

## **Sai Vibrionics Newsletter...a SVIRT publication**

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

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

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

Dear Practitioners

Such a blissful period it has been since our last newsletter. We celebrated so many auspicious occasions eg, Ugadi, Easter, Tamil New Year, Baisakhi, Akshaya Tritiya and Aradhana Mahotsavam. We also have the upcoming Easwaramma Day when we commemorate and immerse ourselves in the beautiful and sweet tales of our Dear Lord's Mother Easwaramma. Swami said *“Humanness is the main quality of a human being. Mother Easwaramma was fully endowed with humanness... There are many highly educated people in the world. But what good have they done for the world? You should work hard and make others happy. You will have fulfilment in life only when you make the society happy....Render all possible service to society. That alone will make Swami happy”*...Sathya Sai Baba, Birthday Discourse, 1981.

I'm delighted to share with you that the registration of Sai Vibrionics Institute for Research and Training (SVIRT) with its head office in Puttaparthi (See In Addition section for inauguration details), has given a boost to our plans for a more formal platform for providing research and training in the field of wellness. With the formation of SVIRT, we are gearing up to take forward Swami's mission of free healthcare for all in full force. We are blessed to have experienced the greatest phenomenon ever – living in the presence of the Creator, who has shown us the secret to leading a fulfilled life i.e. selfless service. At this important milestone in vibrionics, I urge each of you to take a relook at your pledge to support vibrionics in more ways than you currently do.

We need greater involvement of our practitioners in the activities of the Institute at all levels, including but not limited to admissions, training, creating awareness of Vibrionics, newsletter production, organising camps & clinics, and running of our head office. Email us at [news@vibrionics.org](mailto:news@vibrionics.org) if you can be of greater service to SVIRT and thus support Swami's Mission. I implore you to come forward and get involved! The Governors of SVIRT are currently implementing the revised administrative structure and procedures. Consequent to the birth of SVIRT the erstwhile IASVP (International Association of Sai Vibrionics Practitioners) becomes redundant; more details of the transition to SVIRT will be communicated to all.

Based on my interaction with several practitioners, I have observed that many have experienced miracles in action during their practice. Such incidents or as we fondly call them Sai-incidents, bear a testament to Swami's assurance that He is absolutely involved and pours His Grace on all practitioners. Not only are such blissful experiences encouraging but also a huge source of inspiration to expand our practice, to touch many more lives. God is doing for us what we cannot do for ourselves!. To share these Sai-incidents, there's no better medium than our newsletter. Hence I urge you to write to [news@vibrionics.org](mailto:news@vibrionics.org) and our team will be delighted to assist with editing the content to make it more impactful.

Over the past several years, Microsoft Corporation has been immensely generous in supporting our organisational technology stack for communication, website maintenance and updates, email, and virtual workshops and meetings. I am happy to announce that they have extended their sponsorship for Vibrionics until Feb 2024. We are very grateful for their continued support and it greatly eases the financial burden of running our organization.

I also take the opportunity to thank all those who are sending us their valuable feedback from time to time. As you will appreciate, the production and publication of each newsletter takes several hundred manhours. It is indeed gratifying when practitioners make a concerted effort to follow the guidelines given in the newsletters. Our **UK Coordinator**<sup>02822</sup> supported by the regional coordinators is leading the charge in using our newsletter as a powerful study aid. They have rolled out a new initiative – conducting a regular study circle where practitioners review and discuss one newsletter every fortnight. I had the opportunity to attend their last study circle and was impressed by how diligently they studied the material, taking turns in researching various topics for further guidance on a given subject. I urge all vibrionics groups globally to implement this approach for the enrichment and continued professional development of our practitioners.

Our hearty congratulations to **Practitioner**<sup>11231 India</sup> from Kerala whose patient count has surpassed 100,000 patients. Together with his peers, this practitioner has been instrumental in the procurement and assembly of 108CC boxes. Here, I would like to make a special acknowledgement that Kerala has been in the forefront of vibrionics seva and had earned the accolade of being first in many areas!

Let us muse over this powerful message from our dear Lord. He says *“What is society? Society is your own reflection. Therefore, do not distance yourself from society. Keep yourself always engaged in the service of society. Why has God given hands to you? They are not given to scribble something on paper. They should be fully engaged in the service of God. Work is worship. Duty is God. Do your duty.”*...Sathya Sai Baba, Birthday Discourse, 1981.

In loving service to Sai

Jit K Aggarwal

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## ☞ Practitioner Profiles ☜

**Practitioner**<sup>11615...India</sup> from Hyderabad is a chemical engineer with a master's degree. He worked at IDL



Chemicals in India until 1979 and then in copper mines in Zambia for three decades. Currently, he works as a freelance consultant. He enjoys reading, listening to ancient scriptures as well as playing chess and bridge.

His wife has been a staunch devotee of Sai Baba since childhood but he came into Sai-fold In 1989 when he started to accompany her to weekly Sai bhajans in Kitwe, Zambia. Gradually he got involved with the centre's many seva activities like serving food at and providing supplies to a Christian mission school, volunteering at a village largely for blind people, visiting old age homes and participating in medical camps, and eventually serving as the Centre President from 1996-1998.

In July 2005, he completed his EHV diploma and wrote a short monograph “Elicitation and Life Application of Human Values in the School Curriculum – A Teacher's Reference Guide”. In 2008, when the recession was at its peak, he lost his job in copper mines; this he learnt when he was on holiday in India. On his return flight, he decided that he would serve at the Sathya Sai School Ndola, Zambia until he finds a job. As if by providence, at Lusaka airport, he bumped into Dr Kanu, Central Coordinator for Africa and founder of this very school! From January 2009 he was privileged to serve as Dr Kanu's personal assistant for almost a year while residing in the serene Prashanti-like premises of the school. He helped in conducting two youth conferences in Africa and, in July 2010, he was appointed Deputy Central Coordinator for six African countries, a position he held until his return to India in 2016.

Having retired, the practitioner prayed to Swami for an opportunity to serve society. His prayer was answered in 2018 during a visit to the USA when he attended a talk by a visiting vibrionics practitioner from India. He instantly recognised his future path. He first tried vibro on himself for a stubborn right toenail infection (where allopathy did not help) and saw 30% improvement within a month. On his return to India, he initiated the admission process for the AVP course and also continued the treatment with a local

SVP. In January 2019, there was a sudden aggravation in his toenail infection which had spread to his left toenails, but with an enhanced remedy from the practitioner, he experienced 80% improvement within six weeks. He says that this experience was a test by Swami. Had he given up on the treatment, he might have abandoned his resolve to become a practitioner. He qualified as an AVP in July 2019 and was promoted to VP in Feb 2020.

In August 2019, together with a few SVPs, he started a vibro clinic as part of his Centre's monthly Narayana seva. Some patients were extremely poor and the practitioner derived immense joy from serving them. According to him, Swami's declaration 'Vibrionics is the medicine of the future' applies not only to mankind but to the entire creation including plants and animals. True to this belief, he experienced a miracle. His sister-in-law had a Brahma Kamalam plant (saussurea obvallata) that had not given a single flower in five years. Within two months, the first flower bloomed and many more season after season!

