

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

Vol 17 Issue 2

Mar/Apr 2026

In This Issue

| | |
|---|---------|
| ☞ From the desk of Dr Jit K Aggarwal | 1 - 2 |
| ☞ Practitioners Corner | 2 - 3 |
| ☞ Case Histories using Combos | 4 - 9 |
| ☞ Answer Corner | 9 - 12 |
| ☞ Divine Words from the Master Healer | 13 |
| ☞ Announcements | 13 |
| ☞ In Addition | 13 - 29 |

☞ From the Desk of Dr Jit K Aggarwal ☞

Dear Practitioners

January has been a month of mixed emotions for all of us in the Sai Vibrionics family.

We recently lost our senior-most practitioner and Head of Research - a wonderful human being and a deeply dedicated sevak. She embodied the true spirit of selfless service and had been with us since the very beginning of the Sai Vibrionics journey. The 108CC box stands as part of the rich legacy she leaves behind. While our hearts ache at this immense loss, we take solace in knowing that her soul has returned to Swami. We pay homage to Pat Hunt in the Practitioners' Corner in gratitude for her immeasurable contribution to vibrionics.

At the same time, we also marked an important milestone in our collective journey. On 26 Jan this year, we celebrated the very first Sai Vibrionics Day, ushering in a new chapter for our community. Many have asked why 26 Jan was chosen. Being India's Republic Day, it is a national holiday, making it easier to organise service activities. It also falls during a period in Prashanti Nilayam when the holiday crowds have reduced and accommodation is more readily available. Above all, the day symbolises unity and progress - values that resonate deeply with our mission. Significantly, our first international vibrionics conference was held in Prashanti Nilayam on this very date in 2014, making it a meaningful choice for the practitioners' community worldwide.

I am happy to share that the day was celebrated with great enthusiasm across the globe through medical camps, awareness programmes, and virtual gatherings. Practitioners from 18 countries (India, Bosnia, Canada, Croatia, France, Gabon, Germany, Greece, Italy, Poland, Qatar, Romania, Russia, South Africa, Slovenia, UAE, UK, USA, and Zimbabwe) participated in the first Vibrionics Day virtual meeting, where I had the opportunity to address the gathering: The gist of my address can be found in the 'In Addition' section

In another development, we are pleased to announce the release of a Sai Vibrionics badge, now available at the SVIRT office. These badges may be worn by practitioners at medical camps and meetings, helping to foster unity and a stronger sense of community.



Last month, many of us were blessed to imbibe the uplifting vibrations of the overnight bhajans and Lingam Abhishekam at Prashanti Nilayam on the auspicious occasion of Mahashivaratri. Let us reflect on Swami's message on this sacred festival and draw inspiration to deepen our sadhana and service.

"Service to man is more needed than service of the Lord Himself. In fact, such service is equal to service to the Lord. That is the path of real bhakti, for, what

greater means can there be to please God than pleasing His children? The Purusha Suuktha speaks of the Purusha or God as having a thousand heads, a thousand eyes and a thousand feet. That is to say, all are He. Though there are a thousand heads, there is no mention of a thousand hearts, there is only one heart. The same blood circulates through all the heads, eyes, feet and limbs. When you tend the limb, you tend the individual; when you serve man, you serve God.”...Sri Sathya Sai Baba, Feb 1966, Prasanthi Nilayam ([Sri Sathya Sai Speaks, Vol 6 \(1966\)](#))

As Swami reminds us, true devotion finds expression not merely in prayer or bhajans, but in selfless service to His children. Our tribute to a dedicated sevak, the celebration of Sai Vibrionics Day, and the sacred observances of Mahashivaratri all converge on this single truth - service is the highest form of worship. When we tend to the suffering with love, humility, and faith, we serve the One who resides in all. Let us therefore move forward with renewed commitment, transforming every remedy prepared, every patient treated, and every act of kindness into an offering at His Lotus Feet. In serving man, we serve God and in that service lies our joy, our unity, and our purpose.

In loving service to Sai

Jit K Aggarwal

Practitioners Corner

A Heartful Tribute to Patricia Hunt ^{00002...UK}, Head of Vibrionics Research Dept

Jit K Aggarwal - Three Decades of Partnership Beyond Vibrionics

I first met Pat in Whitefield in August 1994, when I brought the SRHVP prototype for Swami's approval and blessings. From that first meeting, she embraced me like an elder sister. In fact, she even scolded me, quite unusual for the British, when I didn't lift the SRHVP at darshan, to make it easier for Swami to bless it. That loving firmness was a reflection of her deep commitment. After Swami blessed the device, I returned to Delhi and began making each SRHVP by hand. During my frequent visits to the ashram and Whitefield, Pat and I would sit for hours, preparing literature to guide new practitioners. It felt divinely ordained: Pat, a seasoned classical homeopath, and I, with a scientific background but little formal knowledge beyond Swami Narayani's Handbooks on Healing, were brought together for this sacred work.

