

## **Sai Vibrionics Newsletter**

[a SVIRT publication]

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

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

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### **In This Issue**

☞ <a href="#">From the desk of Dr Jit K Aggarwal</a>	1 - 2
☞ <a href="#">Practitioner Profiles</a>	2 - 4
☞ <a href="#">Case Histories using Combos</a>	4 - 11
☞ <a href="#">Answer Corner</a>	11 - 12
☞ <a href="#">Divine Words from the Master Healer</a>	12
☞ <a href="#">Announcements</a>	13
☞ <a href="#">In Addition</a>	13 - 21

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

Dear Practitioners

With the most auspicious festival of Guru Purnima just around the corner, my heart overflows with gratitude and reverence. I am reminded of those sacred moments across three consecutive years when Swami lovingly allowed us, on behalf of the vibrionics community, to offer a cake in Sai Kulwant Hall and even graciously cut it Himself. Such memories remain etched in our hearts as divine affirmations of His blessings on vibrionics seva. On this holy occasion, let us revisit the timeless guidance from Swami's Guru Purnima discourse more than half a century ago:

*"Fill every word of yours with Love, fill every act of yours with Love... Wherever you are, whatever work you do, do it as an act of worship, an act of dedication, an act for the glorification of God who is the inspirer, the witness, the Master... When you work, there should be no remainder, nothing should remain over. See all work as one... If you offer all activities at the feet of the Lord and free them from any trace of egoistic attachment, the consequence will not bind you: you are free, you are liberated, you have Moksha."...29 July 1969, Prashanti Nilayam, Sri Sathya Sai Speaks, Vol 9.*

How beautifully these words illuminate the spirit of seva, anchored in love, surrender, and selflessness, leading ultimately to liberation. For us in vibrionics, it is a divine reminder that each remedy prepared, each patient served, is a sacred act when offered at His lotus feet.

Over the past two months, we have been blessed to receive a large number of submissions for our Centenary offering - a trilogy of vibrionics books. While the official deadline has passed, it remains our earnest wish to include voices from every state in India and as many countries as possible. If you still have case histories or extraordinary experiences to share, or know a fellow practitioner who does, please reach out to us at the earliest. Our three dedicated editorial teams are working tirelessly to bring this vision to life for Swami's 100th birthday.

In addition, we are now looking to expand and strengthen our Research team. Any practitioner with a serious interest in this vital area is warmly invited to express your willingness by writing to us at [info@vibrionics.org](mailto:info@vibrionics.org), clearly stating the amount of time and level of commitment you can offer. Our current Research Head, who has served vibrionics with unwavering dedication for over 30 years, is now 92 years old and has expressed a desire to step back. We are therefore also seeking a devoted, capable, and spiritually aligned practitioner to lead this work. The role involves identifying and managing research projects, resolving combo-related queries, and planning studies to assess the effectiveness of specific remedies. While training will be provided, a basic familiarity with homoeopathic principles and intuitive remedy selection would be an added advantage.

Last month brought yet another spiritually uplifting moment. On 15 June 2025, Sri Sathya Sai Media Centre, as part of the Centenary Celebrations, hosted the Collective Chanting Initiative for Global Peace. Hundreds of devotees and Vibrionics practitioners from round the globe participated in this powerful event, which combined Sai Gayatri chanting with a specially prepared vibrational remedy. This powerful event nurtured inner peace, strengthened collective consciousness, and elevated the spiritual vibration across borders. For more details, see the *In Addition* section.

It was a profound honour that the Vibrionics Camps, conducted as part of the medical activities by the SSSSO, received recognition during the recent Global Medical Conference at Prasanthi Nilayam on 29 June. On behalf of vibrionics fraternity, I offer heartfelt gratitude to our beloved Bhagawan for this heartening acknowledgment.

With all humility, I offer heartfelt gratitude to Swami for His unfailing love, guidance, and grace that continues to sustain us all.

In loving service to Sai

Jit K Aggarwal

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## ❧ Practitioner Profiles ❧

**Practitioner**<sup>03560...India</sup>



holds a degree in Physics and a postgraduate diploma in Systems Development. He began his career in pharmaceutical sales before transitioning to IT, eventually rising to the role of Portfolio Manager in the USA.

His journey with Sai Baba began in 2015 when his mother-in-law brought a picture of Swami from India which they kept at their altar. At the time, his exposure to Swami was limited - mostly through his wife's interest in Souljourns and WhatsApp videos and occasional visits to the local Sai centre. The turning point came in March 2017. His wife, had been suffering from arthritis for 12 years and experienced little relief from allopathic and ayurvedic treatments. After watching *What is Vibrionics* video on Souljourns, they contacted a practitioner. She was given four weekly-doses of cleansing followed by arthritis remedy at **TDS**; within two months, she experienced 80% improvement!

This remarkable recovery touched him deeply. With a growing sense of faith and surrender, he felt a deep inner calling and wanted others to experience the benefits of vibrionics. He completed his AVP training in October 2017. Initially, he had difficulty in finding patients in the USA. He prayed to Swami for just one patient a day, his prayer was soon answered and his weekends quickly filled up. He also got involved in the activities of his local Sai centre, including Narayan seva and cleaning spectacles for donation in Africa.

In 2019, he took early retirement at age 57 to care for his elderly family members in India and to serve full-time with vibrionics; he made rapid progress, becoming a VP in Jan 2020 and an SVP in Mar 2022. Later, as his admin duties grew, he prayed to Swami to ease his patient load. Swami responded, shifting his focus from frontline healing to vital backend IT seva.

Today, as one of the five Governors, he serves as the Secretary of SVIRT, handling a wide range of responsibilities. He manages IT operations across the organisation, including three online apps, centralised data storage and email systems, database management, bi-monthly newsletter production, including coordinating its translation into multiple languages. Currently, he is also active in collating articles for the three vibrionics books to be offered to Swami as part of the centenary celebrations. His dedication and technical expertise make him an indispensable part of the Vibrionics team.

The practitioner recalls an interesting incident from his early AVP days. In 2018, his brother-in-law aged 65, had a painful, bleeding cut on his right leg. Though he was limping, he refused oral remedies, dismissing them as "just sugar pills." That night, the practitioner sprayed the "Move Well" remedy water on the wound. The next morning, unaware of any change in his condition, he walked to the doctor without a limp or pain. The doctor found no sign of injury. Astonished, he declared it a *miraculous recovery*. This moment ended his scepticism, he then used vibrionics frequently, even during treatment of bladder cancer with encouraging results.

He has since witnessed numerous healing miracles. In 2019, a 53-year-old woman who had insomnia for seven years and could sleep only for four hours a day was cured within a day, she took four doses of

**CC15.1 Mental & Emotional tonic + CC15.6 Sleep disorders**, with 30 minutes gap at bedtime, and insomnia vanished! A 61-year-old woman was bedridden for four years with spinal issues and complications following failed surgery and had much pain. After taking **CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.5 Spine + CC20.7 Fractures** for just 15 days, she began walking! A 55-year-old woman, due to severe dizziness triggered by busy surroundings, feared going out and found no relief with allopathy for two years. He prescribed **CC18.7 Vertigo** and within five months, she was completely cured.

For emotionally distressed patients, the practitioner often gives **CC15.1 Mental & Emotional tonic + CC17.2 Cleansing** in a water spray bottle, calling it a 'Feel Good Spray'. He recommends daily personal use and weekly spraying around the home to ward off negative energy, frequently with excellent results. He believes this reflects that many physical ailments originate in the mind. While making skin remedies, he adds **CC4.2 Liver & Gallbladder tonic** to speed up the healing process. For joint pains, he finds water-based sprays more effective than oil-based applications.

Over time, the practitioner has learned to rely more on intuition than logic when selecting remedies. He stays informed on lifestyle recommendations that support the healing process. Treating many patients remotely, he connects deeply during phone consultations and immediately begins broadcasting until the physical remedy reaches them by courier.

He views everyone through the lens of vibrionics - how best he can help, and as a result, friends and family now turn first to vibro for all acute ailments, often not needing any other treatment. With its simplicity and effectiveness, he believes vibrionics can serve as a primary healing system, either on its own or alongside other modalities.

He says vibrionics has made him a more compassionate person and taught him to value people over possessions. To him, healing rests on two pillars: the practitioner's faith in the remedy and the patient's belief in recovery. Simply reassuring the patient often achieves half the healing, remedy does the rest.

He strongly feels that practitioners should make time for administrative work, as this is essential for the smooth functioning of vibrionics. His advice to fellow practitioners: *"Stay committed to service, and the universe will take care of the rest."*

#### Cases to share:

- [Chronic elephantiasis, filarial arthritis](#)
- [Calcaneal spurs, alopecia areata](#)

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**Practitioner**<sup>11598...India</sup> is a fine arts teacher with a BSc and BA (Hons) in Bengali language. A creative soul, he loves singing, writing poems and songs, composing music, and has authored four drawing books. An avid traveller and animal lover, he also has a deep interest in social work, teaches fine arts free to underprivileged children, and feeds stray animals.



A passionate nature lover, he maintains a lush garden with around 200 plants and trees, including 65 varieties of cacti. He is also the founder of an NGO, through which he has led numerous community initiatives. These include planting over 83,000 mangroves across Sundarbans islands in Bay of Bengal, organizing blood donation camps, feeding the needy during Covid lockdown (in collaboration with *Bhaba Pagla Ashram*), supplying oxygen and allopathic medicines to Covid patients, and distributing food and clothing to those affected by Cyclone Amphan.

