldwide many are afflicted with arthritis.^{2,3,4}

3. Types of arthritis - symptoms and causes

There are more than 100 types of arthritis, most of them fall within the spectrum of osteo or rheumatoid arthritis. Symptoms may vary in nature and intensity depending on age, gender, body weight, lifestyle, nature of occupation, exposure to stress, weather conditions especially humidity and cold, family history, overall health, or any injury.^{2,5}

(i) Osteoarthritis

Though known as the “wear and tear” arthritis, it is a progressive disease of the entire joint characterised



by breakdown of the cartilage, bony changes of joints, and deterioration of tendons and ligaments. Symptoms that build up over time could be mild to severe pain that worsen with activity and relieved by rest, burning sensation, tenderness, knobby swelling, thinning of the muscles around the joint, stiffness (usually in early morning hours lasting 30 minutes and recurring for some time

after a period of inactivity), cracking or grinding noise with joint movement, and decreased function usually in the spine, hip, knees, hand joints, and big toes. It usually starts with an isolated joint. A major cause of disability in older people, it occurs due to repeated stress and biochemical changes within the body, mostly because of overuse, prior trauma or skeletal abnormality, obesity, sedentary lifestyle, post-menopause in women, or heredity. It can develop rapidly after an injury.^{2,5-9}

(ii) Rheumatoid arthritis (RA)

An autoimmune inflammatory disorder where the body mistakenly attacks its own joint tissues like the



synovium which then releases damaging chemicals. RA progresses in four stages during which stiffness, pain, and swelling gradually worsen.

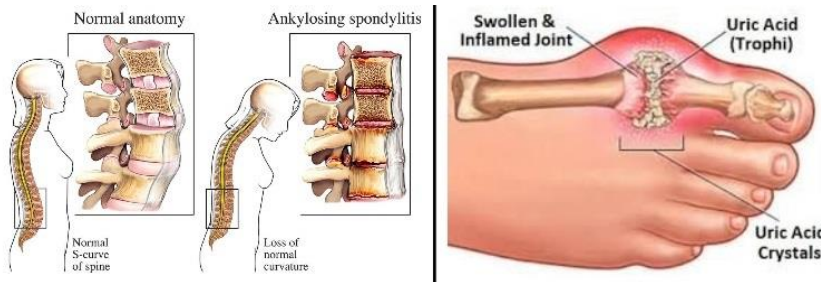
Classic RA may start with stiffness in several small joints of hands and feet in a symmetric fashion in the early morning hours lasting 1-2 hours and get better with movement. This may come and go now and then; one may tend to neglect. Sometimes only one joint may be affected with pain and swelling. Gradually the episodes will become frequent and of longer duration. In the second stage joints start swelling up. Rheumatoid nodules (painless bumps) may develop in elbow; other organs like lungs, eyes, and skin may get inflamed, and heart may also get affected. RA is known to cause anaemia. Do not ignore increased shortness of breath, fatigue, unexplained fevers, red painful eyes, and chronic dry eyes and dry mouth. Blood test along with imaging like X-ray, ultrasound or MRI may help to exactly diagnose RA at this stage. Symptoms become prominent in the third stage as joints get deformed causing nerve pain too. If not treated at this stage, fourth stage will set in where the joints get fused. Smoking and heavy manual occupations can aggravate the disease.^{2,6,10,11,12}

Rheumatoid factor (RF) is an antibody, or blood protein, that can attack the healthy cells and is found in about 80% of RA patients, sometimes noticeable in the first stage itself. A positive RF blood test indicates that the body is producing higher than average amount of the antibodies. The normal range is 0-20 units per millilitre of blood (IU/ml). Healthy people may test positive for RA; those with symptoms may test negative too. Only very high RF level is associated with autoimmune disease. It can also indicate other autoimmune disorders like lupus or Sjogren’s syndrome that often accompanies RA. RF is done as one of the several lab tests for exact diagnosis of RA.^{2,12,13}

(iii) Other types of arthritis

Ankylosing spondylitis is arthritis of the spine that inflames the sacroiliac joints between the base of the spine and pelvis. Symptoms can be redness, heat, swelling, stiffness, and pain in the lower back and

buttocks, rib cage, and neck that come on slowly, get worse in the latter half of the night and on waking up



in the morning; improve with exercise and worsen with rest. In severe cases, extra bits of bone start growing bridging the gap between vertebrae, and eventually fuse them making the spine curve forward more and become rigid (ankylosis). The disease usually starts during the age 17 to 45, more

often in men; exact cause is unknown. It may lead to uveitis, a form of eye inflammation with pain and blurred vision, and also increase the risk of heart disease.^{2,6,14,15}

