

Sai Vibrionics Newsletter

[a SVIRT publication]

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

Having just celebrated the beautiful festival of Krishna Janamashtami, let us reflect upon Swami's message on this holy day: *“Krishna was the embodiment of love. Hence, love is the virtue He appreciates most. Love has to turn into concrete acts of compassion. Cultivate compassion and develop sympathetic understanding, until you reach the goal of merging in the embodiment of love, Krishna. There are many among you who are engaged in sadhana. What is the basic purpose of sadhana? Each exercise of the sadhak (spiritual aspirant) is a stream that moves on to the sea of Grace. Believe that the love that prompts you to serve and sympathise is a spark of the love of God.”* - Sri Sathya Sai Baba, 14 Aug 1979, Krishna Jayanti, [Sri Sathya Sai Speaks, Vol 14 \(1978 - 80\)](#). It is our good fortune that Sai has blessed us with the spark of His love in order to serve through the medium of Sai Vibrionics.

It gives me great joy when I see how the number of camps we are organising increases each quarter. From April to June this year, 509 vibro camps were held at 109 venues, five of which were newly inaugurated. 133 practitioners treated a remarkable 15,348 patients!

Contributing to the 2022 Sri Sathya Sai Prematharu program undertaken by the Sri Sathya Sai Central Trust to plant 10 million trees by Swami's centenary celebrations, 17 practitioners decided to kick-off their own initiative, sprinkling Plant Tonic on trees in public and private places. We encourage other practitioners to join them in this noble endeavour and document your results for our records and research.

In a somewhat worrying development, on 14 Aug 2024, WHO declared the upsurge of monkeypox, mpox for short, to be a public health emergency of international concern. Our research team has been working on a suitable remedy for this disease for some time now, and has given us a wonderful combo for its treatment. Further details can be found in the In Addition section of this newsletter along with more information on the aforementioned initiatives.

Six months ago (Vol 15 Issue 2), we had proposed three books as collective offerings to Swami on His centenary celebrations - a book of 100 case histories, a book of 100 vibrionics camps and a book featuring 100 extraordinary experiences with vibrionics. I extend a huge thank you to those who have sent us contributions towards the same. We have received several articles about camps and cases, but only very few for the book of experiences. I would like to outline some suggestions as to what qualify as extraordinary experiences to help nudge you to write down yours. You may write about vibhuti appearing on your vibro kit, a remedy for a particular patient appearing through a dream or by randomly opening the relevant page in your book, a unique way that Swami guided you to become a practitioner/treat a particular patient, repeated spectacular results with a specific remedy, a miraculous cure (eg, an instant cure or cure of an incurable disease). Sometimes a bottle or pills inside it have disappeared, indicating

that remedy is no longer needed. Don't worry if you are not able to write it up perfectly or that some details are missing. All it needs to qualify for publication is to be an interesting and inspiring read!

While this is regarding our collective offering to Swami, we may all set some personal vibrionics-related goals as well. Even for the most dedicated of practitioners, there is room for improvement! You may determine to increase your patient count from the previous week/month, choose to learn about a particular organ or system in the body, talk about vibrionics to those who may potentially wish to become practitioners, or decide to treat animals or plants in your surrounding area (perhaps, spray some remedy on them once a day/week). These are mere suggestions; feel prompted from within to work towards bettering your practice in a meaningful manner.

Next month we celebrate the ten-day long festival of Navaratri and Dussehra. Every year at this time, the powerful Veda Purusha Saptaha Yajna is conducted in Prashanti Nilayam. On 8 Oct 1981, on the conclusion of the yajna on Vijaydasami day, Swami said, "*To experience God as Omnipresent, to be aware of nothing other than God - this is true surrender. To see God everywhere and in everything at all times is true Sharanagathi.....Devotion cannot tolerate in the devotee the slightest trace of envy or jealousy. Make your daily life holy and pure. Render your life worthwhile through service to man and service to society. That is the most important aspect of surrendering the self.*" ([Sri Sathya Sai Speaks, Vol 15 \(1981 - 82\)](#))

Let us endeavour to light a fire in our hearts to surrender the self and sanctify our lives in loving service of the Lord.

In loving service to Sai

Jit K Aggarwal

☪ Practitioner Profiles ☪

Practitioner 11646...India is a post graduate in Materials management, having earned his diploma in Mechanical Engineering and graduation in Business Administration. He is also a certified ISO 9001 lead auditor. In 2020, he retired after 42 years in the industry, having last served as Deputy General Manager at Fiat India Automobiles.



His first exposure to Sai at the age of ten was when, he used to attend bhajans at a neighbour's house. Later in 1975, when he was 16, the family moved to Chennai and he started to attend Sai centre activities at Guindy on a regular basis. From this point onwards, Swami became the unseen protector of his family. Since 1980 he has been keenly involved in service activities like temple cleaning, distribution of vessels and clothes to the needy, facilitating poor children to receive an education, Narayan seva, providing financial and physical help to the blind, and assisting people to get hospitalised in an emergency. Interested in the life of saints, he has translated Gurucharitra into Tamil from English and written an article on Sant Gnaneshwar Maharaj.

Since childhood, he had a thirst for knowledge and a propensity to do service. Being interested in the medical field, he used to have long discussions with a relative who was a medical doctor. In 2022 when he heard of Sai Vibrionics, he was filled with joy thinking that he would be able to participate in Sai's mission, in line with his interest. Consequently, he qualified as an AVP in Nov 2022 and became VP in June 2023.

For admission to AVP course, all applicants are required to provide a list of potential patients. Not able to find enough people whom he could possibly treat, he approached the trustee of an orphanage housing 30 children. As he had been supporting this organisation, his request was well received and the trustee provided him with a list of 26 patients residing at the orphanage. Thus, he was able to fulfil one of the main conditions for AVP admission! After qualifying as a practitioner, he undertook the project of treating all the patients, mostly children, with the support of his mentor and senior practitioners. Read more on how he meticulously went about this project in the *In Addition* section of this issue.

Having treated over 400 patients to date, the practitioner finds that the combo **IB + CC9.2 Infections acute + CC19.2 Respiratory allergies** gives excellent results in cases of sneezing, cold, cough, fever, throat infection, body pain and loss of appetite. He has obtained complete success with this combo in at least nine cases. When taken orally **6TD**, and also prepared in water to be used as nasal drops, and for steam inhalation and gargling, the patients recover fully in 2 to 3 days.

He would like to share the case of a 55-year-old man whom he saw walking with great difficulty, near his house. He brought him indoors and the man mentioned that he was unable to see properly, had poor appetite for the last four days and felt devoid of energy. He had just completed a month-long pilgrimage, which had disrupted his food and sleep schedule. The practitioner immediately gave him water and a single dose of **CC10.1 Emergencies** and advised him to rest for a while. After just 20 minutes the patient reported improved balance, vision and energy! Diagnosing it to be a case of imbalance in the body clock (jetlag), he prepared a bottle of **CC17.1 Travel sickness**. As the patient now felt comfortable to walk home, he was given the remedy bottle to be taken **6TD**, with the first dose administered in his mouth with prayers. Next day, the patient came back at 11 am looking cheerful and conveyed that after the first dose when he returned home, he was able to eat better. After two more doses, he was able to sleep well. He woke up that morning so refreshed that he ended up in a restaurant for a sumptuous breakfast. He was now feeling like his normal self again.