Recounting an experience of an effective single-dose healing, once in October 2019, the practitioner developed pain in his right little finger, probably caused by an insect bite. The pain aggravated in the night and he was unable to sleep. With a prayer to Swami, he took one dose of **CC 20.7 Fractures + CC 21.4 Stings & Bites**. To his delight, he had sound sleep that night and the pain completely vanished. Recently, the practitioner developed a sudden toothache while in the USA, and was unable to get a dental appointment. He took **CC11.5 Mouth Infections + CC11.6 Tooth Infections** and got complete relief within one day.

The practitioner finds **CC3.7 Circulation + CC10.1 Emergencies + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC20.7 Fractures + CC21.11 Wounds & Abrasions** (referred to as All Pain-relief combo in earlier News), applied externally in mustard oil, to be extremely effective in relieving all pains. He always keeps two remedies handy: 'Eat well' **CC4.2 Liver & Gallbladder tonic + CC4.6 Diarrhoea + CC4.10 Indigestion** for stomach upset and **CC11.3 Headaches + CC11.4 Migraines** for headache and migraine. He has to his credit some excellent cases published in earlier versions of our newsletter.

The practitioner feels blessed to have been given the opportunity to serve through vibrionics. He says that dedication and sincerity are a must for all practitioners and recommends we diligently follow up with our patients for the best results. He proposes that Swami's centenary year in 2025 be celebrated with the 2<sup>nd</sup> International vibrionics conference to spread awareness of this wonderful system of healing.

#### Cases to share:

- [Speech & behavioural issues in child](#)
- [Incontinence in dog](#)

Practitioner <sup>11605...India</sup> is a software engineer who worked at various prestigious companies in India, the USA, and Australia for over 20 years. Currently, he lives in Chennai and his hobbies include Veda chanting and bhajan singing. Since taking early retirement in 2018, he has become well-versed in Kriya Yoga and Vipassana meditation.



Fortunate to be born in a family of Sai devotees, he had his first darshan of Swami in 1987 when he was ten years old and has been visiting Puttaparthi regularly since 1990. As a sevadal since his university days, he had the good fortune of participating in Parthi Seva in 1997 and served as a Youth Coordinator in Chennai from 2000 to 2002. Since 2007, he has been actively involved with service activities of the Sai organisation like grama seva, blood donation drives, and medical camps. In April 2009, as part of a Tamil drama team, he was blessed to perform Aarti to Swami in Sai Kulwant Hall. Currently, he is an important member of the office team of TN-North State President.

Post-retirement, the practitioner harboured the desire to learn about alternative medicines so that he can participate more meaningfully in medical seva. On hearing about vibrionics, he lost no time in applying for the beginner's training course and qualified as an AVP in Nov 2018 and became a VP in Sept 2019.

He started his practice by treating his family, relatives, friends, and acquaintances. During the pandemic, he distributed hundreds of bottles of **IB** through his local Sai centre. For the last few months, he has been volunteering at two busy weekly vibro clinics in Chennai along with other practitioners. Working in medical camps has helped build his confidence. Earlier he used to refer to the 108CC book before giving

remedies but nowadays, he can confidently prescribe combos without looking in the book. He uses an Excel file to keep track of his patients' histories and their treatments. He is also part of the postal network team. Since December 2019, he has been conducting bi-monthly vibrionics seminars for practitioners in Tamil Nadu. He finds such meetings provide an excellent platform for the exchange of ideas and are an effective means of helping practitioners bond with one another; he has personally learnt a lot from the experience of other practitioners.

Having witnessed miraculous healing on several occasions, the practitioner shares some cases that helped strengthen his faith in vibrionics. Early on in his practice, he was approached by a 47-year-old man with a week-old cyst on his right buttock. Unable to even sit, he was scheduled for a cyst-removal procedure the next day about which he seemed to be very anxious. The practitioner gave him **CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC21.2 Skin infections + CC21.11 Wounds & Abrasions...one dose every 10 mins** for 2 hrs followed by **6TD** and also for external application **TDS**. The same night the patient's sister called to inform the practitioner that, to their astonishment and delight, the cyst ruptured by itself, so the infected fluid leaked out and the patient was fine.

In another incident, a 78-year-old woman was undergoing involuntary tremors in her lower jaw soon after getting up, for the past one week. She was worried that it could be the onset of Parkinson's disease. She was given **CC17.3 Brain & Memory tonic + CC18.5 Neuralgia + CC18.6 Parkinson's disease...6TD**. After just two days, the patient reported that the tremors had ceased and she was no longer concerned about Parkinson's!

Recently a 75-year-old woman with pain in both legs for three years came to the weekly clinic and her right leg was swollen. She found it difficult to do household chores and climb stairs. She also had a history of filariasis and recurring fever every three months. Allopathic medicines did not give any relief. She was given **CC9.1 Recuperation + CC9.3 Tropical diseases + CC12.1 Adult tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + IB...TDS**. In 15 days, her condition had improved significantly that she was able to do household chores without pain.

With 'mind' playing a key role in causing and curing diseases, the practitioner finds it tremendously efficacious to add **CC15.1 Mental & Emotional tonic** to most of his remedies. He also finds **CC4.4 Constipation** always gives immediate results and he gives this as a stand-alone combo to his elderly patients.

Through his practice, he has learnt that Swami sends and cures patients at the right time. He considers vibrionics to be a gift to mankind through which most diseases can be cured. Being a practitioner has taught him to surrender the results to Swami and has opened his heart to the plight of the sick.

#### Cases to share:

- [Forearm & elbow pain](#)
- [Sleep disorder](#)

## ❧ Case Histories Using Combos ❧

**1. Speech & behavioural issues in child** <sup>11615...India</sup> A 5-year-old boy started to stammer in Oct 2020, especially when he was talking in a hurry; also he was occasionally picking his nose and clenching his teeth. His doctor opined that stammering could be fear-related, did not prescribe any medicine and simply advised the parents to encourage him to read aloud in front of a group of boys. This could not be followed as he was being tutored from home due to COVID-19 restrictions.

Six months later when the mother came to know about vibrionics she immediately decided to consult the practitioner and on **31 Mar 2021**, the boy was given:

#### #1.CC12.2 Child tonic + CC18.1 Brain disabilities...TDS

Within two days, the boy's behaviour started improving and by 19 Apr he stopped picking his nose and clenching his teeth. However there was no noticeable change in stammering. So, on 22 Apr, **#1** was enhanced to:

#### #2.CC17.2 Cleansing + CC17.3 Brain & Memory tonic + #1...TDS

Within three weeks by 12 May, stammering had improved by 50%; this went up to 90% by 30 Aug and 100% by 30 Sept. He was now perfectly normal!

