

Sai Vibrionics Newsletter

www.vibrionics.org

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

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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
☞ Announcements	10 - 11
☞ In Addition	11 - 16

☞ From the Desk of Dr Jit K Aggarwal ☞

Dear Practitioners

It is a joyous time of the year when people from all parts of the world, different faiths and cultures gather here in Prashanti to celebrate Christmas and to usher in the New Year. Swami always reminded us that Jesus taught simple, practical lessons, illustrated by His own example of compassion and love, demonstrating how we too might cultivate these divine qualities. Jesus served the poorest of the poor and taught His followers that whenever we serve the needs of the poor, the forsaken, the hungry and the diseased, we are serving God. "*In as much as you have done it to the least of these thy brethren, ye have done it unto me.*" (Matthew 25:40)

The year 2022 gave us all an excellent opportunity to walk in the footsteps of Sai and Jesus. While the world was emerging from the shadows of the devastating Covid-19 pandemic, our practitioners strived to reach as many as possible, providing much needed succour, with their love and care in the form of vibrionics remedies. It was only by His promptings and His Will that throughout the year we were able to establish virtual training, patient consultation and contact programs for both present and prospective practitioners. Towards the end of the year we also had for the first time, an opportunity to present Sai Vibrionics at an international conference on health and wellbeing organised by the well known Heartfulness Institute in Hyderabad; more details in the In Addition section.

Striving to reach remote corners of India, the vernacular Assistant Practitioners (AP) program, which began in December 2021, expanded in 2022 in two major Indian languages (Hindi and Telugu). Shortly after the new APs successfully completed their probation period, they started actively conducting vibrionics camps in the rural areas of North India and Andhra Pradesh. The response has been most encouraging, inspiring us to expand this program to two more key Indian languages - Tamil and Kannada. Translation of the material and training of prospective teachers is currently in full swing. We would like to take this opportunity to encourage each of you to identify more such service-minded candidates from your network of friends, relatives, patients and devotees and motivate them to become APs.

In August 2022, to keep abreast of the mutating COVID-19 virus, our research team updated the Immunity Booster (**IB**), based on our field studies. We communicated this updated **IB** in the Sep/Oct 2022 edition. Although, overall, Covid-19 infections declined in 2022, there has been a steady increase in **IB** distribution. Patients in the USA, UK and many other countries are successfully using the **IB** as a prophylactic remedy against the common cold and new seasonal flu variants. Newly trained vernacular APs have been instrumental in distributing the **IB** in rural India. I am pleased to share that our total reported **IB** beneficiaries are now close to a remarkable 825,000!

Since the launch of our newly designed website during Guru Purnima of 2020, we have received a

whopping 32,100 hits in less than 30 months. All available case histories have now been digitized. We have also added a new section of case histories in multiple languages, including those from the International Conference book. As you all know, the success and growth of our mission largely depends on expansion of the repertoire of our case histories. I would again urge practitioners to send in successful case histories for publication and records. Even simple cases that appear trivial like those of acute problems, will significantly help our research team review the combos and compile data on the efficacy of remedy choices in treating various ailments. Only one case history, if not more, sent by each practitioner every six months, if not every quarter, will go a long way. Kindly send your cases to casehistories@vibrionics.org.

In 2022, we also witnessed a steady increase in the number of vibrionics camps and clinics held all over India. There is a pressing need for a regular clinic inside the ashram to benefit Sevadals. To facilitate this, we require at least two practitioners (one for ladies and one for gents) to be present on a daily basis in the clinic at fixed times. Those who would like to volunteer for this service opportunity, please email us at admin2-1@vibrionics.org.

Swami said, *"In the Bible, it is recorded that Jesus washed the feet of His disciples. Concerned about this, His disciples enquired what He was doing. 'I am washing your feet as your servant, so you may learn to serve the world,' Jesus replied"*...Christmas Discourse, 1984. My sincere prayer to Swami for 2023 is that we receive umpteen opportunities in the New Year to awaken our own divine nature; may we realize that we are all embodiments of loving Truth; may we express our love and compassion through service to mankind and thereby experience our essential divinity as conduits of His light, love, and healing!

In loving service to Sai

Jit K Aggarwal

☞ Practitioner Profiles ☞

Practitioner ^{11634...India}



a law graduate with an MBA and advanced diplomas in HR Management and Alternative Dispute Resolution, worked at Vizag Steel plant for more than 37 years in various capacities and retired as Executive Director (HR) in Oct 2020. After becoming a member of the Indian Council of Arbitration and the Bar Council of Andhra Pradesh in 2022, he is practising law under a senior advocate. He grew up in a family of long-time Sai devotees and right from his childhood was always involved in the Sai centre activities. He had Swami's darshan for the first time at the age of five in Mumbai. His grandmother, very active in the centre, was blessed by Swami on several occasions. His father was a bhajan singer and after retirement served at SSSIHL, Puttaparthi. His aunt served full-time with Sanathana Sarathi and practically all his extended family are involved in service activities including vibrionics. The practitioner feels fortunate to have grown up in such a blessed and devotional environment. Later, he married a Sai devotee named by Swami Himself even before she was born! The practitioner participated in service activities as a

sevadai in Prashanti Nilayam and in medical camps, grama seva, etc. During the COVID lockdown, he was instrumental in organizing a daily free food service in his city for 600 needy people as part of his company's Covid initiative.

In Oct 2020 he was introduced to vibrionics by his cousins who are practitioners. Experiencing the efficacy of vibro for his own back pain, he was inspired to join in this seva. He became an AVP in July 2021 and immediately started treating his mother for serious chronic problems and obtained amazing success very quickly, see case history below. He is a VP since March 2022.

A keen practitioner, he not only tends to patients at home by appointment but also travels to three different venues to conduct weekly vibro clinics, treating more than 40 patients a week. On 14 Aug 2022, he was instrumental in establishing a Vibrionics Medical Centre at a residential school for physically challenged children.

He has treated more than 1000 patients to date. Take the example of a 45-year-old woman who had pus oozing from her ears and buzzing sound for a year. She was given **CC5.3 Meniere's disease** and felt fully cured in three weeks. In another case, he treated a 57-year-old woman suffering from severe headaches for 15 years, backache and burning sensation on her hands and feet for ten years, along with knee pain

and acidity. She was given: **#1. CC4.10 Indigestion + CC10.1 Emergencies + CC11.4 Migraines + CC18.5 Neuralgia + CC20.5 Spine** orally and **#2. CC3.7 Circulation + CC10.1 Emergencies + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC20.7 Fractures** in mustard oil for external application. Her headache vanished in just one month! Other symptoms also improved significantly over the next few months.