The practitioner derives great joy from treating people who cannot afford expensive medicines, like gardeners, housekeeping staff, and security personnel in his residential community. Along with a fellow practitioner, he conducted weekly camps for eight months at Madras Ganapathy mandir in Pune from July 23. He held an all-day camp at Alandi Festival in Pune in June 24 and treated 70 patients. When working in camps, he finds pre-filling the remedy bottles with pills to be a great time-saver. He is happy to help other practitioners write up their cases in English and Tamil, and train them to do the same; he is actively working on submitting case histories for the collective centenary offering of 100 CHs.

He finds the Sai vibrionics website, newsletters and International conference book to be a treasure trove of information for practitioners to learn more in order to be able to diagnose diseases better and treat patients more effectively. Being a practitioner, he says, puts the onus on us to serve all those in need, and to always prioritise the patient. Since practising vibrionics, his level of patience has improved considerably, and he feels that Swami is slowly transforming him to become a better human being.

Cases to share:

- [Post-Chikungunya effects](#)
- [Stammering & anaemia in a child](#)
- [Chemical Inhalation injury, acidity & ureteric stenosis](#)

+++++
Practitioner ^{03531...UK} is a computer engineer and works as an IT software consultant. He grew up in a family of Sai devotees and his faith in Baba was fortified by his mother, who is an alumna of Sri Sathya Sai Institute of Higher Learning, Anantapur. He hosts his local Sai centre website and contributes to special seva activities such as food collection for Ukraine; he likes to participate in Sai bhajans.



He had always wanted to become a doctor but Swami had other plans for him, and he ended up in the IT sector. Even as he established his career as a software professional, the urge to serve and his longing to become a doctor never really left him. He was blessed with a daughter in 2011, but his wife had severe complications during labour and delivery, these resulted in a slipped disc and chronic back pain. In 2013, he heard of vibrionics through a member of his local Sai centre and read up about its effectiveness in curing both acute and chronic conditions. After learning that vibrionics was physically blessed by Swami, his wife started taking treatment from a senior practitioner and overcame her afflictions. This inspired him to become a practitioner to treat people through Sai Vibrionics and thus fulfil his desire to serve Swami. He became a practitioner in 2015.

During his initial days after becoming a practitioner, he started spreading the word about Vibrionics in his friends' circle. Whenever they had any problem, he would prepare the remedy and deliver it to their door. But over time he realised that when someone in need asks for a remedy and takes it sincerely with faith, then only he was getting better. So, now he just gives potential patients, brief information and refers them to our websites, then waits for them to ask for treatment.

The practitioner would like to share a couple of interesting cases from his practice. In one instance, a 38-year-old woman was suffering from severe sun allergy for several years. Even a few minutes of exposure to the sun would result in acute burning sensation with itchy and painful rash on the skin. Within two weeks of taking **CC8.1 Female tonic + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental and Emotional tonic + CC21.1 Skin tonic + CC21.3 Skin allergies + CC21.10 Psoriasis...QDS**, rash which had plagued her every summer disappeared completely, and it never recurred!

In another case, a six-year-old girl frequently complained of stomach ache for over a year, mostly at night and also immediately after breakfast. One possible reason for the pain may have been that the family had an extremely hectic morning schedule and the kids ate in the car on their way to school. The practitioner gave **CC4.8 Gastroenteritis + CC4.10 Indigestion + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC17.1 Travel sickness**. There was considerable relief within a month. With dosage reduced to **OD** for another month, the pain totally vanished.

He finds that the combo **CC4.2 Liver & Gallbladder tonic + CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders + CC17.3 Brain & Memory tonic** works like a charm for people with depression, stress, and anxiety; he treated several patients with great success during the Covid pandemic when there was limited social interaction. He distributed countless bottles of **IB** and the power of Sai Vibrionics really hit home at this time. He was also blessed to receive the support of senior practitioners who helped him deal with complex cases.

In addition to treating patients, the practitioner contributes to Sai Vibrionics in a significant manner with his IT skills. Around 2015, vibrionics witnessed exponential growth and it became impossible for the admin team to continue to maintain practitioners' seva records effectively using simple tools like excel spreadsheet. Aware of the practitioners' background in IT, Dr Aggarwal approached him to take up the challenge. The practitioner developed a new self-service website that would hold a central database of practitioners and enable them to submit their own seva reports as well as add/modify their personal data. Despite his hectic professional schedule and family commitments, the practitioner worked tirelessly over several months to deliver additional functionality to support multiple language newsletter content - a feature which external developers were charging thousands of pounds for! The website practitioners.vibrionics.org was launched in 2016. Since then, the practitioner takes care of maintenance of all three websites the other two being, www.vibrionics.org and news.vibrionics.org. One of the challenges faced by a charitable organisation is meeting hosting expenses especially when IT footprint grows. The practitioner managed to secure a grant from Microsoft for hosting space on Azure for the three websites, email addresses for the admin team, and online sessions for meetings and workshops. He manages all UK online meetings, sending out links etc and extending helping hand to those not so familiar with computers.

The practitioner feels blessed to have been given the rare opportunity to serve with Sai Vibrionics. He encourages other practitioners with software/IT expertise to come forward to offer their services as there is a huge need for volunteers in this field. Their contribution can make a big difference to the effectiveness of Vibrionics practice and will help to take vibrionics to greater heights.

Case to share:

- [Arthritis](#)

❧ Case Histories Using Combos ❧

1. Post-Chikungunya effects ^{11646...India}

A 47-year-old male sought treatment for several symptoms that lingered for over four years after his recovery from chikungunya in 2019. He was constantly tired and had body and joint pain which exacerbated at night. Additionally, he suffered from episodes of sneezing, runny nose, sore throat and cough, recurring every 2 to 3 months, that lasted a week. For severe pain, he relied on prescribed painkillers and anti-inflammatory tablets and at times antibiotics, these provided only temporary relief. His health condition coupled with financial burden of allopathic treatment, left him feeling drained and dejected. Upon discovering vibrionics, he was filled with renewed hope as the practitioner gave him on **2**

Sept 2023:

#1. **IB*...TDS**

He stopped other medication and in two weeks on 16 Sept, he reported 10% increase in energy level, 20% reduction in joint and body pain, and no episodes of cold or cough. By 30 Sept, his energy level had improved by 25%, and he remained free from respiratory issues. On 7 Oct, he reported 40% improvement in energy level and 30% relief in all pains. To further support his progress, he was given:

#2. CC3.7 Circulation + CC10.1 Emergencies + CC12.1 Adult tonic + CC13.1 Kidney & Bladder tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.5 Spine + CC20.6 Osteoporosis + CC20.7 Fractures...TDS

Within five weeks by 11 Nov, he made complete recovery, with all symptoms resolved and energy levels fully restored! He expressed heartfelt gratitude to the practitioner. The dosage of the remedies was reduced to **OD**. At a review on 25 Nov, as per patient's comfort level, dosage was continued at **OD** until the pills got exhausted. On 18 July 2024, the patient confirmed the symptoms never recurred and he was happy and healthy.

***IB** as per newsletter vol 13 #5.

Editor's note: CC9.1 Recuperation, ideal after tropical diseases like chikungunya, includes CC4.1, CC12.1, and CC20.3 and could have expedited his recovery.

