

## 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

Vol 14 Issue 5

Sep/Oct 2023

### In This Issue

☞ <a href="#">From the desk of Dr Jit K Aggarwal</a>	1 - 2
☞ <a href="#">Practitioner Profiles</a>	2 - 5
☞ <a href="#">Case Histories using Combos</a>	5 - 10
☞ <a href="#">Answer Corner</a>	10 - 11
☞ <a href="#">Divine Words from the Master Healer</a>	11
☞ <a href="#">Announcements</a>	11
☞ <a href="#">In Addition</a>	11 - 18

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

Dear Practitioners

I'm blessed to be writing to you around the time of the Onam festival, which is celebrated with great joy and enthusiasm by the people of Kerala in remembrance of their most beloved protector, King Bali. Emperor Bali is famous for his selflessness and generosity he showered on the people of his land. Our Loving Lord said “*Embodiments of love! Trees yield fruits for the benefit of mankind without any selfish motive. Rivers carry water for helping others. Cows yield milk for the good of others without any trace of selfishness. The human body is given for the purpose of helping others*”...Sri Sathya Sai Baba, Onam Discourse, 2 September 2009.

We are so fortunate to have been given the opportunity by Swami to live our lives with a purpose by undertaking selfless vibrionics service; especially, at a time when a significant percentage of our global population is suffering from physical, mental, and emotional health problems. It gives me great joy to tell you that over the past one year, in a great show of collective seva bhava, 1184 vibro clinics/camps were conducted across India and 36,039 patients were treated. 154 practitioners from the States of Maharashtra, Kerala, Andhra Pradesh, Telangana, Karnataka, Gujarat, Rajasthan, Delhi, Haryana, Uttar Pradesh, Uttarakhand, Tamil Nadu, West Bengal, and Odisha took part in these camps. We gratefully acknowledge the selfless contribution of the regional coordinators and practitioners who have been actively involved in organizing and participating in this massive collaborative initiative.

I am thrilled to report that practitioners from the Indian States of AP and Telangana held their first State-level conference In Visakhapatnam in July this year. It was a highly successful pilot project that brought many dedicated practitioners and zealous volunteers together. We believe it will serve as a role model for other States and regions in India and will, hopefully, sow the seeds for a national conference in the near future; more details in the In Addition section of this issue.

Recently I have been made aware that several practitioners have expressed their disappointment at not seeing their case histories published in the newsletter. I would like to reassure all practitioners that every case history that we receive is an important contribution to the vibrionics mission. The only reason that we are unable to publish all cases in the newsletter is because of the limitation of space. To resolve this problem, we will soon be posting all case histories on our website in order to make them available to the vibrionics community. We welcome the suggestion of Practitioner<sup>11573</sup>, a member of our think-tank, that we provide feedback to practitioners on every case history they send in. Our case histories team will be implementing this initiative in due course.

Though the deadly threat of Covid-19 has waned, new strains are constantly emerging and infecting people. This summer a new descendant of Omicron called EG.5 (Eris) started to spread. It is already the

dominant coronavirus subvariant spreading globally, especially in countries like China, UK, and USA. Although Eris has become the most prevalent strain, it does not appear to cause significant illness or pose an immediate danger. The good news is that our practitioners have continued to distribute the Immunity Booster (**IB**), which has already benefited over one million people.

As we approach the joyous festival of Janamashtami, the birth anniversary of Lord Krishna, let us dwell upon a beautiful message from Swami, in the hope that it will help make your vibrionics practice more meaningful. *"The Gopis knew the secret of spiritual surrender. Their worship was not tainted by any bargaining spirit. For those who bargain and crave for profit are like paid servants, clamouring for wages....Be a member of the family, a kinsman, a friend. Feel that you are the Lord's own. Then the work will not tire; it will be done much better; it will yield more satisfaction; and the wages? The master will maintain you in bliss. What more can anyone aspire for? Leave the rest to Him; He knows best; He is All and the joy of having Him is enough reward. This is the secret of human happiness. Live your lives on these lines and you will never come to grief. Krishna says: My devotees never suffer sorrow"*...Sathya Sai Baba, Krishna Jayanti, 19 Aug 1965.

In loving service to Sai

Jit K Aggarwal

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## ❧ Practitioner Profiles ❧

**Practitioner** 03586...Croatia



has a Master's degree in librarianship and has been working in the Zadar City Library, Croatia, for the past 36 years. She is a gifted musician and an artist and is passionate about alternative medicine and yoga. In 1986 when she was 18 years old, she saw Sri Sathya Sai Baba on television for the very first time and overwhelmed with an inexplicable feeling of love, was immediately drawn towards and felt connected with Him. She then got a job in the library and started reading books about him and happened to find the address of His ashram in Puttaparthi. She sent Him a letter asking for some vibhuti. After a month, on a visit to her friend in another city (Split), she was given a small box and the friend said 'Someone gave me this holy powder from 'some' Sai Baba. I felt that I should give it to you.' She looked in amazement as she had not told anyone about her love for Swami. She eventually gave the vibhuti to a friend suffering from leukaemia. Although there was no Sai Centre in her city, she kept meeting other Sai devotees with whom she could have satsang. In the process, she was given vibhuti several times by people who had been to Puttaparthi, this meant a lot to her. That one darshan of Swami had such a powerful impact on her that she now believed that her only purpose in life was to selflessly help all living beings with compassion. For 17 years she has been feeding stray cats daily and regularly taking food to public kitchens and dog shelters.

She wanted to visit Baba's ashram but her life circumstances, financial situation and war did not allow her to travel to India and it was not until 2018 that she made it to Puttaparthi. In the morning after her meditation, a candle fell out of her hand and Swami's image was formed in wax on the floor. Later her friend took several selfies of the practitioner and her daughter in Swami's garden. Two such photos



depicting a double rainbow which was not visible to anybody, were taken in different parts of the garden! On her second visit a year later while walking in Puttaparthi, Swami's brooch materialized on her daughter's scarf .

Over the next years, she experienced several miracles, big and small, and constantly felt His presence and guidance. She was introduced to vibrionics by a practitioner who treated her cat and family members and was inspired by the service opportunity that this system offered. Through the same practitioner, she got to know of a seminar on vibrionics to be held in the capital city Zagreb in Sept 2019. She eagerly attended the workshop and became an AVP. Since then she has treated many patients, animals, and plants.