He says **#2** has proven to be excellent for relieving pain in all SMJ cases, when applied in mustard oil; this is being successfully used by practitioners in Hyderabad. Many of his patients found this to be so effective that they passed on their 'pain-relieving oil' to family members with great success. Some patients have approached him exclusively for this wondrous oil! He has experienced that **CC11.1 Hair tonic** made in *pure cold-pressed coconut oil* (other oils didn't work so well) and applied on the scalp is very effective for hair growth. In fact, one of his patients has testified that it even stopped his hair from greying! He had many patients visiting him with sleep disorders and **CC15.6 Sleep disorders** has done wonders for them. He has had wonderful experience treating animals who appear to heal fast with vibrionics remedies.

The practitioner has also been doing vibro admin seva. He enjoys the responsibility of uploading the translated newsletters and summaries and likes reviewing case histories. In the future, he hopes to undertake additional admin seva with a view to expanding the reach of vibrionics to nearby villages with plans to conduct more medical camps in rural areas.

He remains immensely thankful to Swami for the many service opportunities offered by vibrionics. He feels it has increased his love, patience, humility, listening skills and his capacity to help. The process of treating patients has helped him to surrender more to Swami. In his own words "I feel Swami has given me an opportunity to understand and transform myself to a better human being." He is elated to be associated with Sai Vibrionics and paraphrases Shakespeare's saying, "Sai Vibrionics is twice blessed". It blesses the one who gives and the one who receives!

Cases to share:

- [Chronic constipation](#)
- [Ear infection, breathlessness, skeletal pain](#)
- [Skin allergy](#)

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Practitioner ^{11627...India}, a qualified electronics engineer, he worked in the Indian Air Force for six years earning the rank of Flight Lieutenant. Later, he worked for 15 years in the telecom and automobile industries before taking early retirement in 2018.



His parents, both Sai devotees, encouraged him to participate in Balvikas classes, Sai bhajans and Narayan seva. Although he joined in Sai Centre seva programs, only after retirement did he assume an active role in Narayan seva and medical camps. He first heard about vibrionics in 2018 while helping a practitioner pack preventive remedies for distribution in schools. Curious to know more, he looked up the vibrionics website and was instantly inspired by its contents and the premise of selfless seva. So he applied for the AVP course in June 2019. Around the same time, he developed a squint in his left eye which made it difficult for him to work on his AVP assignments. The eye drops prescribed by the doctor proved ineffective, so he prayed to Swami to help him complete the course. He felt guided to seek vibro treatment and was given: **CC7.4 Eye defects** as eye drops. Within three weeks he was completely healed and managed to

qualify as an AVP in Feb 2020.

Even though a relatively recent practitioner, he has had some great experiences that speak of the wondrous efficacy of vibrionics. For example, a 57-year-old woman had been suffering from pain in her finger joints, knees and feet for two years after being treated allopathically for Chikungunya. He gave her **CC3.7 Circulation + CC9.1 Recuperation + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.5 Spine + CC20.6 Osteoporosis + CC20.7 Fractures...6TD** orally and in water to be applied externally on affected parts. Within five days the pain had decreased by 90% and disappeared in less than a month. It appears he combined too many combos but this proved to be effective, which says something about his sincere faith and good intentions.

A 47-year-old woman in the middle of her menopause was having joint pains and a burning sensation in her neck for one year. He gave her **CC3.7 Circulation + CC4.8 Gastroenteritis + CC4.10 Indigestion +**

CC8.6 Menopause + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.1 SMJ tonic + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue...TDS. Within a week, much to her relief, her symptoms vanished! A 69-year-old man was having stiffness in his back and calf muscles for over a year and had difficulty getting out of bed. The practitioner gave him **CC3.7 Circulation + CC18.5 Neuralgia + CC20.5 Spine + CC20.7 Fractures...6TD** orally and for external application. Within three weeks he had 70% relief and 100% in another month.

As an active practitioner, he finds the following combo very effective for sciatica and pain in joints, knees, and feet: **CC3.7 Circulation + CC4.10 Indigestion + CC18.5 Neuralgia + CC20.2 SMJ pain + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC 20.5 Spine + CC20.6 Osteoporosis + CC20.7 Fractures + CC21.11 Wounds & Abrasions.** He also finds **C11.6 Tooth infections + CC20.1 SMJ tonic** is great for treating tooth and jaw pain and **CC4.2 Liver & Gallbladder tonic + CC4.4 Constipation + CC4.10 Indigestion + CC17.2 Cleansing** takes good care of chronic constipation. In his experience, **CC4.10 Indigestion** works wonders for indigestion and he often adds this remedy to other combos.

He humbly states that vibrionics has been instrumental in bringing about a profound inner transformation – he has developed humility and made progress in his spiritual journey. Initially, the results of treatment used to impact him emotionally. Now feelings of inner awareness and detachment from his treatment outcomes have encouraged fuller surrender and peace, increasing his confidence and certainty that all results reflect the will of Sai.

He says speaking softly and lovingly with his patients enhanced the efficacy of treatment by encouraging confidence in them. Reading our newsletters regularly has given him helpful insights into remedy selection. He has immense trust in the power of prayers and feels, coupled with our efforts and His grace, we shall develop intuition which will steer us towards the correct course of treatment.

Cases to share:

- [Internal piles](#)
- [Joints & back pain, sciatica](#)
- [Neck & back pain](#)

☞ Case Histories Using Combos ☞

1. Chronic constipation ^{11634...India} An 8-year-old girl was suffering from constipation for the past seven years. She had bowel movements once in 2 to 3 days and that too, only after taking a prescribed laxative. The issue started at the age of one when she was given antibiotics for a fever. She started having bowel movement once a week, so had to take a laxative to pass stools. The problem would aggravate each time she took antibiotics. On her visit to India, she was brought on **16 Sep 2021** to the practitioner by her grandparents who were also concerned about the child's weight as obesity was predominant in the family. She was given:

CC4.4 Constipation + CC6.2 Hypothyroid + CC15.4 Eating disorders...6TD

From day one, she started having bowel movement daily, so stopped taking the laxative after three days. On 30 Sep, the girl's grandfather reported that she has passed stool every day. The girl continued to take the remedy in water on her own until she went back to the USA on 18 Dec. A year later in Nov 2022, the patient's grandfather confirmed that she continues to have smooth bowel movements, and no laxative! She had grown taller too with no weight issues!

2. Ear infection, breathlessness, skeletal pain ^{11634...India} The 81-year-old mother of the practitioner suffered from multiple chronic ailments. Ever since the age of 20, she had ear infections with fluid/pus oozing out of both ears because she cleaned her ears with matchsticks. At the age of 41, she underwent surgery on her left ear to curb the oozing of pus but it was unsuccessful and resulted in loss of hearing in that ear. During the past year, she had been hearing an echo in her right ear in addition to oozing from both ears.