2. Stammering & anaemia in a child ^{11646... India}

A 7-year-old boy living in an orphanage had struggled with stammering since he began speaking as a child. The severity of his stammer was rated at eight on a 10-point scale. His speech was frequently interrupted by prolonged stammering, lasting several seconds after every few words. This persistent speech impediment significantly undermined his confidence and hindered his ability to communicate freely and effectively. Also, his Hb level was only 10.7. He did not take any treatment because it was believed that stammer would resolve naturally with age*. On 12 Feb 2023, the practitioner prescribed the following remedy which was initiated via video call on **1 March 2023**:

CC3.1 Heart tonic + CC10.1 Emergencies + CC12.2 Child tonic + CC15.1 Mental & Emotional tonic + CC18.1 Brain disabilities...QDS

After 12 weeks by 26 May, the severity and frequency of stammering had reduced by 20%; Hb level increased marginally to 11 and weight also from 18 to 19 kg. The dosage was reduced to **TDS**. By 10 Sept, stammering reduced by 50% while Hb had risen to 12. By 12 Jan 2024, to his immense joy, he achieved fluent speech without stammer, resulting in increased confidence and social ease; his weight now was 20 kg. The dosage was reduced to **OD** and remedy stopped on 31 March. As of 30 July, the boy continues to speak confidently and sings bhajans.

*There is no cure in allopathy for stammering, although one or two drugs have been reported to reduce stammer. Allopaths refer such cases to a speech-language therapist who can teach different techniques to help a child cope with or sometimes even speak without stammer.

Patient's testimonial: Video clipping of 29 Mar 2024 is available on request.

3. Chemical Inhalation injury, acidity & ureteric stenosis ^{11646...India}

A 56-year-old woman repeatedly cleared her throat while singing in a bhajan session. The practitioner, present at the gathering, suggested Vibrionics which she readily agreed to take.

Six years ago in 2017, when the patient entered her bathroom which had just been cleaned, she felt suffocated due to exposure to toxic fumes from toilet cleaning materials and also pain in the right side of her throat and right limbs. She immediately took allopathic treatment with 40% relief in pain. Over time, leg pain intensified at night, impacting her sleep quality. Since then, she relied on allopathic painkillers during acute episodes of pain. Also, she had to clear her throat frequently while speaking or singing which distressed her as she is a regular singer at her centre.

In 2018, she developed recurring episodes of acidity - abdominal pain and heart burn, and loss of appetite. These occurred thrice a week, each lasting an entire day. She managed these symptoms with antacids. She had undergone hysterectomy in 1993. In Oct 2001, she experienced reduced urine flow and subsequently underwent surgery for ureteral stenosis and cervicitis; she also got treated for monilial vaginitis in December of the same year but low urine flow continued.

On **4 May 2023**, she was given:

For chemical inhalation injury, acidity and throat pain:

#1. IB* + CC19.2 Respiratory allergies...TDS

For pain in right arm and leg:

#2. CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine...TDS

On 23 May, she reported 60% reduction in throat pain, 40% in pain of right arm and leg, and 25% relief in acidity, though occasionally she took antacids.

Ten weeks later by 31 July, she had further substantial relief in pain, 90% in throat and 70% in right limbs. Acidity episodes were down to once a week, each lasting only 2 to 3 hours, and her appetite had improved noticeably. She has had no sleep disturbance since starting the remedies. Remedies for low urinary flow were now added to #2 and she was given:

#3. CC8.4 Ovaries & Uterus + CC8.5 Vagina & Cervix + #2...TDS

By 27 Sept, her throat was completely clear and pain-free, pain in right limbs was down by 90%, weekly acidity episodes would disappear within an hour, and there was continued improvement in appetite and urine flow was up by 60%. She no longer needed antacids.

A month later on 30 Oct, she reported 100% relief in all her symptoms! Dosage of #1 and #3 was reduced to OD and remedies stopped on 15 Jan 2024. As of 27 July 2024, she has been absolutely fine.

**IB remedy as per vol 13 #5*

4. Arthritis ^{03531...UK} A 62-year-old woman with long-standing arthritis in both knees and severe mobility limitations, underwent a right knee replacement in Feb 2022. Even three months after the surgery and regular physiotherapy, she continued to suffer from intense pain and struggled with walking and stair climbing. Strong allopathic painkillers (Oxycodone) failed to alleviate the pain, instead caused adverse side effects including burning sensation in abdomen and painful haemorrhoids; these prevented her from eating normally, further worsening her overall condition. While on an unexpected trip to the UK, she heard of vibrionics and immediately consulted the practitioner who gave her on **2 June 2022**:

For arthritis:

#1. CC13.1 Kidney & Bladder tonic + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC20.6 Osteoporosis...6TD

For pain:

#2. SR397 Morphinum + Cannabis Indica 3X & Cocainum Hydrochloricum 1M & Lithium Carb 6X, all from homoeo store*...6TD

For burning sensation and haemorrhoids:

#3. CC3.2 Bleeding disorders + CC4.4 Constipation + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic...6TD

She discontinued the regular painkiller. Within two days, there was 30% reduction in pain, accompanied by improved mobility allowing her to walk within the house. Another four days later, she could climb stairs and go out for walks. Concurrently, the burning sensation in abdomen subsided; the patient expressed immense relief at the dramatic improvement. On 16 June, the dosage of the remedies was reduced to TDS. By 23 June, haemorrhoids had vanished, only some pain in the knees remained. She continued taking the pills until they got exhausted about 23 Aug. By now, she was completely pain-free and had resumed normal activities, then returned home to the USA, so the practitioner lost contact with her.

On a telephone review in Aug 2024, the patient confirmed that she has been fine. Only sometimes a strenuous activity causes some knee pain which disappears on taking rest.

**The practitioner took help from SVP ⁰²⁷⁹⁹ in preparing this combo.*

5. Knee & finger-joint pain ^{18001...India} A 75-year-old man presented with severe pain and swelling in his right knee which began in the first week of Sept 2021, when he accidentally banged into his bed. Concurrently, he also suffered from pain in his finger joints. Despite receiving treatment that included painkillers, gels, and physiotherapy from different orthopaedic doctors, his symptoms only improved temporarily and occasionally worsened. The doctor at the super specialty cautioned that complete relief might not be achievable. The pain significantly hindered his ability to work as a security staff at the ashram.

On **19 Dec 2021**, he was given:

CC3.7 Circulation + CC10.1 Emergencies + CC20.3 Arthritis + CC20.7 Fractures...TDS and for external application...BD in olive oil

Within three days, there was 50% relief in his symptoms, this progressed to 100% by 9 Jan 2022; external application was stopped. The dosage of oral remedy was reduced to BD for two weeks and slowly tapered off before stopping it on 10 Mar.

During a later visit to the super speciality hospital, the patient informed the orthopaedic doctor that his knee pain had been completely resolved through vibrionics. After examining him and reviewing his scans, the doctor was astonished and described the outcome as a miracle.

As of Aug 2024, there has been no recurrence of pain, and he continues to work at the security office. He has been actively recommending vibrionics to his contacts.

6. Itching, knee pain during menstruation ^{11656...India}

For the past ten years, a 19-year-old female had been suffering from itching on both her lower legs. Itching would begin after she stood up for five minutes and subside within ten minutes of sitting down. Believing that it would resolve itself, she never consulted a doctor. She avoided standing for prolonged periods and adapted her daily activities accordingly, alternating her household chores with short periods of rest.

She got married at 17 and gave birth to a child at 18. Over the past one year, itching had intensified and this affected her housework. She would sit down immediately after itching began, this provided temporary relief. Coconut oil offered short-term respite while standing.

Additionally, for the past eight years since her menarche, she had severe left knee pain lasting three to four days during menstruation. She found temporary relief by applying coconut oil.