Practising vibrionics brings her much joy and the practitioner feels not only grateful for the opportunity but honoured that Swami Himself is blessing the remedies that she is giving to her patients. Once she filled a few bottles with globules since she needed to make remedies for a family. As something urgent came up, she put this task off for half an hour. Then she went back and started to make remedies for each patient and as she got to the last bottle, lo and behold, it had amrita instead of globules!



She has experienced wonderful results with allergies and diabetes in several patients; she shares below one example of each of these ailments.

In Mar 2020, she treated a 32-year-old man suffering from allergies that would crop up with the onset of spring for the last five years. His symptoms included bouts of sneezing and swollen eyes. The practitioner gave him **CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies**. The symptoms vanished within a few days with no recurrence! In June 2021, she was approached by a 75-year-old woman having diabetes since her youth. She was taking allopathic medicines, in spite of which her blood sugar was high and fluctuating. Advising her not to discontinue them, the practitioner gave her **CC6.3 Diabetes** to be taken daily on waking up on an empty stomach. This brought her blood sugar down to normal in five days and it was stable for two years after which she lost contact with the patient.

The practitioner is extremely grateful to Swami for introducing her to vibrionics. She has realised that nothing is accidental and everything happens only by His will. In the course of her practice she has learned that the results often depend on the willingness of patients to make changes in their daily life. Practising vibrionics has had a powerful transformative impact on her own life and each day, she strives to become a better person. She knows that Swami is watching to supervise and support her in this seva.

For her, faith in Swami is the most important thing. She believes one becomes vulnerable to disease by mentally moving away from God; negative thoughts often trigger disease. With strong faith, she thinks every problem can be solved. Trust that Swami will do what is best for us and so be grateful for whatever the outcome, even if it feels painful at that time. An attitude of gratitude, even to those who appear to have done us harm as these people are often our significant teachers, will make us healthier and happier. Her motto is to help everyone - people and animals, too weak to take care of themselves.

#### Cases to share:

- [Respiratory allergy](#)
- [Migraine](#)

**Practitioner** <sup>18004...India</sup> has a BA degree and has been working as a primary school teacher since 2001. He lives in the remote district of Kalimpong, West Bengal, India, where most people work in government-run cinchona plantations.



In 1996, he first heard about Baba through two books that he chanced upon - *Nar Narayan Gufa Ashram* and *Miracles of Baba*. He had his first virtual darshan of Sai in Dec 1997 when an International cricket match in Puttaparthi was televised live. In 2000, he became a Balvikas teacher after receiving training in Prashanti Nilayam. In 2001, a Sai bhajan group was formed in his village and he has been an active sevadal ever since. He is currently serving as Samiti Seva Coordinator and teaches Balvikas in a neighbouring village.

After watching a YouTube video featuring Dr Aggarwal talking about vibrionics, he was curious to know more. He read some newsletters and was amazed at how miraculously people were cured, without having to spend a single penny! He was inspired to seek treatment for his wife who was unwell at the time and also to become a practitioner himself.

Initially he was very hesitant to apply for the training program due to his poor command of English and Hindi and absolute lack of medical knowledge. He was also apprehensive about being able to attend online classes since the internet connection in his remote village was pathetic. Three months after the deadline, he attempted to send his application form to the selection team but the message relayed was that it had failed to go through. We may have our own doubts and face multiple hurdles, but nothing can stop what the Lord has willed. To his utter surprise, he received confirmation that his application had been approved and he had cleared the first step to becoming a practitioner! He qualified as an AP in Dec 2021.

While he was studying for the vibrionics exam, Swami reassured him of His omnipresence on several occasions; here are a couple of examples. Once the gas stove, on which his son had placed a pot of milk on *high* flame and forgotten about it, was miraculously found to be on *low* flame. On another occasion, his wife found the electric kettle to have been switched off at the mains even though no one at home had done so. During the festival of Dussehra when the family was away on vacation, the neighbours saw a light and the shadow of someone walking inside their locked home. On returning and making sure the house was just as they had left it, the practitioner concluded that Swami was guarding their home while they were away.

The practitioner started by treating his family and people in his village, but gradually the stories of 'miraculous cures' spread to neighbouring villages, and he was soon thronged with patients – at times up to 250 a day! With his full-time job he was sometimes seeing patients late into the night! Finally, he prayed to Swami to control the flow of patients and now he is able to devote adequate time to each patient. With no knowledge of medical terminology, he would look at a patient's reports as if he understood them, all the while praying fervently to Swami to direct him to the correct combo. Later, on looking up their symptoms online, he found that in each case Swami had guided him to give the right combo! Subsequently, he attended an online basic medical course and educated himself via online videos on different diseases, reading reports and scans etc.

He has had remarkable success with treating a variety of ailments. A 60-year-old woman was suffering from knee pain for five years and had difficulty climbing and going down steps. She returned home after having been administered one dose of vibro remedy, only to find that she was able to go up and down the stairs with ease and no pain. A miraculous cure with a single dose!

He treated a 32-year-old woman with bilateral kidney failure, post c-section. Her creatinine and urea levels were much above normal and she was advised dialysis. She underwent two rounds of dialysis but, seeing another patient in the same condition die, became fearful for her life and discontinued treatment. Financial constraint was also a factor in this decision. A month later, the patient's husband consulted the practitioner because his wife had UTI with blood in urine, dizziness, numbness in her face and feet, body pain, difficulty in breathing, stomach ache, and constipation. She was given **#1. CC8.1 Female tonic + CC10.1 Emergencies + CC13.1 Kidney & Bladder tonic + CC13.2 Kidney & Bladder infections + CC13.4 Kidney failure...6TD**. The next morning, the practitioner visited the patient and gave additional combos: **#2. CC3.7 Circulation + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue; #3. CC4.4 Constipation + CC4.8 Gastroenteritis and #4. CC3.3 High Blood pressure (BP) + CC12.4 Autoimmune diseases**. Three weeks on, the patient reported acute pain in her lower abdomen and two days later passed a fleshy substance during urination after which her abdomen pain subsided. Within two months, the creatinine and urea came down to almost normal range and the patient was feeling well enough to do a few chores around the house! The couple, who had lost all hope just two months ago, were filled with gratitude to the practitioner and Swami.

In another case, a 31-year-old woman with two children from her first marriage was not able to conceive with her second husband. The practitioner gave her **CC8.4 Ovaries & Uterus + CC8.5 Vagina & Cervix + CC8.7 Menses frequent...TDS**. A month later her husband came to collect a remedy for her vomiting and was given **CC8.9 Morning sickness**. Ten months later she gave birth to a healthy baby boy!