The next three decades were filled with tireless teaching, crafting SRHVPs, and traveling globally for workshops. Although Pat never travelled with me, she was my anchor, her steady support helped shape combos and refine protocols. When I prepared the Vibrionics 2004 book and took it for Swami's blessing, He noted many mistakes. Pat meticulously reviewed every page, preserving the integrity of our work.

The most remarkable chapter in our journey was the creation of the 108CCs. For Pat, deeply rooted in classical homoeopathy, combining so many remedies in one bottle was initially unsettling. But she asked Swami inwardly, and after months of study, intuition, and radiesthesia, the divinely inspired 108CC remedies emerged, blessed by our beloved Lord. I also remember, with deep fondness, the days before 2014 International Conference, when I, my wife and Pat secluded ourselves for a week to focus fully on the conference book.

As I look back on 30 years with Pat, I know without a doubt that vibrionics would not be what it is today without her. My heart overflows with gratitude for her companionship, wisdom, and steadfast dedication. Pat, we love you deeply, and trust that your gentle blessings continue to guide us from the highest abode of peace.

Hem Aggarwal ⁰⁰⁰⁰⁶

Pat entered our lives just as we began our first steps in the vibrionics journey. From the beginning, she didn't stand on the sidelines, she became part of our family. With quiet strength and motherly warmth, she guided us, not just in vibrionics, but in personal and family matters. Her presence brought steadiness, wisdom, and reassurance. I treasure so many moments, sitting on her peaceful veranda, savouring her lovingly prepared meals. On those occasions, she would set aside vibrionics, insisting we rest, laugh, and simply be. She knew that seva, too, needs pause and nourishment.

In later years, whenever a condition arose that wasn't covered by the 108CCs or the SVP Guide, I gathered the details, and Pat patiently crafted new, thoughtful combos. The incredible reach of our Immunity Booster (**IB**) stands as a testament to her insight and brilliance. We feel so blessed that Pat

walked with us for over three decades. Her love, dedication, and gentle strength have left an indelible imprint on our lives and on vibrionics itself.

Sonia Aggarwal Thakar ⁰⁰⁰³⁰

I first met Pat aunty 32 years ago as a little girl, and over time she became like family to us. She shared in our joys - the weddings of my siblings and me, and later the birth of my children - with genuine joy. She was always warm and truly sincere in her care for others. As the most senior and experienced vibrionics practitioner, we often turned to her for guidance, especially regarding our children's health concerns. Despite my husband being a neurosurgeon, he would always say, "Ask Pat first," and had deep faith in the remedies she selected using her pendulum. Even years later, we continue to use what she had prescribed whenever those issues recur. She will be deeply missed for the calm strength she exuded, her radiant soul, and for being a trusted elder we could depend on without hesitation.

Akasha Wood ⁰⁰¹³⁵

Pat and I shared a deep, fruitful friendship - full of support, mutual aid, and personal growth. She was a treasure, an all-round education. I loved her stories of Swami - lessons we would later uncover. Swami was a great jokester, and we laughed countless times. She took me under her "bossy boots" (her own phrase), teaching me homoeopathy and sharing books. Later, she discovered the Radionics system, which led to vibrionics.

I loved working in her small clinic in Sai Colony - a memory we both cherished: patients, diagnoses, remedies - under Swami's loving watch. I grew so much in that space, guided by her - truly, the 'Mother of Vibrionics.' She and Dr Aggarwal began working together after he created the first Sai Vibrionics machine and cards, offering them with training.

Pat studied under a master homoeopath in Puttaparthi, an exceptional teacher. Swami used the knowledge she gained to help devotees - through her remedies and Cutting Ties work. She asked me to follow her path, trusting Sai's guidance. Then came the blending of Mataji's homoeopathic combos with Dr Aggarwal's vibrionics system. Pat embraced Sai vibrionics fully, amazed by its healing. Over time, inspired by Swami, she created the powerful combos - guided by divine intuition - effective, fast, and lasting - a key moment in Sai Vibrionics.

Pat also helped with the newsletter and was always there for difficult cases - this seva was sacred to her. I still see her at the large wooden table she had especially got made for Swami's healing work, which stayed at the centre of her life as long as she could. I believe she entered the Pearly Gates holding Swami's hand, welcomed by all those she loved and served - forever near her Beloved Sai.