Upon learning about the efficacy of vibrionics from her mother who was being treated for low BP, she consulted the practitioner on **18 March 2024**. She was given:

For itching:

#1. CC3.7 Circulation + CC21.3 Skin allergies...TDS orally, with advice to apply the water remedy externally...**BD**

For knee pain:

#2. CC8.1 Female tonic + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue...6TD, start three days before and stop three days after menses

The patient stopped using coconut oil. Within a week by 25 Mar, itching reduced by 70% and completely disappeared within the next ten days by 2 April. There was no itching even after standing for hours together! There was no trace of knee pain during her menses in March, April, and May. On 26 May, the patient decided to stop both remedies as she did not want to follow the reduction procedure. As of Aug 2024, there has been no relapse of itching and knee pain. On 26 June she requested treatment for cysts in ovaries.

7. Panic attacks, vertigo, gastritis ^{11658...India}

A 42-year-old woman had recurrent episodes of dizziness, vomiting, and involuntary diarrhoea for 20 months since Apr 2022. These occurred about three times daily and were often accompanied by restlessness and sweating; dizziness lasted for 2 to 3 hours each time and diarrhoea sometimes occurred during sleep, which in turn disrupted her sleep. Also, for the last 18 months, she suffered from frequent panic attacks marked by fear, trembling in hands and legs and vocalizations; these episodes occurred every 2-3 days, lasting for a few minutes. She endured significant psychological distress and physical abuse from her alcoholic husband for several years. Additionally, over the past one year, she developed back pain and fatigue, when standing or doing household work (her fulltime job). Her nocturnal bowel movements and panic attacks had a profound impact on her family with her daughters enduring sleepless nights.

On 13 Apr 2022, the doctor diagnosed her with anxiety, vertigo, and gastritis and prescribed several medicines that included anti-depressants, antacids and nutritional supplements. These provided only temporary relief as the symptoms would return within three days of stopping them. Over the next 13 months, she consulted various doctors and underwent extensive diagnostic tests, including MRI and CT scan of the brain, but the underlying cause of her illness remained elusive. Having given up the allopathic treatment in May 2023, she went to a village quack who gave her *tantric* healing for a month but in vain.

In June 2023, she began homoeopathic treatment and within two months obtained 90% improvement in symptoms except for her back pain and fatigue. In December, the homoeopath informed her that she has to continue the treatment for life. However, this was not possible for her due to financial constraints. Within a week of stopping the remedies, symptoms returned with the same severity. On **20 Dec 2023**, the patient was brought to the practitioner who gave:

#1. CC4.8 Gastroenteritis + CC4.10 Indigestion + CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders...TDS

She was not taking any other treatment. Within 12 days by 1 Jan 2024, there was 100% improvement in dizziness, vomiting, involuntary diarrhoea and the panic attacks! She also reported increased energy and appetite, allowing her to work at two households without fatigue. Further, in order to address her back pain, **#1** was enhanced to:

#2. CC20.5 Spine + #1...TDS

Within two weeks on 15 Jan, she reported 100% relief from back pain; dosage was gradually tapered down to **OW** by end of Apr and this she prefers to continue.

Patient's daughter's testimonial: Audio clip in Hindi is available and its transcription in English is given below:

My mother had complaints of dizziness, vomiting, loose motions, etc. Even felt restless if gases in the stomach did not pass and she would start sweating. Then we took vibrionics treatment and my mother became completely alright and is now going to work also. Now we want to continue taking the remedy for longer time, looking at mother's condition. Slowly we will taper it. Thank you.

8. Vertigo ^{11632...India}

A 74-year-old woman had been suffering from recurrent episodes of dizziness and a feeling of heaviness in her head after a sudden fall in Dec 2012, when she had briefly lost consciousness. An MRI indicated an inner ear issue, and she was treated with Vertin 24 mg TDS for a week, this provided complete relief. The dose of Vertin was then tapered off and stopped. Over the next decade, her symptoms would relapse annually and each time, Vertin effectively resolved them.

On 11 Feb 2024, while traveling by car, the symptoms recurred with greater intensity. Despite taking Vertin for nine days, there was no improvement. She remained bedridden and was deeply concerned, as she had never experienced such severe dizziness before. On **21 Feb 2024**, the patient's doctor friend, taking vibrionics himself, rang the practitioner and described her symptoms. The same day, the patient discontinued Vertin and was given:

#1. CC5.3 Meniere's disease + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...every ten minutes for two hours followed by 6TD

Two hours later, she reported 90% relief from dizziness and complete relief from heaviness in the head! Within four days by 25 Feb, there was 100% relief from dizziness as well. The next day, she again had mild dizziness while turning in bed. On 29 Feb, she complained of unbearable pain in her lower back, hip joints, pelvic region, and thighs, which made it difficult for her to turn in bed; a painkiller provided temporary relief. She called the practitioner and mentioned that she used to get similar pain during her menses. Suspecting this to be a third type of pullout, the practitioner suspended **#1** and gave her on 1 Mar:

#2. CC20.4 Muscles & Supportive tissue...BD in mustard oil for external application

#3. CC10.1 Emergencies + #2...every ten minutes for two hours followed by **6TD** orally, with advice to apply the water remedy to painful areas as often as possible. By the evening, she felt 50% relief in pain.

The next day, she was advised to re-start **#1** at **TDS**. Within two days by 4 Mar, the pain was gone, so **#2** was stopped. On 5 Mar, **#3** was reduced to **TDS** and tapered off before stopping it on 14 Mar.

Even though she had no trace of dizziness ever since 25 Feb, she continued **#1**. Only on 27 June, she reduced the dosage to **BD** and gradually tapered it down to **2TW** which she continues till date. On 12 Aug 2024 she conveyed that during a recent visit to a high-altitude temple in the US, she has had no symptoms which would previously trouble her for 7 to 10 days during similar trips. She was extremely pleased with this outcome and expressed her gratitude to vibrionics.

Note: In **#1** above, the practitioner did not add **CC18.7 Vertigo** but instead added **CC5.3 Meniere's disease**, being the remedy for the cause of her vertigo problem.

Reviewing-Doctor's comment: There's no guaranteed way to permanently cure vertigo and prevent it from returning.

Patient's testimonial of 11 Jul 2024: Audio clip in Telugu is available and its transcription in English is given below:

My name is Vidya Rani. In Dec 2012 I suddenly got up to open the door and in the process I fell down. On consulting the doctor I was told that due to inner ear problem it happened and diagnosed it as "vertigo". I was prescribed 'Tablet Vertin' which gave relief. However once in six months to one year, it used to relapse and on using 'Tablet Vertin', I was getting the relief. In Feb 2024, I went to Aurnachalam. Probably due to the journey it relapsed and it did not go away even after 10 to 15 days. At that point of time through a common friend I came to know about the practitioner and started taking Vibrionics treatment from her. On the first day after taking just three doses I got complete relief and my suffering of last 15 days disappeared, but still I continued the remaining three doses. After that I continued the dosage as advised by her. From 27 Jun 2024 I started taking twice a day and at present I am taking once a day. I shall reduce the dosage as per her advice and then stop it. Due to Vibrionics I got complete relief. Thanks.

9. Vaginitis^{11618...}India

A 53-year-old dance teacher in her menopause for five years, suffered daily from whitish vaginal discharge accompanied by mild pain, odour and itching, for 21 months since May 2022. These symptoms occurred intermittently throughout the day, causing significant discomfort and embarrassment. Discharge and itching would suddenly flare up once a month, adversely impacting her work and life in general. Initially, reluctant to seek medical help due to the discomfort in discussing her problem, she managed by taking time off work during severe episodes.