From the age of 23 she had been suffering from asthma and allergy to dust and silk. She took allopathic drugs and developed resistance to most of the antibiotics. By the age of 51, she developed an abscess in the right lung and the doctor advised surgery which she refused due to fear of its bursting, (potentially fatal). Instead, she went for homoeopathy and a subsequent x-ray confirmed the abscess had vanished and the tests showed that her lungs were working only at 50% efficiency. In addition to allopathic tablets,

she had to use a nebuliser and inhaler otherwise she would become breathless even after a short walk or slight strain. Sometimes, she needed an oxygen concentrator for as long as 24 hours but generally at night while sleeping and occasionally during the day. For the past ten years she had been having severe cough and yellow phlegm from throat at regular intervals of about ½ hour with no improvement from antibiotics based on sputum culture.

Due to the excessive use of steroids for respiratory condition, she was diagnosed to have bone decalcification. This resulted in severe pain in the neck and at the base of the spine and in all joints, five years ago. She had to discontinue the prescribed calcium as this caused constipation. The pain worsened in the last one year, accompanied with swelling and unbearable pain in the knees; she could not stand without support.

Just the day after qualifying, the practitioner started treating his mother on **28 Jul 2021** with the following:

For ear infection:

#1. CC5.2 Deafness...TDS in coconut oil as ear drops only

For breathlessness, cough:

#2. CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.6 Cough chronic...6TD

For skeletal pain, swelling of knees:

#3. CC20.6 Osteoporosis...TDS orally and in mustard oil for external application

After a week, the patient reported a 25% reduction in oozing from both ears and was able to hear without an echo in the right ear. By 31 Aug, the oozing had improved by 50%, which went up to 75% by 21 Sept. By 5 Oct, the oozing had completely stopped. On 26 Oct, **#1** was reduced to **OD**. The patient preferred to continue at **OD**.

By 19 Oct, there was 50% improvement in breathlessness and cough and by 11 Nov, this figure moved up to 90%; the phlegm was no longer yellow. By this time, she had reduced the use of nebulizer to half. She was advised to taper down **#2** but she decided to continue at **6TD**.

Within three weeks of starting **#3**, swelling and skeletal pain reduced by 50% and in six weeks on 8 Sept by 80% and she started walking with a stick! As the improvement in pain was now very slow, on 19 Oct 2021, **#3** was enhanced to:

#4. CC3.7 Circulation + CC20.5 Spine + #3...TDS orally and in mustard oil for external application

As of Dec 2022, her ears are healthy and she continues **#1** at **OD** for maintenance, **#2** at **TDS** as only a mild cough persists, and **#4** at **TDS** as there is 90% improvement in skeletal pains. She is happy as the quality of her life has improved hugely.

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3. Skin allergy ^{11634...India} A 63-year-old man had unbearable itching in the folds of his hip and groin areas for the past one year. On scratching, red blisters would form, and these would stay for about two weeks until the skin became dry. It would take ten days for the skin to return to normal. The itching would then start in another area resulting in more blisters. It was so intense that it often disturbed his sleep. In Dec 2021, he tried both allopathy and homoeopathy for two months but neither worked except the allopathic ointment gave him some temporary relief. On **13 July 2022** he was given:

CC21.2 Skin infections + CC21.3 Skin allergies...TDS orally and **BD** in water for external application

In the first two days, the itching aggravated but he persevered with the treatment. From the third day, his condition started to improve. By 20 July, there were no new blisters and itching reduced by 75%.

On 27 July, the patient reported that new blisters had formed in two areas, however, the intensity of itching and dryness of skin were almost negligible. Also he was able to sleep well. By mid-August, symptoms had disappeared. On 28 Sept external application was stopped. On 12 Oct, the dosage of oral remedy was reduced to **OD** and then gradually tapered and stopped on 14 Dec 2022 and the patient has been fine.

Patient's testimonial (video recording of 13.11.2022 is available):

"My name is Mastanayya from Visakhapatnam. I was suffering from skin allergy for the last one year. I tried various treatments which gave temporary relief and I was suffering repeatedly. I started Vibrionics medicine from 13th July 2022 and observed 75% relief in the first week. Now I am free from all symptoms by Swami's Grace and due to Vibrionics medicine."

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4. Internal piles ^{11627...India} A 75-year-old man was suffering for the past 15 years from pain and mild occasional bleeding while passing hard stools. He never consulted a doctor as his condition was manageable but in Jan 2020, when he started having pain and bleeding every day, he went to a doctor who diagnosed this to be internal piles. He took the prescribed medicine which gave him relief but on stopping the medication even for a single day, his symptoms recurred with the same intensity, so he would resume it. Seeking a permanent solution, he tried homoeopathic treatment. Within just one day, his symptoms aggravated and he discontinued the treatment immediately.

Three days prior to approaching the practitioner, the patient stopped taking the allopathic medicine. All his symptoms came back. On **30 May 2020**, he was given:

CC4.4 Constipation + CC4.8 Gastroenteritis + CC4.10 Indigestion + CC10.1 Emergencies...6TD

Within three days on 2 June, the pain disappeared and the bleeding stopped, though his stools were still hard. The dosage was reduced to **QDS** which the patient decided to continue for the next three months. In Sept, he informed the practitioner that his stools have been normal with no pain or bleeding. The remedy was slowly tapered down before stopping it in Dec 2020. As of Dec 2022, the patient continues to be well.

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5. Joints & back pain, sciatica ^{11627...India} A 60-year-old woman was suffering from pain in all joints and back and sciatica for the past 20 years. She took prescribed painkillers for the first few years but, as they gave her hardly any relief, discontinued them except when the pain was excessive. She noticed that mental stress aggravated the symptoms.

When she approached the practitioner, the pain in the joints was bothering her the most. She was not taking any medicine for this. On **1 Mar 2020**, she was given:

#1. CC10.1 Emergencies + CC12.1 Adult tonic + CC20.2 SMJ pain + CC20.7 Fractures...6TD

After three days, she conveyed that pain in her hip joint had increased but was bearable. As this was most likely to be a pullout, the remedy was continued for a long time. However, the improvement was marginal. The practitioner eventually decided on 21 May to enhance **#1** to:

#2. CC3.7 Circulation + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.1 SMJ tonic + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC20.7 Fractures + CC21.11 Wounds & Abrasions...6TD orally and in mustard oil for external application...**BD**

Within two days on 23 May, there was 75% improvement in all her pains! The dosage was reduced to **TDS**.

The patient continued to improve steadily and by the end of Sept, all her pains disappeared, except for occasional mild pain in the joints, only when she was mentally stressed. In Dec 2020, the dosage was tapered down to **OD** for maintenance.

As of Dec 2022, the patient continues at **OD** as she still gets occasional mild joint pain but she has been free of all other symptoms.

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6. Neck & back pain ^{11627...India} A 32-year-old woman was suffering from pain in her neck and back for four years and in her feet for one year. It was becoming difficult to finish her household chores as she had to take frequent rests in between. Initially, in 2016, she was taking prescribed painkillers but only when the pain was unbearable. These gave temporary relief but the pain kept recurring and it became increasingly more difficult for her to do any work. Looking for a permanent solution, she approached the practitioner on **19 May 2020** and was given:

CC3.7 Circulation + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC20.2 SMJ Pain + CC20.3 Arthritis + CC20.5 Spine...6TD orally and in coconut oil for external application...**BD**

Within just two weeks on 31 May, she reported with great delight, 100% relief from the pain in her neck and feet! The external application was stopped and the dosage of oral remedy was reduced to **TDS**; it was slowly tapered down and stopped on 30 June 2020. As of Dec 2022, there has been no recurrence.