Susan Sullivan Rakoff ⁰¹³³⁹

I first heard of Pat Hunt from Dr Aggarwal around 2003 and again in 2006/7 when he talked about the improvement of specific common combos. I was fortunate to spend time with Pat as the First Vibrionics Conference approached and my husband and I had arrived early in Prasanthi Nilayam to help with preparations.

Pat took me to her farm where she grew herbs and medicinal and edible plants. She explained how she used her homeopathic background along with vibrionics to help develop or improve the vibrations of remedies.

I found Pat to be a most inspiring devotee; her time was spent focused on Swami, following the dictates of His voice, and devoting her life in service. I am grateful to Swami for the time Pat and I had together so I could witness the life of a true devotee.

Padma Rallabhandi ¹⁰³⁷⁵

I was truly delighted to meet Pat Ma'am on 26 Jan 2014 during our first International Conference; she had been my SVP e-Course teacher in June/July 2013. She was so gentle, patient, and encouraging, giving me the confidence I needed to complete the e-course quickly, despite my late start - meeting her was a dream come true. Though she stepped back from handling combo queries, she graciously offered to assist me with patient cases whenever I needed. She was always prompt in responding, and many of my patients with serious conditions recovered thanks to her thoughtful prescriptions. I am deeply saddened by the loss of Pat Ma'am, who was a pillar of vibrionics and one of the key creators of the 108 Common Combos, and a dedicated researcher who refined them with her homoeopathy expertise. She tirelessly supported practitioners, answered countless queries, and served with zeal until the very end. We will dearly miss her expertise and loving presence in the Sai Vibrionics family.

Lalitha Gupta ¹¹⁴²²

Sister Pat Hunt was an angel in every way. Every time I met her, she had a radiant smile and a graceful aura. My first meeting with her was as a relatively inexperienced SVP, struggling with a serious illness in 2013, referred by Hemji and Dr Aggarwal. She prepared a remedy for me and guided me through the emotional turmoil with self-healing techniques. Her soothing care was a true balm. Later, when we met at the first International Conference in Puttaparthi, she embraced me with such affection, delighted to see my recovery. In the years that followed, I met her personally a few times - she was always cheerful, ever ready to serve, and deeply connected to Swami. No wonder she was our source for special combos during outbreaks of deadly fevers, especially the **IB** remedy during Covid.

Siva Kumar ⁰²⁶⁹⁶

Mrs. Pat was a truly loving and kind soul - soft-spoken, dedicated to research, and deeply committed to seva. Her presence radiated calm and spiritual depth, and every interaction with her was filled with meaning and quiet inspiration. On a personal note, I treasure the Gayatri Mantra memento of Swami she gave me on my wedding day - an enduring reminder of her grace and blessings. Her unwavering dedication to Sai vibrionics, along with her humility in sharing knowledge, made her a guiding light in our community. While we feel this loss deeply, we take comfort in knowing she rests in Swami's divine abode. May her noble soul rest in eternal peace.

Jeram Joe ⁰²⁸²²

We have known Patricia Hunt since 2014, when we met her at Prasanthi Nilayam during the Vibrionics International Conference. She was a truly wonderful, always helpful person. We stayed in close contact for both Vibrionics and personal matters. We visited her at Dr Aggarwal and Hemaben's home in Prasanthi Nilayam and Oxford, UK, with her daughter Polly. After she fell ill, we kept in frequent contact, sending Sai vibrionics remedies and holding her in our prayers. Her loss is a profound sadness for us and for the Sai Vibrionics International organization. We pray to Swami to take her soul into His Divine abode, granting her eternal peace and giving strength to her family and friends. She was a true inspiration, a humble servant of Sai and a guiding light for the Sai Vibrionics team.

Sai Prakash of Sri Sathya Sai Media Centre

'Pat Aunt', as we will always lovingly remember her, was a quiet beacon of hope, offering Sai Vibrionics remedies to countless simple people with nowhere else to turn. Two health issues that often resist allopathic treatment - asthma and allergies - were areas where Pat Aunt always found just the right combination, bringing gradual healing. Masta and Rukmini, who were with her from the early days of Sai Kiran House, Pat aunt's home, recall many such moments. Their 30-year-old son-in-law, Mallikarjuna, was cured of his allergies and persistent cough, as was his 10-year-old daughter. Though they live close to the super-specialty hospital in Puttaparthi, they never needed it, always relying on Pat Aunt's remedies. Other villagers also look at Sai Kiran's compound with gratitude, for all the selfless seva Pat Aunt gave - silently healing their bodies and giving peace to their minds.