As the boy's family was in the process of relocating to another country they stopped **#2** in Oct 2021. In

Jan 2023, the boy's mother confirmed that the boy has not had any further issues and he has been growing normally.

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**2. Incontinence in dog** <sup>11615...India</sup> The practitioner's 14-year-old female dog suddenly developed incontinence on 27 Jan 2023. She was wetting her bed or the floor 2 to 3 times at night and sometimes during the day. Her vet ordered a urine test but the reports were found to be normal. Diaper pads were tried but the dog would shake them off and continue to wet the bed or the floor randomly.

On **5 Feb 2023**, she was given:

**CC1.1 Animal tonic + CC4.1 Digestion tonic\* + CC4.7 Gallstones\* + CC13.2 Kidney & Bladder infections + CC13.3 Incontinence...TDS**

Within two weeks, the frequency of urination on the floor/bed came down from daily to twice a week. On 1 Mar, the mode of administering the remedy was changed. Previously the sugar pearls were dissolved and added to the pet's drinking water. Now instead of sugar pearls, a drop of the above combo prepared in dilution was directly added to the drinking water.

Within two days, there was a dramatic improvement and the problem completely disappeared! On 18 Mar the dosage was reduced to **OD** for maintenance. There has been no incidence of bedwetting till date – 24 April 2023..

\*These two remedies were included as the dog had been hospitalized for a severe attack of pancreatitis at the age of seven and was cured and has since been on a strict no meat non-fat diet.

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**3. Forearm & elbow pain** <sup>11605...India</sup> A 68-year-old woman suffered from nagging pain, starting from the right elbow joint to the forearm, for six months since Aug 2018. This occurred while doing day-to-day kitchen chores like sweeping, lifting vegetable bags, kneading flour etc. Attributing the pain to weakness and overuse, her ortho doctor advised complete rest for her right hand, at least for a month. She was given painkillers, and a gel to be applied externally, for a week. The pain subsided in a week and against the advice of the doctor, she resumed household work as she felt no discomfort.

In Oct 2018, she started to feel an occasional dull pain which she ignored for three months until it became worse both in frequency and intensity. By Jan 2019, it had become more intense and would last the whole day; she could not lift even a mug of water while taking bath. She decided to stop the painkillers and the gel and instead sought vibrionics treatment. On **11 Feb 2019**, she was given:

**#1. CC20.2 SMJ Pain + CC20.4 Muscles & Supportive tissue...TDS**

By 12 Mar, there was 80% improvement in the intensity as well as the frequency and she was able to carry out her daily chores with no pain. By 11 Apr, pain was gone and she felt fit. On 1 May, for maintenance, **#1** was enhanced to

**#2.CC12.1 Adult tonic + #1...OD** for two months.

On 1 July, **#2** was tapered down to **3TW** and stopped by the end of Sep. In Oct 2019, she was put on alternating monthly cycles of **CC12.1 Adult tonic** and **CC17.2 Cleansing...TDS** for the next 10 months and both remedies stopped in July 2020.

On a review in March 2023, she continues to be pain-free and is able to carry out her household chores with ease.

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**4. Sleep disorder** <sup>11605...India</sup> A 78-year-old woman had trouble falling asleep at night and also going back to sleep every time she woke up to urinate, on average three times during the night, since Mar 2009. She did not take any treatment for five years. In Mar 2014, her doctor prescribed sleeping pills and she could fall asleep faster about 80% of the time and on waking, go back to sleep about 50% of the time. She wanted to break her dependency on the allopathic medicines, so on **8 June 2019**, she consulted the practitioner who gave::

**CC15.1 Mental & Emotional tonic + CC15.6 Sleep disorders...a dose** half an hour before bedtime, to be repeated every 15 mins until asleep and also in the middle of the night, whenever she woke up.

As she was determined to stop the allopathic medicine, she reduced its dose to half, on her own strength. In spite of this, in just seven days by 15 June, she could fall asleep easily 80% of the time with 3 doses before bedtime but had no improvement in going back to sleep whenever she woke up. By 30 June, the quality of her sleep improved further as she fell asleep with 2 to 3 doses, before bedtime and also during

the night when she woke up. As she felt confident that she did not need the allopathic medicine anymore, she stopped it.

By 30 July, she was getting good sleep with a single dose at bedtime and also during the night and she was waking up only once. She continued the remedy for the next six months and by 15 Jan 2020, she was able to sleep easily without the remedy even after waking up for urination, so she stopped it. The practitioner put her on alternating monthly cycles of **CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic** and **CC17.2 Cleansing...TDS** for one year.

As of March 2023, she continues to be fine.

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**5. Allergic asthma** <sup>11956...India</sup> A 53-year-old housemaid had been suffering from allergic asthma for the past 10 years, since 2012. She felt breathless whenever she did dusting and cleaning of bathroom tiles with acid. Breathlessness would last the whole day, disturb her sleep in night and she would be fine the next day. However, her work was disrupted during the day as she had to rest frequently. The tablets prescribed by her doctor did not give much relief and the problem kept recurring. So she decided to stop them and visited the practitioner on **13 Oct 2022**, she was given:

**NM62 Allergy-B + NM71 CCA + SM31 Lung & Chest...TDS\***

The breathlessness started to ease and by 26 Oct the intensity of her breathing difficulty reduced by 30%; this went up to 50% by 14 Nov and she was sleeping better. Her condition improved steadily and by 15 Jan 2023, there was 100% improvement. The dosage was reduced to **OD** which she decided to continue for her comfort. The 10-year-old problem vanished in three months.

As of 27 April 2023, she continues to be fine.

\*If using 108CC box give: **CC19.2 Respiratory allergies + CC19.3 Chest infections**

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**6. Respiratory allergy** <sup>11641...India</sup> A 20-year-old man had, for the past two years, nasal congestion and irritation, runny nose and sneezing since Aug 2020. The symptoms would start after the change of season. He has been managing well with the prescribed medicine, Febrex Plus as this provided immediate relief. On **19 Aug 2022**, when these symptoms were triggered due to a sudden change of weather to severe cold, he decided to consult the practitioner who gave:

**CC9.2 Infections acute + CC12.1 Adult tonic + CC19.2 Respiratory allergies + IB...every 10 minutes** for one hour followed by **6TD**

Within one hour, the patient rang in the excitement that all his symptoms had gone and he did not take his usual allopathic tablets. Occasionally he had stuffy nose during the next three days. So he was advised to put water remedy in a steam inhaler and inhale the vapours **BD** in addition to taking it orally. In the next four days by 26 Aug, his symptoms completely disappeared; inhalation was stopped the same day and the remedy was tapered off to **TDS, BD, OD** and finally stopped on 11 Sep. To improve overall immunity, he was given **IB...BD** for three months followed by **OD** which he continued till 31 Mar 2023.

As of 27 April 2023, he continues to be free of symptoms in spite of several changes of weather.

