

## **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

I am blessed to be writing to you on the eve of the most auspicious occasion of Guru Purnima. It is also a milestone for our Sai Vibrionics newsletter as we are offering the 80<sup>th</sup> edition at the feet of our beloved Swami. It has not been an easy task to keep the newsletter going without missing a single deadline and we thank all of you who are involved in its production for your continued efforts and dedication.

Our Loving Lord Sai Baba says “*What is the significance of Guru Purnima? Guru is one who illumines the path to divinity. Purnima stands for the cool full moonlight. Full moon stands for a mind with total illumination and purity. Even if there is a trace of blemish in the mind, it will lead to darkness. It cannot give you total bliss. Embodiments of love! Let your mind be filled with the radiance of divine love... You cannot attain God with your education, power and wealth. He is accessible by love and love alone. You can experience Him only when you develop love. Devotion means to love God wholeheartedly*”...Sri Sathya Sai Speaks Vol 35:Ch13, Divine Discourse 24 July 2002.

With so much violence on the rise, natural calamities fueled by climate change and epic surges in disease, a lot of suffering, anxiety and fear are rampant the world over. There couldn't be a more propitious time than now for us practitioners to come together and offer our love in the form of selfless vibrionics service to our eternal Guru Sai, who is ever present in the hearts of all those we serve. Swami says, “*Through the sense of unity, the willingness to sacrifice, and the softness of compassion, all objects can be gained. So, the Sai Organisation must move forward with hearty enthusiasm in the field of service to society... what a single individual cannot accomplish, a well-knit group or society can achieve.*” Sri Sathya Sai Speaks, Vol 15, 1981 – 82. In fact, it is this very message of our Lord that is the genesis of the Sai Vibrionics Institute for Research and Training (SVIRT). Its main objective is to train, develop and enrich our practitioner base. It is our central command centre that will harness the power of collaboration and leverage the network effect to increase the reach of our mission and bring divine love in the form of healing vibrations to the masses.

Incidentally, the SVIRT office in Puttaparthi is now operational, where in addition to the charging of 108CC boxes and distribution of vibrionics material and literature, a clinic is held twice a week. In the near future, we plan to conduct workshops from the same premises. If any practitioner or anyone you know is planning to move to or visit Parthi for an extended duration in the near future and might be interested in signing up for admin seva at SVIRT, kindly email us on [admin@vibrionics.org](mailto:admin@vibrionics.org). The transition from IASVP to SVIRT is in progress, barring a few procedural hiccups.

It may seem that I am repeating myself, but I cannot emphasize enough the significance of case histories in the sustainability, development, and upliftment of SVIRT. The wonderful case histories that we have

been receiving from new as well as experienced practitioners go a long way in the enrichment and growth of not only our practitioners but also our entire reader base. Case histories are not only a teaching aid for practitioners, but they also give hope and encouragement to patients and readers at large in many ways. The writing and submission of successful case histories remains a challenge for many practitioners for whom English is not their first language. We have come up with a plan to address this impediment in earnest. We are seeking volunteers who can communicate with these practitioners in their vernacular language, understand their cases based on patient records, and then send the cases in English to our editorial team who will further refine them for publication. I am making an appeal to all our Regional and Country coordinators to take the lead and spearhead this initiative. All those who would like to volunteer in this endeavour may write to us at [news@vibrionics.org](mailto:news@vibrionics.org).

It is very encouraging to see that there are many vibrionics group activities being held regularly across the globe. Of special mention are our practitioners from Kerala and the United Kingdom. The community of practitioners in both areas are extremely consistent in coordinating and organizing regular meetings for effective collaboration and keeping everyone motivated. For further details, refer to the In Addition section of this issue. It is our hope that some of you will be inspired to take up similar initiatives!

Swami says, "Offer service and receive love. This is the recipe for experiencing Divinity." Sri Sathya Sai Speaks, Vol 20 1987. On the occasion of Guru Purnima Day, it is my sincere and heartfelt prayer to Swami that all practitioners pledge to increase collaboration and expand their service activities to take vibrionics to greater heights.

In loving service to Sai

Jit K Aggarwal

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## ☪ Practitioner Profiles ☪

**Practitioner** <sup>10760...India</sup> has a postgraduate degree in Personnel Management & Industrial Relations and has worked in the corporate world for 38 years in sales, marketing and soft skills training and now retired in 2019. He first heard of Sai Baba in 1992 when he accompanied his mother on her first visit to Shirdi. During aarti in the temple, he had an electrifying experience, a deep mysterious feeling that he had been there before and he almost broke down. Later that year, he visited Prashanti Nilayam and was blessed to receive padnamaskar on his very first visit. Over the years, his faith has had its ups and downs but he has been constantly guided by messages from Swami in the form of dreams and this has kept him firmly on the Sai path.



Since 1996, the practitioner has been actively involved in various spiritual pursuits like bhajan singing, Veda chanting, and hospital seva. He has been voluntarily conducting training sessions for Swami's students in Whitefield, Anantapur, and Puttaparthi since 2007. He is closely associated with 'Catalyst', the 'training, skills enhancement and placement' initiative that is run by Sri Sathya Sai Institute of Higher Learning (SSSIHL) alumni for postgraduates from Swami's institutions.

Being on the lookout for more opportunities to do seva, he enrolled in the first batch of vibro training in Whitefield and became an AVP in October 2008, starting with the **54CC** box. He did further training in 2009 and having qualified as a VP, brought home a **108CC** box. However, the timing did not prove propitious for him. He was unable to cultivate a positive mindset towards vibrionics and began feeling inadequate. Once in 2013, he experienced a beautiful result with **CC1.2 Plant tonic**. He gave it to a colleague to treat almost-dead plants and within a few days, these had not only revived but even flowered! Despite this experience, his colleagues remained sceptical about taking vibro for themselves and this fact only fuelled his own growing apathy towards vibrionics.

When a family member did not respond to treatment, he lost heart and, having no mentor to encourage him, quit practising completely. He gave away his spare bottles and pills to other practitioners but, to his astonishment, try as he might, he was unable to give away the **54CC** and **108CC** boxes - no practitioner would take them and he was not even allowed to donate them to his Sai Centre where patients were being treated by other practitioners! Unknown to him, his journey with vibrionics was not over yet; in fact, it was yet to begin!

He became actively involved in Nithya Narayan Seva at the Kidwai Cancer Hospital and Sai Gitanjali (his Sai Centre in Bengaluru) which fed 750-800 people every day. During the pandemic, he supported initiatives like creating chapter-wise visual aids for Rama Katha Rasa Vahini, Bhagwat Vahini and Gita for Children and broadcasting them through Whatsapp. It was during this time, when COVID had brought the world to a standstill, that he noticed vibro practitioners actively distributing hundreds of bottles of **IB**, benefiting countless families. Inspired by their selfless seva and fervently encouraged by senior practitioners, he underwent an AVP refresher course in July 2022 and restarted his vibro practice, this time, with renewed vigour, faith, and focus, supported by motivating mentors.

In his second stint as a vibrionics practitioner, he has found a great deal of spiritual fulfilment. His faith in Sai Vibrionics has increased manifold and he finds his prayers for his patients' wellness during Brahma muhurta\* (3.30 to 5.30 am) to be very effective.