From early childhood, he has been drawn to spirituality. He offers worship every morning to Mother Kali in his temple at home. His journey to Sai began through his daughter, who was a Bal Vikas student. He is an active volunteer in local Sai medical camps and since 2012, has been a regular visitor to Prashanthi Nilayam every December, serving as a sevadal group leader.

As a teenager, he dreamt of becoming a doctor to serve the poor. Guided by this aspiration, he began assisting homoeopathic and allopathic physicians in 2013. In 2017, he met a practitioner in Baba's ashram, who introduced him to vibrionics. Intrigued, he contacted Dr Aggarwal, who inspired him to pursue the AVP course, which he completed during Guru Purnima in 2018.

Guided by Swami's teaching '*Manav seva is Madhav seva*' (service to man is service to God), he offers healing with deep devotion and describes the joy of witnessing a patient's recovery as 'heavenly

happiness'. On many occasions, when he prayed for more patients to serve, Swami responded almost immediately. In some cases, although he initially selected a remedy based on symptoms, his fingers were guided to a different bottle in 108CC box, a clear sign, he believes, of Swami's direct intervention.

The practitioner would like to share a few memorable cases of healing. A 48-year-old neighbour approached him in June 2023, complaining of an acute toothache and inflamed gums in the upper right jaw. The pain was severe and unbearable. He was given **CC11.5 Mouth infections + CC11.6 Tooth infections**. The very next morning, he reported with amazement that after taking just one pill, pain had vanished, never to return! Inflammation improved by 20% and was completely gone within a week.

In another case in August 2018, a 37-year-old woman came to him with menstrual irregularities. For the past three months, she had been experiencing profuse vaginal discharge and two menses per cycle, each lasting 5 to 6 days with heavy bleeding and significant pain. The condition left her weak and deeply anxious. She was prescribed **CC8.5 Vagina & Cervix + CC8.7 Menses frequent + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic**. Just four days later, she reported 60% improvement in vaginal discharge, which completely stopped within a week. Exactly a month after starting treatment, she returned beaming with joy - there was no 'second' menses that month, and her weakness had completely resolved. She took the remedy for another month and the issue has not recurred.

The practitioner reports consistently good results by adding **CC10.1 Emergencies** to many of his patients' remedies. More recently, he has included **CC2.3 Tumours & Growths** in his combinations for conditions such as fistula, piles, and skin moles, with encouraging outcomes.

Since becoming a practitioner, he has enhanced his knowledge immensely. While he was familiar with many common ailments, vibrionics introduced him to many more diseases. He has also learnt to interpret pathological reports and identify normal parameters. In his practice, he tries to create a warm, family-like environment, always greeting patients with a smile and genuine love, which helps them relax and allows him to better understand the root cause of their ailments. As an arts teacher, he has opportunities to extend the benefits of vibrionics to a large number of his students and their families. During the Covid-19 pandemic, he took it upon himself to distribute large quantities of immunity booster and masks within his locality. During his plantation projects where he personally nurtures saplings from seeds or through grafting, he chants *Sai Ram* and recites *Sai Gayatri* and uses **CC1.2 Plant tonic** as needed.

The practitioner looks upon Vibrionics as a divine opportunity granted by Swami, which he attributes to his past good karma. This has transformed him into a calmer, more polite, and more compassionate individual. His heartfelt message to fellow practitioners is "Swami Himself comes to our doorstep to receive our seva, every patient is a reflection of Swami, and all He wants from us is our love."

#### Cases to share:

- [Respiratory allergy](#)
- [Infected anal fistula](#)

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## ❧ Case Histories Using Combos ❧

### 1. Chronic elephantiasis, filarial arthritis <sup>03560...India</sup>

A 68-year-old woman was diagnosed with elephantiasis (lymphatic filariasis) six years ago in 2012 after she developed fever, pain, and swelling in both legs and breasts accompanied by fatigue. Whereas swelling progressed gradually over the first 18 months, she experienced recurrent episodes of pain and fever every three months. She received allopathic treatment from the onset, and her entire family was placed on a preventive mass drug administration (MDA) protocol for six years. This helped stop further progression of the disease and arrested the swelling but failed to relieve the cyclical symptoms. Disheartened, she stopped the treatment in 2017 (but the family continued).

In the same year, she developed severe pain in both knees and was diagnosed with filarial arthritis. Since the prescribed medication caused significant acidity and gastric discomfort, she was forced to discontinue it within a year.

While miserable during an episode of fever and leg pain, she consulted the practitioner. She had thickened and darkened skin on her legs; walking was extremely difficult, she used a walker indoors. Social stigma surrounding her condition led her to avoid visitors entirely, she was under considerable emotional distress.



On 17 Dec 2018, she was given:

For elephantiasis:

**#1. CC9.3 Tropical diseases + CC12.1 Adult tonic...6TD** for three days followed by **TDS**

For arthritis:

**#2. CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue...6TD** for three days followed by **TDS** and in coconut oil for external application...**BD**

*Treatment Progress:*

- **15 Feb 2019:** 40% improvement in knee pain, able to move around with limitation; no episodes of fever, pain or fatigue and emotionally more stable.
- **20 June 2019:** 70% improvement in knee pain, could walk independently within her home; swelling in legs and breasts reduced by 20%.
- **14 Jan 2020:** Complete relief from pain (occasional mild knee pain on overexertion), smooth and normal skin on legs, although no further reduction in swelling; dosage reduced to **BD**.

As of June 2025, she prefers to continue remedies at **BD**. Although swelling has plateaued, she finds comfort in massaging the external oil remedy. She walks unaided within her home and has resumed visiting neighbours and attending social gatherings.

Editor's note: Elephantiasis is considered an incurable disease, only symptoms can be managed; in this case it is heartening vibrionics has freed the patient from pain and immobility and made her life comfortable.

## 2. Calcaneal spurs, alopecia areata <sup>03560...India</sup>

A 50-year-old man was suffering from painful bone outgrowths in his heels (calcaneal spurs) for five years since 2018. There was one spur in each heel measuring about 18 mm. The pain had gradually worsened leading to walking difficulty and causing a noticeable limp. Conservative methods such as custom orthopedic footwear, cold packs, and foot exercises were ineffective. He took prescribed painkillers - both oral and topical. These provided about 80% relief for 6 to 8 hours after which pain would return. A high-profile cricket player, he was eventually forced to give up the sport; this took a toll on his mental well-being. In 2023, doctors recommended cortisone injections and surgery which he declined and began exploring alternative therapies in search of a lasting relief.

For over a year, he also had a patch of hair loss on his beard (alopecia areata), gradually spreading over his chin and jawline. Ayurvedic oils and topical medication for over nine months, offered no noticeable improvement. He stopped all medications and turned to vibrionics. On 16 May 2023 he was given:

For calcaneal spur:

**#1. CC15.1 Mental & Emotional tonic + CC20.1 SMJ tonic + CC20.4 Muscles & Supportive tissue...TDS**

For alopecia areata:

**#2. CC11.2 Hair problems + CC12.4 Autoimmune diseases + CC21.1 Skin tonic...TDS** and for external application in coconut oil...**BD**

*Treatment progress:*

- **10 Aug 2023:** 40% improvement in pain; hair-loss arrested.
- **5 Oct 2023:** 60% improvement in pain and mobility; growth of hair started on affected areas.
- **4 Jan 2024:** Over 95% reduction in pain, spur size began to decrease, mobility returned to normal and pain only after intense physical strain, **#1** reduced to **BD**; 70% hair growth on chin and jawline.
- **14 Apr 2024:** Complete resolution of pain, spur size decreased to 2 to 3 mm, resumed playing cricket normally; full hair growth. Dosage of both remedies reduced to **OD**, **#1** stopped on 30 Apr 2024 and **#2** after three months.

As of May 2025 there has been no recurrence although spur size has not decreased further.

Practitioner's note: Heel spur is not considered curable without surgery, it is remarkable spur size has decreased substantially within a year; could have disappeared but the patient was keen to discontinue the remedy saying he had no discomfort.

### 3. Respiratory allergy <sup>11598...India</sup>

A 13-year-old girl, had been suffering since infancy from persistent, severe dry cough accompanied by irritation in throat, which occasionally induced vomiting. These episodes, lasting 8 to 10 days, occurred with every seasonal change about 4 to 5 times a year. During these relentless coughing fits, she lost her appetite, became weak and felt exhausted. She avoided cold foods like ice cream and refrigerated items, which invariably triggered her condition.

Medical investigations confirmed respiratory allergy. Despite taking antihistamines and antibiotics during these flare ups, the relief was only partial.

In Aug 2018, during a casual visit to his friend, the practitioner noticed his daughter's severe coughing and suggested vibrionics. The family agreed and decided to try vibrionics alone without any conventional medication; at that time, her condition was quite severe.

On **20 Aug 2018**, she was given:

#### #1. CC12.2 Child tonic + CC19.2 Respiratory allergies + CC19.6 Cough chronic...6TD

##### *Treatment Progress:*

- **21 Aug 2018:** 70% improvement in throat irritation and cough.
- **25 Aug 2018:** Complete resolution of symptoms.
- **27 Aug 2018:** #1 was diminished to #2. **CC19.2 Respiratory allergies + CC19.6 Cough chronic...TDS.**
- **8 Sept 2018:** Dosage reduced to **BD** for a week, then **OD** for a week; the patient then chose to discontinue the remedy.
- **12 Feb 2019:** Symptoms relapsed, gave refill of #2...6TD with advice to continue until instructed further.
- **20 Feb 2019:** Once again fully recovered; dosage reduced to **TDS** and after tapering stopped on **22 May 2019**.

As of June 2025, there has been no recurrence.