Gout is a complex form of inflammatory arthritis where, due to extra uric acid in the body, sharp crystals are formed in the joints, first in the big toe, followed by other toes, ankle, and the knee, usually affects one joint at a time. Typical symptoms are sudden severe bouts of pain for 4 to 12 hours with swelling, heat, redness, and extreme tenderness. Gout flares can last days or weeks followed by long periods of remission from weeks to years without symptoms. Later attacks can be more severe and last longer, affecting more joints; progressively mobility may get affected. Gout can be diagnosed from symptoms, physical examination, imaging, and lab tests.^{2,6,16,17}

Juvenile arthritis: the immune system attacks the tissue around the joints causing stiffness, pain, swelling, tenderness, and vision problems; typically found in children of age 16 or under.²

Psoriatic arthritis is inflammation of joints due to psoriasis, an autoimmune disorder, with symptoms of a typical arthritis, along with spots on the skin, pitting, and detachment of the nails.²

Reactive arthritis is caused by an infection in the body that typically results in pain and swelling of joints, eyes and urinary tract.⁶

4. Other joints-related disorders

Symptoms similar to arthritis arise when other components of the joints get affected.

- **Bursitis** is inflammation of bursae that can come up suddenly like an injury and last for days or weeks; large joints like the shoulder and the hip are common spots for its flare-ups.¹⁸
- **Synovitis** is inflammation of synovial membrane mostly associated with RA or psoriatic arthritis.¹⁹
- **Tendonitis** is inflammation of tendons, most common in and around the shoulder, elbow, wrist, knee, and heel, eg, pitcher's shoulder, tennis elbow and jumper's knee. It is caused by
- undue stress on the tendons due to repetitive movement over time, usually found in sportspersons, housewives, gadget users, who operate for long hours without rest.²⁰
- **Carpal tunnel syndrome** is caused by undue stress on the median nerve and tendons in the wrist, found in those whose occupation involves repetitive finger use. Early symptoms are numbness at night, weakness, tingling, and/or pain in the fingers, and difficulty in using the hand for small tasks. RA and gout may also give rise to this disease.²¹

5. Tips for preventing arthritis and its progression

- **Movement is medicine for joints.** Stay active. Make it a habit of putting your joints through their full range of motion, but only up to the point where it doesn't cause more pain. Low impact exercises are suggested. Check with your physiotherapist. Gentle stretching, raising and lowering legs from a standing or seated position, daily walks and hobbies such as gardening can help. Listen to your body and never push too hard. Make sure to warm up and cool down when doing exercise. Balance periods of rest and activity throughout the day.^{2,5,8,9,22,23}
- **Avoid injury.** Watch your posture, repetitive actions, as well as your steps to prevent falls. If need be, do not shy away from using supportive devices, like cane, or a crutch. If you play sports, protect joints with the right gear.^{2,5,9,22}
- **Maintain a healthy lifestyle** with enough sleep, balanced anti-inflammatory diet, and healthy weight. Say **NO** to sugar and tobacco products.^{2,5,9,22}
- **To alleviate pain, embrace natural remedies** like ginger, green tea, and turmeric consumed with fat and black pepper for better absorption; hot and cold therapy or mild massage with oil or gel.²⁴⁻²⁷

References & Links

1. Sathya Sai Speaks, volume 1, Chapter 28, The Best Tonic", page 98: <https://www.sssbpt.info/ssspeaks/volume01/sss01.pdf>
2. <https://my.clevelandclinic.org/health/diseases/12061-arthritis>
3. Types of Joints: [Types of Joints - The structure of Skeleton and Bones - YouTube](https://www.youtube.com/watch?v=dg-632yS6T4); youtube.com/watch?v=dg-632yS6T4