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**7. Cervical spondylosis, vertigo, migraine** <sup>11632...India</sup> A 52-year-old woman was suffering for the last 10 years since 2011, from stiffness and swelling in the neck and could not move her head to the side and had pain in her right hand. She did not want allopathic treatment but took homoeopathy from 2013 for three years. She discontinued it out of frustration as the pain came back with the same intensity when she skipped the medicine once. In Dec 2018, after surgery for a bone spur on her right heel, she started having pain in the right leg on exertion. At night her leg would become numb and on getting up in the morning she would limp and had to sit down to rest during household chores. On 6 Nov 2019, she was diagnosed with cervical spondylosis with compression of nerves in C4 to C6 and the doctor gave her painkillers.

From Jan 2020, she was also affected by vertigo, which caused a reeling sensation while bending, or turning over in bed. She was given Vertin tablets and with time, the dosage had to be increased. In Nov 2020, she had pain in the right-hand index finger which would gradually spread to the shoulder, ribs and both sides of her spinal cord. An MRI scan revealed spondylitis at L4, L5, L6 and L7. In addition to taking Pregabalin (prescribed for pain), she had to wear a neck-collar and waist-belt all day as she could not do any household work without them. On **13 Jul 2021**, she decided to consult the practitioner who gave:

**#1.CC10.1 Emergencies + CC12.1 Adult tonic + CC18.5 Neuralgia + CC18.7 Vertigo + CC20.5 Spine...6TD** for 3 days followed by **TDS**

**#2.CC20.5 Spine...BD** in coconut oil for external application

She continued taking allopathic medicines also. By 15 Aug, vertigo was gone and there was 50% improvement in cervical spondylitis and numbness, and she was able to do away with neck-collar and waist-belt. Witnessing such huge improvement, on 1 Sept, she revealed that she was having once a week migraine attacks for the last five years, possibly triggered by stress. During each attack which lasted several hours, she would get burping, vomiting and could not tolerate bright light and sound. An allopathic medication would give her relief. She was given:

**#3. CC4.10 Indigestion + CC11.4 Migraines...6TD**

After three days on 4 Sept, there was 50% reduction in migraine and the dosage of **#3** was reduced to **TDS**. By 27 Sept, she had 75% reduction in migraine and was able to tolerate sound and bright light. By 25 Oct, all her symptoms disappeared. **#2** was stopped and **#1** was tapered off to **BD, OD** and stopped on 6 Dec and **#3** was stopped on 30 Dec 2021.

As of April 2023, she continues to be fine without any relapse.

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**8. Overthinking (generalised anxiety disorder - GAD)** <sup>11641...India</sup> A 15-year-old girl was suffering from overthinking since Aug 2020, for the past two years. This affected her concentration, studies and quality of sleep, For no reason, she would often have emotional outbursts and would occasionally cry and sometimes be aggressive and angry without provocation. The girl was a boxer but was unable to concentrate on her sport. She never disclosed these issues to her parents but the practitioner (her Balvikas guru) identified them in a counselling session conducted for adolescents. On **14 Aug 2022**, she was given:

**#1.CC8.1 Female tonic + CC15.1 Mental & Emotional tonic...TDS**

Within a week by 21 Aug, her concentration level as well as her quality of sleep improved by 50%. At that time, she revealed that for the past six months, her hands trembled whenever she sat for an exam or appeared for a boxing competition. So **#1** was enhanced to:

**#2.CC10.1 Emergencies + #1...TDS**

She was also advised to do pranayam and omkar chanting every day. By 31 Aug all her symptoms were gone except trembling reduced by only 50% and that too vanished by 21 Sept. Dosage of **#2** was reduced to **BD** for one week and slowly tapered down before stopping on 30 Oct.

In Nov 2022 she did well in her boxing matches and in March 2023, confidently wrote her exams and is expecting high grades. As of April 2023 she is enjoying her vacation practising boxing.

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**9. Bedwetting** <sup>11594...India</sup> An 8-year-old boy was bedwetting since early childhood, usually once every night. Since the father felt that the boy would grow out of it, he did not try for any treatment. But the problem became worse as the boy now wet the bed twice every night. So the father consulted the practitioner who gave on **14 Mar 2019**:

**#1.CC12.2 Child tonic + CC13.3 Incontinence...TDS**

The boy was advised not to drink water before bedtime. By 5 Apr, the frequency of bedwetting came down to once in two days. The father mentioned that his wife was in mild psychological distress during pregnancy due to family issues. So **#1** was enhanced to:

**#2.CC15.2 Psychiatric disorders + #1...TDS**

On 10 June, the father reported that there was not even a single episode of bedwetting in the last two months ie, within 5 days of taking **#2**. The remedy was tapered down to **BD** for three months, then **OD** at night for six months and stopped on 5 Apr 2020.

As of April 2023 the boy continues to be fine.

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**10. Hypothyroidism** <sup>11594...India</sup> A 33-year-old woman was experiencing muscle cramps, mood swings, and fatigue for the past two months, since July 2020. During this period she had gained 4 kg (8.8 lb) in weight. Her doctor ordered a thyroid test which revealed an abnormally high level\* of TSH, >100 µIU/ml. Fearing potential side effects of allopathic medicines which she decided not to take, she approached the practitioner on **18 Sep 2020** and she was given:

## CC6.2 Hypothyroid + CC15.4 Eating disorders...6TD

On 26 Oct, her TSH had come down to 6.07  $\mu$ IU/ml. All her three symptoms were gone and her normal weight of 58 kg (128 lb) was restored. The dosage was reduced to **TDS**. Her thyroid test report on 6 Dec 2021 showed a further improved TSH level of 5.32  $\mu$ IU/ml and the dosage was reduced to **BD**. On 4 Sep 2022, the TSH value was 5.08  $\mu$ IU/ml and the dosage was brought down to **OD**. On 20 April 2023 she reported her TSH value had become 5.0  $\mu$ IU/ml and preferred to continue the remedy at OD.

\*Normal thyroid range is 0.35 to 5.0  $\mu$ IU/ml.

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**11. Glaucoma** <sup>03611...USA</sup> A 70-year-old woman was suffering since Apr 2013, from strain and tiredness in the eyes after watching TV or looking at the mobile screen or reading a book even for a short time. It was diagnosed as elevated eye pressure and dryness, possibly also weak eye muscles. Immediately she got permanent lenses (a special type of Toric lens) implanted in both eyes and was prescribed expensive eyedrops, to control eye pressure build-up. Strangely, one of the eyedrops would upset her stomach. Anyhow due to shortages, these eye drops were no longer available from 2018. Her ophthalmologist used laser treatment to relieve the eye pressure and this gave some relief. She could not continue her treatment as she could not move out of the house due to the Covid-19 pandemic between the end of 2019 and 2021. Her day-to-day life was adversely impacted due to poor vision.