The practitioner has experienced fantastic results with treating chronic liver disease, chronic gout, breast tumours, varicose veins, sciatica, gastric ulcers, and liver cysts. One patient expelled a 3 mm kidney stone, nine days after starting on vibro. He has noticed that all his patients with chronic gout suffer unbearable pain after starting vibro treatment. Some discontinue because of the severe pullout but those who persevere through the pain, almost always get cured within a month or so. Some of his patients with diabetes and BP have stopped their allopathic medicines and are only taking vibrionics, for the last one year. He finds **CC3.7 Circulation** to be very effective for problems related to the kidneys, heart, spine, joints, menstruation and migraines.

In 2022, the practitioner treated 1400 patients and distributed 500 bottles of **IB**, single-handed! He now

sees patients three times a week and organises weekly medical camps. He says that practising Vibrionics has been a 'game-changer' for him. He has won the respect of hundreds of people with his selfless seva and sees how amazed everyone is that this treatment is totally free of cost. Practising Vibro has helped him intensify his own personal sadhana. He always prays while preparing remedies and, in addition, does likhit japam and chants Rudram every day for the welfare of his patients. For Swami's centenary in 2025, he suggests all practitioners learn and offer Rudram to Him as the vibrations from these chants make the vibro combos more effective. To him, Sai Vibrionics is the path to self-realization and, immersed in the bliss of seva, he constantly feels Swami's presence around him.

**Cases to share:**

- [Fibroadenosis](#)
- [Suffocation during sleep](#)
- [Gout](#)

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## ❧ Case Histories Using Combos ❧

**1. Respiratory allergy** <sup>03586...Croatia</sup> A 32-year-old man was suffering from respiratory allergy for the past five years since 2015, He would sneeze with swollen eyes throughout the spring season (March to June) every year and his daily life and normal functioning became difficult. However, the patient managed with allopathic medicines but these provided only temporary relief. He was not taking any medication or treatment when he visited the practitioner, who felt that the possible cause of this allergy was psychological. On **15 Mar 2020**, he gave him:

**CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies...TDS**

After just two days, he reported that his allergy symptoms were gone! He continued taking the remedy for another two months before stopping it on 15 May 2020. Subsequently, there was no recurrence of allergy and as of 27 July 2023, he continues to be fine.

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**2. Migraine** <sup>03586...Croatia</sup> A 52-year-old woman was suffering from migraines for three years since 2017. During each attack, lasting several hours, which occurred one day or sometimes a few days a week, she would have a dull headache, nausea, vomiting and high sensitivity to light. The attacks were so intense that it was impossible for her to do any work or function normally. She would isolate herself from the outside world by locking herself inside a room. She had no other health problems, was physically active and engaged in sports. She did not take any treatment except consult the practitioner who felt that the possible cause of her condition was psychological. On **20 March 2020**, she was given:

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

On 28 Mar, she was happy to report that she did not have even a single attack of migraine! The dosage was reduced to **TDS**. To be on the safe side, she continued at **TDS** for a year before stopping it on 20 Mar 2021. Since starting vibro until now in July 2023, there has been no recurrence of any of her symptoms.

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**3. Fibroadenosis** <sup>18004...India</sup> A 37-year-old female had a painful red lump in her left breast in Aug 2019; so she consulted a doctor and a USG scan revealed mild fibroadenosis. She was prescribed painkillers and anti-inflammatories which she took for two years without improvement and stopped them in Aug 2021. Over the next few months, she noticed that the size of the lump as well as the pain was increasing, she got worried and in Jan 2022, consulted the doctor who advised a biopsy. As she did not want any invasive procedure, she approached the practitioner on **16 Feb 2022**, and was given:

**#1. CC2.3 Tumours & Growths + CC3.7 Circulation + CC8.3 Breast disorders...TDS**

She then did not get in touch with the practitioner until 8 May when she came with a big smile and excitedly conveyed that the lump and the pain had vanished. Now she wanted something for prevention and a tonic; **#1** was enhanced to:

**#2. CC8.1 Female tonic + #1...OD**

Though the practitioner suggested a rescan but she did not feel the need for it. She took **#2** until the pills were exhausted on 14 July. After a year, in July 2023, she confirmed that all has been fine and no

recurrence.

Patient's testimonial: "Within 3 months, my pain and tumour are gone completely. I am so happy. Now I am going to Sai baba bhajans and other Samithi programmes. I took balvikas guru training and now I am taking balvikas classes in my village."

**4. Suffocation during sleep** <sup>18004...India</sup> A 44-year-old policeman working near Indo-China border, was suffering from attacks of suffocation, gasping for breath accompanied by heart palpitations while in deep sleep almost every night since 2010. He would wake up suddenly with palpitations continuing for another hour or so. Afterwards, this kept him awake the whole night. He could not afford to consult a specialist, so never took any treatment. Also since 2019, although he was taking prescribed medicines for high BP, it was still fluctuating between 160/100 and 80/60. On **15 May 2022**, he was given:

**CC3.1 Heart tonic + CC3.3 High Blood Pressure (BP) + CC3.7 Circulation...TDS**

He was unable to provide periodic updates. After three months, when the patient's wife visited the practitioner for treatment for herself, she conveyed that her husband had 100% relief from suffocation episodes within two weeks and was having undisturbed sleep since then. So he had stopped the remedy after another two weeks, saving the remaining pills for future. Also his BP had stabilised while he continued with his BP tablets.

As on 10 Aug 2023, he confirmed that he no longer has any suffocation issues and is able to have sound sleep.

**5. Gout** <sup>18004...India</sup> A 76-year-old farmer was suffering from swelling, burning sensation, and pain in both his ankles and knees, as well as pain in his finger joints, for the past 22 years. He had difficulty in climbing uphill. Whenever the pain was severe, he had fever also. In the year 2000, his blood test revealed increased uric acid and his condition was diagnosed as gout. He took treatment from different doctors but with no noticeable improvement. He had to rely on taking daily prescribed painkillers. Even so, it became difficult for him to continue working in the fields to earn his living.