4. Bursae: <https://www.arthritis-health.com/types/bursitis/what-bursa#>
5. Types of arthritis: <https://byjus.com/biology/arthritis/>
6. <https://www.niams.nih.gov/health-topics/arthritis>
7. Osteoarthritis: <https://www.rheumatology.org/I-Am-A/Patient-Caregiver/Diseases-Conditions/Osteoarthritis>
8. Dealing with osteoarthritis: <https://www.uptodate.com/contents/osteoarthritis-treatment-beyond-the-basics>
9. Know and deal with osteoarthritis: <https://www.arthritis.org/diseases/osteoarthritis>
10. Rheumatoid arthritis: <https://creakyjoints.org/about-arthritis/rheumatoid-arthritis/ra-overview/rheumatoid-arthritis-stages-progression/>
11. <https://www.everydayhealth.com/rheumatoid-arthritis/guide/symptoms/>
12. <https://www.rheumatology.org/I-Am-A/Patient-Caregiver/Diseases-Conditions/Rheumatoid-Arthritis>
13. RA factor: <https://creakyjoints.org/diagnosis/what-is-rheumatoid-factor/>
14. Ankylosing spondylitis: <https://www.versusarthritis.org/about-arthritis/conditions/ankylosing-spondylitis/>
15. <https://www.mayoclinic.org/diseases-conditions/ankylosing-spondylitis/diagnosis-treatment/drc-20354813>
16. Gout: <https://www.cdc.gov/arthritis/basics/gout.html>
17. <https://www.mayoclinic.org/diseases-conditions/gout/symptoms-causes/syc-20372897>
18. Bursitis: <https://creakyjoints.org/living-with-arthritis/treatment-and-care/arthritis-vs-bursitis/>
19. Synovitis: <https://www.arthritis-health.com/glossary/synovitis>
20. Tendonitis: <https://www.differencebetween.com/difference-between-arthritis-and-vs-tendonitis/>
21. Carpal tunnel syndrome: <https://my.clevelandclinic.org/health/diseases/4005-carpal-tunnel-syndrome>
22. Healthy habits for dealing with RA: <https://creakyjoints.org/living-with-arthritis/healthy-habits-inflammatory-arthritis/>
23. Tips for warm-up: <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/other-activities/7-dynamic-warm-ups>
24. Herbs and Supplements for relief: <https://www.arthritis.org/health-wellness/treatment/complementary-therapies/supplements-and-vitamins/5-ways-to-take-herbs-and-supplements-for-arthritis>
25. <https://www.healthline.com/health/osteoarthritis/herbs-arthritis-pain#eucalyptus>
26. Home remedies: <https://creakyjoints.org/living-with-arthritis/arthritis-home-remedies/>
27. Natural ways for relief: <https://www.verywellhealth.com/natural-remedies-for-arthritis-in-hands-5095949>
28. <https://www.healthline.com/health/osteoarthritis/herbs-arthritis-pain#eucalyptus>

+++++

2. Camps & Clinics

Glimpses of group activities and new initiatives in India

Soon after the pandemic-related restrictions were lifted, teams of practitioners have come forward with renewed vigour to kick off additional seva activities. Some state-wise noteworthy initiatives are:

Andhra Pradesh & Telangana

Puttaparthi: An informal bimonthly vibrionics clinic at Kammavaripalli old age home has become a regular one run by a team of practitioners on a monthly basis since January 2022. In Prashanti ashram, Practitioner¹¹⁶⁰⁴ has been serving more than 30 elderly patients in the old people's shed with tremendous success. Worth mentioning are a 74-year-old female suffering from psoriasis for 19 years got completely healed and psychiatric issues of a 95-year-old woman got resolved successfully.

Two enthusiastic practitioners in Hyderabad^{11626 & 11632} have been visiting schools 10kms away every month regularly; on an average 20 patients have been treated every month including students, teachers, and locals at a local primary school since Feb 2022; in another school in April alone 100 girls were given remedies including learning booster for 30 Secondary Board students. A new seva centre was inaugurated in June at a Steel Plant in Vishakhapatnam. An awareness talk by **Senior Practitioner**¹¹⁵⁶⁷ followed by a QA session and **IB** distribution was attended by Sai devotees, local samiti office bearers, and general public. This led to a regular weekly evening clinic at the venue by **Practitioner**¹¹⁶³⁴, such is his dedication that on the opening day itself, despite a disruption in power supply, the clinic continued beyond scheduled time until all the patients had been attended to.