### 4. Infected anal fistula <sup>11598...India</sup>

The 67-year-old brother-in-law of the practitioner was having great discomfort during bowel movements for the past week, starting Apr 2018. So in May 2018 he consulted his physician who, after physical examination, identified a fistula near the anus and advised surgical removal. As it was not too bothersome, he did not follow up. Towards end July, the fistula became swollen, painful and inflamed. After a week when he found it difficult to sit comfortably, he returned to his physician on 6 Aug 2018. He prescribed a 5-day course of antibiotics and recommended betadine sitz baths, followed by surgery.

After completing the course, he was reluctant to undergo surgery, so he sought vibrionics treatment. During the consultation, he appeared weak and anxious. He also had a history of high blood pressure, hypothyroidism, and diabetes, all of which were well-managed with allopathic medication. As his physician had mentioned that fistulas are more common in diabetic patients, he also requested a remedy for his diabetes to help prevent any recurrence. On **15 Aug 2018**, he was given:

#### #1. CC4.4 Constipation + CC10.1 Emergencies + CC12.1 Adult tonic+ CC15.1 Mental & Emotional tonic...6TD

#### #2. CC6.3 Diabetes...OD

He was advised to continue his regular allopathic medication for high blood pressure, hypothyroid and diabetes along with sitz baths.

#### *Treatment progress:*

- **18 Aug 2018:** Huge discharge of pus and blood from the fistula after three days, 25% improvement in pain; **#1** enhanced to **#3**. **CC21.11 Wounds & Abrasions + #1...6TD.**
- **30 Aug 2018:** Pain vanished, wound dried, resumed work, sitz baths stopped; **#3** diminished to **#4**. **CC4.4 Constipation + CC21.11 Wounds & Abrasions...TDS.**
- **14 Sept 2018:** **#4** reduced to **BD**, then to **OD** on **16 Sept** and stopped on **18 Sept**.

As of June 2025, there has been no recurrence and patient continues to take **#2** along with allopathic medication.

#### **5. Migraine** 11673...India

A 38-year-old seamstress had been suffering from severe, throbbing headaches for past three years since 2021. The pain was always localized to left side and accompanied by nausea, vomiting, and extreme sensitivity to light and sound. These attacks occurred about three times a week, lasting on and off through the day, often requiring her to rest for the entire day. As the sole earner in her family, she was under constant emotional and financial stress, which she identified as a key trigger. Even brief exposure to sun could provoke an episode, so she always carried an umbrella outdoors. The recurring pain severely disrupted both her tailoring work and household duties, increasing her distress.

In 2021, her doctor diagnosed her with migraine and advised steam inhalation and prescribed painkillers. She used painkillers only during intense attacks, which provided temporary relief within 20 minutes.

On **8 Aug 2024**, she stopped allopathic medication and sought vibrionics treatment. The practitioner gave her:

**#1. CC10.1 Emergencies + CC11.3 Headaches + CC11.4 Migraines + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS**

**#2. IB** (from vol 13 #5)...**OD**

#### *Treatment progress:*

- **10 Sept 2024:** Only one migraine attack so far with 50% improvement in headache, nausea and vomiting, felt less stressed; managed daily chores and tailoring work with ease.
- **5 Nov 2024:** No more migraine attacks; new-found sense of calmness, more energetic and happier; expressed gratitude to Swami; **#1** reduced to **OD**, then gradually tapered until stopped on **8 Jan 2025**.

As of June 2025, there has been no recurrence. She continues to take **#2**.

#### **6. Allergic rhinitis** 03620...South Africa

The practitioner's 37-year-old housemaid had been troubled by runny nose, itchy eyes, and 30-60 min bouts of sneezing every morning and evening for the past four years. Throughout the day, she also suffered from nasal congestion, post-nasal drip, and persistent cough. Reluctant to consult a doctor, she self-medicated with an antihistamine, which gave temporary relief, as symptoms would return the next day.

On **13 Dec 2024**, she was given:

**IB** (vol 15 #2)...**TDS**

#### *Treatment progress:*

- **15 Dec 2024:** Runny nose and sneezing worse throughout the day.
- **16 Dec 2024:** Allergy symptoms lasting only 20 minutes mornings and evenings, other symptoms better by 50%.
- **20 Dec 2024:** No more itchy eyes and runny nose, sneezing reduced to a few minutes morning and evenings; other symptoms better by 80%.
- **10 Jan 2025:** 100% relief in all symptoms; dosage reduced to **OD** for maintenance.
- **3 Feb 2025:** Gave Immunity - cleansing cycle for one year: **CC12.1 Adult tonic & CC17.2 Cleansing...TDS**, alternating monthly.

As of June 2025, there has been no recurrence.

## 7. Varicose veins, wrist pain <sup>11573...India</sup>

A 45-year-old man with a family history of varicose veins was diagnosed with the condition 20 years ago in 2001. The veins were bluish, bulging, and painful, affecting both calves. He experienced heaviness, swelling and pain in both legs, especially after standing for an hour or more, although walking did not cause any discomfort.

For the past five years since *Oct 2016*, he also suffered from pain, swelling, and occasional stiffness in both wrists, which he linked to prolonged computer work. The symptoms worsened with use and improved with rest.

He believed his condition to be hereditary as his mother had the same problem. He took no medication and managed symptoms through lifestyle changes: high-fibre diet, regular walking, elevating legs and soaking in warm salt-water, frequently shifting weight from one leg to the other while standing, and finger exercises. However, pain and swelling continued. On *5 Sept 2021*, he consulted the practitioner who gave him:

**CC3.7 Circulation + CC4.2 Liver & Gallbladder tonic + CC13.1 Kidney & Bladder tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.7 Fractures...TDS**

### *Treatment progress:*

- *8 Sept 2021*: Wrist condition 50% better, swelling in veins increased, possibly due to pullout.
- *14 Sept 2021*: Wrist pain completely resolved.
- *23 Dec 2021*: Varicose veins completely healed after steady improvement over past three months; dosage reduced to **OD**, gradually tapered down over three months to **OW** and maintained for over 18 months and stopped on *10 Sept 2023*.

As of May 2025, patient continues to be well.

## 8. Insomnia <sup>11669...India</sup>

A 65-year-old woman, the practitioner's neighbour, had been experiencing sleep disturbances for over two years. Although she went to bed at 10 pm, it typically took her about an hour to fall asleep, only to wake up again within 3 to 4 hours. She would then lie awake for the rest of the night, struggling to fall back asleep. About twice a week, her sleep was even more disrupted, leaving her with just 2 to 3 hours of sleep.

Until 2014, she had enjoyed a consistent 8 to 9 hours of restful sleep. However, following the permanent relocation of her daughters to Australia that year, she began to experience emotional stress, which reduced her nightly sleep to 5 to 6 hours, a pattern that persisted until July 2022.

Although she took a one-hour nap after lunch each day, her insufficient night-time sleep left her feeling fatigued and drowsy throughout the day, making it difficult to manage household chores. She also developed dark circles under her eyes, which she attributed to her poor sleep quality.

On *30 Nov 2024*, she was given:

**CC15.6 Sleep disorders...a dose** half an hour before bedtime.

### *Treatment progress:*

- *7 Dec 2024*: Falling asleep within a few minutes of taking remedy.
- *15 Dec 2024*: More than 4 to 5 hours of uninterrupted, restful sleep for past one week.
- *22 Dec 2024*: 5 to 6 hours of sound sleep for past one week; felt refreshed and energetic during the day.
- *30 Jan 2025*: Remedy stopped.

As of June 2025, she continues to enjoy sound sleep and health without any trace of black circles under the eyes.



## 9. Burning soles<sup>11632...India</sup>

In Sept 2022, a 54-year-old male teacher **started having** burning sensation in his feet (may have been caused by Covid-19 booster taken six months prior), being mild in the mornings and progressively worsening, becoming intolerable by night. Keeping his feet soaked in ice water provided temporary relief. On 3 Oct 2022, sensory nerve studies and blood tests revealed no nerve damage; however, random blood sugar was noted to be 225 mg/dL for which he was advised to adopt dietary changes and regular exercises. He was prescribed tablets for burning sensation, which he took for two months with no relief.

In Dec 2022, he was diagnosed with vitamin B12 deficiency for which he received injections; these gave good relief but the burning sensation returned **after a month**. Also, with blood sugar levels staying consistently elevated, **his doctor prescribed** Metformin and Glycomet for his diabetes. This came under control but burning sensation continued unabated. So, he consulted the practitioner on **6 May 2024** and was given:

**#1. CC3.7 Circulation + CC18.5 Neuralgia + CC20.4 Muscles & Supportive tissue...BD** in mustard oil for external application

**#2. CC10.1 Emergencies + CC12.1 Adult tonic + #1...TDS**

*Treatment progress:*

- **9 May 2024:** 30% improvement in burning sensation.
- **19 May 2024:** Progressed to 80%.
- **20 June 2024:** Complete relief, **#1** stopped.
- **19 July 2024:** **#2** reduced to **OD** which he prefers to continue.

As of June 2025, there has been no relapse and the patient remains well. He continues the allopathic medicines for his diabetes.

## 10. Allergic rhinitis<sup>11984...Indi</sup>

A 48-year-old woman had been experiencing recurrent episodes of throat irritation, itchy eyes, sneezing, and mild breathing difficulty for one year since Jan 2023. Each episode lasted two days and occurred 2 to 3 times a month, especially during winter and dust exposure. She had a history of childhood asthma, which had resolved naturally in adolescence.