In Jan 2023, she consulted a gynaecologist who diagnosed her condition as vaginitis and prescribed antibiotics (Fas 3 kit) for a week and a topical gel. The oral medication was ineffective but the gel gave temporary relief from severe itching.

On **18 Feb 2024**, when she had all the usual symptoms albeit moderate, she consulted the practitioner who gave her:

CC8.5 Vagina & Cervix + CC15.1 Mental & Emotional tonic...TDS

She did not use the topical gel or the oral tablets. Just with two doses, there was substantial improvement and after two more doses, all symptoms completely vanished on 19 Feb! She was pleasantly surprised at this remarkable improvement, calling it "a miraculous cure". On 15 Mar, the dosage was reduced to **BD** and slowly tapered down to **OW** before stopping it on 13 Apr. As of Aug 2024, there has been no recurrence, and she continues to enjoy her dance teaching.

10. Psoriasis^{11634...}India

A 54-year-old woman was undergoing substantial emotional stress 13 years ago in 2010. As a result, she developed red, itchy spots (resembling those of chickenpox and hives) all over her body (front & back) except the face but including the scalp; spots were accompanied by slight burning sensation. Distressed and embarrassed, she isolated herself at home, covering her entire body. A dermatologist at the hospital diagnosed psoriasis and told her that there was no permanent cure. Despite a two-month course of allopathic treatment, comprising tablets and ointments, there was minimal improvement.

In Jan 2011, she began homeopathic treatment, which provided significant relief within three months. However, her symptoms recurred shortly after stopping the treatment, leading her to resume it. As her husband's job required frequent relocation to many cities, she consulted different homoeopaths. Every time, she would improve, sometimes completely, but the condition would return when she moved and briefly stopped the medication. This cycle of relief and recurrence continued for 12 years. In June 2023, after another move, while seeking a new homoeopathic doctor, she came across the practitioner's wife who mentioned 'Vibrionics'. She was not on any medication at this time. On **17 Sept 2023**, she consulted the practitioner who gave her:

NM6 Calming + NM27 Skin-D + NM41 Psoriasis...TDS

Three weeks later on 7 Oct, she reported that itching and burning sensation had vanished, and the



Before treatment

After treatment

number and size of spots had reduced by 50%. On 3 Dec, during a social event, she happily informed the practitioner that she had been completely free of spots for the past one month. She had taken the remedy until it got exhausted in mid-Nov 2023. As of Aug 2024 she is absolutely fine.

Patient's testimonial of 25 July 2024: Video clip in Hindi is available and its transcription in English is given below:

I was afflicted by an ailment called 'Psoriasis'. I visited the Dermatology Department at Indira Gandhi Medical College. They informed that this disease will never get cured. It will temporarily go away from the surface but it will continue inside the body. After that I moved to different places in different states, and took various treatments from Homeopaths and Ayurvedic doctors. However still I did not get complete relief. Then we moved to Visakhapatnam. There I met a vibrionics man who was giving remedies. I did not have to pay second visit to him for repeat remedy, since I felt fine. So far I am doing well. I have given my photos both before and after and I am alright now.

11. Skin allergy ^{11630...India} A 41-year-old woman, for the past seven months, had been bothered with a red, itchy rash on her legs extending to the thighs and occasionally to her arms. Triggers included sun exposure, sweating from walking even for five minutes, and prolonged sitting. Initially mild, the symptoms worsened after a long bus journey in March 2022, so she scratched her feet and toes, leading to swelling; then she found it difficult to walk. She immediately consulted a doctor who diagnosed her condition to be skin allergy; prescribed steroid tablets and ointments provided relief within four days. However, the symptoms recurred upon exposure to any trigger. Concerned about their side effects, she stopped the tablets after 20 days but continued the ointment; she applied it as soon as rash appeared and would get relief in 4 to 5 days.

In June, ayurvedic treatment aggravated her symptoms so much that she discontinued it after three days. Homoeopathic treatment for a month provided complete relief, when she stopped the medicine, a trigger brought back the rash. After another month, same thing happened; so she stopped the homoeo treatment on 1 Sept. Upon learning about vibrionics on **8 Sep 2022**, she immediately consulted the practitioner who gave her:



Before treatment

After treatment

#1. CC21.3 Skin allergies...TDS in coconut oil for external application

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

She used neither the ointment nor the tablets and within two weeks by 23 Sep, itching and rash improved by 80%. Only if she walked 1 to 2 km or made a bus journey for >45 min, there was mild sweating and itching. This improvement progressed to 100% by 10 Oct when she conveyed that she had no symptoms even after an hour-long bus journey and prolonged sitting. **#1** was stopped and **#2** was reduced to

OD and gradually tapered down until stopped on 4 Jan 2023. Later the patient took remedies for other health conditions. As of Aug 2024, she remains free from rash.

Patient's testimonial of 31 July 2024, shortened and slightly paraphrased:

I have suffered a lot from skin allergy, tried all types of treatments but in vain, got no permanent result. By Swami's grace came to know about vibrionics in a Vedam learning session. As it was blessed by Swami, I was curious to try it and luckily got the practitioner's contact. After taking detailed history of my health she gave the remedy. My allergy was completely cured and that too for free. I am thankful to Swami, may He shower His blessings on the practitioner and her family.

+++++
12. Knee pain ^{11654...}

A 47-year-old housewife suffered from a mild, constant left knee pain for 18 months since Dec 2021. She managed by applying a prescribed ointment and avoiding strenuous activity. In May 2023, the pain and swelling worsened so much that she could not turn in bed or climb stairs. In early June, an orthopaedic doctor prescribed a painkiller and an ointment which provided temporary relief. However, inspired by the successful case of knee pain of the practitioner's wife with vibrionics, she decided to go for it.

On **18 Jun 2023**, she was given:

#1. CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue...BD in mustard oil for external application and

#2. CC3.7 Circulation + CC10.1 Emergencies + CC12.1 Adult tonic + CC18.5 Neuralgia + #1...6TD to be taken orally.

She stopped the allopathic medication. A month later, during a review on 17 Jul, she was in a cheerful mood as her severe knee pain and swelling were totally gone, allowing her to climb stairs with ease.

#2 was tapered off before stopping it on 25 Aug. **#1** was stopped on 4 Sep. She remained pain-free until 27 Nov, when due to overstrain, the pain and swelling returned. She immediately approached the practitioner for a remedy. **#2** was enhanced as follows:

#3. CC13.1 Kidney & Bladder tonic + CC20.2 SMJ pain + #2...6TD and for external application...BD in mustard oil

Two weeks later on 12 Dec, she reported 100% relief. **#3** was gradually reduced over a period of one month before stopping it on 19 Jan 2024; the external remedy was stopped on 12 Feb.

As of Aug 2024, she remains free from pain and swelling.

☞ Answer Corner ☞

Q1. I am sometimes approached by an enthusiastic patient who, having benefited from this treatment personally wants to donate for Vibrionics growth. What should I tell them?

A. Our newly formed Institute SVIRT has decided that we shall accept only unsolicited voluntary contributions from genuine well-wishers of vibrionics. The practitioners should never raise the subject of donation with their patients. When someone wants to happily donate from the heart, our Institute will use such funds for furtherance of vibrionics.

+++++
Q2. What is the role of magnet in our SRHVP machine?