In 2018, he started having pain and burning sensations in his abdomen, legs and feet. Whenever he had severe digestive issues like gas, acidity, or indigestion, he managed with herbal remedies and antacids. On **27 June 2022**, he was given:

For gout, burning sensation in feet and legs:

**#1. CC3.7 Circulation + CC12.1 Adult tonic + CC12.4 Autoimmune diseases + CC18.5 Neuralgia + CC20.2 SMJ pain + CC20.3 Arthritis...TDS**

For gastric problems:

**#2. CC4.5 Ulcers + CC4.8 Gastroenteritis + CC4.10 Indigestion...TDS**

The patient did not feel the need to take herbal remedies or antacids but continued taking the painkiller when needed. On 4 July, he reported having unbearable pain in his knees and ankles and fever. Thinking this to be a pullout, the practitioner reduced the dosage of **#1** to **BD**. By 10 July, the pain was down to 50% and was bearable but both his knees had turned red. By 17 July, the reddishness on the knees vanished but the ankles became red and painful. The practitioner felt comfortable and confident that **#1** was working well. By 24 July, **all** his symptoms had completely disappeared! After one week on 31 July, the patient decided to stop **#2** but continued to take **#1** at **BD**. On 28 Aug, he resumed his work in the fields. On 2 Sept, he stopped **#1** also.

As of July 2023, he continues to be free from gout and all digestive issues.

**6. Respiratory allergy, breathing difficulty** <sup>03609...UAE</sup> A 45-year-old man, for the past about 20 years, had been suffering from difficulty in breathing, wheezing, and tightness in chest (causing upper back pain) due to smell of smoke, blocked nose due to dust allergy; so was using inhalers daily. His symptoms would aggravate during winters. On **31 Aug 2022**, he was given:

**#1. CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic...6TD**

He was advised to eat more of homemade food, use cold-pressed oil for cooking and stop eating packaged foods. Being aware of such practices, he now decided to follow them strictly. By 8 Oct, he had no wheezing upon exposure to smoke or dust, and 50% improvement in breathing, even his back pain

was almost gone. He needed to use the inhaler only once a week, Inspired by the quick improvement, he disclosed that for over 10 years, eating outside food would cause gas, bloating, and indigestion but there were no such issues with home food. So #1 was enhanced to:

**#2. CC15.4 Eating disorders + #1...6TD**

After a week he reported that his breathing difficulty had worsened, so he had to use the inhaler a few times. On 24 Oct he visited the practitioner who stopped #2, gave #1 again and separately gave #3:

**#3. CC15.4 Eating disorders...TDS**

Within a week he had 75% reduction in his breathing, gas, bloating and indigestion; so #1 was reduced to TDS. By 24 Nov, he had at least 90% improvement in all respiratory symptoms and he had stopped using the inhaler. He was now able to withstand dust and smoke from incense sticks and his back pain was totally gone. On 15 Dec, #1 was reduced to BD. By 15 Jan 2023, all his symptoms had vanished and #1 was reduced to OD and slowly tapered down and stopped in May. #3 was stopped in March. He experienced a good winter 2022-23 with no respiratory issues.

As of 10 Aug 2023, he continues to be healthy.

**7. Knee pain** <sup>03609...UAE</sup> A 57-year-old housewife was suffering from stiffness and pain in knee joints for over a year since Dec 2020. Being a Sai devotee since childhood, it was important for her to sit on the floor for bhajans. Both her knees would pain intensely while squatting and getting up from the floor. Thinking the pain was due to her advancing age and so could not be cured, she did not consult any doctor. Then her brother became a practitioner and on **25 Dec 2021**, he gave her:

**CC12.1 Adult tonic + CC20.2 SMJ pain...TDS**

By 9 Jan 2022, she felt her joints had become less stiff, an estimated improvement of 25% which moved up to 50% in two weeks. Now she could sit down and get up more easily. By 15 Feb, in less than two months of starting the remedy, the stiffness and pain had vanished. The dosage was reduced to OD and stopped on 15 Mar 2022. Since then, she has sought vibro remedies for other health issues. As of August 2023, she has had no problem with her knees.

**8. Skin lesion** <sup>11632...India</sup> A 40-year-old female had an 8 cm x 6 cm skin lesion, possibly ringworm or eczema, on her right shoulder for the past one year. It was red in appearance with severe itching which would get aggravated and discharge pus whenever she ate brinjal, red sorrel (gongura in Telugu), meat or spicy food. She took no other treatment and on **1 July 2022**, the practitioner gave:

**#1. CC21.3 Skin allergies + CC21.6 Eczema + CC21.7 Fungus + CC21.11 Wounds & Abrasions...BD** in coconut oil for external application

**#2. CC4.10 Indigestion + CC10.1 Emergencies + #1**

In order to avoid any pullout, #2 was started at OD. On observing no issue after three days, the dosage



1 Jul 2022



24 Dec 2022



26 Jan 2023

was increased to BD and then to TDS after another three days on 8 July. On 12 July, she had 100% relief from itching but the size of the patch remained the same. By 24 Dec, it reduced by 50%,

and 95% by 26 Jan 2023 and by 23 Mar, it had disappeared, so #1 was stopped. On 20 June, #2 was reduced to BD. The patient decided to continue this dosage as prophylactic. As of end July 2023 she is doing fine as there has been no relapse.

**9. Constipation in child** <sup>11604...India</sup> A boy aged six, with normal height and weight and good at studies, was having constipation for the past five years. He would pass hard stools once in 2 or 3 days; as this was very painful, he would avoid going to the toilet. If he did not have a motion for two days, he would become very restless, angry and at times violent. The boy's mother had a lot of mental stress before and

during pregnancy and was taking medication for hypothyroidism. The boy tried many medicines prescribed by different doctors but there was never any noticeable improvement, so these were stopped.

On **12 June 2022**, the mother consulted the practitioner who gave:

**CC4.4 Constipation + CC4.10 Indigestion + CC10.1 Emergencies + CC15.2 Psychiatric disorders...6TD**

The mother was advised to give him high-fibre food, fruits and nuts and two glasses of warm water early in the morning and generally increase his water intake. By 10 July, he was passing normal stools on alternate days, dosage was reduced to **TDS**. However, he was still reluctant to go to the toilet and his mother had to push him to cultivate this habit. Also, there was 50% improvement in his behaviour, this continued steadily and by the end of September, he did not have restlessness and angry outbursts anymore.

On 7 Dec 2022, the mother reported that he was able to clear his bowels daily without any difficulty or pain. On 1 Jan 2023, the dosage was reduced to **BD**, to **OD** on 1 Feb and to **3TW** on 3 July which he is continuing now as per his mother's wish.