For the past few months, she had been relying on herbal remedies and took allopathic medication during severe episodes. However, none offered lasting relief. Seeking a permanent solution, she visited a monthly vibronics camp on **13 Jan 2024** and was given:

**CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.6 Cough chronic...TDS**

*Treatment progress:*

- **13 Feb 2024:** One episode that lasted a day.
- **14 Mar 2024:** One mild episode that lasted a few hours.
- **14 Apr 2024:** Completely symptom-free, dosage reduced to **OD**.
- **14 May 2024:** Dosage reduced to **OW** after gradual tapering.

As of June 2025, there has been no recurrence and patient continues the remedy at **OW** for maintenance.

## 11. Tailbone dislocation, pain<sup>11618...India</sup>

A 25-year-old man met with a bike accident on 10 Mar 2022. Medical evaluation confirmed that the impact had caused his tailbone (coccyx) to become dislocated and straightened. The doctor explained that injury would heal naturally in 6 to 12 months and prescribed painkillers for six months, along with the use of a specially designed cushion to alleviate pressure while sitting.

Concerned about the side-effects of prolonged use of painkillers, the patient chose not to take them. He experienced intense pain in the coccyx region while sitting, standing for even five

minutes, rising from a seated position, or riding a bicycle. These limitations severely disrupted his daily routine, affecting his studies, part-time job, and dance activities. The pain and limited mobility also led to emotional stress and anxiety over managing his commitments.

Having experienced positive results from vibrionics treatment in the past, he **consulted** the practitioner; he also mentioned having slightly hard stools once or twice a week for the past 5 to 6 years. On **23 Mar 2022**, he was given:

**CC4.4 Constipation + CC10.1 Emergencies + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC20.7 Fractures...TDS** and for external application in coconut oil...**BD**

*Treatment progress:*

- **6 Apr 2022:** Pain decreased by 50%, could sit comfortably for 15 to 20 minutes.
- **7 May 2022:** 85% improvement in pain, could sit for 2 to 3 hours with ease; no more hard stools.
- **20 May 2022:** Tail bone back to its normal position and curvature as per x-ray report; man extremely happy.
- **30 May 2022:** Complete resolution of pain.
- **30 June 2022:** Dosage reduced to BD, external application stopped. Patient resumed normal daily activities including dancing, without any discomfort.
- **30 Aug 2022:** Remedy stopped after gradual tapering.

As of June 2025, there has been no recurrence of pain.

+++++  
**12. Nutritional deficiency dermatosis** <sup>11632...Indi</sup>

In Mar 2024, a 15-year-old girl began to notice peeling of skin on her hands and feet. Over the next two months, the peeling worsened and she developed itching in the affected areas. On 6 June, a dermatologist diagnosed her with ichthyosis vulgaris and prescribed oral medication along with a topical cream for 30 days. Although she experienced slight relief, the tablets caused nausea, prompting her to stop taking them after ten days. Her skin condition then deteriorated further (see pic).

A blood test on 16 June revealed that she was anaemic, with haemoglobin at 9.5 g/dL and low vit D level. The girl had been under significant mental stress due to her intense preparations for medical college entrance exams, which led to irregular eating habits and poor nutrition.

On **20 June 2024**, when she consulted the practitioner, she also shared that since childhood, she had felt nauseated at the sight of green leafy vegetables; she was given:

**#1. CC21.1 Skin tonic + CC21.3 Skin allergies + CC21.5 Dry Sores + Potentised sunrays...BD** in coconut oil for external application

**#2. CC3.1 Heart tonic + CC4.10 Indigestion + CC12.1 Adult tonic + CC12.4 Autoimmune diseases + CC15.1 Mental & Emotional tonic + #1...TDS**

*Treatment progress:*

- **25 July 2024:** Skin peeling and itching improved by 40%; nausea at the sight of green leafy vegetables continued.
- **31 July 2024:** #2 enhanced to #3. Potentised green leafy vegetables + #2...TDS.
- **5 Sept 2024:** 50% improvement in skin condition as well as nausea; could eat green leafy vegetables in small quantities.
- **10 Oct 2024:** Complete resolution of symptoms (see pic dt 15 Oct 2024); Hb level increased to 13.0 g/dL (report available).
- **7 Nov 2024:** Dosage of #1 and #3 reduced to **OD**.
- **29 Jan 2025:** #3 stopped after gradual tapering.

As of June 2025, she is fine with no relapse and is continuing #1 at **OD** for maintenance.



20 June 2024



15 Oct 2024

## ☞ Answer Corner ☞

**Q1. Potentised 'sunrays' remedy is often used to treat sun allergies. Can it also work on other ailments related to sun exposure?**

**A.** Potentised sunrays (loosely but commonly called 'sunlight') has been successfully used for skin rash, itching, or hives triggered by sun allergy/photoallergic reaction. It can also be used as a supportive remedy along with targeted combos for other conditions linked to sun exposure, eg:

- Sunstroke - to help stabilise the system.
- Sunburn, when used early, it can help reduce inflammation and discomfort.
- Premature aging/photoaging - can aid in desensitising skin over time.
- UV radiation exposure - can assist in detoxification and cellular support.
- Skin cancer - only as an adjunct to specific cancer remedies.
- Vitamin D deficiency, while not a replacement for sunlight, it may support better assimilation and metabolism of vitamin D.

**Q2. Is it possible that **SM1 Removal of Entities** can cause strong pullout and if so, how can we manage it?**

**A.** **SM1** is a deeply transformative spiritual remedy and can *very occasionally* trigger a strong pullout, especially in sensitive individuals or those carrying deeply suppressed emotions, trauma, or negativity. In such cases, start with a low dosage **OD** (single dose, if you prefer) and gradually increase to **TDS**. Adding **SM2 Divine Protection** alongside **SM1** can help stabilise the energy field, offer grounding, and most likely eliminate the possibility of any pullout. In a rare case, if a pullout actually occurs (could be in the form of emotional upheaval, body ache or fatigue), then follow our standard pullout procedure; drink plenty of water and take rest, prayers are always helpful. Another tip is to broadcast **SM1** through SRHVP, as it can gently initiate its effects without overwhelming the patient. Further it is extremely helpful to spray the patient's surroundings with remedy water, especially any nearby corners.

**Q3. How does radiation from an electromagnetic (EM) device neutralise a vibrionics remedy?**

**A.** EM radiation emits its own energetic frequencies. When a vibrionics remedy is exposed to a strong or prolonged EM field, this external vibration can overwrite the subtle or delicate vibration programmed into the remedy. Remember a music recording on a cassette tape would get erased or distorted when placed near a powerful magnet? This is *also* similar to how a strong radio signal can distort or wipe out a weaker one nearby.

**Q4. Is there a difference in effectiveness if a vibrionics pill is placed under the tongue versus on top of it or swallowed?**

A. Yes. In yogic and Ayurvedic traditions (including Siddha and certain Tantric lineages), the area under the tongue (sublingual space) is considered to be a vital energetic hub where numerous nadis (subtle energy channels) converge. This convergence makes the region especially sensitive to vibrational input. While these nadis don't necessarily *end* under the tongue, their interconnection in this area helps enhance the flow of pranic energy throughout the system, thus allowing for faster and more effective absorption of the remedy's subtle vibrations, especially when it is taken with awareness and intention. If remedy is placed on top of the tongue or chewed or swallowed, it will still work, though the sublingual route is energetically more potent.

It is worth noting that modern anatomy highlights the neural and vascular receptivity (because of abundance of nerves and capillaries located just beneath thin mucous membrane) of the sublingual space and that's why angina patients are advised to place nitro-glycerine tablets under the tongue; this facilitates quicker absorption in the bloodstream. It affirms the efficiency of this area for quick action.

Q5. In the final stage of life, spiritually awakened people often eat very little but remain calm and peaceful. If their family, concerned about weight loss, insists on treatment, what remedy can I prescribe?

A. A person who is calm, content, and eating very little may be *naturally* withdrawing from the physical world - a sacred process often seen in the spiritually evolved. So we should gently support the soul's journey, providing emotional strength, subtle nourishment, and spiritual upliftment. First, however, tune in silently and pray for divine guidance, then give the following remedy **TDS**:

For 108CC box users: **CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic**;

For SRHVP users: if patient inwardly peaceful: **NM75 Debility + NM90 Nutrition + SM2 Divine Protection + SM5 Peace & Love Alignment + SM6 Stress** to help maintain inner harmony and subtle body balance. If in emotional distress, fear, or confusion, add to the above: **NM6 Calming + SM1 Removal of Entities + SM4 Stabilising + SM9 Lack of Confidence** to help clear subtle blocks, release attachments, and bring emotional clarity.

It is good to gently reassure family members that the patient is being spiritually supported and that they can contribute towards patient's wellbeing by trying to stay detached from his condition.