❧ Case Histories Using Combos ❧

1. Venous ulcer ^{11654...India}

A 72-year-old man sustained a severe injury to the bridge (dorsum) of his right foot in an accident in May 2024. The wound progressed into a 1 to 2 cm deep, crater-like lesion (pic 1), with significant swelling around it. He received immediate first aid followed by six months of allopathic treatment, which included a series of investigations and scans. There was no indication of healing; the wound remained moist and swelling persisted. Persistent pain from the injury caused him to limp and rely on analgesics for relief. Against doctor's advice, the patient frequently drove his car, which likely contributed to delayed healing. His doctor advised surgical grafting for which the patient was reluctant.

The practitioner, who knew the patient, saw him limping while getting into his car, suggested vibrionics and he immediately made an appointment. At the time of the consultation, the wound was deep, moist and had inflamed margins, with swelling extending across the foot. His MRI reports were reviewed, revealing venous valve insufficiency leading to fluid accumulation around the wound, the presence of varicose veins, and subcutaneous oedema, all of which significantly hindered the healing process. On **9 Nov 2024**, he was given:

#1. CC3.1 Heart tonic + CC3.2 Bleeding disorders + CC3.7 Circulation + CC10.1 Emergencies + CC12.1 Adult tonic + CC18.5 Neuralgia + CC20.4 Muscles & Supportive tissue + CC21.11 Wounds & Abrasions...every 10 minutes for one hour, this dosage given TDS.*

#2. IB (Vol 13 #5)...OD

Treatment progress:

- **27 Nov 2024:** Only intermittent pain, analgesics discontinued; anxiety due to slow recovery, so **#1** enhanced to **#3. CC15.1 Mental & Emotional tonic + #1...TDS***
- **14 Dec 2024:** Pain only when leg not elevated, swelling decreased by 75%.
- **30 Jan 2025:** Wound size decreased, began to dry, pain down by 80%; **#3** enhanced to **#4. CC20.2 SMJ pain + CC21.1 Skin tonic + #3...TDS***
- **14 Feb 2025:** Wound drier; gave as preventive: **#5. CC21.2 Skin infections + #4...TDS***
- **9 Mar 2025:** Slow improvement, advised to protect wound while bathing and avoid driving; **#5** split into two bottles: **#6. CC3.1 Heart tonic + CC3.2 Bleeding disorders + CC3.7 Circulation + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic... BD* & #7. CC18.5 Neuralgia + CC20.2 SMJ pain + CC20.4 Muscles & Supportive tissue + CC20.7 Fractures + CC21.1 Skin tonic + CC21.2 Skin infections + CC21.11 Wounds & Abrasions...BD*.**
- **19 Apr 2025:** Wound dry and smaller, pain only with overstrain, swelling down by 90%; dosage of **#6 & #7** changed to **6TD**.
- **22 July 2025:** Complete resolution of symptoms, patient resumed normal routine; dosage reduced to **TDS** for a week, then **OD**.
- **7 Aug 2025:** Remedies stopped after tapering.

**Each dose consists of: one dose every 10 minutes for an hour.*

As of Dec 2025, he continues to be well.



Before treatment-7 Nov 24



After treatment 14 Dec 2024 After treatment 30 Dec 2024 After treatment 30 Jan 2025 After treatment 9 Mar 2025 After treatment 19 Apr 2025 After treatment 21 Jul 2025

2. Anxiety, respiratory allergy, tremors, back pain ^{11668...India}

A 62-year-old man endured a prolonged and highly stressful banking career, which ultimately compelled him in 2013 to resign from his job at the age of 50. Despite leaving the profession, the memories of his work continued to haunt him so deeply that, even 12 years later, he has been suffering from persistent anxiety. This led to severely disturbed sleep, managing barely three hours each night, resulting in constant daytime fatigue. For the past four years, he has also experienced recurrent episodes of sneezing and runny nose, triggered by outdoor walks or exposure to dust. Each episode lasted around three hours. He relied on eucalyptus oil and other home remedies, these provided only partial relief. For the past two years, he has been troubled by frequent tremors affecting both his hands and legs. These episodes occur at least eight times daily, each lasting about two minutes, during which he is unable to hold a pen or perform routine tasks effectively. A year ago, he developed back pain after walking for a few minutes, that persists for about ten minutes each time. He has not been undergoing any other treatment. After attending a brief talk on Sai Vibrionics at a retirees' meeting on **12 Aug 2025**, he consulted the practitioner who gave:

For sneezing, running nose:

#1. CC9.2 Infections acute + CC12.1 Adult tonic + CC19.2 Respiratory allergies + CC19.5 Sinusitis + CC19.6 Cough chronic...TDS

For tremors, back pain:

#2. CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC18.6 Parkinson's disease + CC20.2 SMJ pain + CC20.3 Arthritis + CC20.5 Spine...TDS

For sleep:

#3. CC15.6 Sleep disorders...half an hour before bedtime

Treatment progress:

- **19 Aug 2025:** Tremors decreased to 1-2 episodes per day; episodes of sneezing and running nose reduced to an hour, symptoms due to dust exposure were less intense; felt mentally calmer, sleep improved to six hours.
- **10 Sept 2025:** Complete resolution of all symptoms, home remedies no longer needed, able to write freely; felt energetic and happy; dosage of **#1 & #2** reduced to **OD**, **#3** stopped.
- **23 Sept 2025:** **#1 & #2** stopped after tapering.

As of 16 Jan 2026, there has been no recurrence.

Treatment progress:

- **7 Apr 2025:** Pain and swelling decreased by 10%.
- **3 May 2025:** Pain and swelling improved by 50%; skin colour lightened noticeably (see pics).
- **5 June 2025:** Complete resolution of all symptoms; resumed walking with normal shoes, earlier he had to wear slippers; patient overjoyed and could hardly believe the remarkable transformation; dosage reduced to **TDS**.
- **30 Aug 2025:** Remedy stopped after tapering.

***Editor's note:** It appears many practitioners are using this dosage with good results.

3. Cracks on heels ^{11658...India}

A 56-year-old watchman of the practitioner's residential complex developed painful cracks on both his heels (severe on right heel, see pic) one year ago in June 2024. His work required prolonged standing. The cracks worsened during summer and often bled causing discomfort while standing or walking. He has been only applying mustard oil to prevent further dryness, and took no other treatment.

On **21 June 2025**, he was given:

CC3.2 Bleeding disorders + CC21.5 Dry Sores...BD in coconut oil for external application.

Treatment progress:

- **30 June 25:** Cracks completely gone on both heels; patient was gratefully delighted.
- **30 July 2025:** Remedy stopped and kept handy as precautionary measure.

As of Jan 2026, there has been no recurrence.



Before treatment



After treatment

4. Aggressive behaviour ^{11634...India}

A distressed father approached the practitioner at a vibrionics camp seeking help for his 35-year-old son, a mechanical engineer. Since childhood, the son had been extremely emotional, constantly tense, and intolerant of loud noises or differing opinions. He reacted aggressively, especially towards his step-mother, often over trivial issues. When displeased, he would throw his plate of food or break household items in anger. He made unilateral decisions, leaving or returning home without informing the family, and even went abroad for work without **telling** the family. Over time, the family modified their behaviour to avoid provoking him. He had never consulted a doctor or taken any treatment.

The father, a regular yoga practitioner and vibrionics beneficiary, had long encouraged his son to try yoga and vibrionics, but he remained sceptical and refused. After witnessing his father's remarkable recovery from **anal fistula** (see Vol 16 #2), he finally agreed to try vibrionics and on **11 Jan 2023**, the practitioner gave:

CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS

He was not taking any other treatment.

Treatment Progress:

- **18 Jan 2023:** Patient began to mellow slightly; started practising yoga.
- **1 Feb 2023:** Remarkable improvement in behaviour; had become calmer, more balanced and began discussing family matters and future plans with parents – something he had never done before; father expressed happiness.
- **29 Mar 2023:** Patient stopped remedy as he felt there was no need for it anymore.

The patient's conviction in the effectiveness of vibrionics was further evident on 28 May 2025, when his friend, on his recommendation, came to the practitioner for treatment.

As of Jan 2026, he continues to do well; his father remains deeply grateful to vibrionics for the positive transformation in his son's behaviour.

5. Excessive salivation, nausea, headache ^{11632...India}

A 52-year-old woman with a history of recurrent UTI since 1996, managed by repeated courses of antibiotics, started having lower abdomen pain in 2010 and was diagnosed with *painful bladder syndrome*. She was prescribed the analgesic Nise, which she took for the next ten years. By Apr 2020, although the abdominal pain had mostly subsided, long-term use of Nise led to various ill-effects, so **she stopped taking Nise except during severe pain**. She began to experience daily excessive salivation, persistent nausea throughout the day and headaches lasting about an hour. The symptoms worsened after consuming outside food, which she largely avoided. **She tried homoeopathy, achieving 50% relief in six months, then switched to Ayurveda in Dec 2020 for one year without benefit, hence discontinued it.** Subsequently, she has managed severe episodes with antacids and painkillers, **which provide only partial relief.**

On the advice of a friend, she approached the practitioner on **9 June 2023**, who prescribed:

CC4.10 Indigestion + CC10.1 Emergencies + CC12.1 Adult tonic...TDS

Treatment progress:

- **15 June 2023:** 50% relief from excessive salivation and nausea; 75% relief from headache intensity.
- **30 July 2023:** 80% relief from all symptoms.
- **16 Dec 2023:** 100% relief from all symptoms; during a tour, consumed outside food without discomfort.
- **16 Jan 2024:** Dosage reduced to **OD**.
- **16 May 2024:** Remedy stopped after gradual tapering.