A. In the SRHVP, there is located a powerful permanent magnet under the Sample (left-hand) well. The purpose of the magnet is to create a strong and stable magnetic field, which is crucial for the device's operation. The magnet's role is to influence the movement of charged particles within the potentiometer, enhancing the electromagnetic effects. Another thing to remember is, as the earth's magnetic field is insignificant compared to that of the magnet in SRHVP, the former will not adversely affect our remedies.

+++++
Q3. I understand that SRHVP is robust, so unlikely to become faulty (vol 12 #2.Q5) but wondered if the efficacy of SRHVP gets reduced over a period of time? Can I check this myself from time to time?

A. The only thing that could reduce the performance of SRHVP is if strength of the magnet inside SRHVP diminishes. This could happen in the unlikely event of magnet being exposed to high heat or impact or long-term contact with a large piece of iron. You may be able to test whether the magnet is strong enough by placing an iron object under the Sample well and feel the pull.

Q4. Is it possible to cure a genetic disorder? How do I find an appropriate remedy?

A. There are certain genetic disorders which are associated with the effects of multiple genes, in combination with lifestyle and environmental factors. Some of these illnesses are: diabetes, heart disease, hypertension, mood disorder, obesity and certain cancers. We can treat these by studying symptoms and giving appropriate combos from either 108CC box or SRHVP machine. In this way many practitioners have had successful outcome.

There are other genetic disorders which are caused by one or more abnormalities in a single gene, a series of genes or a chromosome. These are rare and can affect one person in several thousand (or even fewer). Examples of such disorders are Down syndrome, Huntington’s disease, or muscular dystrophy. Here we can help these patients to lead a better quality of life by carefully studying the symptoms and prescribing accordingly. It is also important to address the worries and concerns of the carer.

Q5. Can a nosode help mental health issues? If so, under what circumstances, would nosode be helpful? What sample should we use for making nosode and at what potency?

A. Yes, it can. Like with any other issue, our first choice should be to treat with combos corresponding to the symptoms. When the improvement is not according to expectation, use a blood (or hair) sample (patient can provide) at 1M or 200C, as per your experience/choice.

☪ Divine Words from the Master Healer ☪

“Consider food as Parartha (God) and not mere Padartha (matter). Take care that the food that you eat helps you to maintain good health. Do not consume stale food. It is like poison.”

...Sathya Sai Baba, “Purify the Mind and Focus it on Divinity”, Dasara Discourse, Day 5, 13 October 2002:

<https://www.sathyasai.org/discour/2002/d021013.html>

“The foremost activity man should engage in is service to fellow human beings. Instead, people are wasting their precious time worrying about either the past or the future. Therefore, embodiments of love! You should always engage yourselves in service to fellow human beings. There is no greater sadhana than such service.”

.. Sathya Sai Baba, “Service to Man is Service to God” Discourse, 1 January 2004

<http://www.sssbpt.info/ssspeaks/volume37/sss37-01.pdf>

☪ Announcements ☪

Forthcoming workshops*

- **UK London:** Sai Vibrionics **Annual Meet, 29 Sept 2024**, contact jeramjoe@gmail.com
- **India Puttaparthi:** Virtual **AVP Practical Workshop 4-22 Nov 2024**** followed by face-to-face workshop **26-28 Nov 2024****, contact editor1@vibrionics.org
- **India Puttaparthi:** **SVP workshop 1-3 Dec 2024**** contact admin1@vibrionics.org
- **India Puttaparthi:** **Teachers Training Workshop# 5-7 Dec 2024**** contact trainer-cc@vibrionics.org

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

**Subject to change

Only VPs and SVPs are eligible

❧ In Addition ❧

1. Health Article

Take care of Mental Health to embrace joy!

"Fear is the biggest cause of illness... Another method of avoiding illness is to diminish mental worry. Now, I find people are increasing their worries, and getting anxious about things that they do not understand; nor can they correct them or reform them. The radio, the newspaper and other means of communication or information cause so much fear and discontent, that worry and anxiety are increased and the mind of man gets weakened... Transfer the faith that you have in drugs to God; put your trust, not in medicine, but in Madhava. I am astounded at the number of people resorting to tablets and tonics. Resort to prayer, sadhana, japam, and dhyanam. They are the vitamins you need; they will restore you."... Sathya Sai Baba¹

In the previous issue of our Newsletter, we dealt with maintaining brain health; this article will delve into various aspects of mental health.

1. What is Mental health?

Just as physical health is state of our body, mental health is state of our mind, feelings, and emotions. A mentally healthy person will feel, think, and act in ways that help one enjoy life and meet its challenges with resilience. If you are feeling unhappy, have difficulty thinking clearly, or feeling overwhelmed by a stressful situation, not occasionally, then you are struggling with your mental health. Both physical and mental health have to be maintained with care and attention as they are interdependent; one can influence the other. Having poor mental health does not always mean one has a mental illness or a behavioural health disorder. Similarly, a person with mental illness may struggle and experience tough times but still have periods of good mental health.^{2,3}



Balancing emotions

2. What is Mental illness?

A significant disturbance in a person's cognition, emotions, and behaviour indicates a mental disorder. Mental illness refers to all diagnosable mental disorders that affect one's thinking, feeling, mood, action, and ability to interact with others. It is not the same as feeling sad, unhappy, or stressed in difficult situations, which is a temporary phase. In illness, anxiety or distress does not go away, rather it gets worse with time. The affected person would be regularly distressed, his mood and behaviour may be unpredictable, having no clarity to function consistently or control his own life without assistance. There are many types of mental illnesses. As these are not easily understood by people, many patients experience stigma, discrimination, and violation of their human rights.²⁻⁵

3. Causes of mental illness

Anyone can develop a mental disorder. Major causes are genes, family history, unresolved traumatic experiences or relationships, history of abuse, death of loved ones, struggle with one's beliefs or spirituality, financial problems, poverty or barriers to opportunity, loneliness or life in isolation without friends or family, biological factors such as chemical imbalance in the brain, traumatic brain injury, prenatal exposure to viruses or toxic chemicals, use of alcohol or recreational drugs, or serious medical condition like cancer.^{2,3,6}

4. Kinds of mental illness ²⁻¹⁴

4.1 Anxiety-disorders: They are characterised by excessive fear, worry, guilt, obsession, or panic about anything even when there is no perceivable danger or emergency. It could be about consistent difficulty in handling simple day-to-day activities of work, money, people, travel, or fear of humiliation or rejection at home, workplace, or in public life, of losing dear ones, or of phobias after a trauma. It can take various forms.



Generalised Anxiety Disorder (GAD) makes one restless, irritable, easily fatigued and complains of aches and pains, and poor sleep. People with panic disorders or neurosis can have unexpected panic attacks with symptoms like pounding heart, sweating, trembling, and chest pain. Social anxiety disorder is intense fear of being

embarrassed or watched and judged negatively by others. **Intermittent Explosive Disorder (IED)** means frequent episodes of impulsive anger bouts out of proportion to the event that triggered it.

Obsessive Compulsive Disorder (OCD): makes a person experience uncontrollable recurring thoughts or engage in repetitive behaviour, eg, aggressive, unpleasant, or forbidden thoughts towards oneself or others; compulsive washing of hands out of fear of contamination, rigidly wanting everything around in perfect order.

Post-Traumatic Stress Disorder (PTSD): It develops after exposure to an extremely threatening or horrific event or series of events. The patient experiences for several weeks the trauma as flashbacks or has nightmares and starts avoiding anything that reminds him of it, and keeps perceiving an immediate threat.