The practitioner finds **CC10.1 Emergencies + CC15.1 Mental & Emotional tonic** to be a wonderful remedy to treat the trauma that family members of patients go through. He has also experienced excellent results with **CC4.4 Constipation, CC4.10 Indigestion** and **Move Well - CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine**.

He recollects the case of a 65-year-old man who was suffering from severe wheezing for a year. He gave him **CC12.1 Adult tonic + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic...TDS**. Within two months, the patient's symptoms had vanished! In another case, a 31-year-old lady came to him with reflux oesophagitis, gastritis and severe stomach pain that recurred almost daily for over two years. He gave her: **CC4.5 Ulcers+ CC4.8 Gastroenteritis + CC4.10 Indigestion + CC15.1 Mental & Emotional tonic** and within three months, all symptoms almost completely vanished. In Jan 2023, a 67-year-old lady suffering from corns with itching, for more than a year was given **CC21.3 Skin allergies + CC21.5 Dry Sores + CC21.6 Eczema** to be taken orally as well as in oil for external application. She obtained substantial relief very quickly. In all these cases, patients have reported a feel-good factor while taking remedies, so these are being continued.

Based on his experience, he says that no practitioner should complain of a dearth of patients. He spreads awareness of vibro wherever he goes and is constantly awed by how receptive people are taking vibrionics remedies! He is often approached by total strangers, referred to him by patients who benefitted from vibro. Since July 22, the practitioner volunteers at Kidwai Cancer Hospital where he dispenses remedies to seva dals & their families. He does the same on Sundays at Sai Gitanjali while going there for Narayana seva. Along with vibro pills, he finds it helpful to give a vibrionics brochure, a photo of Swami and a packet of vibhuti.

While thoroughly enjoying his practice as a conduit of healing in the Divine plan, he encourages other inactive practitioners to take a leaf from his experience and once again jump into this wonderful seva opportunity without losing any more time.

\*Sacred time before sunrise when our life energy is considered to be strongest. During this time, one can experience a heightened sense of mental clarity and spiritual awareness, as well as a greater opportunity for experiencing a spiritual awakening. The mind is also in a state of heightened clarity, focus, and attention.

#### Cases to share:

- [Painful and prolonged menses](#)
- [Rhinitis, pimples](#)

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**Practitioner** <sup>11117...India</sup> worked as an English lecturer in Dehradun, India, for 30 years until 2017. Teaching is her passion and she loves story-telling, motivational speaking, singing bhajans, and making videos. Always eager to learn new things, she has learnt reiki which she offers as seva and for the past one year has been writing articles on spiritual topics for publication.

she has become an ardent Sai devotee who is actively involved in the activities of Sai Seva Organisation - Balvikas, bhajan singing, study circles, Narayan seva and visiting old-age homes. She became the Ladies Sevalal Coordinator of her state Uttarakhand in 2018. In 2010, prompted by her love for trying out new things, she attended a vibrionics workshop in Rishikesh. Here she witnessed the efficacy of **CC10.1 Emergencies** first-hand when with just a few doses in water, she recovered fully from fever and extreme weakness. She successfully completed her training and became an AVP. Right from the beginning, she was blessed to treat scores of patients with remarkable results. In 2012, she completed the next level of

her training.to treat scores of patients with remarkable results. In 2012, she completed the next level of her training.

The practitioner has had several wonderful experiences that she would like to share. Once a woman who had been involved in an accident came to her. Doctors at the hospital were treating her wounds but not the swelling on her ear which the practitioner noticed. She gave her **CC5.1 Ear tonic**...every ten minutes for one hour. Within two hours, the patient was happy to report significant relief. Another patient with swollen and red outer ear with pus, earlier advised operation by her doctor, was almost fully cured within 2 days, with **CC5.1 Ear tonic + CC 21.11 Wounds & Abrasions**. In case of another female having throat pain and mouth ulcers which started recently, with vibro remedies, both symptoms almost disappeared overnight. Her own overnight healing of a sprained ankle and swollen painful knee from a fall has already been documented in vol 13 # 4.



She has seen spectacular results with various remedies for the eyes. In Mar 2022, a young woman with blood shot eyes was treated with **CC7.6 Eye injury + CC10.1 Emergencies** and within two days, her eyes were clear without a trace of redness. In May 2022, while travelling from the airport in a taxi, when the practitioner was returning from Puttaparthi, her eyes were watering. She asked the driver to pass on her kit from a bag kept on the front seat. After taking 3 to 4 doses of **CC7.3 Eye infections** in water (10 min apart), her eyes stopped watering. The taxi driver was intrigued and amazed by this 'cure' and asked her a lot of questions about this 'miracle' medicine. Impressed by all this, he later referred several patients to her. Again in Feb 2023, soon after the practitioner returned from a trip to Puttaparthi, she had severe throat infection and swollen and streaming red eyes. This was the first time she used the eye infection remedy as *eye drops* and was fine within two days.

In the same month, her housemaid suffering from breathlessness, having consulted a specialist doctor at the hospital, was told that she would need a stent which she could not afford. The practitioner gave her **CC3.4 Heart Emergencies + CC3.5 Arteriosclerosis** and she improved within a few days. Despite the practitioner's advice to go back to the same doctor for check-up, the patient prefers to carry on taking the remedy. As of June 2023, she is absolutely fine.

Whenever the practitioner sees any person suffering, she feels Swami has given her an opportunity to serve. She actively spreads awareness of Sai Vibrionics by word-of-mouth and is visited by patients not only from her own city but from nearby towns and cities too and even abroad. She makes it a point to attend all regional workshops and meetings to enhance her knowledge and diligently makes note of unusual case histories and pertinent information in the newsletter for future reference. She has played a significant role in reviving inactive practitioners in her region.

In Dec 2021, she attended the first AP training workshop in Hindi and mentored one practitioner for three months. She feels that she learned a lot from doing this mentoring seva. She also worked with her mentee to run free clinics in villages.

Being a Vibrionics practitioner has transformed her as an individual, making her more selfless and compassionate. She finds joy in serving others and feels blessed to have found this path of service. She prays that she should be given the opportunity to help more and more people and be able to run more clinics in the future, especially in rural areas.

#### Cases to share:

- [Wounds on legs](#)
- [Psoriasis](#)
- [Haemorrhoids](#)

## ❧ Case Histories Using Combos ❧

**1. Painful and prolonged menses** <sup>10760...India</sup> A 50-year-old female was suffering from painful and prolonged (lasting > 5 days) periods for four years since 2018. She managed the pain with Primolut-N (hormonal-based) tablets, as prescribed by her doctor. In spite of this, the pain recurred during every cycle. In 2019, the doctor diagnosed it as adenomyosis and started her on hormonal therapy to stop the menses. This she took for six months but it did not work. The doctor now prescribed another medicine

and it only gave temporary pain relief during menses. All this created much anxiety in her, although her thyroid and BP were normal. On **17 Oct 2022**, she was given:

**CC8.6 Menopause + CC8.7 Menses frequent + CC8.8 Menses irregular + CC15.1 Mental & Emotional tonic...TDS** but **6TD** during painful menses

She did not take any allopathic medicine and there was 90% reduction in pain during the next two cycles and the menses lasted five days. On 30 Dec 2022 as she became pain-free the dosage was reduced to **OD**. By Feb 2023, her menses were totally painless lasting 3 to 4 days and the anxiety was gone too.