Maharashtra

Practitioners from Nagpur started regular vibrionics seva in May 2022 with the Sathya Sai Medicare Service in villages around Nagpur. In May itself, 750 patients from 19 villages were served in 36 camps. They intend to expand their area of seva. Due to relentless efforts of **RC**^{10014 & 02817}, regular (every Wed & Sat) vibrionics clinic was started in May 2022 at the Sai Medical Centre Dharmakshetra. A team of eight practitioners ensure uninterrupted service to the patients averaging 20 per session.

Karnataka

Regular monthly camps are being held in villages near Bengaluru in which 80 patients have been served by two practitioners in the past two months.

+++++

3. Interesting Anecdotes

3.1 Chronic allergy healed sans remedy^{03604...USA}

On 24 March, 2022, hearing about vibrionics from his practitioner friend, a 72-year-old, allergy-plagued

patient exclaimed , “Wow! It would be wonderful if I could be completely healed of at least one ailment in this lifetime!” He was averse to using allopathic medications for his 37-year-old allergy with symptoms: nasal congestion, sinus inflammation, postnasal drip, sneezing and itchy eyes, all in addition to anxiety.

The practitioner mailed the following remedy: **CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies + CC19.5 Sinusitis**. The patient kept a small plastic bottle ready to prepare the remedy in distilled water. On 7 April, the practitioner phoned the patient to get feedback, only to be told that the package had not arrived but his symptoms had completely resolved shortly after their first conversation!! The practitioner was told, despite providing the tracking number, that the package could not be located within the US postal system, neither on the sending nor the receiving end. It had apparently vanished and there was no record of anyone handling the package!

The patient, a devout devotee of Swami, understood that he was cured instantly when the practitioner had prayed intensely for him while preparing the remedy. Interestingly in May, the package was returned to the practitioner with a printed label “Return to Sender”. On 1 June, 2022, at the end of the allergy season, the patient writes, “This year for the first time since 1985 I did not have my usual symptoms and didn’t have to take any medication. When you prepared the remedy you sent a powerful intention. Thank you for all your efforts!!!!” Such are the wonders and glory of the Lord.

+++++

3.2 Overnight recovery from injury ^{11117...India}

On 19 May 2022 the practitioner had a fall on her right side during a stopover while on a long road journey. This resulted in a sprained ankle and injury to her knee and head with a lot of pain. After the three-hour ride back home, she found the pain had increased substantially and there was swelling on the right knee, making it difficult for her to walk. It appeared that it was out of the question to attend the sevadal training program scheduled for 21 May. She immediately made **CC20.2 SMJ pain + CC20.4 Muscles & Supportive tissue + CC20.7 Fractures** in petroleum jelly to apply externally every hour. The pain vanished the same night and the swelling was gone the next day. Only later it dawned on her that she did not take the remedy orally! Needless to say on 21st morning, she happily attended the training program and a week later went to Puttaparthi for state seva.

+++++

3.3 Turmoil experienced from NM25 Shock ^{03518...India}

A recently qualified SVP decided to try, due to past traumatic events in her life, the effect of **NM25 Shock** on herself. She took the first dose in the morning and by the afternoon she had bloating and discomfort which were somewhat relieved by acupressure and drinking ginger tea. The next day, after taking the second dose, the bloating increased exponentially and by the evening she had severe body pain, extreme restlessness, churning feeling in her entire body and loss of mental clarity and physical energy. Taking **Eat Well** and **Move Well** gave her some relief but it was short-lived. After spending a sleepless night, it suddenly hit her that she was experiencing a pullout – an awesome insight into the power of vibrionics! It was unbearable to think of going through another day of suffering. As she continued to chant the Gayatri mantra, recollection came to her in a flash – smell camphor. She did exactly that. Lo and behold, as if by magic, the sensations, the whirling and the pain subsided immediately!!! This was another incredible moment of experiencing how vibrations work. She stopped taking the remedy to let her body recover. She is now waiting for a quiet period, after the body has recovered, to attempt the next dose of **NM25**.

+++++

4. In Memoriam

Sri Shripad Narayan Lele ^{10087...India} from Thane in Maharashtra left for his heavenly abode on 5 May 2022 at the age of 74. He had been practising vibrionics since 2008. An exemplary practitioner, in addition to running a clinic from home, whether in India or abroad with his children, he did vibrionics seva at temples and public places like the main bus depot. Regular in sending his reports, he even sent one for Apr 2022 just a few days before passing away due to a massive heart attack following an angioplasty. We gratefully acknowledge his many years of vibrionics service.

Om Sai Ram