## ❧ Divine Words from the Master Healer ❧

*"In my opinion, it is the primary responsibility of every individual to prevent becoming a victim of heart disease by regulating his food and other habits. Prevention is better than cure. There will be little room for cardiac ailments if one's food habits are properly controlled and regulated."*

...Sathya Sai Baba, Divine Discourse, "Food, the heart and the mind" 21 January 1994  
<http://www.sssbpt.info/ssspeaks/volume27/sss27-03.pdf>

*"Have this so inscribed on your heart....the axiom that "serving others is meritorious, that harming others or remaining unaffected and idle while others suffer, is sin."*

...Sathya Sai Baba, "Mirror and comb" Divine Discourse, 26 June 1969  
<https://www.sssbpt.info/ssspeaks/volume09/sss09-12.pdf>



## ❧ Announcements ❧

### Forthcoming workshops\*

- **India Puttaparthi:** Virtual SVP follow-up course 26-27 July 2025 contact [promotionsSVP@vibrionics.org](mailto:promotionsSVP@vibrionics.org)
- **India Puttaparthi:** Telugu AP Practical Workshop 31 July-4 Aug 2025 contact [admissions4@vibrionics.org](mailto:admissions4@vibrionics.org)
- **India Puttaparthi:** Hindi AP Practical Workshop 31 July-4 Aug 2025 contact [trainer-cc@vibrionics.org](mailto:trainer-cc@vibrionics.org)
- **India Puttaparthi:** Virtual AVP\* Practical Workshop 3-21 Nov 2025\*\* followed by face-to-face workshop 26-28 Nov 2025\*\*, contact [editor1@vibrionics.org](mailto:editor1@vibrionics.org)
- **India Puttaparthi SVP\* Practical Workshop 1-4 Dec 2025\*\***, contact [promotionsSVP@vibrionics.org](mailto:promotionsSVP@vibrionics.org)
- **India Puttaparthi: Teachers Training\*\*\*** Workshop for all e-course teachers and participants of Dec 2024 TT workshop 9-11 Dec 2025\*\* contact [trainer-cc@vibrionics.org](mailto:trainer-cc@vibrionics.org)

\*only for those who have undergone the admission process and the e-course; admission process starts from 15 Aug 2025

\*\*Subject to change; participants will be informed of changes, if any.

\*\*\* only for those who have undergone the admission process; admission process starts from 15 Oct 2025

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## ❧ In Addition ❧

### 1. Health article

#### Healthy Heart is in your hands!

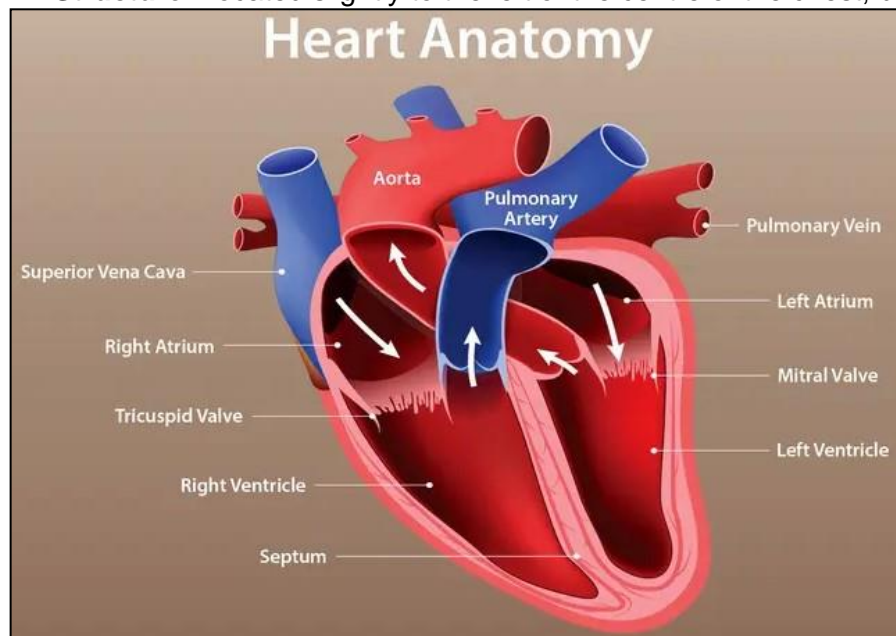
*"Research has revealed that non-vegetarians and alcoholic addicts are more prone to heart ailments than vegetarians. Vegetarian food that is consumed should be balanced and wholesome, it should contain liberal doses of vitamin C and vitamin E, which are available in vegetables like carrots. The presence of these vitamins prevents heart ailments to a large measure."...Sathya Sai Baba<sup>1</sup>*

#### 1. Know your heart!

**1.1 Role:** Our heart, a fist-sized cone-shaped muscular organ, hardly weighing 8-12 ounces (227- 340gm) in an adult, pumps and moves blood throughout the body (more than 7,500 litres per day), delivers oxygen and nutrients to cells, maintains blood pressure, and ensures continuous blood supply to support the functions of other organs; it is directed by the brain and the nervous system.<sup>2-4</sup>

**1.2 Structure:** Located slightly to the left of the centre of the chest, between the lungs, and behind the

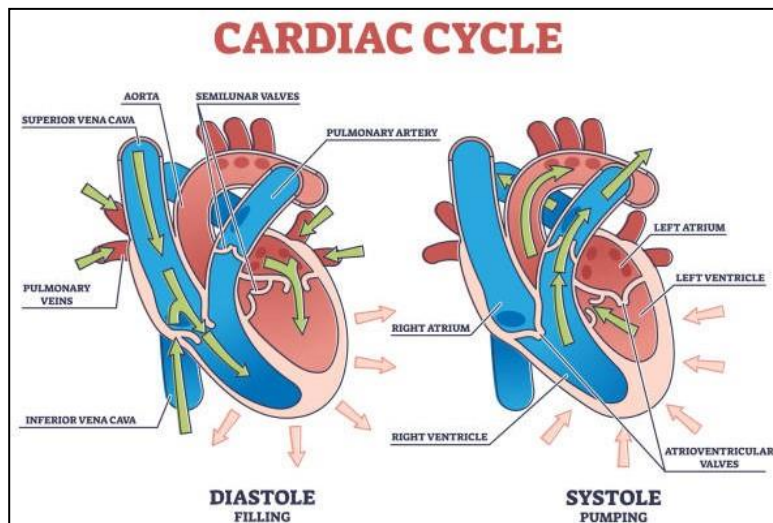
sternum (breastbone), heart is enclosed within a double-walled sac called *Pericardium* that produces fluid to protect and lubricate it. The heart itself is structured like a building with three layered muscular walls that contract and relax to send blood; one tissue (septum) divides its walls vertically into two halves. There are four muscular chambers, two upper atria and two lower ventricles with door like valves between them to allow blood to pass through in the correct direction preventing its backward flow during every cardiac cycle.<sup>2,3,5,6</sup>





**1.3 Cardiac cycle:** Deoxygenated blood from various parts of the body first enters the right atrium of the heart through the systemic veins (superior and inferior vena cava), and then flows into the right ventricle which pumps it to lungs via pulmonary artery for oxygenation. The left atrium receives the oxygenated blood from lungs via pulmonary veins and pumps it into the most robust left ventricle which propels the oxygen rich blood to rest of the body via aorta, the largest artery. This cycle is completed in about 0.8 seconds in a healthy heart, implying 72 cardiac cycles per minute.<sup>2,3,6,7</sup>

**1.4 Blood vessels** crucial for the cardiac cycle are of three types – arteries (which carry blood away from the heart), veins (that carry blood towards the heart), and capillaries (a network of tiny blood vessels connecting arteries to veins). They are like plumbing pipes that run through a building, to enable blood flow, covering 60,000 miles in the body. For the most part, arteries always carry oxygen-rich blood away from the heart and veins carry oxygen-poor blood to the heart, exceptions being the pulmonary artery and pulmonary veins (*para 1.3 above*); the heart receives nutrients through a network of coronary arteries on its surface.<sup>2,4,8</sup>



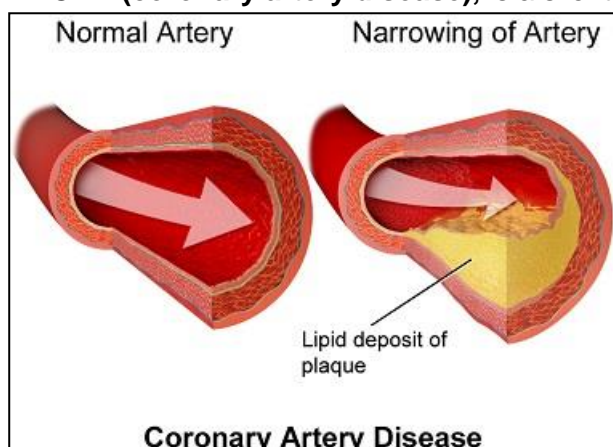
**1.5 Cardiac conduction system,** like a power circuit in a building, is a network of nodes, cells, and signals, and controls the

rhythm and speed of our heart rate. Each time our heart beats, electrical signals travel through the heart inducing it to contract and expand; sinoatrial node is heart's natural pacemaker responsible for initiating the heartbeat. One complete heart beat coincides with every cardiac cycle having two main phases: systole when the heart pushes the blood around the body putting pressure on the blood vessels, the blood pressure is at its highest indicated by the top number in BP reading; diastole is when the heart relaxes between beats and gets filled with blood, blood pressure drops as indicated by the bottom number in BP reading. The balance between the two determines the BP of a person, 120/80 considered normal. What you hear as 'heartbeat' is the sound of heart valves closing during these processes in each cardiac cycle (*for our article on blood pressure, refer to vol 8 #6*).<sup>2,5,9,10,11</sup>

A range of conditions affect the heart, its valves, muscle, and electrical system, as well as the blood vessels. If the heart is not healthy, the body will not get enough blood, oxygen, and nutrients.<sup>12,13</sup>