Though she stopped coming for a refill, as of June 2023 she continues to be fine.

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**2. Rhinitis, pimples** <sup>10760...India</sup> A 24-year-old girl had been suffering every month from cold, cough, and wheezing since her childhood and would get relief with over-the-counter (OTC) medicines. In 2017 she had to move to a different town to pursue higher studies. Living away from her parents and friends coupled with academic pressures, made her feel emotionally down. For one year since Dec 2021, she had pimples and itchy rash on her face. She had all the above symptoms when the practitioner was consulted on **26 Dec 2022**, her respiratory problem being the longest and most bothersome, and she was given:

**#1. CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic...TDS**

**#2. CC8.1 Female tonic + CC21.2 Skin infections + CC21.3 Skin allergies...TDS** in water for washing the face

Within one week cold, cough, and wheezing were practically gone without any OTC medication and there was 100% improvement by 30 Jan 2023. Also, there was a slow and steady improvement in the skin condition. On 17 Apr 2023, **#1** was reduced to **BD** for two weeks and **OD** thereafter. The pimples and rash had come down by 60% and there was no more itching. **#2** was also started orally.

By 15 May 2023, pimples reduced by almost 90% and **#2** was reduced to **BD**. As of June 2023, there has been no recurrence of respiratory symptoms and she has been feeling significantly better emotionally, performing well academically and now pursuing her MBA. Due to her studies, she stopped coming for a refill.

*Editor's note: Had **#2** been given orally soon after the first chronic problem was 50% cured, during the 1<sup>st</sup> week of January 2023, one would have expected much faster improvement.*

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**3. Wounds on legs** <sup>11117...India</sup> A 59-year-old male in July 2013 had an accident in which both his legs were injured. The local doctor had been treating him for the past six months but in vain. When he consulted the practitioner, he was suffering from severe infections and pain in both his legs. There was blood and pus coming from the wounds on the front side of both legs below the knees.

On **11 Jan 2014**, he was given:

**#1. CC3.7 Circulation + CC21.11 Wounds & Abrasions...**in white petroleum jelly to be applied **BD** to affected areas

**#2. CC15.1 Mental & Emotional tonic + #1...**to be taken orally **TDS**

A month later when he came for a refill, the wounds looked only marginally better but the pain was almost gone. After that, as there was a continuous improvement, he stopped allopathic medicines in June. At his last visit on 25 Dec, his wounds were almost completely healed, so **#2** was reduced to **OD** for one month and **#1** was stopped. There was no further contact with the patient.

In June 2022, he had a scooter accident and both legs got injured. He took allopathic treatment for two months and there was no improvement. When he visited the practitioner on 15 August 2022, there were bruises all over his legs, blood was oozing from the wounds and the veins looked enlarged; he was unable to walk or even stand. He was given:

**#3. CC10.1 Emergencies** in water every 10 minutes while he waited. After one hour, the pain reduced substantially but there was a lot of itching, so he was given:

**#4. CC21.3 Skin Allergies + #1...6TD** and for external application, in white petroleum jelly...**BD**

There was 15% improvement every month and his wounds got completely healed by March 2023. The veins became normal although the scars remained. The oral dosage of #4 was reduced to TDS which he continues as of June 2023, also of his own accord, external application at BD until the scars are gone. He now takes only vibronics for all his health issues and has referred several of his relatives and friends too.

**4. Psoriasis** <sup>11117...India</sup> A 48-year-old female school teacher had a weeping scalp with itching, eruptions, white flakes and red patches since 2004, this was diagnosed as psoriasis. She took prescribed medicines including steroid injections for two years, then switching to ayurvedic treatment for a year and a half; neither gave any relief. In 2008 she started taking homoeopathy which considerably slowed down the progress of the disease but did not heal it. However, she decided to continue with homoeo medicines for psoriasis which was confined to her head only. She maintained her hair with normal oil, shampoo, and henna for colouring. Also, she often had mild knee pain.

On **2 Feb 2022**, when she approached the practitioner she had stopped homoeopathy and was not taking any medicine. She was given:

**CC11.1 Hair tonic + CC15.1 Mental & Emotional tonic + CC20.3 Arthritis + CC21.3 Skin allergies + CC21.10 Psoriasis...TDS** internally and to be applied externally on the scalp after mixing a few crushed pills in petroleum jelly.

After six weeks, she had 50% improvement in itching and watery discharge from the scalp and 100% relief from knee pain. In August, she reported that her scalp had improved by 70% overall. By December, her scalp was fine except for some tiny white flakes and red patches.

Whenever she stopped the remedy for a few days, the itching would return but would go away on resuming the remedy. Hence she prefers to take the remedy at TDS which she continues as of June 2023 and she feels good about her overall improved condition.



Before treatment



After treatment

**5. Haemorrhoids** <sup>11117...India</sup> An 18-year-old boy was suffering from haemorrhoids for the past six months since July 2021. There were blisters and blood coming from the anal region which was painful. Sometimes he would get severe constipation and other times dysentery. For the entire six months, he took allopathic medicines with zero relief. He was very young when his father passed away and he was living with his grandparents as his mother worked away from home. He felt depressed and his behaviour was rude. He was not willing to take advice and ate spicy roadside food which is detrimental for his condition. When he visited the practitioner on 21 Jan 2022, he was having dysentery which was treated with **CC4.6 Diarrhoea...6TD** for four days and dysentery disappeared. On **26 Jan**, the practitioner gave:

**#1. CC4.4 Constipation + CC4.10 Indigestion + CC15.1 Mental & Emotional tonic...TDS**

On 1 Feb, after consultation with a senior practitioner, the boy was also given:

**#2. CC3.2 Bleeding disorders + CC20.4 Muscles & Supportive tissue + CC21.11 Wounds & Abrasions...TDS**

Within ten days by 11 Feb 2022, his depression, rude behaviour, dysentery and constipation were all gone and he was open to advice and avoided street food; blisters were 50% smaller and there was 70%

relief from bleeding and pain. Thereafter the improvement slowed down because he was travelling out of the city and he had to resort to eating outside spicy food. In Aug 2022, he reported 95% improvement and again in Jan 2023, 100% improvement from all his symptoms. In Feb, #1 and #2 were reduced to **BD** and in June 2023 to **OD**, the dosage at which the patient feels comfortable to continue.

**6. Respiratory and food allergy** <sup>11646...India</sup> A 58-year-old woman had been allergic to curd, refined flour, pickles, citrus fruits and many vegetables for 40 years. These would give her heartburn, hiccups, and vomiting. Also, dusty environments or weather changes would cause wheezing, cold and cough, and sometimes fever. Each time, she had to take a course of antibiotics and also antihistamines for three weeks. On 8 Dec 2022, she had an acute allergic attack and this time she decided to try Vibrionics and the very next day, she was better by 50% and 100% in six days. Inspired by this quick cure, she sought treatment for her chronic ailment and on **4 Jan 2023**, she was given, although she had no symptoms:

For respiratory allergy:

**#1. CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.4 Asthma attack...TDS**

For food allergy:

**#2. CC4.2 Liver & Gallbladder tonic + CC4.6 Diarrhoea + CC4.10 Indigestion...TDS (Eat Well combo)**

To be taken in case of fever, acute cough or wheezing:

**#3. CC9.2 Infections acute + CC10.1 Emergencies + CC19.4 Asthma attack + CC19.6 Cough chronic...6TD**

On 14 Jan, even though the temperature had dropped to 7C, she had no symptoms, unlike earlier times, implying improvement in her allergy. By 30 Jan temperature had dropped further to 3C and she caught a cold and cough and had a slight fever. She started #3 along with an antihistamine and had complete relief in a week instead of the usual three weeks with antibiotics. By 21 Feb, despite the continuing cold weather, she had no respiratory allergy symptoms and she was able to eat all the items without any allergic reaction. #1 and #2 were tapered down and stopped on 31 Mar.