**10. Double vision after fall** <sup>03604...USA</sup> On 20 Sept 2021, when a 70-year-old man hit his face against some furniture, his right eye became bloody, swollen, tender and darkly bruised and he had diplopia (double vision). An ophthalmologist opined that it would heal naturally, so gave no medication. The injury healed within a week but diplopia continued; this was extremely fatiguing to the brain and made it difficult for him to function normally. Fearing that it might be a serious condition needing surgery, he did not go back to the ophthalmologist but consulted the practitioner on **23 Nov 2021** and was given:

**#1. CC7.6 Eye injury + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS** orally and in distilled water as eye drops

On 1 Dec, although there was no improvement in his vision, he felt calmer and centered both mentally and emotionally. This was an unexpected *side-effect* - a welcome change! Nevertheless, **#1** was enhanced to:

**#2. CC7.5 Glaucoma + #1**, dosage as before

On 7 Dec, the patient reported that double-vision had become worse; it was particularly troublesome when watching TV and reading. There was a talk that a retina specialist should be consulted but then the improvement started and in one week, his double-vision improved by 85%.

After a total of four weeks on 21 Dec, the patient had achieved 100% normal vision and stopped taking the remedy on his own. On 7 Jan 2022, the patient conveyed he was very happy about his elevated mental and emotional outlook, greater patience, and acceptance of what is.

As of 9 July 2023, the patient's vision continues to remain normal.

**11. Post-Covid effects, lower back pain** <sup>11648...India</sup> A 33-year-old female had Covid (Delta) in Apr 2021 and recovered after two months. However, she started having pain and stiffness in **all** her joints every morning, and this would reduce only after she moved around for a couple of hours. She felt extremely weak and had little energy the whole day. She got infected again with Covid (Omicron) in June 2022 and recovered after 15 days of treatment with steroids but she felt even weaker all-over, practically all the time.

In October, after a house-move when she lifted heavy household items, she developed lower back pain, which would show some improvement only after she took complete rest overnight. If she sat for over two hours, the pain would increase and become unbearable. Her doctor diagnosed it as disc prolapse and prescribed a muscle relaxant and a painkiller and advised her to move very slowly and carefully. These gave her only some relief. Also for the last 3½ years, she used to get occasional mild migraine but post-covid, it became severe, recurring every week and so she had to resort to painkillers. On **2 Jan 2023**, she was given:

For post-Covid issues:

**#1. IB Recuperation\*...OD**

For lower back pain:

**#2. CC20.5 Spine + CC20.7 Fractures...BD** in mustard oil for external application



She was advised to go for walks and do gentle stretching exercises for 10-15 minutes daily. She started feeling better and by 17 Jan, her lethargy was reduced by 50% but her joint pain and stiffness vanished. By 1 Feb, lethargy and weakness went down by 70% but the back pain by only 30%. She stopped taking the muscle relaxant and painkiller in March. By early May, all her post-Covid symptoms including lower back pain, had vanished, so she stopped **#1** and **#2** in the second week of May.

As of 3 Aug, there has been no recurrence. Encouraged by this improvement she has now sought treatment for PCOD and the occasional mild migraine she gets at the pre-Covid level.

\*Refer to Sep/Oct 2022 Issue #5 of vol 13 for update on Remedies for Covid-19.

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**12. Plantar fasciitis, stress, mood swings** <sup>03611...USA</sup> A 40-year-old female was limping due to stabbing pain, swelling and stiffness in the sole of her left foot (more in the heel) since Mar 2022. Her doctor diagnosed it as plantar fasciitis (inflammation of the fibrous tissue along the bottom of the foot, connecting the heel to the toes). She was prescribed painkillers and advised to apply ice, change shoes, take complete rest when the pain was too severe. She took the medicines and followed the advice diligently but did not feel any relief. She also consulted some other doctors but to no avail.

In April the pain became unbearable and continuous even while sitting down, affecting her day-to-day activities. Soon she became depressed and stressed out. She would get irritated about trivial things, hesitate to talk to even her family members and have mood swings. All this resulted in episodes of migraine-like headaches. Eventually, in August, a doctor suggested surgery on her foot ligaments but she refused.

Additionally, she had been suffering from painful menses with excessive bleeding since Feb 2018. She became anaemic with Hb level of 9, so felt very weak and lethargic while doing daily chores and got irritated easily. After her covid vaccination in early 2021, her menses became frequent and sometimes, bleeding was continuous throughout the cycle; this went on for more than a year. She did not take any treatment for this, but was managing with diet, multivitamins, home remedies and rest. However, her most pressing problem was heel pain. When she visited the practitioner on **26 Aug 2022** she was given:

**For Plantar Fasciitis:**

**#1. CC3.7 Circulation + CC10.1 Emergencies + CC11.3 Headaches + CC11.4 Migraines + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine...every 10 min for first 2 hours and then QDS**

**To boost immunity for general well-being:**

**#2. Immunity Booster\*...BD**

**For excessive bleeding, depression, mood swings and anaemia:**

**#3. CC3.1 Heart tonic + CC8.7 Menses frequent + CC15.2 Psychiatric disorders...TDS**

Within the 1<sup>st</sup> week, there was 15% improvement in heel pain; during the next three months, the patient experienced steady improvement to various degrees in all her symptoms. By 10 Dec, she had 80% improvement in heel pain, stress and mood swings, 50% in weakness and lethargy and 35% in menses pain and bleeding with blood colour changing from dark to medium red. She no longer had any headaches. She slowly developed a positive approach to her day-to-day life, better family relations, and greater focus on work.

By 28 Dec, heel pain, stress, and mood swings disappeared. There was 70% improvement in weakness and lethargy, the menses problem was reduced further and blood colour became normal. She started enjoying family life and her work. On 7 Jan 2023, **#1** was reduced to **TDS** and then tapered down and stopped on 15 Feb.

As of 5 Aug 2023, there has been no recurrence of heel pain; she continues to take **#2** and **#3**, as she is making good progress with both. Already, there is 95% improvement in weakness and lethargy.

\*Refer to Sep/Oct 2022 Issue #5 of vol 13 for update on Remedies for Covid-19.

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## Answer Corner

Q1. How is vibrionics connected with homoeopathy and in general, does it achieve faster cures?

A. Both vibrionics and homoeopathy utilise the same basic vibration of a substance to achieve a cure by balancing the relevant energy centres in the body. Further, as both systems of healing are given to us by God, we don't claim the supremacy of one over the other. Since vibrionics is practised as a free service to mankind, the love and sympathy of the practitioner is likely to be more predominant, thus giving faster results. This is further supported by the unique energy of Swami who has personally blessed this system many a time. An additional point is that only those who have full and firm faith in the system are selected to practise vibrionics and this has a direct bearing on the results.