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7. Neck pain due to prolapsed disc ^{11632...India} A 45-year-old woman who experienced severe pain in the left side of her neck in June 2015, was prescribed oral painkillers and bed rest for 40 days by her physician. She recovered fully but the pain recurred in July 2016 when she was helping her elderly mother-in-law get up from a chair. She went through the same regimen lasting 40 days and once again

got complete relief. Since then she practised yoga regularly under the guidance of a teacher and was completely fine.

On 3 July 2021, while practising yoga (unsupervised) the neck pain returned, this time on the right side and with greater severity, radiating from the shoulder down to the middle finger. She was not able to do anything with her right arm and could barely lift her hand. An MRI done the same day revealed a prolapsed disc in the cervical region and two compressed nerves. She was advised to continue a few very gentle yoga exercises and prescribed a painkiller which gave her acidity, so she discontinued it. Impressed with significant improvement with vibrionics on two close relatives, she approached the practitioner on **7 July 2021**, and was given:

CC18.5 Neuralgia + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC20.7 Fractures...a dose every 10 minutes for two hours followed by 6TD

Within an hour she reported 50% relief which progressed to 70% in another hour! Later during the day, she was able to use her right hand to eat lunch and use her phone, although there was some discomfort. Within three weeks by 26 July, she was able to lift her hand without discomfort, with about 80% improvement in pain; dosage was reduced to **TDS**. On 1 Sept she reported 90% improvement and 100% on 15 Sept. A further reduction to **OD** was made on 1 Jan 2022 and the dosage tapered off before stopping it on 31 Mar 2022. As of Dec 2022, she has continued to do well.

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8. Severe Constipation ^{11632...India} An 85-year-old woman had been suffering from constipation for the past 40 years. Her stools were very hard and caused severe pain and anal rupture. She passed stools 3 to 4 times a day but never felt that her bowels were completely cleared. She had been continuously taking prescribed laxatives and stool softeners which gave her 40% relief. From April 2006 to March 2021 she additionally took homoeopathic remedies and wheat grass powder but the improvement only went up to 50%. Also, she had to daily apply the prescribed ointment for the anal rupture. Stopping the allopathic medicines even for a day would worsen her condition and she would be unable to pass stools without resuming the medication. The patient's daughter qualified as a vibrionics practitioner in March 2021. She advised her mother to stop only the homeopathic remedies three days prior to starting vibro on **1 Apr 2021**:

#1. CC10.1 Emergencies...TDS

#2. CC4.4 Constipation + CC15.1 Mental & Emotional tonic...TDS

For anal rupture & pain:

#3. CC21.11 Wounds & Abrasions...BD in coconut oil for external application.

The next day, the patient complained of severe pain in the anal region and inability to pass stools in spite of continuing her allopathic medicines. Suspecting a pullout, **#2** was suspended and two days later she was able to pass hard stools. On 5 Apr, **#2** was resumed, starting with a single dose and gradually increasing to **TDS** by 11 Apr. Four days later she reported 20% improvement in pain and in her ability to pass stools, which were not as hard as before, so her bowels felt clear. By 25 May, there was 50% relief in pain and she could pass stools without difficulty or rupturing of skin. **#1** and **#3** were stopped.

From then on, there was a steady improvement and by 2 Sept 2021, all her symptoms had vanished. She was passing stools once a day without discomfort; her confidence in vibrionics had grown to a point that she stopped all allopathic medicines.

As of Dec 2022, the patient has continued to be well without any recurrence and prefers to take **#2** at **TDS**, keeping in mind her age and comfort level.

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9. Neck & shoulder pain, neuralgia ^{11642...India} A 33-year-old woman was suffering from pain in her neck and both shoulders for over five years since Mar 2017. She is a computer teacher and this demands sitting in front of the screen for long hours. She took allopathic medication for the first two years but stopped it as it gave her only 20% relief. She continued to manage the pain by applying an over-the-counter ointment. When she was in pain constantly for three months and so was not sleeping well, she consulted the practitioner on **8 Aug 2022** and was given:

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

She stopped using the pain ointment. After two days she reported 20% improvement and mentioned that for the past three months, she had numbness and burning sensation in both palms and soles and an unusually low appetite, for which she had not taken any treatment. The practitioner enhanced **#1** to:

#2. CC4.1 Digestion tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + #1...TDS

In just five days, there was 90% improvement in numbness and burning and 100% in appetite. As the pain had now reduced to 50%, she was able to sleep better too. By 22 Aug, she was completely symptom-free. On 29 Aug, the dosage was reduced to **BD** and gradually tapered down before stopping it on 15 Sep. The patient was then put on a cleansing remedy.

As of Nov 2022, she continues to do well and feels more energetic than before.

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10. Irregular periods and stress ^{11633...India} A 16-year-old girl was experiencing irregular periods since her menarche three years ago. She got her periods once every 2 to 3 months, with normal bleeding and no pain. Also, for the past six months, she had been very tense and tired. A day before her exams, she started having nausea and did not sleep well. This continued until the end of her exams. The girl's mother said that she did well at school and these symptoms were uncharacteristic of her. She did not have periods in the past 2½ months and was not taking any treatment. On **18 Aug 2021**, she consulted the practitioner who gave:

CC8.8 Menses irregular + CC12.2 Child tonic + CC17.3 Brain & Memory tonic...TDS

After two days on **20 Aug**, her menses started. On 26 Aug she reported that she had been feeling energetic and relaxed ever since starting the remedy and her 10-year-old constipation was gone! Earlier she had made no mention of this to the practitioner. Her next two menstrual cycles were regular and normal. She continued to feel energetic with no trace of stress or anxiety before and during the exams. On 28 Oct, she tapered down the remedy and stopped it on 15 Nov 2021. As of Oct 2022 her menses continue to be regular and she is stress-free and doing exceedingly well at school.