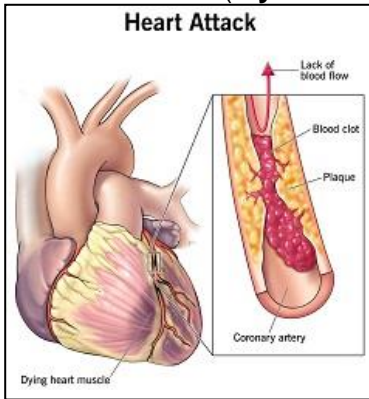
## 2. Heart ailments

**2.1 CAD (coronary artery disease),** is a silent killer, most common and well known as *coronary or ischemic heart disease*. It is caused by **Atherosclerosis**, a condition when sticky "plaque" builds up gradually in arteries throughout the body narrowing or blocking the blood flow. Plaque is formed when fats, bad cholesterol, calcium, cellular waste, and fibrin, a substance that helps blood clot, accumulate and harden over time. As arteries in heart narrow and become stiff, one may have mild symptoms like chest pain or discomfort that comes and goes in a predictable pattern (**angina**), normally noticed during physical activity or emotional distress; it goes away with rest and a *nitroglycerine tablet*. Shortness of breath during light physical activity is another symptom (**dyspnea**) when chest feels tight and one gasps for air. *Atherosclerosis* symptoms can vary

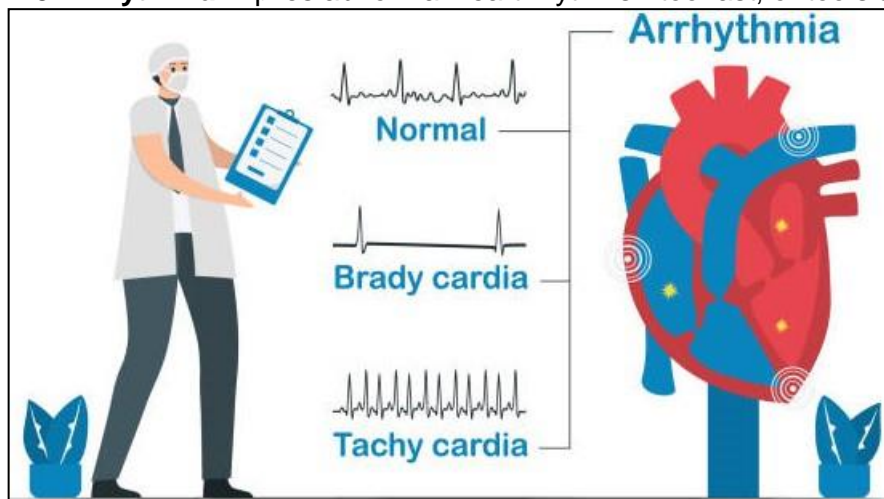


depending on which arteries are affected; if in arteries leading to brain, it will be *transient ischemic attack (TIA)* with symptoms of numbness or weakness in arms and legs, slurred speech, drooping muscles in face, and temporary loss of vision in one eye, which if untreated can lead to a stroke. When arteries in the limbs are affected, especially legs, it is *peripheral arterial disease (PAD)* (for details *refer to vol 2 #5*). CAD can be decelerated or managed with life style changes and medications; some studies show it is reversible. CAD can also lead to other heart ailments like heart attack, abnormal heart rhythm, or heart failure.<sup>12-18</sup>

**2.2 Heart attack (myocardial infarction):** One may have no symptoms at all until the plaque suddenly ruptures and triggers a blood clot (**coronary thrombosis**), like a concrete barrier in the middle of the road, restricting the blood flow leading to a heart attack, a medical emergency! It means the heart muscle has begun to die due to inadequate blood flow. The characteristic symptoms of a heart attack are: mild, squeezing, heaviness, or crushing pain in chest radiating to one or both arms, shoulder, neck, jaw or back; it is sometimes mistaken as heartburn or indigestion; some may have only shortness of breath, nausea, or sweating, sometimes with palpitations and dizziness. Risk factors are old age, lifestyle, smoking, family history, and certain health conditions like diabetes, obesity, hypertension, and high cholesterol. **For warning signs of a heart attack, refer to vol 1 #1 & vol 4 #1.**<sup>12,13,19-22</sup>

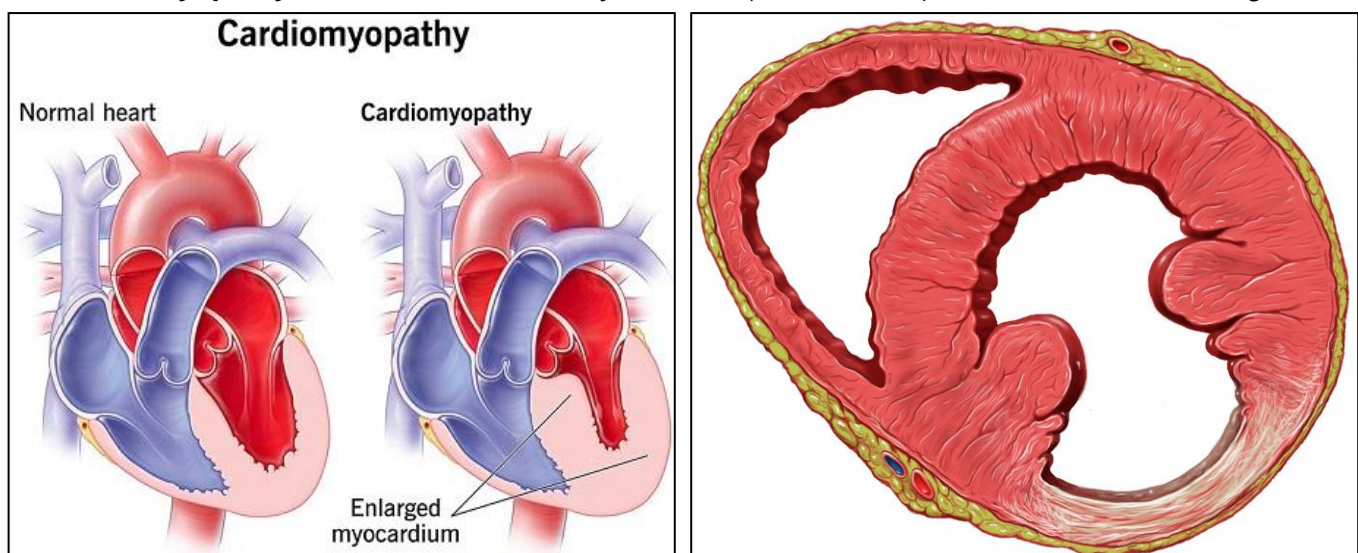


**2.3 Arrhythmia** implies abnormal heart rhythms - too fast, or too slow, irregular, or erratic, that can begin in any chamber of the heart and prevent it from contracting, relaxing, and pumping blood normally. Causes could be underlying heart disease, electrolyte imbalance, or thyroid dysfunction. Two types of abnormal heart rates, though not always a cause for concern, are:



**bradycardia** when heart beats slower than 60 per minute, commonly during sleep and in athletes; **tachycardia** when it beats faster than 100 per minute like when we exercise. Address immediately, if symptoms of a heart disease arise like chest pain, palpitations (pounding or racing heart), sweating, shortness of breath, lightheadedness, neck pain, heartburn or indigestion, nausea or vomiting, difficulty sleeping, or inability to handle exercise.<sup>12,13,23-25</sup>

**2.4 Cardiomyopathy** is a disease in which *myocardium* (heart muscle) stiffens, weakens, enlarges,



thickens, or develops scar tissue (new tissue, thicker and less flexible than original, formed as part of healing process after an injury, infection, or surgery), affecting the ability of the heart to pump blood effectively. Symptoms are fatigue, palpitations, and shortness of breath. Cardiomyopathy can eventually lead to heart failure.<sup>12,13,26</sup>

**2.5 Heart failure** is a syndrome in which fluid accumulates in the body, often in lungs, legs and feet. This can occur due to the diminished ability of the heart to pump blood effectively (eg, cardiomyopathy). Here, though the heart is working, it is very weak or stiff. Heart failure mostly causes breathlessness on exertion,

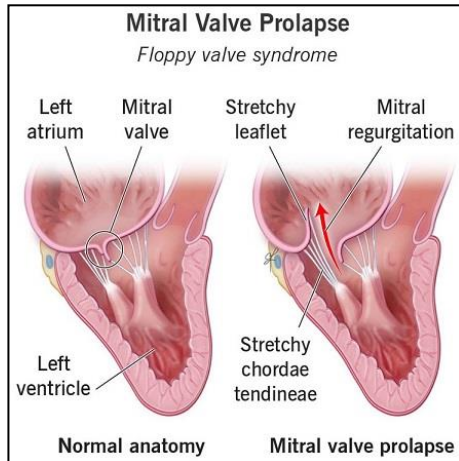
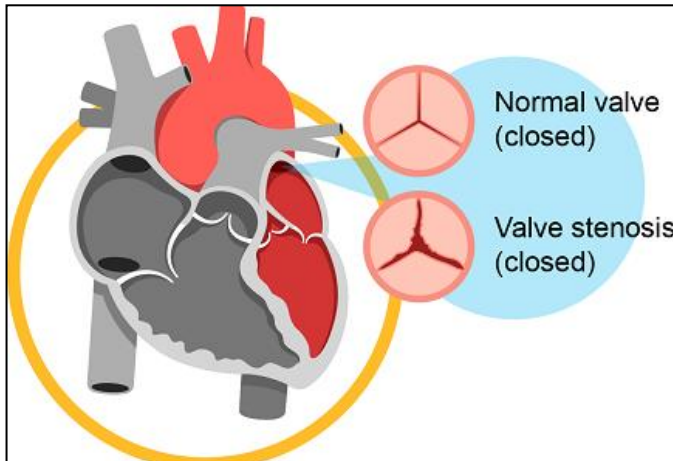


swelling especially in legs and feet, sudden attack of dyspnea at night, weight gain due to water retention, persistent cough, or nocturnal urination in some.<sup>12,13,27-29</sup>