As of Jan 2026, she remains symptom-free; takes remedy at **OD**, one day prior to consuming outside food, for peace of mind.

6. Sinusitis ^{11656...India}

A 43-year-old housewife presented with a nine-month history of severe headaches, commencing in May 2024 and consistently triggered by dust exposure. In June, she was diagnosed with sinusitis and received a five-day course of allopathic medication, which provided only partial relief. Dust exposure continued to provoke her headaches.

By Nov 2024, she developed ear pain, subsequently diagnosed as a perforated eardrum. Later that month, she underwent sinus surgery, which alleviated her ear pain by 70%. However, this was followed by daily nasal blockage, and even a brief outdoor exposure would trigger headaches, though bearable, and a runny nose, which would subside only after one to two days of rest. As she couldn't entirely avoid outdoor activities and was hesitant to resume allopathic medication, these persistent symptoms significantly disrupted her daily routine.

Additionally, her last menstrual period occurred six months prior, in Aug 2024; she had since been experiencing fatigue, which she attributed to perimenopause. However, her primary concern was the disruptive sinusitis. On **8 Feb 2025**, she was given:

#1. CC5.2 Deafness + CC8.6 Menopause + CC9.2 Infections acute + CC10.1 Emergencies + CC11.3 Headaches + CC19.2 Respiratory allergies + CC19.5 Sinusitis + CC19.6 Cough chronic...TDS

Treatment progress:

- **19 Feb 2025:** Fatigue gone; nasal blockage and runny nose reduced by 70% and 50% respectively.
- **6 Mar 2025:** Nasal blockage vanished, runny nose 70% better, headache intensity down by 50%, no longer needed rest, menses occurred.
- **5 Apr 2025:** Runny nose improved by 90%; revealed having frequent bouts of anger for past six months, **#1** enhanced to **#2. CC15.1 Mental & Emotional tonic + #1...TDS**.
- **17 May 2025:** Complete resolution of all symptoms including ear pain; felt happy and energetic.
- **14 July 2025:** **#2** reduced to **BD**; menses occurring once in two months since starting remedy.

As of Feb 2026, there has been no recurrence, menses continue to occur once in two months; continues remedy at **BD** as per her comfort level.

7. Back pain, emotional imbalance ^{03590... USA}

A 40-year-old healthy and physically active woman had a history of lower back pain following her first childbirth in 2006, which resolved completely after homoeopathic and ayurvedic treatment, with no recurrence for many years. After contracting COVID in mid-2021, she developed recurrent lower back pain characterised by tightness and a sense of instability, described as a feeling that the spine was "falling out." Episodes occurred about two to three times a month, lasting from one day to a week, and were triggered by physical exertion, workouts, or prolonged activity; she managed them with rest. The pain intensified before and during menstruation, accompanied by irritability and emotional sensitivity; family-related stress further compounded her distress.

She consulted the practitioner on **24 Jan 2022** during an active episode of lower back pain that had persisted for four days and was prescribed the following remedy:

CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine...TDS

She was not taking any other medication.

Treatment progress:

- 31 Jan 2022: 100% relief in back pain tightness and instability; felt emotionally better.
- 24 Feb 2022: Could walk 9-10 hours daily for three consecutive days during vacation without discomfort, regained emotional wellbeing.
- 3 Mar 2022: Mild back pain during menses.
- 3 Apr 2022: Discontinued remedy due to viral illness.
- 5 May 2022: Pain recurred after physical exertion; restarted remedy.
- 15 May 2022: Pain completely disappeared.
- 1 Jan 2023: Dosage reduced to **OD**.
- 5 Oct 2023: Remedy tapered down to once a month for maintenance.

As of Jan 2026, she continues to lead an active and balanced life with no recurrence of pain, which she had completely forgotten about!