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11. Respiratory allergy ^{11618...India} A 52-year-old woman was suffering for the past 15 years from runny and itchy nose, a burning sensation in the eyes, sore and itchy throat with dry cough. The symptoms were triggered by exposure to road dust and change in weather. When it started in 2005, the doctor diagnosed it as respiratory allergies and prescribed allopathic medicines (to be taken during the attack) which relieved her condition in five days. However, she would suffer, as side effects of the medicine, for some days from dryness in her nose and tightness in chest; this caused her much discomfort. This cycle would repeat once a month on average. She managed like this for seven years but then switched over to homoeopathy. This gave her only minor relief, so after two years in 2014, she went back to allopathy along with some home remedies. After her last attack, when she did not get the usual relief even in seven days, she stopped the medicines. During the next one week, as her condition was quite bad, she opted for vibrionics and on **3 Aug 2020**, she was given:

#1. CC9.2 Infections acute + CC10.1 Emergencies + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.5 Sinusitis + CC19.6 Cough chronic + CC19.7 Throat chronic...every ten minutes for 2 hours and 6TD thereafter

#2. Immunity booster...BD

She did not take any allopathic medicines. Within one week, she had 50% improvement overall and this moved to 80% in another week. On 18 Aug, **#1** was reduced to **TDS** and on 30 Aug, she reported 100% relief from all her symptoms. During the next three months, she had no allergy even though she had gone through a change of season during this period.

In Jan 2021 the symptoms recurred but they were very mild, almost negligible. On 10 April **#1** was tapered off and stopped in July 2021. The patient continued to take **#2** until July 2022 and then stopped it. In a recent review in Dec 2022, she confirmed that there has been no recurrence.

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12. Poor appetite, anger in child ^{11615...India} A 2-year-old boy refused to take his normal family meal, mainly rice, dal, vegetables and fruits. He would take milk and other items like idlis and upma. Due to poor appetite, his food intake was low for his age, and his worried mother often force-fed him. On **18 Jan 2021**, she consulted the practitioner who gave:

1. CC4.1 Digestion tonic + CC12.2 Child tonic...6TD

Within three weeks there was over 70% improvement as he started eating normal meals on his own.

At their next visit on 19 Feb, impressed by the treatment so far, his family mentioned that for the last 2 to 3 months, the boy had been throwing tantrums and would bang his head against the wall whenever angry. **#1** was enhanced to:

#2. CC15.1 Mental & Emotional Tonic + CC17.2 Cleansing + #1...TDS

Within ten days by 1 Mar, he had stopped banging his head but his aggressive behaviour persisted. By 7 Mar, his food intake had become almost normal for his age. To address his temper, #2 was further enhanced to:

#3. CC15.2 Psychiatric disorders + #2...TDS

By 5 Apr the family was satisfied with his food intake but there was only 40% improvement in his temper. To address any possible hypersensitivity of the boy, #3 was further modified to:

#4. CC12.4 Autoimmune disease + #3...TDS

By 3 June he had stopped throwing tantrums, so #4 was reduced to OD. As of Dec 2022, the boy's growth and appetite continue to be normal and there are no anger issues. The family prefers to continue #4 at OD.

☞ Answer Corner ☞

Q1. We have been using hand sanitizers since the beginning of Covid. Can this excessive use be harmful?

A. Alcohol in sanitizers has not been shown to adversely affect the skin as very little alcohol is absorbed, and most products contain an emollient to reduce skin dryness. Allergic contact dermatitis or bleaching of hand hair due to alcohol is very rare. However, a few cases of adverse effects such as headache, nausea and dizziness, mainly coinciding with the excessive use of sanitizers during the pandemic, have been reported to the FDA (US Food & Drug Administration). Washing hands with soap and water should always be your first choice. Healthcare professionals should use hand sanitizer in a well-ventilated area, especially when using it frequently throughout the day.

Q2. Now that the pandemic is over in most parts of the world, should we continue to take IB?

A. It may be premature to state that the Covid 19 pandemic is over. In any case, practitioners have reported that regular intake of IB remedy helps to prevent common cold, cough, flu, sore throat etc., and gives a feeling of general well-being. It is recommended that all should continue to take IB for better health and practitioners should continue to proactively distribute it.

Q3. What treatment and advice can be given to patients having Vitamin B₁₂ deficiency?

A. **CC12.1 Adult tonic or CC12.2 Child tonic (SR561 Vitamin Balance** for SRVHP users) can be given to patients with vitamin deficiency. As dietary advice good sources of vitamin B₁₂ include meat, fish, eggs and milk and dairy products. Vegetarians and especially vegans, most prone to vit B₁₂ deficiency, can take nutritional yeast extract (eg, marmite), shiitake mushrooms, seaweed, fortified foods (eg, breakfast cereals), certain fermented foods (eg, miso, sauerkraut, kefir, idli/dosa) and organic soya products. Vitamin B₁₂ tablets are readily available and for better absorption, it is best to combine them with potentised pills made in SRHVP. *Also refer to health articles on B₁₂ and anemia in vol 4 #6 and vol 9 #4 respectively.*

Q4. I want to make a blood nosode for my patient to treat his diabetes. Should I ask the patient to stop allopathic medicines before collecting the blood sample?

A. We don't ask any patient to stop taking allopathic medicines. The blood sample can be taken just before the patient is due to take his next dose of insulin, because by then the presence of insulin in the blood from the previous dose would be minimised.

Q5. In the last newsletter vol 13 #6, a combo for 5G radiation was given. Would it be prudent to add this to all bottles given to patients, as a protection?

A. Adding this particular combo to all remedies prepared for patients is not recommended due to its dilution effect. However, we do advise that you add the basic base combo (**NM45 Atomic Radiation +**

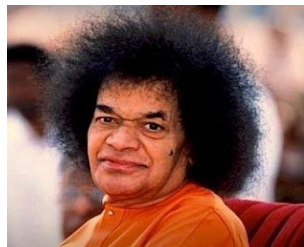
SR324 X-ray) to every new alcohol bottle used for making remedies. We do believe that this provides almost full protection against most types of radiation.

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Q6. As I could not find homoeopathic tincture for my 108CC box, I topped up all my 108 dropper bottles with local gin (low-purity alcohol). Whenever I add more than two drops from CC bottles to a bottle of pills, these get stuck to each other and form clusters which is not acceptable to my patients, is there an easy solution?

A. Until you obtain ethyl alcohol of 96% or greater purity, we suggest the following procedure. Add 1 drop from a CC bottle to your vial of pills, shake well and remove the lid and let the alcohol evaporate. Only then add a drop from another CC and repeat the procedure as many times as needed. Also, refer to vol 11 #6.

☪ Divine Words from the Master Healer ☪



“Be careful about your physical health. Satisfy the demands of nature; the car must be given the petrol that it needs. Otherwise, your head might reel and your eyes might get blurred through sheer exhaustion. How can thoughts of the Lord be stabilised in a weak frame? Only, do not forget the purpose of this body when you are tending it... that you have come embodied so that you might realise the end of this cycle of birth and death.”

...Sathya Sai Baba, SSS01, Chapter 5, “Meditation on the Lord’s Form and Name”, Divine Discourse, Chitravati River Bed Puttaparthi, 23 Feb 1958
<https://www.sssbpt.info/ssspeaks/volume01/sss01.pdf>

“...Know something of the joy that service to those in distress can give, service without a thought of the benefits that may follow from the sympathy shown. Learn to lay aside the egoism that poisons the selfless service of even veterans in the field, who go about extolling themselves.. The joy of selfless service is the act itself. The fruit of the selfless service is the removal of egoism, not its multiplication.”