Q2. In view of the emergence of a new Omicron sub-variant Eris, is there any change in our IB remedy?

A. Since the symptoms of Eris are similar to that of Omicron, our latest version of Immunity Booster **IB**, covers them well. In view of any possibility of an infection, it is recommended that **IB** should be continued as a prophylactic.

Q3. I am confused about the timing of when I should make a nosode? Should I use a nosode only after I don't get the expected results from a remedy prepared using 108CCs or 576 cards?

A. Both the 108CCs and the 576 cards have the ability to make remedies for any disease, and yes, it is our usual practice to opt for a nosode after trying remedies from both systems. In vol 10 #3 Q5 May/June 2019, we mentioned of several practitioners who tried nosodes in the first instance and obtained excellent results. Encouraged by further positive feedback, we invite experienced SVPs to form a research team to take this project forward.

Q4. What is the remedy for retinal artery occlusion?

A. *Retinal artery occlusion* refers to blockage in the retinal artery carrying oxygen to the nerve cells in the retina at the back of the eye, this may result in severe loss of vision. So the patient should seek immediate medical attention and be under the care of a qualified doctor. However, our suggested combo is **CC2.3 Tumours & Growths + CC7.6 Eye Injury + CC15.1 Mental & Emotional tonic**.

Q5. As a long-standing vibro practitioner, I have used, for broadcasting, potentising and making nosodes, 200C potency (dial setting 468) for years but several of my colleagues have found that 1M (dial setting 573) potency has worked better. Could there be a reason for this and what potency should I use in future?

A. Yes there is a reason but some background knowledge is required to understand this.

Although mathematically predicted in 1952, it was only after a decade of hard work that a German physicist Schumann was able to measure the frequency of earth's electromagnetic field (known as earth's heartbeat) and found this varies from 7 to 8 Hz with an average of 7.83 Hz; this is known as the fundamental Schumann resonance. In more recent decades this has been slowly creeping up and in the 3<sup>rd</sup> week of June 2023, it began to change dramatically. As the earth's heartbeat has gone up, it is likely that the best potency at which to broadcast or potentise has also moved up. There are many practitioners who are satisfied with 200C but there are many others who are finding that 1M is working better. So it is a matter for **you** to decide whether to use one or the other. In terms of vibrations, there is not a big difference between these two potencies. Remember once your mind believes that a particular potency is much better, stick to it. Also refer to vol 7 #4 Q4.

Q6. Does the SRHVP machine require any special maintenance or handling during its use?

A. It is well known that both 108CC box and SRHVP should be protected from sources of radiation. However, as both have been directly blessed by Swami in His physical form, these should be handled with great care and used with reverence. As regards the maintenance of SRHVP, a comprehensive answer was provided in vol 12 #2 Q5.

## ❧ Divine Words from the Master Healer ❧

*“You have to partake of satvic food. By partaking of satvic food, you will be able to cultivate satvic thoughts. And, by cultivating satvic thoughts, you will be able to undertake satvic karmas... You may at times have a doubt that you may not get such satvic food. I do not at all agree with this view. Don't you get vegetables and edible green leaves in plenty? In fact, the moment you are born out of your mother's womb, you are surviving and thriving on your mother's milk or cow's milk. Is this not satvic food? Can you not live upon a vegetarian diet...?”*

...Sathya Sai Baba, “Cultivate Satvic Qualities Right from Childhood” Divine Discourse 22 October 2005  
<https://www.sssbpt.info/ssspeaks/volume38/sss38-17.pdf>

*“The person who serves is the person served; you serve yourself when you serve another. You serve another because his suffering causes you anguish and by relieving it, you want to save yourselves from that anguish. Unless you have that anguish, your service will be hollow and insincere.”*

...Sathya Sai Baba, Seva as Sadhana, Divine Discourse, Bombay, 6 November, 1967  
<https://www.sssbpt.info/ssspeaks/volume07/sss07-40.pdf>

## ❧ Announcements ❧

### Forthcoming workshops\*

- U K **London**: Sai Vibrionics Annual Meet, **24 Sept 2023**, contact [jeramjoe@gmail.com](mailto:jeramjoe@gmail.com)
- India **Puttaparthi**: Virtual AVP Practical Workshop **2-20 Nov 2023** followed by face-to-face workshop **25-27 Nov 2023**, contact [admin1@vibrionics.org](mailto:admin1@vibrionics.org)

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

## ❧ In Addition ❧

### 1. Health article

#### Flours for health and flavour!

*“We are partaking of a variety of items as food to sustain the human body. But none is making an enquiry whether the food one consumes is proper and healthy; whether it is beneficial for nourishing and nurturing his physical, mental and spiritual health.”...Sathya Sai Baba<sup>1</sup>*

**Prelude:** In the series ‘Avoiding unhealthy whites’, we considered the pros and cons of milk, sugar, salt, and rice, their varieties and alternatives, in the preceding three issues of vol 14. *“Knowledge is flour, but wisdom is bread”*.<sup>2</sup> Let us now delve into the world of flours to gain wisdom to make healthy breads, porridges, puddings, desserts, and sauces!

#### 1. What is flour?

Flour is a powder made by grinding raw grains, nuts, seeds, legumes, roots, or a fruit e g, coconut.

#### 2. Dietary guide for flours

**2.1 American dietary guidelines** recommend for adults 1600 to 3000 calories/day based on their age, gender, weight, medical condition, and lifestyle. They also suggest an optimal proportion of each of the three macronutrients in the diet namely, carbs 45-65%, fats 20-35%, and protein 10-35%.<sup>3-5</sup>

**2.2 Carb is indispensable:** Carb consisting of simple sugar, starch, and fibre is the main source of fuel for the body. Fruits, vegetables, whole grains, nuts, and seeds all contain carbs essential for optimal digestive health, balancing sugar, protecting against disease, and weight control. Whole grains due to their fibre content have a low Glycaemic index (GI) but it goes up the moment a grain is ground into flour e g, whole wheat has a GI of 30 but its flour has a GI of 70. There are flours with low GI and low carbs e g, flours made from nuts, seeds, and other plant sources.<sup>5,6</sup>

**2.3 GI range of flours:** Almond, walnut, and ground flaxseed have zero GI and low carbs with high levels of good fat. Flours with low GI up to 50 are of nuts and seeds, soy, chickpea, oat, and coconut; those having GI in the medium range above 50 are of quinoa, corn/maize, wholewheat, semolina, brown rice, barley, spelt, sorghum, tapioca, and arrowroot. High GI of 70 and above include white/all-purpose flour (maida) and flours of white rice, rye, millets, and amaranth. Almost all flours except refined ones are rich in fibre and protein.<sup>6-8</sup> Refer to previous newsletters for a detailed nutritional profile of rice (vol 14 #4), other whole grains (vol 12 #5), nuts (vol 11 #1), seeds (vol 4 #6), and pulses (vol 13 #1).