An eye test in Aug 2022 revealed that glaucoma had set in and she was advised to resume allopathic treatment. She was worried about the high cost of treatment, had fear of side effects and having to visit crowded clinics and was concerned that her immunity may not be good enough. So she decided to opt for vibrionics and on **31 Aug**, the practitioner gave:

**#1.CC7.1 Eye tonic + CC7.5 Glaucoma...TDS** She got Toric lenses implanted in both eyes

**#2.Immunity Booster (IB)...BD**

Within just 15 days, there was 50% improvement in eye pressure, dryness and strain. She was able to read watch TV and check her mobile phone and this meant more comfortable living. By 30 Sep she had 90% improvement in all her eye conditions and her ophthalmologist was surprised and impressed to see the huge changes in such a short period.

By 15 Oct 2022, her eyes became completely normal and **#1** was tapered down to **BD** and then **OD** which she wants to continue. Having experienced the efficacy of vibrionics, she has started treatment for respiratory allergy and as a prophylactic for skin cancer she had 11 years ago.

As of 23 Mar 2023, she has had no recurrence of any eye issue.

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**12. Macular degeneration** <sup>11476...India</sup> In Feb 1995, a 55-year-old female had, during her second pregnancy, complained of seeing dark spots in addition to vision disturbance in the left eye. This was diagnosed as central serous chorioretinopathy (CSCR) but the doctor did not feel the need for any treatment. Sure enough, after the delivery, the symptoms disappeared and her eyesight became normal. However, she was advised regular eye check-ups every few months. During one such check-up in March 2020, macular degeneration was diagnosed in her left eye, albeit with no symptoms. She was prescribed vitamin I-site AF capsules, a nutritional supplement\* to optimize eye health. As she became anxious, she consulted the practitioner who gave her on **8 Apr 2020**:

**#1. NM48 Vitamin Eye Compound + NM109 Vision + OM29 Macula Lutea 6C + BR20 Eye + SR253 Calc Fluor 6X + SR254 Calc Phos 6X + SR258 Kali Phos 6X + SR261 Nat Mur 6X + SR382 Croton Tig + SR408 Secale Corn + SR526 Retina...OD\***

She took both the remedy and the capsules. After three months, in July, her eye was found to be normal as AMD was gone! The dosage was tapered down to zero on 7 Aug 2020. She continues with her eye supplement as well as the routine eye check-up.

For more than two and a half years her eyes stayed normal until Mar 2023 when she was again diagnosed with CSCR by a retina specialist for which the patient has requested the practitioner for a remedy. The modified remedy sent to her on 28 April 2023 is:

**#2. NM17 Eye + NM48 Vitamin Eye Compound + NM68 Cataract Compound-B + NM109 Vision + BR20 Eye...BD**

\*This supplement can arrest the progression of eye diseases, such as Age-related macular degeneration (AMD), high ocular pressure and cataract.



\*If using the 108CC box give : **CC7.1 Eye tonic + CC7.2 Partial Vision**

**Editor's comments:**

It is advisable to continue the remedy for maintenance, especially as this patient is prone to eye problems.

\*\*\*\*\*  
**☞ Answer Corner ☞**  
\*\*\*\*\*

**Q1. What is the best way to administer vibrations to infants and what should be the dosage?**

A. A. The best way to administer vibrations to infants or newborns is to apply 1 or 2 drops of remedy water to the lips; whether something seeps into the mouth or not will not matter! For infants over one month, put a few drops in the mouth, under the tongue is not necessary. The dosage is the same as for adults, depending upon the severity of the illness. Also refer to [vol 2 #3.Q5](#) and [vol 3 #2.Q4](#) & [vol 3 #6.Q2](#)

\*\*\*\*\*  
**Q2. Why does pullout occur? What factors determine its intensity and duration?**

A. A. As part of the natural cleansing process, the body continuously expels toxins through cleansing organs like kidney, skin, lungs and liver by way of urine, sweat, breath, and stool. Vibrionics remedies merely aid in this function by stimulating the body's inherent cleansing ability, hence pullout may occur. The intensity and duration will depend on the amount of toxin build-up and the rate of its expulsion by the body, keeping in mind that certain vibrations throw out toxins faster than others. As each patient is different, depending on his threshold, the intensity of pullout will be perceived differently. Also see [vol 11 #1.Q1](#)

\*\*\*\*\*  
**Q3. Sometimes patients come to know about their disease only after a diagnostic test and immediately approach the practitioner for treatment without knowing its actual duration. So should a practitioner treat such an illness as acute or chronic?**

A. Generally we treat an ailment as acute or chronic based on the duration of its symptoms. A disease reflected in a diagnostic test, without any other clinical or physical symptoms implies an 'underlying condition' that may have been in existence for a long time. Examples are lifestyle diseases such as hypertension, heart disease, diabetes, cancer, genetic disorders. All such conditions should be treated as chronic.

\*\*\*\*\*  
**Q4. In France we often receive patients for whom allopathy did not succeed or it offers no cure. New practitioners feel it would take too long to get good results in such cases, so they get discouraged and have difficulty in sending successful cases. What should they do?**

A. The problem is in the mind of the practitioner who, knowing that allopathy has no solution, starts to think that vibrionics will take a long time, this is called negative thinking. If you have firm faith that vibrionics can yield fast results, it will not take so long.

Basically, the most important thing is the thoughts of the practitioner during consultation with the patient, and while preparing and dispensing the remedy; hence make a direct connection with Swami throughout your interaction with the patient and this demands complete surrender. The remedy will become more potent and it will work much better than if you are not connected.

Remember not to mention or to claim that vibrionics will improve his condition very fast otherwise you will create expectation in patient's mind. If the patient does not get better quickly and that does happen in some cases, he might be disappointed.

It is best to work sincerely with love and prayer in your heart and full faith in Swami and He will certainly do whatever is the best for the patient. Never doubt that vibrionics may not work and never think that vibrionics takes a long time. Afterall it is He who cures.

\*\*\*\*\*  
**Q5. After taking a remedy in water for several or in some cases many weeks, patients often ask, for practical reasons, if they can take a pill directly under the tongue. Should I insist that he must continue to take in water as that is more effective, although I fear that he may stop the treatment?**

A. We know that remedies taken in water result in faster response but when a patient starts to find it too

tedious, it is best to let him switch to pills, lest he develops a disliking for vibrionics remedies in which case they will become less effective for him! If he stops the treatment, it will be even worse. However, it will be good to mention that in case of an acute episode, it will be much better to switch back to water. Another important factor is sensitivity of a patient to vibrations. For someone very sensitive to vibrations, a remedy works equally well in water or in pills. Also, refer to [vol 7 #3.Q4](#).