...Sathya Sai Baba, SSS01, Chapter 16, Training, Divine Discourse Venkatagiri Town, 9 Sept 1958
<https://www.sssbpt.info/ssspeaks/volume01/sss01.pdf>

☪ Announcements ☪

Forthcoming Workshops*

- **USA** Virtual AVP Practical Workshop **20 Mar-17 Apr 2023**, contact Susan at editor@vibrionics.org
- **India Puttaparthi:** Virtual AVP Practical Workshop **2-20 Apr 2023**** followed by face-to-face workshop **26-28 Apr 2023****, contact Lalitha at editor1@vibrionics.org
- **India Puttaparthi:** SVP workshop **2-4 May 2023****, contact Padma at promotionsSVP@vibrionics.org

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

**Subject to change

Health Tips

Prevent and combat Lung diseases

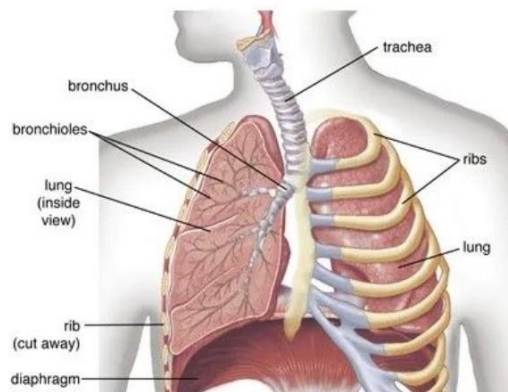
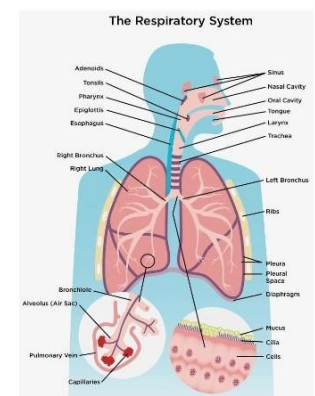
“These days pollution affects everything: the air we breathe, the water we drink, the sounds that slowly dull the ears, and the food we consume. Because of this all-round pollution, man's health is affected. Apart from this, man's mind also gets polluted making him susceptible to diseases. Man should make an earnest endeavour to lead a serene and pure life.... An occasional cough helps to strengthen the lungs and clear them of extraneous matter, but fits of coughing are signs of positive illness”... Sathya Sai Baba^{1,2}

1. Prelude

Health articles in earlier newsletters³ have comprehensively covered both functions and disorders of the upper respiratory tract. In this article, we deal with the lower respiratory tract and its disorders.

2. Lower respiratory system

2.1 Structure: The triangular lungs, somewhat resembling the ears of an elephant, are the only organs



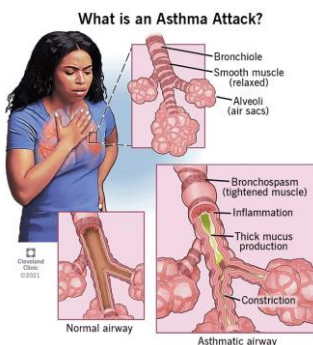
that float in the body. They reside in the thoracic cavity (chest), along with the heart and other blood vessels, covered and protected by the pleural tissue. The structure and size of the lungs are such to accommodate the heart between the lungs. The rib cage, supporting and protecting the lungs and the heart, rests on the diaphragm, which separates the thoracic cavity from the abdominal cavity.⁴⁻⁶

The lung representing the lower respiratory tract is like an upside-down tree which allows us to breathe. The trunk is the windpipe or “trachea” and the branches are the two “bronchi” (bronchial tubes/airways) with their minute sub-branches, “bronchioles”. The leaves are the air sacs or “alveoli” (300 to 500 million in an adult) at the terminus of each bronchi in the bottom.⁷

2.2 Function: When we breathe, oxygenated air from the upper respiratory tract passes into the trachea and through the bronchi into the lungs. Oxygen (O₂) diffuses through the alveoli into the network of pulmonary capillaries surrounding them and reaches the heart from where it is pumped through the bloodstream to the tissues and organs that allow us to walk, talk, and move. Carbon dioxide (CO₂) from the deoxygenated blood is expelled through the trachea during exhalation. This process takes place 12 to 20 times per minute; alveoli play a crucial role in this gas exchange. During normal breathing, muscles around the airways are relaxed, letting air move easily and quietly. Mucus produced in the trachea and bronchi keeps the air passages moist and protected. “Cilia”, small hair-like structures on the inside of bronchi, move mucus out of the airways and keep them clean. Cigarette smoking stops cilia from working properly and can change the pinkish-grey colour of healthy lungs to a darker grey with black spots indicating damage.^{5,6}

3. Some major lung diseases

3.1 Bronchial asthma (or asthma): In this condition airways become inflamed, swollen, and narrow with thick mucus clogging them. As the surrounding muscles tighten, every breath creates a whistling or rattling sound called wheezing. Other symptoms are chest tightness, pain, or pressure, shortness of breath (*dyspnoea*), and coughing, especially at night; not all symptoms appear in every flare-up or attack. Childhood asthma often begins before the age of five, around 50% of children outgrow it upon reaching adolescence.⁸



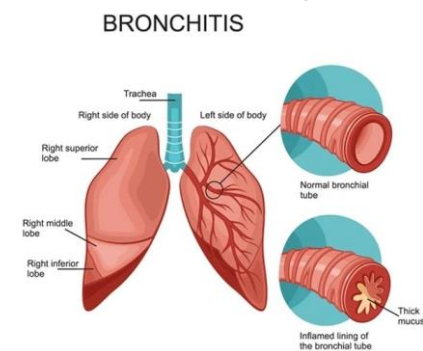
Causes: Can be an allergy to mould in damp places, household pests like cockroaches or mice, pet dander, house dust mites (invisible bugs) found on rugs, carpets, and stuffed furniture, or dust from other sources like flour or wood and exposure to environmental allergens such as toxins, 2nd hand smoke, fumes, strong smells, chemicals or pollen, which can act as triggers. Among non-allergic factors

are exercise, weather or genetic susceptibility.^{8,9}

Respiratory infection (eg, cold or flu) can exacerbate asthma symptoms, especially at night when lung function is naturally less, more so if the symptoms are poorly controlled during the day. Furthermore, pressure on the chest or lungs depending on the way you sleep, whether on your back or side or even face down, can make a difference, as well as late evening exposure to air (too cold or too hot); side effects of medication can also worsen the symptoms at night.^{8,9}

Caution: Asthma can become a major problem hindering day-to-day activities, sometimes becoming even life-threatening. If impossible to avoid the triggers, know your warning signs of an attack and be prepared to counter it. Seek medical help if chest pain or pressure is present along with bluish or pale fingernails, lips or gums, pale sweaty face, coughing that won't stop, severe wheezing, very rapid breathing or difficulty talking and Rescue remedy or inhaler is ineffective. Though not an infection, asthma can increase the risk of developing bronchitis.^{8,9}