**2.4 Gluten** is a protein inherent in wheat, barley and rye. Most other flours are naturally gluten-free but can be cross-contaminated with gluten during harvesting or processing, esp. in case of oats grown or processed near or in the same facility. Gluten gives dough its stretchy quality and structure otherwise it can rip easily. Gluten, especially in whole grains, is good for healthy people but should be avoided by people with celiac disease; it may not suit those with deficient small intestine or poor digestive system.<sup>9,10</sup>

**2.5 Bran** is the hard outer layer of whole grains, mostly found in wheat, barley, rye, rice, oat, millets, and corn. It is a good source of fibre, antioxidants, minerals, and vitamins. Wheat bran has insoluble and prebiotic fibre that stimulates the growth of healthy bacteria and prevents constipation; oats and barley bran have both soluble and insoluble fibre considered good for heart and to prevent sugar spikes. But bran has antinutrients and may not suit people with irritable bowel syndrome.<sup>11-13</sup>



**Rice Bran**



**Wheat Bran**

### 3. Various flours

#### 3.1 Flours from grains containing gluten

There are different types of **wheat flour**, depending upon their gluten content. **Whole wheat flour (aata)**, rich in fibre and nutrients, and carb rich **semolina (suji)** from durum wheat, the most common flours with 13-14% gluten; **all-purpose flour (maida)** with 12% gluten, its another version is **self-rising flour** containing baking powder and salt; **pastry flour** with 9-10% gluten; **soft cake flour** with 7.5 to 9% gluten. Some of these are mixed to create different textures and better rising while baking.<sup>14-16</sup>

**Barley flour**, higher in dietary fibre than wheat, contains 5-8% gluten. The more nutritious **rye flour** contains only 3% gluten.<sup>17-18</sup>



**Wheat flour**



**Rye flour**

### 3.2 Flours from gluten-free grains

**Pseudo-grain flours**, being complete protein and very nutritious, are **amaranth** and **buckwheat**, both with an earthy nuttiness, and the expensive **quinoa** having a grassy flavour with a bitter edge which can be toned down by toasting the grains before grinding. A study revealed when these pseudo-grain flours were individually combined with rice flour to make bread, they resulted in enhanced crumb softness, appearance, colour, odour, texture, flavour, and overall liking. The acceptable proportion of rice turned out to be 40% with amaranth, 15% with buckwheat, and 18% with quinoa.<sup>19-23</sup>

**Rice flour** has all the qualities of wheat flour, brown being more nutritious, and can be a good substitute for all-purpose flour. Baking powder may be needed for baking with rice flour.<sup>24</sup>

**Corn flour** is one of the best flours to include in the diet, especially in winters. In moderation, it is a good source of energy and nutrients with digestive health benefits.<sup>25</sup>

**Millet flours** are highly nutritious and fibre-rich, having all the nutrients of whole grains.<sup>26</sup>

**Oat flour** is considered wholesome, healthy, and a great source of antioxidants, excellent for heart.<sup>26</sup>

### 3.3 Flours from nuts

In general nut flours have lower GI, with plenty of fibre, healthy fat, protein, and vitamins and can help control blood sugar.

**Almond flour** is most popular and common nut flour, it is ground-up almonds after blanching and peeling, with all the benefits of original almond intact. It is better than almond meal made by grinding whole unpeeled almonds. Normally available almonds are safe to eat; occasionally they may include a bitter almond, which contains amygdalin (vitamin B17) and this can release a cyanogenic toxin when eaten. However, when soaked for 12 hours, this toxin comes out to the surface, so it is best to soak and peel the almonds. There are also varied opinions on the benefit or otherwise of vitamin B17 in limited dosage in strengthening immune system and treatment of certain cancers.<sup>27-31</sup>

**Walnut flour**, although made from kernels from which oil has been extracted, is still rich in omega-3, protein, and fibre. Healthiest of all flours but very costly, it can be mixed with almond flour or wheat flour.<sup>32</sup>

**Other nutritious nut flours** are cashew flour rich in copper and flours of sweet chestnut, macadamia, pistachio, hazelnuts, acorns, and the less common pecan with a unique flavour.<sup>33-37</sup>



Corn

Rice

Chickpeas

Buckwheat

Almonds

Oats

Amaranth

### 3.4 Flours from seeds

**Brazil nut** (actually a seed) is the highest natural source of mineral selenium needed for thyroid gland function, it prevents cognitive decline; selenium overdose can be toxic. Other highly nutritious flours are of pumpkin, sesame, sunflower, hemp, flax, and chia seeds.<sup>38-42</sup>

### 3.5 Flours from legumes

**Legume flours** are from common pulses and beans like chickpeas, green and black gram, green and yellow pea, lentils, white bean, soybean, lupin, and peanuts. These are rich in complex carbohydrates,

protein, fibre and micronutrients and are an excellent alternative to processed, refined, or all-purpose flours.<sup>43-48</sup>

### 3.6 Flours from roots and tubers

**Arrowroot** is very fine flour made from several different tropical root plants; it has a long shelf life and is commonly used for thickening sauces. High on carbs and low in nutrients, it is easier to digest. Its starch content and prebiotics benefit gut health, control diarrhoea, and help in immunity building.<sup>49,50</sup>

**Tapioca (Sabu dana)** is starch extract from cassava root and sold as flour, flakes, or pearls. Full of carbs, it has less nutrients but is a good source of energy in a restricted diet especially during convalescence or stomach upset. It is also used to starch clothes. **Cassava** flour is made from the entire cassava root, less processed and is more of a whole food with higher vitamin C content than tapioca.<sup>51,52</sup>

**Tiger nut** is a tuber, rich in several minerals, vitamin C, D, & E, healthy fats and fibre and high in starch. It can work as a prebiotic and control blood sugar.<sup>53,54</sup>

### 3.7 Flour from fruit

**Coconut** (actually a fruit) **flour** is a fine powdery flour made from dehydrated coconut flesh after extracting milk from coconut, apt for people with nut allergy. It is a rich source of minerals, exceptionally high on fibre and healthy monounsaturated fatty acids low in omega 6. It has a distinct flavour and mild sweetness. Drier than other low carb flours, it is expensive but can be easily made at home. It may cause gastrointestinal or respiratory symptoms in people intolerant to salicylate present in it.<sup>55,56</sup>