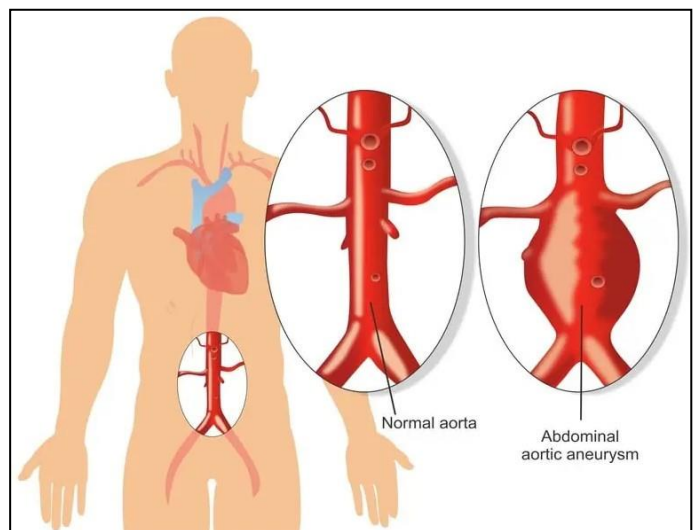
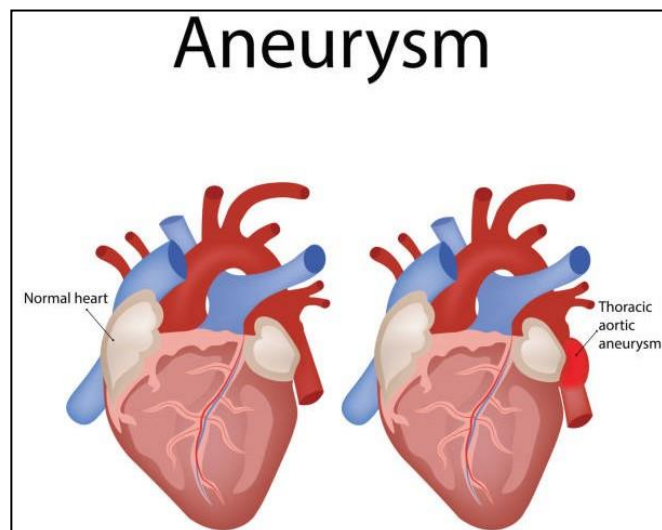


**2.6 Cardiac arrest** is when heart stops pumping blood and stops beating, patient collapses and becomes unresponsive. Apart from an underlying heart disease, any health issue, drug, injury, or trauma that reduces the volume of blood or lowers oxygen level in the body, can cause it. It can be fatal if immediate treatment like cardiopulmonary resuscitation (CPR) or automated external defibrillator (AED) is not given to revive the cardiac electrical system to restore normal heart rhythm. AED is a portable electronic device to analyse the heart rhythm and, if necessary, deliver an electrical shock to restore normalcy, designed for use by a layperson with clear step-by-step instructions to guide the user.<sup>12,30</sup>

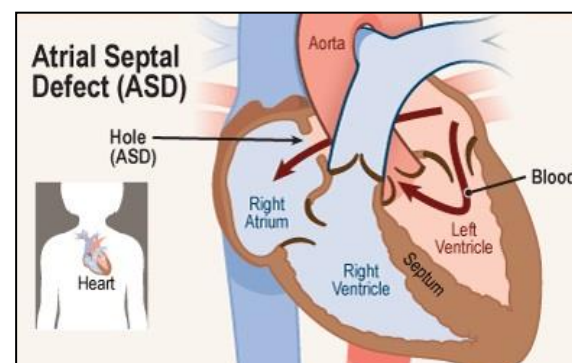
**2.7 Valvular heart disease** is: damage to one or more heart valves, making them narrow restricting blood flow (*stenosis*) or leaky causing the blood flow backward (*regurgitation*), *prolapse* of valve between left atrium and ventricle, or defect in valve from infancy (eg, *atresia*). These can make heart work harder, affect blood circulation, and lead to other heart diseases.<sup>12,13,31</sup>



**2.8 Aneurysm** means a weak region in the wall of an artery which bulges outwards like a balloon and can

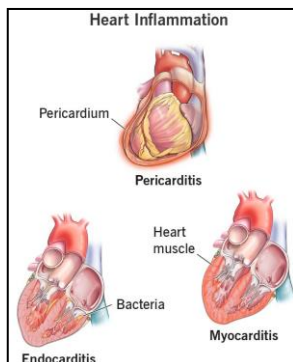


break open (rupture) or form blood clots; it can happen in any artery and can be life-threatening. Mostly, one is not aware of it; symptoms of a ruptured aneurysm come on suddenly - light headedness, rapid heartbeat, sudden severe pain in head, chest, abdomen or back, or sudden loss of consciousness following a severe headache.<sup>13,32</sup>



**2.9 Congenital heart defects** are structural problems in heart from birth like a hole in heart's septum, problems in valves or blood vessels. Symptoms are bluish skin, lips, or nails that may start at birth or later, excessive sleepiness, fast or troubled breathing, unusual fatigue, heart murmur indicating abnormal blood flow, and weak pulse.<sup>33</sup>

**2.10 Heart infections** can occur when microbes invade the

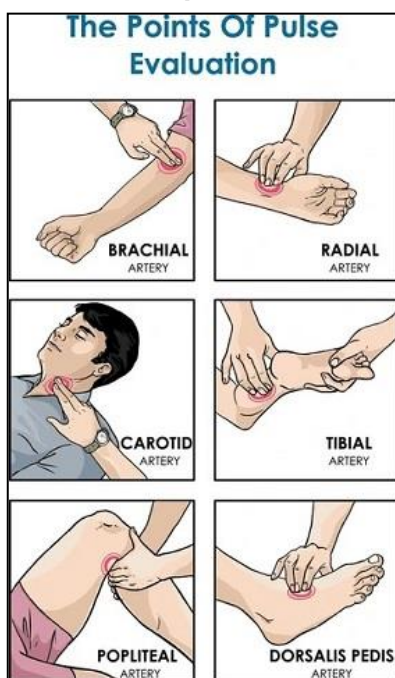


heart and affect the heart muscle, valves, or membranes, due to poor dental hygiene, or dental or other procedures, or other diseases; sometimes, after a heart surgery. It is common in those who use injected recreational drugs.<sup>34,35</sup>

### 3. Feel your pulse

**3.1 Heart rate:** A healthy heart beats 72 times per minute, a sign we are alive and fit! When one is relaxed, the resting heart rate is normally between 60-100 beats per minute. We hardly hear the subtle sound except through an instrument but can feel the pulse on our wrist or neck to know. It can be influenced by age, fitness level, stress, and medications.<sup>36</sup>

### 3.2 To check pulse:



- Turn your hand so that your palm is facing upwards.
- Place the three middle fingers from your other hand on your wrist in the outside groove below the base of your thumb.
- Press lightly to feel the pulse under your fingers. If you can't feel anything press slightly harder.
- Count each beat for a total time of 30 seconds.
- Double the number of beats you counted. This is your heart rate or pulse, measured in beats per minute.<sup>36</sup>



### 4. First aid in heart attack, failure or cardiac arrest<sup>37</sup>

#### 4.1 Cardiopulmonary Resuscitation (CPR):

- Push hard and fast on the person's chest — about 100 to 120 pushes a minute with both palms placed one over the other. The pushes are called compressions.
- If trained in CPR, check the person's airway, then deliver rescue breaths after every 30 compressions.
- If not trained, just continue chest compressions. Allow the chest to rise completely between each push.
- Keep doing this until medical help is obtained.

#### 4.2 To survive heart attack when alone, refer to vol 2 #5.<sup>38</sup>

## HEART ATTACK FIRST AID

### RECOGNIZING A HEART ATTACK

- Chest pain or discomfort
- Pain radiating to arm, back, jaw, or neck
- Shortness of breath
- Sweating, nausea, or lightheadedness
- Cold clammy skin
- Sudden fatigue or weakness

### WHAT TO DO IMMEDIATELY

**1** Call Emergency Services (e.g. 911 or local number)

**3** Keep the Person Calm and not allergic)

**4** Give Nitroglycerin (only if prescribed)

**What NOT to Do**

- Don't ignore chest pain or wait for it pass
- Don't let the person drive themselves to the hospital

**2** Give Aspirin (if conscious and not allergic)

**5** Monitor the Person

**6** Start CPR (if unresponsive, not breathing)

### IF THE PERSON BECOMES UNCONSCIOUS



## 5. Tips for heart-care<sup>39-42E</sup>

- **Eat wisely & mindfully:** Remain hydrated with fresh water; favour whole plant-based foods, nuts & seeds, fibre-rich meals; limit sugar, salt, and unhealthy fats; avoid alcohol, smoking, vaping, tobacco.
- **Stay active & joyful:** Walk briskly 30 mins a day; add yoga or chores like gardening; make extra effort to help others; stay socially connected. Joyful activity is heart medicine.
- **Sleep well:** Good sleep and recreation are just as essential as exercise.
- **Prevent infections:** Good dental hygiene helps prevent heart infections - gum disease is a risk factor.
- **Monitor regularly:** Check BP, blood sugar, and cholesterol periodically.