## ❧ Divine Words from the Master Healer ❧

*“Why should you cater to the dictates of your palate, adding chillies, salt, tamarind, and spices? It is only when you gradually reduce these ingredients for taste you will be able to cultivate satva guna. Parents have a great responsibility in teaching the children about the efficacy of satvic food and getting them accustomed to it right from their childhood. On the other hand, if the parents themselves prepare and serve rajasic and tamasic food consisting of meat, fish, etc., in their homes, how can they expect the children to develop satva guna?”*

...Sathya Sai Baba, “Cultivate Satwic Qualities Right from Childhood” Discourse 22 October 2005

<https://www.sssbpt.info/ssspeaks/volume38/sss38-17.pdf>

*“The act of service is not to be judged, according to the cost or publicity it entails; it may be only the offering of a cup of water in the depth of a jungle. But the need of the recipient, the mood of the person who offers - these decide whether the act is gold or lead. Fill every act of yours with Love. Let no one suffer the slightest pain as a result of your thought, word, or deed. Let this be your Sadhana. It will surely help you to achieve the Goal.”*

... Sathya Sai Baba, “Lead or Gold” Discourse 24 May 1967

<https://www.sssbpt.info/ssspeaks/volume07/sss07-23.pdf>

## ❧ Announcements ❧

### Forthcoming workshops\*

- **India Puttappathi:** SVP workshop **2-4 May 2023\*\***, contact Padma at [promotionsSVP@vibrionics.org](mailto:promotionsSVP@vibrionics.org)
- **France Périgueux:** AVP workshop *scheduled for 21-25 May 2023* is now postponed to **Sept 2023**, contact Danielle at [trainer1@fr.vibrionics.org](mailto:trainer1@fr.vibrionics.org)

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

\*\*Subject to change

## ❧ In Addition ❧

### 1. Health article

#### Relish all tastes; Let not Sugar & Salt rule our diet!

*“There must be a balanced equilibrium in the stomach of man of various tastes --- sweet, bitter, salt, acid, sour, acrid, hot, etc. If the balance is upset, by the predominance of any one taste, health suffers a downfall...Food has to be tasty. So, we add a pinch of salt or a little bit of chilli or some other seasoning. In this manner we increase the negative aspects of food. Eliminate items which are excessively salty, sour, or pungent; these will develop hatred, envy, and so forth. The main cause of cancer is white sugar; in the refining of sugar a lot of chemicals are added. One of these processing chemicals is bone char.”...Sathya Sai Baba<sup>1,2</sup>*

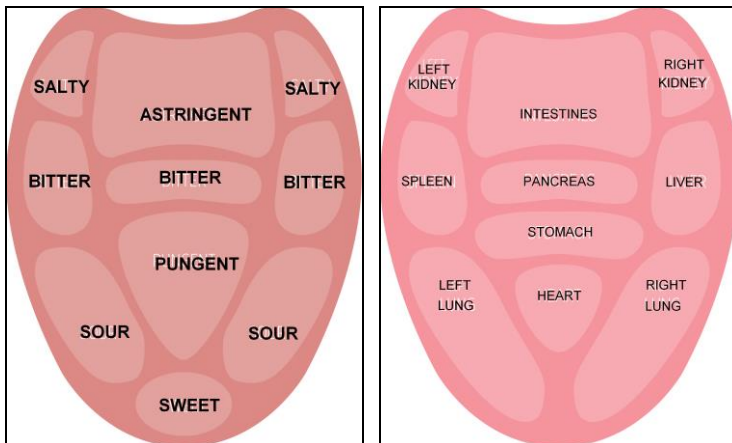
**Prelude:** We have covered the pros and cons of milk, one of the five white foods to avoid, in the last issue (vol 14 #2). In this article we deal primarily with two more whites, sugar and salt, widely consumed every day, more for taste than health!

### 1. Fundamental tastes in Nature

A sense of taste is vital. Our tastebuds can identify tastes, unlock the nutritive value of foods, and

stimulate the digestive fire to kickstart the digestive process. Studies indicate that taste receptors are not confined to the tongue, and are found throughout the stomach, intestine and pancreas, airways, and in other systems too.<sup>3,4</sup>

According to Ayurveda, taste is of six kinds: sweet, sour, salty, bitter, pungent, **and** astringent. **Each**



Tongue diagram – Tastes      Tongue diagram – Organs



The 6 Tastes

The six tastes

taste has a vital role in our physiology and health and is linked in a pattern with the five elements of universe - earth, water, fire, air, and ether (space). Sweet is linked with earth and water, sour with earth and fire, salt with water and fire; pungent is linked with fire and air, bitter with air and ether, and astringent with air and earth.<sup>3,5</sup>

## 2. Sweet taste and health

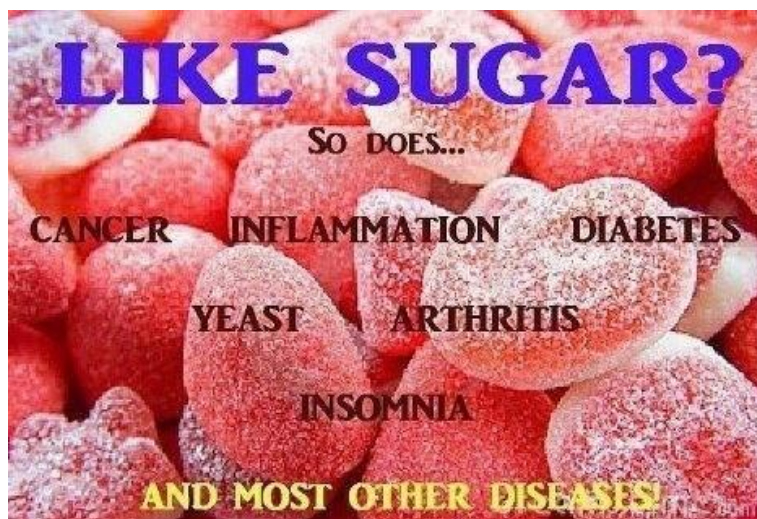
**2.1 What is sweet?** Sweet is the taste of sugars. It can be found in many carbohydrates, fats, and proteins. Foods that illustrate the sweet taste are **fruits** like banana, mango, melons, cantaloupe, dates, figs, prunes; **vegetables** - beet, carrot, cucumber, olives, sweet potato; **grains** - corn, rice, wheat; **legumes** - mung beans, red lentils, urad dal; **nuts and seeds** - almonds, cashew, coconut, pumpkin seeds; dairy – milk and milk products; **spices and flavourings** - basil, bay leaf, caraway, cardamom, cinnamon, coriander, fennel, mint, nutmeg, saffron, vanilla, tarragon; and **sweeteners** like fruit juice, honey, molasses, and maple syrup which contain natural sugar.<sup>6</sup>

**2.2 Benefits of sweet taste:** It strengthens the mucus membranes of the body and lends a sustained cooling effect, builds tissues, energises and soothes the body and the mind, enhances immunity, clarity and awareness at a spiritual level. Sweet is a healthy choice if it is from natural sources, not from add-ons.<sup>6</sup>

**Caution:** Sweet is addictively pleasant, one tends to overindulge leading to unhealthy cravings and greed; in excess it extinguishes the digestive fire, diminishes appetite, makes one lazy, drowsy, and sleepy, and can worsen the toxicity in the body.<sup>6</sup>