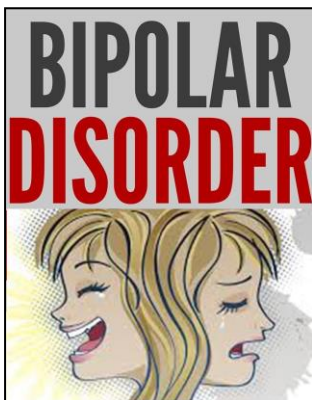
Claustrophobia is intense fear of enclosed or crowded spaces causing sweating and chills, increased



heart rate, dizziness or light headedness, choking sensation, hot flashes, and confusion. May range from mild nervousness to a panic attack. Triggers could be a childhood experience of being trapped or kept in a confined place, being abused or bullied, or separated from parents or loved ones in crowded places. Other phobias can be fear of heights, flying, animals, insects, injections, and so on; in agoraphobia, the patient fears going out and in severe cases becomes housebound.

4.2 Depression: It is different from usual mood fluctuations. In depression, one feels sad, irritable, empty, and loses interest in activities for most of the day, nearly every day, for at least two weeks. Also, other symptoms like poor concentration, excessive guilt or low self-esteem, hopelessness about the future, thoughts of dying or suicide, disrupted sleep, changes in appetite or weight, and feeling especially tired or low in energy.

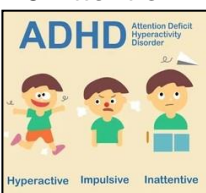
4.3 Bipolar-disorder/Manic Depressive Disorder makes the person experience alternating depressive episodes as in depression with periods of manic symptoms; the latter include euphoria or irritability, increased activity or energy, increased talkativeness, racing thoughts, increased self-esteem, decreased need for sleep, distractibility, and impulsive reckless behaviour. Such patients are at an increased risk of suicide.



4.4 Schizophrenia is a psychotic disorder in which reality perception gets altered. Its symptoms include persistent delusions, hallucinations, disorganised thinking, highly disorganised behaviour, and extreme agitation, with persistent difficulty in cognitive functioning. In Psychosis too the patient loses touch with reality, the most common symptom being paranoia ie, severe suspicion about intentions of others.



4.5 Attention Deficit Hyperactivity Disorder (ADHD): one of the most common childhood neurodevelopmental disorder, it is marked by an ongoing pattern of persistent inattention, and/or hyperactivity, and impulsivity. It interferes with the functioning and development of the child and can continue through adolescence and adulthood.



4.6 Eating-disorder is an unhealthy relationship with food, weight, and one's appearance. When it takes a serious form, it may lead to binge eating - compulsive eating of large amount in a short period of time followed by guilt, bulimia nervosa - eating large amounts



over a short period of time and purging, or anorexia nervosa - drastically restricting food with obsessive desire to lose weight.

4.7 Substance-use disorder: It is an overpowering desire culminating in physical and psychological dependence on alcohol, smoke, other inhalants, drugs, caffeine, etc despite negative consequences. When severe, it becomes an addiction leading to increased tolerance to the substance and withdrawal symptoms if it is not available.

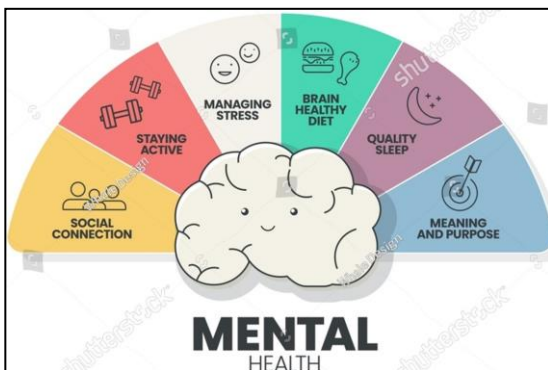
5. Early warning signals of mental illness

Some mental illnesses like bipolar disorder and schizophrenia rarely appear out of the blue. They give warning signals in the initial stages in the form of changes in the behaviour pattern of the patient. Often family members, friends, colleagues, or neighbours can recognise some oddness in the behaviour like dramatic mood swings, social withdrawal or loss of interest in activities or hobbies previously enjoyed, deterioration in work performance, disconnect with oneself and one's surroundings, illogical thinking, nervousness, hallucinations, and suspiciousness of others, and suicidal thoughts or that of harming others. Particularly, in case of children, problems in concentration or sitting still, excessive worry or anxiety such as fear of going to bed, nightmares, frequent temper tantrums, disobedience or aggression, and hyperactive behaviour are noticeable.¹⁵

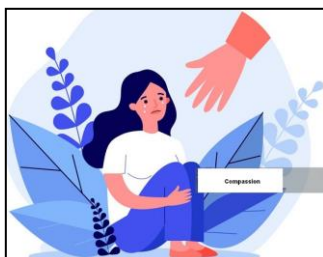
When the illness is mild it may interfere with life in a limited way; observe the symptoms and their progress. If symptoms persist or do not resolve on their own, patient should be encouraged to visit a health care professional to receive supportive counselling, and be monitored closely in case intensive care is needed. When attended to, mental health conditions can improve and one can even recover fully.¹⁵

6. Tips for Mental health¹⁶⁻¹⁸

- Self-care is vital to prevent mental illness. Apart from a balanced diet, exercise, hydration, adequate sleep and relaxation, practise gratitude for what you have and lead a balanced life. Pray for yourself and others, meditate and stay connected with your inner deeper self; this will strengthen your faith in self and simultaneously root out negativities in and around you.



- Heed early symptoms of change in mental health. Note if there are special triggers or family history or if frequency, duration, and intensity of episodes increases, then seek timely professional help for a proper treatment.
- Have a compassionate approach towards self and other patients; it is nothing to be ashamed of as it's like any other disease that afflicts the body.
- Connect with and share your problems and apprehensions with your well-wishers and spend time with loved ones. Self-help and support are crucial for coping and recovery.



- Take up activities that give you joy, learn and practise relaxation techniques, music, or any art form, be with Nature, be open minded to receive new experiences, and feel oneness and happiness in others' happiness.

References and Links

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18. <https://www.helpguide.org/mental-health/wellbeing/building-better-mental-health>

2. Monkeypox (Mpox) and recommended Combos

It is a viral illness, first identified in monkeys in 1958, it spreads between humans and animals. Mpox spreads through direct contact with infectious skin or lesions, including face-to-face, skin-to-skin, mouth-to-mouth, and mouth-to-skin contact. It can also spread through respiratory droplets or contaminated materials like sheets or clothes. Common symptoms include a skin rash or mucosal lesions, fever, headache, muscle aches, back pain, and swollen lymph nodes. The World Health Organization has declared mpox a global public health emergency for the second time in two years, following an outbreak of the viral infection in Democratic Republic of Congo that has spread to neighbouring countries. There are currently no mechanisms in place to stop imported cases of mpox happening in other countries. The following remedies are recommended both for treatment and prevention with the proviso that practitioners should stress upon the patients *to strictly adhere to the protocol and guidelines issued by WHO and their local health authority.*

For 108CC box users: CC9.4 Children’s diseases + CC21.2 Skin infections

For SRHVP users: NM60 Herpes + NM81 Glandular Fever + NM98 Shingles + NM100 Skin-F + SM27 Infection + SM41 Uplift

3. Virtual SVP follow-up course, 27-28 July 2024

Four enthusiastic **SVPs**^{03599, 11604, 11624, 11634} of May 2023 batch were joined by several other SVPs who wanted to refresh their knowledge, at this course carefully structured by the two senior **Teachers**^{10375 & 11422}. The main focus of the course was broadcasting and miasms. Examples were cited to convey how powerful can broadcasting be to give relief from stress within a few minutes; it can prevent surgery, impart Divine protection, remove negative entities, and be a life saver when a patient is in ICU. Nevertheless, it was emphasized that it should be resorted to only when essential, since giving physical remedy is very important in order that a patient takes responsibility for himself. The participants enjoyed listening to the experiences of the founders. Hem Aggarwal shared how years back, with Swami’s blessings she experimented potentizing sun rays for a patient having skin rash due to sun allergy, and complete cure was witnessed. Dr Aggarwal advised how to treat wisely when both symptoms and the root cause are known. Ideally, especially while using SRHVP, symptoms should be treated first to give quick relief and then root cause should be addressed in order to prevent strong pullout which may put a patient off vibrionics if not treated carefully.