8. Chronic cough ^{18018...India}

A 20-year-old male student had been suffering from a dry cough for two years since Aug 2023. The cough occurred daily, often becoming severe at night, at times preventing sleep altogether. It worsened markedly in cold weather, like in winter, forcing him to miss college sometimes. There was no history of any preceding viral illness. On detailed enquiry, the patient revealed that his cough was probably due to exposure to a dusty environment while working in the metro railway system in early 2023. He took allopathic medication from Jan 2024 for about a month but discontinued it because of minimal relief and its potential side effects.

On 11 Sept 2025, he approached the practitioner and was given:

CC19.6 Cough chronic....TDS

Treatment progress:

- 21 Sept 2025: 90% improvement in intensity and duration of coughing bouts.
- 28 Sept 2025: Cough disappeared, no more sleep disruption.
- 8 Nov 2025: Remedy stopped after gradual reduction.

As of Feb 2026, patient continues to remain well with no relapse even during peak winter.

9. Umbilical hernia ^{10363...India}

The 93-year-old mother of the practitioner, developed a small, painless bulge in the navel region in Nov 2012. Over the next two months, the swelling gradually increased to about 8 cm and was accompanied by pain and discomfort around the navel, which worsened on coughing. In Jan 2013, the physician diagnosed her with an umbilical hernia. Surgery was not advised in view of her advanced age and existing cardiac and pulmonary conditions, for which she was already on long-term allopathic medication.

On 15 Jan 2013, the practitioner gave her:

CC4.9 Hernia...QDS in water

She was not on any medication for hernia-related symptoms.

Treatment progress:

- 15 Feb 2013: 50% improvement in pain and discomfort; lump size decreased to about 4 cm.
- 15 Mar 2013: Pain completely gone; lump size further reduced to 2 cm.
- 20 May 2013: Remained pain-free, though no further decrease in size; dosage reduced to **OD** for a month before stopping.

She remained well until 2019 when she passed away peacefully at the age of 99.

10. Cracked toenail ^{11587...India}

In March 2021, a 50-year-old man presented at a weekly vibrionics camp in Shirdi Sai temple, a severely cracked and brittle nail of his left big toe. This issue began in 2006 with painful swelling, which conventional medicine resolved, but left him with a nail that repeatedly grew back cracked, brittle, and caused significant discomfort, especially when wearing shoes.

He was given the following remedy on **10 Mar 2021**:

#1. CC21.9 Nails in white petroleum jelly for external application.

#2. CC21.1 Skin tonic + #1...QDS orally and in lukewarm water for immersing affected foot for a few minutes daily.

Treatment progress:

- **30 Apr 2021:** Old nail fell off, new nail started growing.
- **30 Aug 2021:** Normal and fully grown nail with no cracks, dosage reduced to **TDS**.
- **20 Nov 2021:** Remedy tapered down and stopped.

Impressed with the profound result, the patient referred several of his friends to the practitioner. In Apr 2023, while visiting the temple, he met the practitioner after 19 months and his toenail had remained normal and healthy.

11. Sciatica pain ^{18007...India}

A 63-year-old female balvikas teacher, while on one of her pilgrimages in Mar 2022, lifted some heavy luggage and developed lower back pain; it slowly radiating down both legs and became continuous by July 2022. She found it difficult to bend, sit, or walk without support and frequently lost her balance and fell. She required help even for routine activities. Her doctor diagnosed it as sciatica pain and prescribed muscle relaxants and pain killers, which provided only minimal relief and therefore she discontinued these in Nov 2022. Over the next two months, pain intensified and persisted even at rest. From Jan 2023 she had to stop balvikas classes resulting in considerable emotional distress. She often wept, praying for her health to be restored so that she could resume teaching. She relied solely on back-support belt and a walking stick for mobility. As she felt severely debilitated, she consulted the practitioner on **27 Mar 2023** and was given:

#1. CC20.5 Spine...BD in vibuthi for external application.

#2. CC20.1 SMJ tonic + CC20.2 SMJ pain + CC20.4 Muscles & Supportive tissue + #1...TDS

Treatment progress:

- **9 Apr 2023:** Numbness in legs and arms, especially on waking, for one year, forgot to mention earlier; so **#2** enhanced to **#3. CC3.7 Circulation + CC18.5 Neuralgia + #2...TDS**.
- **25 June 2023:** 30% improvement in all symptoms.
- **24 Sept 2023:** progressed to 40%.
- **24 Dec 2023:** Now to 50%; felt happy and relaxed, resumed balvikas classes with support.
- **21 Jan 2024:** 60% improvement, able to sit and walk comfortably without support; came by herself to take refill.
- **17 Mar 2024:** Further improvement to 85%; complained of belching with sour taste after meals for two weeks, occasionally watery eyes; Gave **#4. CC4.2 Liver & Gallbladder tonic + CC4.6 Diarrhoea + CC4.8 Gastroenteritis + CC4.10 Indigestion...TDS** and **#5. CC7.3 Eye infections...TDS**.
- **14 Apr 2024:** Complete resolution of symptoms; **#4** and **#5** reduced to **OD**, tapered down and stopped on **15 May 2024**. Patient continues **#1** and **#3** for maintenance.