## 4. Tips for getting the best out of Flours

4.1 Choose flours wisely for a balanced diet appropriate for you - gluten free, low carb, fibre rich, or protein rich. If a label does not say gluten-free, it is likely to have gluten.<sup>4-10</sup>

4.2 While counting total carbs intake, keep in mind the portion sizes. Thumb rule is calories consumed should equal calories burnt; eat fewer calories to lose weight.<sup>5-8</sup>

4.3 To make flours at home, it is good to soak grains and nuts 4-8 hours before drying and grinding. This helps to remove antinutrients (lectins and tannins) which affect the digestive system and phytates which hinder mineral absorption. If making nut flour, blend just for a few seconds to prevent it from becoming creamy.<sup>57-61</sup>

4.4 For better sugar control, eat less flour-based products like bread, rice, cakes, pasta, etc. If you must, opt for low GI flours or mix with flours high in fat and fibre.

4.5 Most flours last 3 to 6 months in air tight containers, longer if refrigerated and up to two years in a freezer. Allow frozen flour to thaw to room temperature and stir it well before using. Do not combine new flour with old flour. Whole wheat and organic flours have a shorter shelf life than others. Avoid exposure to air, light, and moisture.<sup>15,62</sup>

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## 2. First Sai Vibrionics AP & Telangana State conference, Visakhapatnam 22 July 2023

Attended by 21 practitioners and over 50 devotees, the conference started with usual prayers and welcome address by the conference chair **Practitioner**<sup>11567</sup> and a keynote address by **Director of Education**<sup>10375</sup> who later also gave a presentation on seva opportunities in vibrionics, emphasizing the importance of administrative support needed in Vibrionics Institute and of reaching out to remote areas to serve the poor and the needy.

AP and Telangana regional **coordinator**<sup>11585</sup> presented the annual report on Sai Vibrionics medical camps and clinics conducted in these States. This was followed by a speech by the **National coordinator**<sup>11573</sup> on how to take vibrionics forward. **Practitioner**<sup>11567</sup> touched upon how vibrionics can be integrated with concepts of allopathy, Chinese medicine, ayurvedic body type, pranic healing etc. He emphasized the importance of research and how potentising can be explored to deal with ailments like diabetes, hypertension, allergies and addictions.

**Practitioner**<sup>03560</sup> threw light on the concept of vibrations, frequency, energy, electromagnetic waves and their effect on health; he went on to expound how an individual's vibrational energy can be raised through deep & controlled breathing, meditation, gratitude, generosity, diet, being close with nature and healthy relationships.

The afternoon session opened with Dr Jit Aggarwal's short address to the delegates and he inspired the participants with how gratitude in daily life plays a role in our spirituality and wellbeing. He related a wonderful anecdote on how a young woman suffering from cancer had miraculously healed herself through practising forgiveness and gratitude. **Practitioner**<sup>02696</sup> explained how to interact with patients,

how we can learn from them and how to keep love as the most important quality in us; he emphasized the importance of self-analysis in healing ourselves as well as others.

Three AP & Telangana Practitioners<sup>11632, 11604, 11618</sup> presented the case histories selected in the case history writing competition, conducted prior to the conference. Practitioner<sup>11594</sup> had prepared a poster on the importance of research in vibrionics, in her absence this was presented by the conference chair.



In the final session, practitioners from AP & Telangana participated in a quiz. Prizes were distributed to the winners of the quiz and of the case history writing competition. The conference concluded with vote of thanks, especially to the local Sai Samiti for their wonderful hospitality and aarti to Swami.



It was evident from the feedback collected from the participants that they much appreciated the academic sessions and felt the need for having such conferences on a regular basis.





### 3. Inauguration of Sai Vibrionics Wellness Camp at Araku Valley, Andhra Pradesh, India 23 July 2023

Next day, after the AP & T State conference on 22 July, most of the practitioners made a five-hour bus journey to the popular hill station Araku Valley to inaugurate a Sai Vibrionics Wellness Camp. About 111 kms away from Visakhapatnam, this place is known for its many small tribal communities and coffee plantations.

The remote village of Kothavalasa was selected to provide Sai Vibrionics services to the underserved and isolated population residing in over 50 small villages, and to cater to their pressing healthcare needs.



It was a collaborative effort that involved support from vibrionics team, social workers, NGOs, local youth and other volunteers. Local leaders and representatives from the partnering organisations addressed the gathering, emphasizing the significance of the wellness camp and expressed their commitment to support the community's healthcare needs on a regular basis. The importance of maintaining good health and adopting healthier lifestyles was highlighted. The event sought to build trust and rapport between the vibrionics team and the tribal community, ensuring that individuals felt comfortable in taking vibrionics remedies which were new to them all. They were addressed in their local language by **Practitioners**<sup>11567,02696,11585</sup>. After the inauguration, a brief meeting with a select group of educated youth was held to give

them a more detailed insight into vibrionics. One social worker who regularly guides them on their health issues, farming etc expressed her keen interest in serving the people with this healing system. The program ended with a question-answer session and distribution of 150 **IBs** and 100 remedy bottles with **CC9.3 Tropical diseases** for use as prophylactic. With the concurrence of local representatives, it was decided to hold a regular camp on 4<sup>th</sup> Sunday of each month\*. Following the camp, the participants made a fun trip to a 'Coffee Museum' and a 'Tribal Museum' in the Valley.

\*The first monthly camp was conducted on **27 Aug 2023**, by Practitioners <sup>11634, 11648...India</sup> and 47 patients from that area were given vibrionics remedies for skin-related problems, colds, cough, fever, joint pains.



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#### 4. In Memoriam

**Sri Nandan Singh Bhakuni** <sup>11462...India</sup> from Faridabad left for his heavenly abode at the age of 74 on 13 July 2023. He started practising Vibrionics in March 2011 after retiring as a senior central government official. A very humble, down-to-earth person, an accomplished bhajan singer, he was ever ready to serve at every opportunity. He had been a Samiti convenor and later district medical seva coordinator in SSSSO, going to Prashanti for seva twice a year. He actively participated in all meetings and other activities of both SSSSO & Vibrionics, sharing his valuable suggestions and experiences despite his failing health. The family's involvement in Sai activities continues, his wife is a Balvikas guru and his grandchildren are Balvikas students.

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Om Sai Ram!

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