As of June 2023, she continues to be free of all symptoms.

**7. Chest and eye pain** <sup>11632...India</sup> A 35-year-old female software professional has been suffering for six years since 2015, with intense pain in the chest area whenever she felt depressed or emotionally down due to personal relationships or extreme workload or stressful office meetings; these bouts would last a few hours. Her ECG and echo reports in 2016 and 2017 were normal. The cardiologist prescribed diclofenac for pain and advised her to take rest and not lift heavy objects, also try to avoid work-related stress, but she was unable to comply with the latter. She took the painkiller but sometimes, she had to take an extra tablet in the middle of a meeting. As she wanted to avoid dependency on diclofenac, she tried reiki and felt better after one session! So she learned Reiki and used it on herself from 2018 to 2021. Though the level of pain came down, she felt drained of energy after each session, so stopped reiki in Feb 2021. Instead opted for Vibrionics **alone** and on **2 Mar 2021** she was given:

**#1. CC15.1 Mental & Emotional tonic + CC19.1 Chest tonic...6TD** for 3 days followed by **TDS**

Within seven days, she had 50% improvement and did not feel stressed out even during difficult office meetings and was able to handle them with a calm mind. By the end of the month, even in the worst situation, she felt only mild chest pain which vanished quickly. Having experienced the power of Vibrionics, she wanted a remedy for eye pain which she was getting practically every other day for the last two years, due to working late hours into the night. She also developed dark circles under her eyes.

On **5 Apr 2021**, she was given:

**#2. CC4.2 Liver & Gallbladder tonic + CC7.1 Eye tonic + CC13.1 Kidney & Bladder tonic...TDS**

By 9 May, frequency of eye pain came down to once a week and both her symptoms improved by at least 50% and this figure went up to 70% by 18 May. There was further improvement in chest pain also.

By 12 Sep, all her symptoms had disappeared and #1 and #2 were reduced to **BD** and then gradually tapered down. On 28 Dec 2021, #1 was stopped but #2 is being continued at **OW** as preferred by the

patient considering her profession. As of June 2023, she is absolutely fine without any relapse of any of the symptoms!

**8. PCOD & Migraine** <sup>11595...India</sup> A 23-year girl had her menarche in 2015 at the age of 18 and had regular monthly cycles of 40 days with normal flow until 2017, thereafter her menses started occurring once in six months or more with only spotting. Having a family history of late puberty and irregular periods she presumed this to be normal and did not seek any treatment initially. Then on 18 Nov 2019, a scan revealed that she had PCOD for which she took prescribed medication for almost nine months but in vain. When she approached the practitioner on **28 October 2020** she also had hair fall and was extremely stressed and mentally exhausted. Her last period was in Feb 2020. She was given:

**#1. CC4.2 Liver & Gallbladder tonic\* + CC8.4 Ovaries & Uterus + CC8.8 Menses irregular + CC9.1 Recuperation\* + CC11.1 Hair tonic + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS**

After ten days, she got her periods which became regular with 45 to 60 days cycle but the flow was scanty and lasted for 1 or 2 days. Considering her history, she regarded this as normal. By 13 Apr 2021, her hair fall had reduced considerably. The patient felt so good with this remedy that she increased the dosage to **6TD**! The scan of 3 May 2021 revealed that the dominant follicle on the ovary had reduced to its normal size. On 5 July, the patient was given an additional remedy for her 3-year-old migraine headache which she did not mention earlier as it was not bad:

**#2. CC11.3 Headaches + CC11.4 Migraines + CC4.10 Indigestion + CC15.1 Mental & Emotional tonic...TDS**

She contracted Covid in Aug 2021 and recovered but the migraine headaches became so severe that she was unable to do any work for days together; dosage of **#2** was bumped up to **6TD**. She also consulted a doctor and was given steroids which she stopped after two months as these did not help at all.

Since the improvement with **#2** appeared to be slow, it was modified on 15 Nov 2021 to:

**#3. CC3.7 Circulation + CC11.3 Headaches + CC11.4 Migraines + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia...6TD**

On 20 Dec however, for patient's convenience, **#1** and **#3** were combined into a single remedy **#4...6TD**

The frequency and intensity of migraine headaches had been steadily reducing and by 7 Jan 2022, she felt fully recovered. At the next review on 22 Sept, she was having regular monthly cycles with normal flow. As of Apr 2023, she was continuing **#4** at **6TD** of her own accord, considering her family history.

As of June 2023 she continues to be free from migraine with no recurrence. She fell down and fractured her leg in Dec 2022 and she was given a steroid injection followed by PRP (Platelet-rich Plasma) therapy and T-Heal tablets for recovery. Her monthly cycles which were regular till April 2023 got disturbed and she has missed her periods in May and June 2023 so far. On 20 June 2023 following remedy was given for re-regularizing her cycles:

**#5. CC3.7 Circulation + CC8.4 Ovaries & Uterus + CC8.8 Menses irregular + CC10.1 Emergencies + CC17.2 Cleansing + CC18.5 Neuralgia...TDS**

The patient is very confident her periods will be regular again with Vibrionics.

\*The practitioner added **CC4.2 Liver & Gallbladder tonic**, thinking that this might help in removing toxins. Also, **CC9.1 Recuperation** was added because in her experience when given together with **CC12.1 Adult tonic**, it makes an excellent remedy for extreme stress and exhaustion.

**9. Constipation, recurrent cough & cold in young boy** <sup>11645...India</sup> An eight-year-old boy had severe constipation - dry, hard stools once in two days, since the age of two and would cry in pain while defecating. He was given gripe water, banana, soap enema but none provided any relief. His water intake was only two glasses per day. From the age of four, he was treated with ayurvedic medicines for two years and allopathic laxatives for one year; these provided 50% relief that too was only temporary. In Jan 2022, he started having intermittent wet cough, runny nose and throat pain, once a month during winter and once in three months during other seasons. Each time he had to take allopathic medicines including an antibiotic for 5 days to get complete relief. On **16 Jan 2023**, he was given:

**#1. CC4.4 Constipation + CC12.2 Child tonic + CC15.1 Mental & Emotional tonic...BD in water**



**#2. IB\*...BD** in water, also added to his school water bottle

He used nasal drops for one week but did not take any other medicine and in nine days by 25 Jan, the severity of cough reduced by 20% and constipation by 30%. The stools were not so hard or dry and the boy did not cry anymore. By 25 Feb, he was passing normal stool every day and constipation vanished, so **#1** was reduced to **OD**. The cough improved by 90% and the runny nose by 60%.