**Final word:** Have reachable goals to lead an optimum lifestyle with healthy choices and feel the happiness within!

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## 2. Meet, Camps & Clinics

### West London Group (UK) Virtual Meeting – 18 May 2025

At the instance of the UK coordinator<sup>02822</sup>, West London Vibrionics Group held its virtual meeting on 18 May 2025, attended by 20 participants from the UK and overseas. Expressing gratitude for the submissions received, Dr Aggarwal inspired the participants to send more of their cases and extraordinary experiences and make the centenary offering memorable and also strengthen SVIRT by renewing their associateship.

This was followed by two enriching power point presentations\*. The first one was a continuation on “dementia”, with strategies for prevention supported by practical exercises, demonstrated by the practitioner<sup>02802</sup>. The second one<sup>00534</sup> was about effective usage of the 12 Biochemic Tissue Salts (SR253-SR264) to restore mineral balance as well as address physical and emotional imbalances.

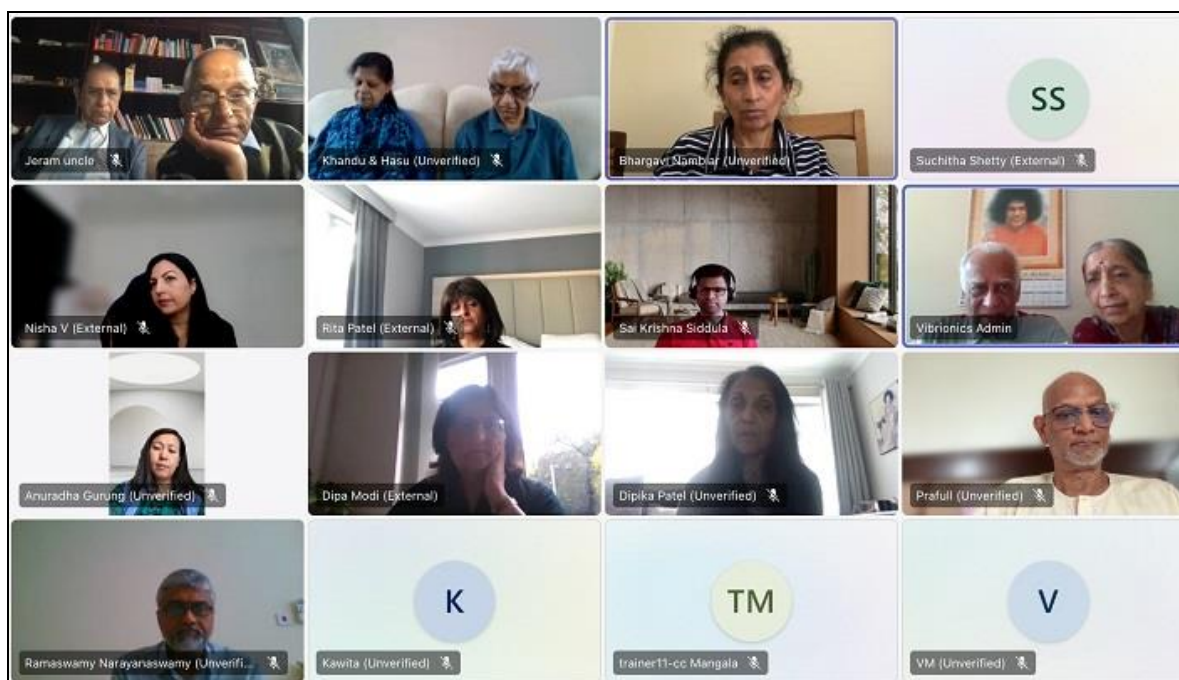
Practitioner<sup>02894</sup> inspired everyone present with her example of serving patients while away from home. During a visit to Mauritius, she was contacted about a patient with breast cancer. She immediately coordinated with a UK practitioner who mailed the remedy, which arrived within five days. The patient’s tumour shrank, enabling doctors to safely remove the lump.

Practitioner<sup>02862</sup>, in a written message read during the meeting, encouraged her peers to assist and learn from more experienced practitioners. She shared how working closely with an experienced senior practitioner greatly deepened her own understanding and practice.

The participants were delighted by an enlightening first-hand experience shared by a special guest Dr Pabani, a Harley Street Pain Specialist, on the effectiveness of potentised Prednisolone – a steroid. He was introduced to the system at a medical camp in Sierra Leone by Practitioner<sup>02799</sup>. He was amazed when spraying potentised Prednisolone on a patient’s knees brought relief within 15 seconds. He also described how a persistent 3-week cough of a pregnant woman stopped almost instantly after a few sprays. He also shared a video on belly fat reduction and demonstrated a simple exercise for fibromyalgia.

The meeting concluded with Aarthi to Swami.

\*Power Presentations on Dementia and Using Tissue salts can be accessed through **Forms > Download** option on our practitioners’ site <https://practitioners.vibrionics.org>.



### 3. From the Diary of Dr Jit K Aggarwal -- Uncovering the Root: A Lesson in Vibrational Insight

Continuing my journey of discovering the importance of identifying the root cause of illness, I'd like to share another fascinating case, one that unfolded around Sai Baba's birthday celebrations in November 2001. A 40-year-old overseas devotee approached me seeking relief from persistent lower back pain, which had been troubling him for the past 4 to 5 months. He shared that the pain worsened when sitting on the floor for extended periods during darshan.

I gave him a standard back pain remedy using the SRHVP. However, when he returned a week later, there had been no improvement whatsoever. This prompted me to pause and dig deeper into his personal history. I asked if there had been any recent changes in his diet or lifestyle. That's when he suddenly remembered something important: during his previous visit to Prasanthi Nilayam, after hearing Swami speak on the adverse effects of non-vegetarian food, he had immediately stopped consuming meat. Until then, his body had been accustomed to that diet.

This was a revelation; I realised that his body, conditioned to a long-standing dietary routine, had undergone a sudden shock, and the back pain was likely a manifestation of that disruption. I immediately revised the remedy to **NM25 Shock - TDS** for one week, followed by **OD** for two more weeks. The results were remarkable. Within two weeks, he reported dramatic improvement, and just a few days before his return home, he was completely free of pain.

This experience was a powerful reminder that the true cause of illness may lie beyond the obvious. It could stem not only from physical, emotional, or mental trauma, but even from something as seemingly simple as a sudden dietary shift. It reinforced my conviction that deep listening, guided inquiry, and Swami's grace are essential for true healing through Vibrionics.

### 4. Chanting for the Planet: A Vibrionics Offering with Sai Gayatri

On 15 June 2025, the Collective Chanting Initiative for Global Peace, organised by the Sri Sathya Sai Media Centre as part of Bhagawan's Centenary celebrations, brought together hundreds of vibrionics practitioners from India and across the world. This unique event combined the sacred vibrations of an hour-long Sai Gayatri chanting with the healing energy of a specially prepared vibrionics remedy. SRHVP users prepared **SM1 Removal of Entities + SM2 Divine Protection + SM4 Stabilising + SM5 Peace and Love Alignment + SM6 Stress + SM16 Cleansing** which was broadcasted using the SRHVP by placing the remedy bottle in the 'sample' well and a photo of mother earth in the 'remedy well', setting the dial at 573 (1M potency). Other practitioners prepared **CC10.1 Emergencies + CC15.2 Psychiatric disorders + CC17.2 Cleansing** using the 108CC Box. A bottle of this remedy was kept on the photo of Mother Earth placed at Swami's lotus feet.

Many practitioners from across the globe confirmed their participation; the countries included Argentina, Croatia, France, Greece, India, Italy, Nepal, Poland, Qatar, Romania, South Africa, Trinidad & Tobago, UK, USA and Zimbabwe.



The initiative aimed to harness the synergistic power of sound and subtle energy by aligning mantric vibrations with vibrionics remedies to promote global peace, inner calm, and collective well-being. This event stood as a shining example of how sound and vibrational healing, when offered in devotion, can transcend borders and uplift humanity as one global family.



## 5. In Memoriam

We are deeply saddened to announce the passing of **Sri K Kamalanabha**<sup>10681...India</sup> from Karnataka on 19 April 2025 at the age of 67. A bachelor and retired banker, he was deeply devoted to Sai Baba and dedicated his life entirely to Swami's service. As the Convener of the Sai Seva Samithi in Bellary, he was known and loved by fellow devotees for his gentle heart, and unwavering commitment to seva. A gifted bhajan singer, on the evening of 19 April, after returning home from his regular weekly bhajan at the Samithi, he felt unwell and succumbed to a sudden heart attack. He began his Vibrionics journey in 2011, and in his early years, he actively conducted vibro camps in nearby villages alongside his fellow practitioner<sup>10682</sup>. He treated many patients with compassion and selflessness, always diligently submitting his monthly seva reports, a mark of his disciplined and sincere approach. We offer our heartfelt prayers for his soul's onward journey and express our deepest gratitude for his legacy of devotion.

With deep sorrow, we announce the passing of **Sri Suraj Unnikrishnan**<sup>11261...India</sup> from Kerala on 11 May 2025 at the age of 52, after a brave battle with stomach cancer. He became a Vibrionics practitioner in 2012 and served with quiet dedication throughout his journey. He played a pivotal role in initiating Vibrionics camps at Shoranur and Palakkad Sai Centres, bringing healing and hope to many in his region. A devoted follower of Sai Baba, he was deeply involved in the activities of the SSSO for many years. He served as the Spiritual Coordinator of Palakkad Samithi and, until January 2025, held the responsibility of Kerala State In-Charge for the Vidya Vahini programme, an initiative close to his heart. Known for his soft-spoken nature and peaceful disposition, he was loved by all who knew him. He leaves behind, his loving wife and son, along with a legacy of selfless service and spiritual discipline. He will be sadly missed by his family, friends, and fellow Sai brothers and sisters.

**Om Sai Ram!**

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