4. Camps & Clinics

Several new camps and clinics came up in the months of July and August. We specially appreciate the efforts of practitioners from the southern states AP & Telangana, where during the last two months, three such centres have been inaugurated.

1. Rama Mandiram, Desapatrunipalem, Visakhapatnam 7 July 2024 at 4.30pm

The clinic was inaugurated with the efforts of Practitioner ¹⁸⁰⁰⁹ in association with committee members of Rama Mandiram. **VT** ¹¹⁵⁶⁷ gave an orientation talk about Sai Vibrionics to an audience of 25-30 persons from surrounding villages, committee members of the mandir and office bearers of the Sai Samithi. **VP** ¹¹⁶⁵⁰ also addressed the gathering and answered their questions. One patient related his own positive experience of vibrionics remedy. Bottles of **IB** remedy were distributed amongst the audience. The clinic will be held every 2nd Saturday from 6 to 8 pm.



2. Sivaji Nagar, near Kurmanepalem, Visakhapatnam 7 July 2024 at 6pm

In association with Sivaji Nagar Resident's Welfare Association, **VP** ¹¹⁶⁵⁴ organised this wellness clinic and gave a welcome address to 20-25 people from the colony and surrounding area and office bearers of the Ukkunagaram Sai Samithi. After lighting the lamp **VT** ¹¹⁵⁶⁷ made a power point presentation and cleared the doubts of the audience. Very useful and inspiring inputs were given by **Practitioners** ¹¹⁶⁵⁰ & ¹¹⁶⁴⁸. Confidence of the audience in the efficacy of Sai Vibrionics was strengthened by personal experiences shared by five patients. One patient was able to avoid knee surgery altogether and another, suffering from rheumatoid arthritis was now less dependent on steroid for pain relief. Bottles of **IB** were distributed to the audience. The clinic will be held every 4th Friday from 5.30 to 7.30 pm.



3. Sri Sathya Sai Seva Samithi, KPHB, Hyderabad 15 Aug 2024

The program started with prayers and bhajans. The convener of the Samithi gave inaugural address, introducing two vibrionics practitioners and advising the devotees to avail of this therapy as it is totally harmless (no chemicals) and without any side effects. **Practitioner** ¹¹⁵⁸⁷ gave information on how this healing system started and its headquarters, Immunity Booster, and precautions to be taken during treatment. He also answered questions raised by the devotees. Subsequently some patients narrated their positive experiences with vibrionics. Eight patients were given remedies in addition to 10 bottles of **IB** and 11 for prevention of dengue fever. So great was the interest that the session continued till 10 pm and the devotees patiently waited to avail of the treatment. **Practitioner** ¹¹⁶⁵⁶. will run the centre every 1st Thursday.

4. Prematharu tree plantation & Vibrionics for Plants, July 2024

Seventeen practitioners from 5 states of India, namely Maharashtra, Delhi NCR, UP, AP & TS, and Rajasthan planted many new trees and shrubs, at 11 different venues which included parks, schools, villages, homes, and a university campus. For all new and existing plants, numbering 1582 **CC1.2 Plant tonic** was sprayed. Wherever feasible, local residents including children took part.



5. Sai Baba Bala Mandir Srirangapatnam, Karnataka – Clinic held remotely (refer Profile 1)

Practitioner ^{11646...India} came up with a unique idea on how to fulfil his potential patient requirement for admission to AVP course and later, successfully treated all the patients at this orphanage, despite not physically meeting them even once!

The practitioner, who lives in Pune, approached the trustee of this orphanage housing 30 children and he was happy to provide him with a list of 26 resident orphans. Once he qualified as a practitioner, he undertook the project of treating all the patients, with the support of his mentor and senior practitioners, despite residing over 900 km away. He first set up a video call in which he interacted with each patient individually and recorded their symptoms and ailments. Language was no bar, the patients spoke a different language and the trustee acted as their interpreter. Problems from stammering, acne, cracked feet, mouth sores, dandruff to malnutrition etc. He recorded all the details in an excel sheet along with remedies to be administered (both orally and for external application) and their dosage. In addition, he decided to monitor the children's weight and haemoglobin level for the duration of the treatment. He prepared the remedies, carefully packed them and couriered them to the orphanage. On receipt of the remedies, he conducted another video call with the patients to explain how these were to be administered, their dosage and precautions to be observed.

Over the course of an entire year, the practitioner meticulously followed up with the patients via video calls at regular intervals and recorded their progress and changes in their symptoms. The orphanage trustee & caretaker confirmed that all the children were symptom-free and there was a marked improvement in their overall wellbeing. Wherever possible, he sent 'Before and After treatment' pictures to the practitioner. The practitioner suggested that an alumnus from the orphanage should learn Sai Vibrionics in order for the ashram to become self-sufficient.

After reading of this inspiring project, no practitioner should complain of not being able to find enough patients!

5. Anecdotes

1. From the Diary of Dr Jit K Aggarwal: how fast vibrionics can work!

A young woman walked into the ashram clinic one evening. She had sleepless (2 to 3 hours max) nights for over 15 years, maybe getting a good night sleep no more than once a week. She was given **SM8 Insomnia** with advice to take a pill every night half an hour before her bedtime, and report after a week. As it was already late in the evening the first dose was given there and then. Next morning there was a knock on the door and there stood the patient delighted to convey that she had sound sleep all night. Being otherwise busy, Dr Aggarwal reminded her to visit on the designated day along with the remedy bottle. So, the patient came after a week and the bottle of pills was as full as it was given! When asked why she had not taken the remedy, she simply said she did not feel the need as she had slept like a baby the whole week. Though she was advised to take the pills for a few more days, just in case she needed them, she returned the bottle, even more confident than the practitioner that she would not need it anymore. It indeed turned out that she slept every single night before she left the ashram!

2. Vibrionics goes hand in hand with home remedy

A 26-year-old female cook had been suffering from leucorrhoea, excessive white vaginal discharge for six months; this became continuous for the past three months. The **practitioner^{11658...India}** gave **CC8.4 Ovaries & Uterus + CC8.5 Vagina & Cervix + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC21.7 Fungus...6TD** but this gave only marginal relief in two weeks. She enhanced the above by adding **CC2.3 Tumours & Growths + CC3.7 Circulation** and advised supplementing it with a daily decoction of guava leaves. In two days, there was 80% relief and she no longer needed sanitary pads. Two days later, the patient excitedly reported complete relief. Impressed by the astonishing results, she recommended vibrionics to others who have since started taking the treatment.

Om Sai Ram!

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