By 15 Mar 2023, all respiratory symptoms disappeared, so **#2** was also reduced to the maintenance dosage of **OD**. Though there has been no recurrence of any symptoms until the last review in June 2023, the boy's parents decided to continue both remedies at **OD** for several months.

\* **IB** combo as per newsletter vol 12 #4.

Editor's note: It is important to emphasise on drinking plenty of water especially in cases of constipation.

**10. Digestive disorder** <sup>11956...India</sup> A 66-year-old female had flatulence and a feeling of heaviness in the stomach for 2 to 3 hours after every meal and an occasional stomach ache, for the last seven years since Oct 2015. As she could not afford allopathic treatment, she would resort to over-the-counter antacid whenever the symptoms became worse and got temporary relief. A blood test two years ago had showed her to be having borderline diabetes. At mealtimes she was always worried about the heaviness in stomach and was desperate for a permanent solution and as such approached the practitioner who gave on **25 June 2022**:

**SM17 Diabetes + SM18 Digestion + SM23 Gastro...TDS\***

She was advised to have dinner 2 to 3 hours before going to sleep. She decided to stop taking antacid. By 27 July, she had 40% improvement in all her symptoms. By 30 Oct, she had 90% improvement which became 100% by 31 Jan 2023. The dosage was reduced to **OD** which she is continuing for maintenance. As of 9 June 2023, the last feedback from the patient, she has had no digestive issues.

*If using the 108CC box give: **CC4.8 Gastroenteritis + CC4.10 Indigestion + CC6.3 Diabetes***

**11. Constipation, heaviness in stomach** <sup>11645...India</sup> A 73-year-old male suffered from severe constipation with scanty and hard stools, with a feeling of heaviness in the stomach throughout the day, for the past six months since May 2022. His doctor gave a laxative which he stopped after a week as it did not help at all and switched over to ayurvedic treatment. This too he stopped after two weeks as this provided little relief. So he managed his condition by drinking hot water early in the morning and eating a banana before going to sleep. After hearing of vibrionics from a relative, on **16 Dec 2022** he consulted the practitioner who gave him:

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

By 23 Dec, his constipation improved by 40% and heaviness in his stomach by 50%. These figures went up to 80% by 31 Dec. He had been taking allopathic medicine for high BP for ten years; having now experienced excellent results with vibrionics, he requested treatment for his high BP. So **#1** was enhanced to:

**#2. CC3.3 High Blood Pressure + #1...TDS**

By 15 Jan 2023, heaviness in the stomach was totally gone but there were still some signs of constipation. The practitioner split **#2** as follows:

**#3. CC4.4 Constipation...BD**

**#4. CC3.3 High Blood Pressure + CC12.1 Adult tonic...TDS**

By 31 Jan, he was daily having normal bowel movements and constipation had vanished. He did not need to drink hot water in the morning. **#3** was gradually tapered down to **OW** by 7 Mar. As of June 2023, there has been no recurrence but he prefers to continue **#3 at OW** for a little longer before stopping. He continues **#4 at TDS** as he is feeling much better than before and confident he would be able to gradually taper down his BP medicine and eventually stop it.

Patient's testimonial:

"I have been suffering from stomach heaviness and constipation for more than 6 to 7 months. Because of this discomfort, my food intake was also less. I tried Ayurveda and allopathic medicines but there was no improvement. Then one of my relatives told me about Sai vibrionics. I started using vibrionics remedy from December 2022 for my stomach problem. Immediately after one week, the severity of my problems

started reducing. By the end of January 2023, my ailments of stomach heaviness and constipation were cured completely. Thanks to Swami and Sai vibrionics for curing my problem.”

**12. Digestive issues** <sup>11646...India</sup> A 40-year-old female had been suffering daily from nausea, burning sensation in the oesophagus, flatulence, and poor appetite, resulting in constant headaches, since 2010. Her haemoglobin was 9 and she was underweight. She was employed as a dentist assistant and was unable to perform her duties effectively due to the nagging symptoms. For six years until 2016, she relied on allopathic medicines as she got reasonable relief. Fearing their potential side effects, when she stopped them, the symptoms recurred. So she tried homoeopathic treatment for one year but to no avail; decided to resume allopathy but had to take a higher dosage as the earlier dosage did not help. It was not until **30 Dec 2022** that she consulted the practitioner who gave her:

**CC3.1 Heart tonic + CC4.10 Digestion + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...6TD**

She was also advised to reduce the intake of tea, some pulses (toor/pigeon peas and chana/yellow peas), pickles and citrus fruits, and increase her water intake. She stopped the allopathic medicines only after three weeks but implemented the suggested dietary changes right away. By 31 Jan 2023, she had 30% improvement in all her symptoms. By 12 Feb, nausea stopped completely and all other symptoms had improved by 50%; the dosage was reduced to **TDS**. By the end of Feb, improvement went up to 80%, and to 100% by 15 Mar. She was very pleased to note that she had gained two kgs in weight and her haemoglobin had moved up to 12.1. The dosage was reduced to **BD** and after three weeks to **OD** for maintenance.

As of 9 June 2023, she has had no digestive issues and continues to be well and happy.

## ❧ Answer Corner ❧

**Q1. If size 30 sugar globules are not available, can we use a different size?**

**A.** The next size up is usually 40. It is acceptable except that the same size bottle will accommodate about half the number of pills of size 30. The next size down is 25 and it will do the job. Size 20 will also do but it may be better to prescribe 2 pills per dose, also be warned that pills may become soggy. We don't recommend size 10 as it is too small to handle.

**Q2. If I am unable to recharge my 108CC box after 2 years, what are my options?**

**A.** It is recommended that the **108CC box** is recharged every two years but with proper and good care, it is possible to extend this period. Refer to vol 11 #6 Q3 & vol 9 #6 Q1 & vol 8#2 Q9 & vol 5 #1.Q2. It is not mandatory that your 108CC box is charged directly from the Master box kept in SVIRT's office in Puttaparthi. Some coordinators maintain a sub-master box charged directly from the Master box specifically for this purpose. You may even charge from the box of another practitioner who has kept his box well protected against any radiation, after recharging it from the master or a sub-master within the last two years. Remember that the aim of recharging is to keep all the 108 vibrations *active* and to ensure that these are kept up-to-date with the latest modifications carried out by the research team, based on feedback from practitioners.

**Q3. One of my patients wants a remedy for postponement of menses. She took allopathic medicine which did the trick, but she experienced many side effects like headache, nausea, and excess bleeding during her delayed period. Is there a remedy that I can give from my 108CC box?**

**A.** As Sai Vibrionics promotes health in a holistic way, we don't recommend interfering with the natural menstrual cycle. If in any situation postponement seems essential contact an SVP for a suitable combo. If the patient decides to go for allopathy, a nosode of the allopathic medicine should be taken at **OD** for the same duration to counter its side effects.

Q4. I want to submit a successful case for publication in the newsletter. As a first-timer, I would like to know what details should I include in my case history?

A. List of details to be included can be found in the AVP manual. It is essential that a case history clearly demonstrates the role of vibrionics in bringing about healing. A good history can only be written if complete patient records are kept right from the beginning. The case should read like a story to keep the reader's interest going. It is advantageous to get test reports and in case of a visible problem photos of the affected body-part, before and after treatment. A patient's own recording of his problems and the progress of treatment will also be beneficial. A testimonial from the patient will make the case more authentic.