## 2.3 What is sugar?

Sugar (common name for Sucrose) is a sweet crystalline substance obtained mostly from sugar cane and



sugar beet; also, from sugar maple tree, coconut, and date palm; it includes molasses, a by-product of sugar produced during the refining process. Sucrose consists of 50% glucose and 50% fructose. Glucose is metabolised by nearly every cell of the body whereas fructose, almost entirely in the liver. The different types of sugars available are white refined, unrefined, unprocessed raw cane, organic, and brown sugar in granulated, powdered, or superfine forms.<sup>7-10</sup>

**White sugar** is refined sugar, chemically treated to bring out whiteness in colour. *Bone char*, often referred to as natural carbon, is widely used by the sugar industry as a

decolorising filter to get the desirable white colour in sugar. Even **brown sugar** is said to be created by adding molasses to refined sugar. Supermarket brands of sugar may be from different refineries making it impossible to know whether it has been filtered with bone char. Some sugars such as organic, unrefined brown sugar, sucanat (sugar cane natural) and turbinado (partially refined sugar) are not filtered with bone char; also beet sugar, though normally refined, does not involve the use of bone char.<sup>11-14</sup>

White sugar is known to cause leaky gut, skin problems such as acne, increase cellular aging, drain energy, negatively impact dental health, accelerate joint pains and cognitive decline, and increase the risk of cancer.<sup>15-17</sup>

**Added sugar** increases the flavour and shelf life of processed foods like ice cream, candy, bakery products, breakfast cereals, canned or packaged fruit juices, sweet tea, and condiments like ketchup. They are known to cause high blood sugar, insulin resistance, metabolic syndrome, fatty liver, increased triglycerides, obesity, and type-2 diabetes; also considered as one of the greatest threats to cardiovascular disease.<sup>8,15-20</sup>

**2.4 Sugar substitutes:** They do not contain sugar but taste sweet and fall into three categories – artificial sweeteners, sugar alcohols, and novel sweeteners.<sup>19</sup>

*Artificial sweeteners* are non-nutritive and created from chemicals in a lab, though some are made from natural substances like herbs; they are 200 to 700 times sweeter than sugar. Examples are saccharin, sucralose, acesulfame potassium (Ace-K), advantame, aspartame, neotame. Regulated by food and drug administration authorities, they may be considered safe within their recommended daily intake. They are being studied for their potential side effects on health.<sup>19</sup>

*Sugar alcohols* are created synthetically from sugars and are used in many processed foods, like chewing gum and hard candies, though not as sweet as artificial sweeteners. They can cause gastrointestinal irritation like bloating, gas, or diarrhoea. They are normally listed in 'nutrition facts' on labels eg, erythritol, isomalt, lactitol, maltitol, sorbitol, xylitol.<sup>19</sup>

*Novel sweeteners* are derived from natural sources. These "plant-derived noncaloric sweeteners" are considered safe by experts. Examples include allulose, monk fruit, stevia, tagatose.<sup>19</sup>

**2.5 Natural sugar:** It is best to eliminate highly refined or processed foods and beverages with added sugar and artificial sweeteners. Instead, depend on naturally healthy sugar.<sup>20-23</sup>

**Jaggery** is unrefined sugar made from palm or cane juice, containing a significant amount of molasses, hence considered a healthier option. In limited quantity, it can boost overall health. Rich in iron and as blood purifier it can handle the fluctuating hormonal levels in women and help relax; can give relief from migraine, bloating, and cough when taken with warm water. Choose dark brown jaggery, not white or pale brown usually treated with chemicals. When taken in excess or over a long period, it can increase blood sugar level and result in intestinal worm infestation.<sup>20-22</sup>

**Honey** is composed primarily of water, pollen, minerals, and simple sugars - glucose 30% and fructose 40%. Chemically very close to blood, it is a natural substitute for sugar, and best consumed raw or in tepid water with some lemon to prevent anaemia. It is ideal to relieve excess mucus and asthma and keep mind alert, also good for heart, brain, skin, and in wound healing. *Never put honey in hot water, nor should it be heated, it will turn poisonous. Ayurveda says warm honey is toxic; can be a slow poison. Never give to children under the age of one.*<sup>22,23</sup>

**Caution:** Say **NO to sugar** as part of everyday diet. Body recognises only sugar and not its origin. All sugars contain the same amount of calories and so will have the same impact on the body. Basically body does not need added sugar. So, if one must take sugar, having less is always better. But, do not be overzealous, lest one should start craving and binge on other comfort foods high in starch, saturated fat, and sodium. Wean yourself off sugar gradually and steadily. Look for healthier options to sweeten life with fruits, vegetables, and nuts or other flavours! Do read the nutrition facts on labels of packaged foods.<sup>15-17,19,24</sup>

### 3. Salt and health

**3.1 What is salt?** It is a white crystalline substance found in natural salts (sea and rock salt) and sea vegetables; it gives sea water its characteristic taste. Salt is used for seasoning, flavouring, and preserving food; also widely used in chemical industry. Known as sodium chloride (NaCl) it has 40% sodium and 60% chloride.<sup>3,5,25</sup>

**3.2 Optimum salt is vital** for survival as it is our primary source of the mineral sodium, essential for electrolytes and fluid balance, nerve health, nutrient absorption, muscle function, and regulating blood

pressure. It lubricates tissues, improves taste, stimulates digestion, and helps in elimination of wastes. It is often fortified with iodine, iron, folic acid, or a combination of these to prevent diseases. In ancient times salt had immense economic and political power; taxation of salt inflicted revolutions and wars. With passage of time the precious salt became easily available; now it is regarded as a threat to health as it is present in almost everything we eat or drink resulting in its overconsumption.<sup>3,5,25,26</sup>

**3.3 Minimum prescribed intake:** Human body needs per day, a total of only 500 mg of sodium (1.25g of salt) to function properly under normal circumstances. American Heart Association recommends not more than 2300 mg of sodium a day. Considering the prevalence of hypertension, Indian Council of Medical Research recommends 2000 mg whereas many experts suggest 1500 mg especially for the aged and those with health issues. Those who sweat a lot or do physical labour need not go below the recommended intake. Both inadequate sodium and excess can cause health problems.<sup>3,5,25,27-31</sup>

**3.4 Having too little salt** may lead to low blood pressure, dehydration, elevated blood fat levels, and low sodium levels impairing mental status, seizures, water on the brain, coma, and death. Early symptoms of low blood sodium are intense thirst, mouth dryness, headache, confusion, drowsiness, dizziness, fainting, and blurred vision. However, a big majority of population consumes too much salt since it is hidden in many common foods that we all consume daily. If a food label lists sodium in content, multiply the figure by 2.5 for an accurate picture of the salt content.<sup>25,30,31</sup>

**3.5 Having excessive salt** runs the risk of heart disease, hypertension, kidney dysfunction, osteoporosis, and stomach cancer. Short-term complications are water retention leading to swelling, bloating, lethargy, weakness, [high blood pressure](#), headache, dehydration and excessive thirst.<sup>25,27,30</sup>