3.2 Acute bronchitis (chest cold) is an infection inflaming the trachea and bronchi, filling both with mucus, usually viral but occasionally bacterial and sometimes caused by breathed-in physical or chemical irritants. It lasts for a week to 10 days and goes away on its own. The main symptom is a persistent productive cough which may linger for 2 to 3 weeks or more, with or without white, green, or yellow mucus. Other symptoms include chill, mild fever with headache and body ache, fatigue, soreness or tightness in the chest, runny nose, and sore throat.^{10,11}

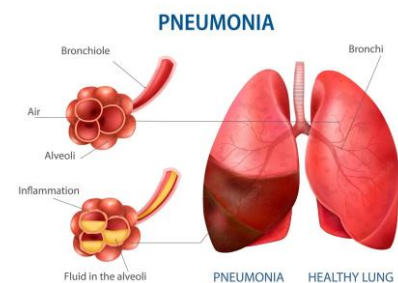


Caution: A cough that lasts for more than 3 weeks or produces blood, fever greater than 102°F or that lasts for more than 5 days with shortness of breath or wheezing are indicators of a serious situation.^{10,11}

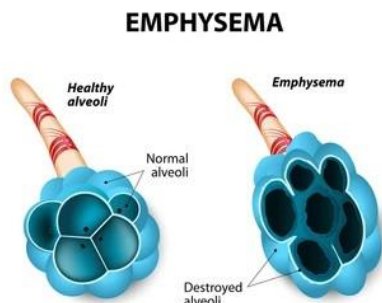
Rarely, pneumonia may develop.^{10,11}

3.3 Chronic bronchitis: A cough with mucus during most days of the month for three months a year, lasting two years in a row indicates chronic bronchitis. Cilia become damaged and cannot help clear the mucus, often due to smoking. This may lead to chronic obstructive pulmonary disease (COPD).^{10,12}

3.4 Pneumonia is inflammation of the lungs with fluid in the alveoli obstructing breathing. Mild to life-threatening, this acute infection is generally caused by a virus or bacteria, rarely by fungi or other organisms. Usual symptoms are fever and cough with yellow, green, or bloody mucus; also accompanied by chest pain, shaking chills, shortness of breath, sweating, low energy, and extreme tiredness. Viral pneumonia with flu-like symptoms in the beginning and wheezing may invariably lead to the more common and severe bacterial pneumonia requiring special care. Symptoms then might be delirium due to very high fever up to 105°F, profuse sweating, rapid breathing and pulse, and bluish lips and nailbeds. Vulnerable are those below the age of two or above 65 or those with a medical condition, weakened immune system, or smokers.^{13,14}



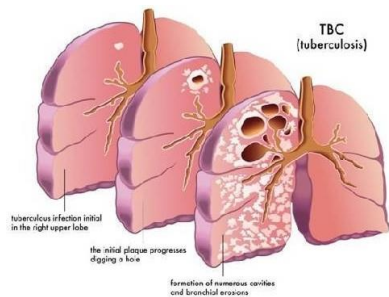
3.5 Emphysema is a chronic lung condition where the walls of alveoli break down making it hard to get a full breath. At its mildest, in stage 1, lungs operate at 80% characterised by gradual shortness of breath and fatigue, with productive cough and wheezing. As it progresses to stage 4, the lungs operate at less than 30%. Men in the age range of 50 to 70 are most affected, mainly due to many years of smoking, exposure to air pollutants or frequent respiratory infections; quite rarely, due to genetic deficiency of AAT (alpha-1 antitrypsin) - an enzyme that helps protect lungs from the damaging effects of inflammation.¹⁵



3.6 COPD covers a range of progressive lung diseases including chronic bronchitis and emphysema. Though preventable and treatable, severe flare-ups can be life-threatening. It is a leading cause of disability and death in the USA due to active smoking or prolonged exposure to smoke, harmful gases, and airborne particles from pollutants. Another risk factor is childhood respiratory infections. Early warning signs of COPD (stage 1) are generally overlooked: feeling breathless with light exercises, walking up the stairs and early morning phlegmy cough. As it advances (stages 2 & 3) shortness of breath will be evident even during daily activities; such a patient is prone to bronchitis and pneumonia. Stage 4 limits mobility

and needs supplemental O₂. All COPD cases should get a blood test done for AAT deficiency.¹⁶

3.7 Tuberculosis (TB) is a bacterial infection that usually affects the lungs (pulmonary TB); sometimes the brain, spine or kidneys. It could be dormant and become active when immune system is weak. Though preventable and curable, it is fatal if not treated. Symptoms are bad cough for more than two weeks, with blood or sputum, chest pain, fatigue, loss of appetite and weight loss, in addition to fever, chills and night sweats. Though infectious and transmitted through air due to cough, sneeze, or spit of a TB patient, it is not easily detected as symptoms remain mild for many months. Screening is done through Mantoux tuberculin skin test (TST) and blood test followed by sputum test and chest X-ray or CT scan to determine infection. Ending the TB epidemic by 2030 is one of the health targets of UN sustainable



development goals.^{17,18}

4. Other Respiratory disorders

4.1 Dyspnoea: Chest tightness, shortness of breath, or laboured breathing can happen due to anxiety, overexertion, major temperature changes, or high altitude. If resulting from inactivity, exercise often improves it. Acute or chronic dyspnoea is normally caused by heart or lung diseases.^{19,20}

4.2 Pleurisy involves inflammation of the pleura indicated by sharp and stabbing chest pain which worsens while breathing, coughing, or sneezing, along with dyspnoea, fever, and fatigue. Causes are viral or bacterial infection, lung ailments (most commonly pneumonia) or autoimmune diseases like lupus or rheumatoid arthritis.^{21,22}

4.3 Pulmonary fibrosis (PF) is a family of serious lung diseases. Though rare, it is a progressive and terminal disease. The thin walls of the alveoli scar and thicken over a period of time, lose elasticity and get damaged, making breathing and simple routine task very difficult. Rounded and swollen fingertips, fatigue, and weight loss are other symptoms. Usually affects those above the age of 70. It is important to be treated and to stay active and eat well for relief.^{23,24}

4.4 Pulmonary hypertension (PH) is high blood pressure in the pulmonary arteries, a complication of a heart or lung disease. Shortness of breath is one of the first symptoms.²⁵

4.5 Pulmonary oedema is an abnormal build-up of fluid in the lungs, its main cause being congestive heart failure. It is not, as in pneumonia, due to infection.²⁶

4.6 Lung cancer is uncontrolled cell division that starts in the lungs (primary) or spreads to the lungs from other organs (secondary). The first signs could be a cough or pneumonia that keeps recurring even after treatment. Smoking is a leading risk factor. *Pleural mesothelioma* affects the tissue surrounding the lungs and exhibits unusual lumps of tissue under the skin of the chest.²⁷⁻²⁹

5. Tips to prevent and combat respiratory disease

Most lung diseases can be prevented by avoiding exposure to irritants and triggers, increasing lung capacity by activity and exercise, good hygiene, rest and proper diet. For details on preventive measures and home remedies, refer to newsletters.^{3,30} Incidentally, it is possible to lead a normal life with only one healthy lung.