Q5. Can we make a remedy at a potency higher than the one written on the card, for stronger effect?

A. A remedy made at a higher potency does not necessarily mean it will be more effective. The potency specified on a simulator card is the optimal potency for that remedy. A different potency, higher or lower, has been used in some cases as can be easily identified in both 108CC and Vibrionics books. This potency is based on the illness and its circumstances and is usually chosen by an experienced SVP.

## ☪ Divine Words from the Master Healer ☪

*"All of you must tread the right path. Even if your parents for any reason offer you rajasic and tamasic food prepared in the home, you must explain and convince them of the ill-effects of such food, saying, "Mother! If you serve rajasic and tamasic food to me, I will only get bad thoughts. This is not conducive to good behaviour on my part." You must also convince them of the need to prepare and serve satvic food to all members of the family. Not only should you eat satvic food, you should also read good books. Your entire life is dependent upon good food, good thoughts, and good company."*

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

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

*"God is Love and can be won only through the cultivation and exercise of Love. He cannot be trapped by any trick; He yields Grace only when His commands are followed—commands to love all, to serve all. When you love all and serve all, you are serving yourself most, yourself whom you love most! For God's Grace envelops you then, and you are strengthened beyond all previous experience."*

.. Sathya Sai Baba, "Mirror and comb" Discourse 26 June 1969

<https://www.sssbpt.info/ssspeaks/volume09/sss09-12.pdf>

## ☪ Announcements ☪

### Forthcoming workshops\*

- **France Périgueux:** AVP and refresher workshop **10-15 Sept 2023\*\***, contact Danielle at [trainer1@fr.vibrionics.org](mailto:trainer1@fr.vibrionics.org)
- **India Puttaparthi:** Virtual AVP Practical Workshop **2-20 Nov 2023\*\*** followed by face-to-face workshop **25-27 Nov 2023\*\***, contact Padma at [admin1@vibrionics.org](mailto:admin1@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

### Varieties of Rice & its Alternatives for health & joy

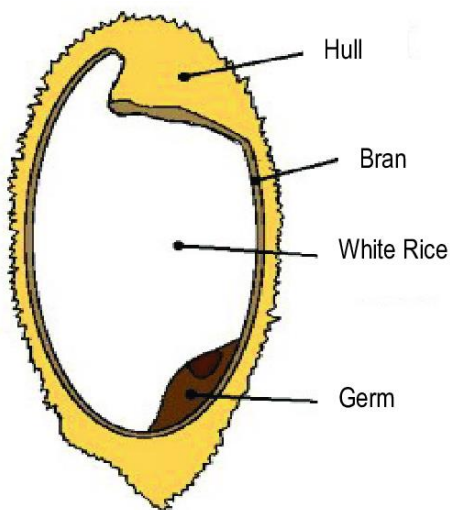
*“The life principle is like the grain covered in the husk of delusion (maya), same as the rice is enveloped in paddy. The delusion has to be removed; the life principle has to be boiled and made soft and assimilated so that it might add to health and strength. The softened rice can be compared to the Supreme Soul. The mind has to be used for this process. It has to be fixed in truth and the everlasting. To remove the husk of delusion, discrimination is an instrument.” ...Sathya Sai Baba<sup>1</sup>*

#### Prelude

We dealt with how to take care of the three whites in our diet -- milk, sugar, and salt – in the previous newsletters, *vol 14 #1 & 2*. In this article, we deal with the benefits of various kinds of rice including caution to be exercised regarding white rice. To know the characteristics of various grains in general, whole and not so whole, gluten-free and otherwise, including millets and pseudo-grain like wild rice, refer to *vol 12 #5*.

#### 1. Rice and its main variants

Rice, seed of a cereal grass, is one of the important dietary carbohydrates with a small amount of protein and fat. It is staple food for more than half of the world’s population, especially in India, China, and South-East Asia. Available in varied shapes and colours, it can be boiled or steamed and ground into a gluten-free flour. When cooked and cooled, its highly resistant starch helps the colon to stay healthy. A healthy whole grain, it is an excellent source of manganese and some iron and B vitamins, taking different forms due to varied refining processes.<sup>2,3</sup>



Structure of rice grain

**1.1 Paddy rice:** Every rice starts its life as paddy rice (unmilled rice kernels in their natural unprocessed state till the hull is removed) considered unfit for human consumption.<sup>4</sup>

**1.2 Parboiled/Converted rice:** Paddy rice is soaked in warm water, steamed, and dried in its husk before milling. This parboiled rice is more nutritive than white rice. A study showed when people with type-2 diabetes ate 185 grams of cooked parboiled rice after fasting overnight, their increase in blood sugar was 35% less than when they ate the same amount of regular white rice.<sup>5</sup>

**1.3 Brown rice:** We get this rice when the inedible husk is removed from paddy rice while retaining its protective bran layer which contains higher levels of bioactive compounds called phenolics and flavonoids. These are antioxidants, anti-viral, anti-inflammatory, and anti-allergic. Brown



Paddy rice



Parboiled brown rice



Long grain brown rice



Long grain white rice

rice can ward off every day toxins from the body and prevent cancer and cardiovascular diseases. It can lower blood glucose and fasting insulin levels, reduce cravings, and aid in weight management. Brown rice may or may not be parboiled and it takes a little longer than its white counterpart to cook as well as to digest, but is more nutritive and retains its natural nutty flavour and is very satiating. When the rice is rolled and the bran is pearly off, it leaves a white kernel intact resulting in white rice.<sup>2,3,6</sup>

**1.4 White rice** is polished and does not have the fibre rich outer bran and the nutrient-rich germ, but has a long shelf life. Easy to cook and digest, it is starchy, has a soft texture and bland neutral flavour. Athletes normally opt for white rice to refuel after exercise; also preferred during heartburn, nausea, or flare-ups associated with diverticulitis (a gastrointestinal disease) or Crohn’s disease. *White rice is not*

considered ideal for those with diabetes as it might spike sugar levels due to its high glycaemic index (GI).<sup>2,3,6</sup>

## 2. Glycaemic index (GI) and glycaemic load (GL) of rice

**2.1 What is GI:** Carbohydrates (carbs) have the ability to increase the level of glucose in the blood. GI is a rating system for foods containing carbs to know how quickly it raises the blood sugar level when consumed. The GI scale runs from 0 to 100. Foods with a GI score 0 to 55 are low glycaemic, 56 to 69 are moderate, and 70 to 100 are high. GI of rice varies from low to high. Aromatic long-grain basmati and brown rice have a lower GI, other varieties have a moderate GI; most of the white rice varieties have GI of 64 to 89 as their dietary fibre gets removed when milled. *Arborio rice*, starchy white like little pearls, chewy and creamy, gentle on the digestive system, and used in Italian dishes, has GI of 69, whereas Jasmine rice, an aromatic long grain white rice from Thailand, is in a higher GI range (68-80). The more processed the grains are, greater is the effect on blood sugar. GI of white rice can however be reduced to around 53 by cooling it after cooking as it forms resistant starch similar to soluble fibre. Cooking with healthy fats like ghee or oil, or adding vinegar or lemon juice to the cooking water, will lower the GI further. It is important to note that not all foods with low GI are healthy and *vice versa*.<sup>3,7-12</sup>