**3.6 Opt for rock salt:** Avoid highly processed refined white salt or table salt which is chemically treated and bleached to get the white colour. Instead use rock salt - purest form of salt in existence, e.g. pink Himalayan salt. Though nutritionally they may be similar, unrefined salt will be free of toxicity. Avoid sprinkling salt over your food. Instead use fresh herbs, spices, lemon juice etc. If one is in good health and eats a balanced diet, no need to worry about salt intake.<sup>30-33</sup>

**Caution:** Those with health issues should consult their physician. Take care that invisible consumption through salted snacks, processed foods, or restaurant meals should not exceed the recommended limit. If you had a high salt meal, offset it by drinking more water and having fruits rich in potassium. Ensure iodine intake is optimal too.<sup>30,32,33</sup>

**3.7 Other uses of salt are** cleaning and removing odours, extinguishing fires and melting ice, exfoliating skin and relieving sore throats, speeding up cooking times, and sanitising mouth and whitening the teeth. It can give relief from bug bites and also get rid of ants, weeds, snails, and slugs.<sup>26</sup>

## 4. Sour, bitter, pungent & astringent tastes

**4.1 The sour taste** is found in citrus fruits, lemon, tomato, sour milk products (yogurt), and fermented substances (vinegar, pickles). It stimulates digestion, cleanses and nourishes the tissues, energises the body, strengthens the heart, sharpens the senses, and helps extract minerals such as iron from food.<sup>3,5</sup>

**4.2 Bitter taste** is found in green leafy vegetables, eggplant, herbs and spices (turmeric, fenugreek, sesame seeds), beverages (tea, coffee), and some fruits (grapefruits, olives). It stimulates the appetite, helps bring out the flavour of other tastes, is a powerful detoxifying agent, and has antibacterial, anti-parasitic, and antiseptic qualities.<sup>3,5</sup>

**4.3 Pungent taste**, hottest of all, is found in certain vegetables (chilli peppers, garlic, onions) and spices (black pepper, ginger). It enhances other flavours, stimulates digestion and metabolism, clears the sinuses, cleanses the mouth, promotes sweating and detoxification, dispels gas, and relieves muscle pain.<sup>3,5</sup>

**4.4 Astringent taste**, least common, with a unique effect on the tongue, is found in legumes (beans, lentils), fruits (apple, cranberries, pomegranate, pear, dried fruit), vegetables (broccoli, cauliflower, asparagus, turnip), grains (rye, buckwheat, quinoa), beverages, and some spices and herbs (turmeric, parsley, marjoram). It is not as cold as bitter taste but has a greater cooling effect than sweet taste, absorbs moisture, cleanses the mucus membranes, tightens tissues, dries up the fats, and helps to eliminate of bodily wastes.<sup>3,5</sup>

## 5. Tips to balance the tastes

Include and enjoy all the 6 tastes in balance at each meal to get the required energy from food and to avoid food cravings and overconsumption. Traditionally cooked food takes care of sweet, salty, and pungent tastes; add a dash of lemon to fresh salads with some herbs and greens to cover the sour, bitter,

and astringent tastes. One or two helpings of fresh fruits before meals and a handful of nuts or seeds during the day or with any meal will top up the diet. Rotate the various fruits, vegetables, herbs, and spices to cover all the tastes. Allow your body constitution to decide from its innate intelligence and natural inclination towards the right proportion of each taste. May be our taste buds will thank us and the body will exude gratitude through healthy digestion! Gradually minimise or eliminate foods that can sabotage taste buds, this will enable them to choose and relish healthy food which in turn can change the taste buds for better! Remember the popular adage: “the dose makes the poison” (**Latin: *dosis sola facit venenum***).<sup>34,35</sup>

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## 2. Face-to-Face Practitioners' Meet, France 21 March 2023

In an atmosphere charged with excitement, nine practitioners from France and Romania met near Paris in



the home of Practitioner<sup>03578</sup> who had just returned from Prashanti Nilayam with his 108CC Box freshly charged from the Master Box. It was their first face to face meeting since the pandemic. The French coordinator had

asked them to come prepared with any questions and queries they might have. Dr Aggarwal was

delighted to be present at the meeting virtually and to clear their doubts and answer their questions, some of which have been included in the Answer Corner. The practitioners were filled with enthusiasm and were happy that they had now recharged their boxes after a long wait.

**3. AVP workshop: virtual 1-21 April followed by face-to-face at Puttaparthi 26-28 April 2023**

After qualifying as AVPs, seven participants from India took their oath on 27 April and were entrusted with the 108CC box during the face-to-face workshop in Puttaparthi. A recently qualified Practitioner<sup>11632</sup>, with a



keen desire to refresh her knowledge, also attended and was of great assistance to the teaching team. Dr Aggarwal in his valedictory address enlightened the participants on the birth of 108CC Box and how the Lord blessed it. He also shared some of his experiences with patients, which taught him life lessons, e.g. not to expect quick results even though vibronics remedies are very powerful and can work very fast, recognise one's thoughts and correct them whenever negativity or doubt creeps in, connecting to Swami with a sense of surrender while remaining aware of the tricks mind can play and the ego which can stealthily enter, and taking a flexible approach when patients are not receptive to taking the remedy in water, as patients' thoughts are very important in bringing about a cure.

**4. Inauguration of the head office of SVIRT, 29 April 2023**

This was a landmark day for Sai Vibrionics when the office of SVIRT was inaugurated with a traditional



puja interspersed with Sai bhajans. It was a team effort by the governing body of SVIRT, local practitioners and participants of the April AVP workshop, to prepare and organise the office premises during the preceding several days in readiness for the auspicious ceremony. The program started vibrantly at the designated time of 8.35 am with the priest reciting vedic mantras. Ceremonial pujas were performed to Lord Ganesh, Navagrahas and Goddess Lakshmi along with Dwara puja with Gruha pravesam (a Hindu ceremony held to ward off evil spirits and negative energy and usher in positivity). Shirdi Sai abhishekam by a Governor<sup>02696</sup> and his wife, was followed by Sai Ashtothram namavali and Sai Gayathri recitation. The program concluded with Aarti to Swami followed by distribution of divine prasadam and a simple traditional meal. The function was well attended by many practitioners, some virtually. The founders were delighted to participate in the ceremony via Teams.



### **5. In Memoriam**

We are sad to announce the loss of our French Practitioner Marie-Christine Philippi 03558 on 4 March 2023; she was 76. A beautiful person, loving and generous, with great faith in Baba, she soldiered on treating her patients despite enduring pancreatic cancer for two years, even uploading her monthly reports until her final days. Working as a medical secretary in her psychiatrist husband's office, she helped many patients with vibrionics in their healing process. To relieve the suffering of others with deep compassion was her creed and her constant concern. During her last few months, she reported being always with Baba and said that she had never before experienced such happiness!

May she rest in the serene lap of her Divine mother Sai.



**Om Sai Ram!**

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