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2. Workshops

1. AVP workshop: virtual 2-18 Nov followed by face-to-face at Puttaparthi 25-27 Nov 2022

Four participants from India qualified as AVPs during the face-to-face workshop after a virtual practical workshop in Nov 2022. “Start your practice with 100% rock-solid unwavering faith and create positive vibes in your patients”. These inspiring words of Dr Aggarwal in his valedictory address kindled the seva spirit of the new AVPs who vowed to do their best. He cautioned them, “feel neither elated when many patients get cured & praise you, nor distressed when results are not to your satisfaction, as both these feed the ego.”



2. Virtual follow-up course for SVPs, 8-9 Dec 2022

Six SVPs who qualified in March 2022 presented the case histories of their patients and their experience of using the cards and the SRHVP. The highlight of the course was guidance by Dr Aggarwal on nosodes, miasms, Bach remedies, and broadcasting. On successful completion of their course, all six SVPs received their certificates and can now formally start treatment with miasms, and start broadcasting the remedies using their SRHVP machines.



3. AP Telugu workshop 29-30 Nov & 1 Dec 2022 Puttaparthi

The second AP workshop in Telugu was held for four participants from the state of Andhra Pradesh, India. Our senior teachers conducted the classes and practical sessions at Prashanti Nilayam. The zeal and enthusiasm of the participants were remarkable. At the end of the three-day workshop, they felt even more inspired after listening to the dynamic and encouraging words of wisdom by Dr Aggarwal.



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3. Camps and clinics

1. Various camps at new venues in India

Several practitioners during the holy month of November came forward to conduct camps at new venues as a commemorative to Swami's 97th Birthday. 24 practitioners including 5 APs conducted camps at 20 venues spread across 9 states of Delhi, Haryana, Uttar Pradesh, Uttarakhand, Rajasthan, West Bengal, Odisha, Andhra Pradesh and Telangana. A total of 1049 patients were treated for various conditions. 434 **IBs** were also distributed. Venues included a college, schools, community centres, places of worship, and Sai centres, some in remote villages.



2. Annual camp at Puttaparthi Railway station

21 November 2022 saw the start of vibrionics annual camp at Puttaparthi railway station (see pic). It was organised by Practitioner ⁰¹²²⁸ for the 14th year running. She was supported by an international team of four practitioners from Japan, India and Canada. They served 541 patients over two and a half days. In addition to new ones, there were many returning patients who took remedies for family and friends. They mentioned these remedies were effective and often fast-acting; some were impressed with the “magical healing power” of these remedies. At times of difficulty in communication, they managed by way of hand signals and prayers! One practitioner brought laminated ‘precautions’ in English, Telugu and Hindi; this proved to be very helpful as patients could take pics for their future use. After seeing the photo of Swami placing His blessing hand on the 108CC Box, some were keen to spread the word!

3. A new weekly Vibrionics Clinic in Hyderabad

It is heart-warming that a patient of Practitioner ¹¹⁶³² impressed with the treatment she received, offered a room in her house in Hyderabad for a permanent weekly vibrionics clinic. The inauguration took place on 17 Dec 2022 (see pic) with introductory talks given by Vibrionics



Teacher ¹¹⁵⁶⁷ and Director of Education ¹⁰³⁷⁵. Medical Distribution of IBs took place at the time of the inauguration and the clinic is now running every Sunday morning 10 to 12 under Practitioner ¹¹⁶³² with the support of several local practitioners.

4. A new fortnightly Vibrionics clinic in Visakhapatnam

Inauguration of Sai Vibrionics medical clinic at Sathya Sai Mandir, Chittavalasa, Vizag on 22 Dec 2022: The program started with bhajan followed by an introductory lecture on the importance of and need for Sai Vibrionics by vibrionics teacher and SVP ¹¹⁵⁶⁷ with an interactive question and answer session. Convener of the mandir Sri Satyanarayana also emphasized that this holistic healing system is completely devoid of side effects, to the gathering of Sai youths and other devotees. A total of 75 immunity boosters were distributed. The clinic would be run every 2nd and 4th Sunday mornings from 10-12 by AP ¹⁸⁰⁰⁷, the first regular clinic was held on Christmas day.



4. Sai Vibrionics presentation at the International Conference hosted by Heartfulness Institute 16-18 Dec 2022 ^{10375, 11567}

This Conference *An Integrative Approach to Health and Wellbeing: Inspire, Innovate, Integrate* was held in



Hyderabad; participants hailed from all over the globe, most notably USA, UK, Romania, Malaysia, and Kuwait among other nations. The conference offered various tools and techniques to enhance personal well-being and research skills, and also provided a valuable opportunity for

participants to become acquainted with other healing techniques. It also served as a platform for experts to share important, recent, and upcoming integrative approaches and innovations. Authors and researchers had been invited to submit abstracts for consideration. Sai Vibrionics chose to present a poster designed by Vibrionics teacher ¹¹⁵⁶⁷, under the guidance of the founder Dr Aggarwal and the head of Education ¹⁰³⁷⁵ titled "Sai Vibrionics – an innovative, inspiring and integrated system of alternative healing".

During the conference, the presenters explained the concept, importance, need, advantages and role of Sai Vibrionics both in preventing and treating various diseases. They demonstrated the use of the 108CC box and the SRHVP machine and cards. Vibrionics pamphlets were distributed and remedies were made for many interested patients. The two organizing practitioners were supported and assisted by several local practitioners ^{11568, 11612, 11618, 11626 & 11632}. The presentation created a huge interest and visitors were highly appreciative of the service being provided. We are happy this will augment the growth of Vibrionics.



5. Painless despite radiation treatment post thyroid-removal ^{11632...India}

A 45-year-old female underwent surgery for the removal of her cancer-riddled thyroid. Facing 30 radiation treatments over the next six weeks from 1 Sept to 15 Oct 2022, with expected severe pain, was quite an ordeal! She turned to vibrionics for help and was given the pain remedy in one litre of water to be sipped all day, and 6TD thereafter.

After five weeks of radiation the skin at the site of surgery opened up, but graciously without the burning sensation, severe pain and saline drip, all usually expected in such conditions. **Thanks to the vibrionics remedies**, she was even able to eat food throughout the treatment! Her doctor recommended taking a break during the radiation, but she continued non-stop!

At present she is completely normal, daily taking the necessary thyroxin hormone tablet. She firmly believes that vibrionics helped her go through the entire treatment rather painlessly. To express her gratitude, she has provided a room in her home for a weekly Vibrionics Clinic.



Om Sai Ram

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