**2.2 What is GL:** To understand a food's complete effect on blood sugar, we need to know not only how quickly it makes glucose enter the blood stream (GI), but also how much glucose per serving it can deliver. Another measure called GL indicates both the aspects to give a more accurate picture of a food's real-life impact on blood sugar.  $GL = GI \times \text{amount of carbs per serving} / 100$ . Watermelon, for example, has a high glycaemic index (80), but a serving of watermelon has so little carbs that its glycaemic load is only 5. GL ranges from 0-100. Low GL is 0-10, 11-19 is moderate, and 20+ is high. Low GL diet can help with weight loss and reduce the risk of developing type-2 diabetes. According to American Diabetes Association, *total amount of carbs in food rather than its GI or GL is a stronger predictor of what will happen to blood sugar*; too much focussing on GI or GL may complicate our choices of food.<sup>7-12</sup>

## 3. Unique varieties of rice

Though the most consumed is white rice, many other varieties with different colours, richer in nutrients, are gradually becoming popular.

**3.1 Black rice**, often overlooked as forbidden rice, is known as the number one nutritional rock star in rice varieties. A medium grain rice that originated in China, it is naturally gluten-free, rich in protein, iron, and



Black kavuni rice



Red rice



Poongar rice



Rakthashali rice

antioxidants, it can improve eye health and reduce the risk of fatty liver. It has a chewy structure ideal for porridge, pudding, and rice cakes, becomes purple when cooked, and tastes like brown rice.<sup>13-14</sup>

**3.2 Red rice** is the most nutritious with high fibre content, a shade better than brown rice, it can delay premature aging and increase lung capacity. Rice from different regions has its own unique flavour eg, Kashmiri, Himalayan, Thai, and Bhutanese, Matta and other parboiled varieties of Kerala, the strength-giving Mapillai-Samba of Tamil Nadu, red & white Rajamudi of Karnataka, aromatic Gobinda bhog of West Bengal, Camargue of South France, Ulikan of Philippines, and Oryza of African region. Red rice takes longer to cook; it can lead to serious digestive issues if undercooked.<sup>15-17</sup>

**3.3 Rice with medicinal uses:** Each traditional rice has medicinal property, is fragrant, delicious, and filling. Illupaipoo-Samba rice of Tamil Nadu, both brown and white, is used to tackle problems like swelling, joint pain, paralysis, and immunity deficiency; Poongar rice is used to reduce gynaecological issues and joint pains in women. Rakthashali, very expensive ancient rice of Kerala, acclaimed from vedic times is an antioxidant, purifies blood, and maintains equilibrium in the body, treats allergies and skin ailments, liver, kidney, and nerve disorders, gastrointestinal, and uterus related problems.<sup>15-19</sup>

## 4. Caution on Arsenic content in rice

**4.1 Arsenic is a natural component in the environment**, highly toxic in its inorganic form and a confirmed carcinogen. Arsenic in ground water and soil, especially due to extensive use of pesticides and poultry fertilizer, and consequent contamination of grains and foods is widespread in many countries. Safe arsenic level for drinking water laid down by WHO is 10 µg/L. All plants will absorb some arsenic but rice absorbs more primarily because it is grown in flooded conditions; brown rice carries 80% more arsenic than white as it tends to accumulate in the bran; organic farming does not mean less arsenic. Brown and white Basmati from California, India, and Pakistan and sushi rice from US are considered to contain the least arsenic. Very rarely a rice brand is transparent about its arsenic content and how to address it. In comparison, grains like Amaranth, buckwheat, and millets have negligible arsenic.<sup>2,20-22</sup>



Long grain basmati

**4.2 Immediate symptoms of acute arsenic poisoning** are vomiting, abdominal pain, and diarrhoea, with drowsiness and confusion, followed by numbness and tingling of extremities, muscle cramping (death in extreme cases). High level exposure for a prolonged period may lead to heart disease, cancer, and pigmentation changes in skin, skin lesions and hard patches on the palms and soles of the feet, dementia, and neurological problems.<sup>20-22</sup>

## 5. Tips for healthy eating of rice and its alternatives

**5.1 Steps to minimise arsenic content:** Thoroughly clean the rice with water, soak for 12 to 24 hours, drain and wash again. Cook with a large volume of water using a ratio of 6 to 10 cups water to one cup rice, and drain the excess water afterward. This is a traditional Asian way of cooking by which 30 to 60% of the inorganic arsenic content can get reduced, depending upon the kind of rice. Brown rice should be soaked for a few more hours to wash off the arsenic that accumulates in the bran and get rid of the antinutrient phytic acid which resists absorption of iron and zinc from food. Rinsing does remove 50 to 70% of the valuable nutrients. In one cooking method, a filter coffee maker was used to pass the hot water through the rice as it cooked, this reduced arsenic by 85%; most nutrients were retained but 50% potassium was lost.<sup>2,21,22</sup>

*Best method to reduce arsenic: Parboiling the rice* and letting it absorb the water was found to be the most effective, safe, and time saving method to reduce arsenic at home. Pre-boil 4-5 cups of water for one cup of rice, add rice and boil for 5 minutes, discard the water with arsenic, add 2-3 cups of fresh water, bring it to a boil once again and cook the rice in low to medium heat with a lid or until all the water is gone. This method could remove 50% of arsenic from brown rice and 74% from white rice while still preserving the nutrients. It is better to be safe through these methods; lost nutrients can be supplemented in many ways.<sup>21</sup>

**5.2 Use cooked rice correctly to prevent food poisoning:** Uncooked rice can contain spores of bacillus cereus bacteria which can survive even after cooking. So, eat rice as soon as it has been cooked. If not possible, cool it within an hour, refrigerate and when ready to consume (within a day), reheat thoroughly. If left for longer at room temperature, the spores can grow into bacteria which will multiply and produce toxins that can cause diarrhoea or vomiting. Do not reheat rice more than once. Cooked black rice should be kept in an airtight container in the fridge; it will stay fresh for 3 to 5 days.<sup>13,23</sup>

**5.3 Enhance the benefit of rice:** Eat in moderation as part of a varied and balanced diet mixed with legumes and vegetables. About 270 gm of cereal per day (with max 100 gm millets) is recommended by National Institute of Nutrition, India. When body needs carbs for performance and recovery, it is the best time to consume rice. If one couches after a giant bowl of rice, it will get converted into fat. Greater the variety of rice one eats, the lesser the chance to get micronutrient deficiency.<sup>2,16,24-26</sup>

**5.4 Consider alternatives to rice** to sustain the environment, livelihood, and health in the context of depleting natural resources! 2023 is the international year of millets. It is being encouraged for it is both environment and farmer-friendly. It requires minimal inputs, much less water than rice and wheat, is resilient to climatic changes, grows even in poor soil and depleting natural resources, is resistant to diseases and pests, and can sustain the food supply chain. Most millets have higher fibre and protein and lower GI compared to rice, and least arsenic, making it consumer friendly.<sup>27,28</sup>

**5.5 Keep the choices simple** and eat with awareness. What is important for your overall health is reaching and staying at a healthy weight. If possible, rotate varieties of rice with other available grains like millets (refer vol 12 #5). Include fresh seasonal fruits, vegetables, and good fat in diet. Try a different

combination of foods at regular intervals, watch the difference, and stay with what suits you best in terms of health and the joy of eating. **Keep exploring and eat joyfully!**

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## 2. SVP workshop at Puttappathi 2 to 4 May 2023

After a stringent process of admission, four VPs (three from India and one from USA) got selected. Following a six-week E-course they attended this three-day face to face workshop to qualify as SVPs and



took their oath. They enthusiastically learnt the operation of the machine to make specific remedies, process of potentising including making nosodes, effect and modality of broadcasting, and significance of miasms. They were thrilled beyond measure to know how the first prototype was made and then blessed by Swami in a most dramatic manner to render it a divine machine. They felt truly blessed to be the recipient of this unique SRHVP. They expressed

that it is a great privilege to become a vibrionics practitioner and now becoming an SVP gives them greater insights into the workings of vibrionics and will help them to serve their patients even better.

Dr Aggarwal in his valedictory address inspired them through tips on how to find apt cards and utilise the machine effectively for treating patients, interspersed with some of his own outstanding experiences. So

keen were the four SVPs to acquire even greater knowledge that they proposed regular interactive meetings with the teachers, the first one is scheduled for July 2023.

### 3. Seminars

#### 1. Kerala Practitioners Meet 14 May 2023

20 practitioners attended this meeting presided over by the District president of Sri Sathya Sai Seva organisation. The meeting started with a homage to our recently departed senior practitioner Rajesh Raman who had played a pivotal role in the growth of vibrionics, especially in Kerala. The Kerala **Vibrionics Coordinator** <sup>02090</sup>, due to his inability to attend physically, addressed the gathering by phone. He inspired them to continue with vibrionics seva with greater vigour. There was a great need to launch Malayalam version of all vibrionics books to overcome linguistic barrier, so that more practitioners may take up this seva. **Practitioner** <sup>11231</sup> highlighted the need for an effective organisational set up in Kerala and it is heartening to note that ten practitioners came forward to take up various organisational roles. The meeting ended with the charging of 108CC boxes followed by Shanthi mantra.



#### 2. UK West London Seminar 21 May 2023

UK practitioners have been conducting regular refresher seminars at four monthly intervals. This seminar attended by practitioners was hosted by West London group. A number of successful cases of healing were presented to the delight of all as were some interesting anecdotes. Three practitioners made presentations, circulated in advance to all, on specific topics:

**Practitioner** <sup>00534</sup>, a qualified pharmacist spoke on the use of Bach Flower remedies. She emphasized the need to treat the cause, not the disease. Negative emotional toxins bring about chemical and electrical imbalance in the system, showing up as depression, behavioural problems, memory failure, phobias, and learning difficulties. Each illness has several root emotions, so the practitioner should identify the primary mental conflict in the person, give him the appropriate Bach Flower remedy as also all the hope and encouragement to make the patient feel more positive in his journey to health.

This was followed by discussion on how to treat plants with Bach Flower remedies and Plant tonic along with an example on how the plants revived and became healthy.

**Practitioner** <sup>03598</sup>, a recently retired GP, gave useful information on back pain. She emphasized that current lifestyle, especially stress, is not conducive to a healthy 'back'. Long working hours on computers or mobiles is a big hazard. A weak back is vulnerable to injury like sprains and strains and disc prolapses.

Stress induced hormones can tense up the muscles and make them stiff and painful. Simple walking in healthy and pleasant environment is an antidote to stress and is better than workouts in the gym. Yoga and meditation are good solutions to prevent stress. In a nutshell, healthy lifestyle in the form of regular activity, exercise, fresh air and adequate sleep, and a healthy diet will help keep the back strong. She added that vibrionics along with general counselling by promoting positive thinking can play a part in desensitising the nerves to pain and strengthening the coping mechanism.

She cautioned the practitioners that they should never take 'back' pain lightly as there may be other serious but less common causes of back pain - cancer and tumours involving spine or spinal cord or prostate cancer, kidney problems, gall bladder disease and pelvic conditions which can give *referred* back pain.

**Practitioner** <sup>00033</sup>, a cardiology consultant, presented a PPT on common cardiac conditions and prevention of heart disease, most common being the coronary artery disease caused by build of plaque in the arteries. Common causes are smoking, high cholesterol, obesity, diabetes, high BP, family history and



physical inactivity. His advice was to control cholesterol level, especially LDL or “bad” cholesterol, blood pressure, blood sugar by diet control and exercise. He also threw light on the signs of a heart attack - usually chest pain at rest, pain radiating to left arm/both arms/jaw/shoulder/back, shortness of breath, sweating, nausea or vomiting. Damage from this can lead to heart failure.

**Practitioner** <sup>02802</sup> added, especially in the context of Asian patients, that changing from refined oil for cooking to a healthier option can make a big difference to heart health – refer to our Health article in vol 12 #1.

Full details in power point format are available on request from [news@vibrionics.org](mailto:news@vibrionics.org).

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**4. Anecdote: Broadcasting without SRHVP!**

In August 2022, while having a bath, the practitioner <sup>10375</sup> inadvertently put the dorsal side of her left thumb under piping hot water falling from the geyser tap. The skin instantly turned dark red with excruciating burning sensation and pain. She immediately got the thought to send **CC10.1 Emergencies** mentally which she did while praying to Swami intensely; after a few seconds, changing the combo to **CC10.1 Emergencies + CC21.4 Stings & Bites**, she broadcast the vibrations mentally to the affected area. Lo & behold! Redness on the thumb vanished instantly, restoring the original skin colour; the burning sensation and pain disappeared too. She was in bliss for a very long time!

**Note:** Don't depend on this method of broadcasting as it does not always work!

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**5. In Memoriam**

- With heavy heart, we announce that our 83-year-old associate, **Dr Ram Gopal Katyal** <sup>02806...Malaysia</sup> transcended his physical form this year on 24 April, Swami's Mahasamadhi day! As an ardent devotee of Sai Baba, he derived great joy serving in innumerable medical camps in Malaysia and at Puttapparthi over the last five decades. After retiring as a doctor, he learned vibrionics in 2011 because he firmly believed in its healing power and dedicated his time and energy to helping people with this healing system. He served his last vibrionics patient on the day before he was admitted to the hospital just two weeks prior to leaving his physical form! His commitment to service was unwavering. He touched the lives of many people and will be dearly missed, leaving us with a sterling legacy of inspiring service and devotion. He was a shining example of the principle that the hands that help are holier than the lips that pray. May we follow in his radiant, dedicated, and loving footsteps.
- We are sad to announce the loss of our 84-year-old practitioner from Nagpur, **Dr Rewati Raman Chourasia** <sup>12054</sup>. On 7 May 2023, he suffered a massive heart attack, just six days ahead of his 85th birthday. He became AVP in 2010 and qualified as VP in 2017. Sincere and diligent, for many years he offered regular vibrionics seva in a temple in Vikas Nagar, Nagpur. During his final years he was unable to move out of his home where he looked after his bedridden wife. May his good soul merge in Swami's infinite Love!

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**Om Sai Ram!**