As of Feb 2026, she remains in good health, carrying on her pilgrimages as before, even went to the hilltop shrine temple of Amarnath.

Patient's testimonial Jan 2026 (Audio available)

Om Sai Ram, I had severe sciatica pain and had used several English medicines but using Sai Vibrionics reduced my problems. Earlier, I used to fall always and was unable to walk; used to hold a stick and put on a belt to do my work. But now because of Sai Vibrionics, I am nicely doing my work. I am no longer using allopathy medicines, watery eyes also reduced. Gastric trouble also reduced beautifully. Sciatica pain also reduced and I am very nicely doing my work. No longer using belt or stick, walking normally. In fact, I am carrying weight, getting into trains and going for pilgrimage. All this was possible with Swami's infinite compassion. By using Sai Vibrionics, my body got good energy and all my concerns are gone. All health issues are gone and I am very peaceful, happy and pleasant. My sincere thanks to the practitioner for having given me the remedies and brought my health back. Thanks to Swami.

12. Abdominal pain, Constipation ^{11587...India}

A 40-year-old woman living in the USA, had been suffering for five years since 2013, from abdominal pain 2-3 times weekly, lasting an hour, accompanied by difficult and painful bowel movements passing hard, pellet-like stools. Use of laxatives provided only temporary relief. Advised by a Sai devotee, she consulted the practitioner on 7 Jan 2018 at a weekly camp held in Shirdi Sai temple in New Jersey; she was given:

CC4.4 Constipation + CC4.10 Indigestion + CC10.1 Emergencies...every 10 minutes for an hour followed by **6TD**

As her daily water intake was about 1.5 litres, she was advised to gradually increase it to 2 to 3 litres per day.

Treatment progress:

- 20 Jan 2018: Stool hardness, abdominal, and anal pain decreased by 50%.
- 4 Feb 2018: 90% improvement overall, dosage reduced to **TDS**.
- 14 Feb 2018: Complete resolution of symptoms, dosage reduced to **OW** as per patient's comfort and stopped on 10 Mar 2018.

At the last follow-up in Aug 2018, there had been no recurrence. On her return to India, the practitioner lost contact with the patient.

❧ Answer Corner ❧

Q1. Some people call themselves 'healers' and others 'practitioners', what is the difference, if any?

A. In the field of healing, the words *healer* and *practitioner* are often used interchangeably, but they are not the same.

A *healer* is someone through whom healing happens naturally. Healing flows through love, compassion, prayer, purity of intention, and surrender to the Divine. A healer may not follow a fixed method or use tools. Many healers do not even call themselves healers; they see themselves as instruments of God's grace. The focus is not on technique, but on inner state.

A *practitioner*, on the other hand, is someone trained in a specific healing system, eg, allopathy, homoeopathy or vibrionics. A practitioner learns how to prepare remedies, apply protocols, understand symptoms, and follow discipline and ethics. In Sai Vibrionics, a practitioner carefully selects remedies, gives correct dosages, monitors progress, and documents results. The focus is on correct application of the system.

The most beautiful healing happens when both come together. When a vibrionics practitioner works with humility, prayer, and compassion, the results are deeper and more consistent. And when a healer adopts a disciplined system like vibrionics, the healing can reach many more people safely and effectively.

In Sai Vibrionics, we are trained as *practitioners*, but we should aspire to become *healers* to serve as channels of healing, leaving the results entirely at the Lotus Feet of Sai Baba.

Q2. Can there be a Vibrionics substitute for ORS (Oral Rehydration Solution)?

A. No, there is no direct Vibrionics substitute for ORS, a scientifically validated mixture of water, glucose, and electrolytes (mainly sodium and potassium) used to treat dehydration. Vibrionics, being energy-based, does not replace the physiological need for electrolyte replenishment. The World Health Organization provides a *life-saving emergency solution*: 1 litre water + 6 teaspoons sugar + ½ teaspoon salt, a home-prepared ORS; full ORS contains potassium; some natural sources of potassium are coconut water, banana or buttermilk. A specific vibrionics remedy can be used *alongside* ORS to support recovery and balance the body's energy **Warning**: For severe dehydration, immediate medical help should be sought.

Q3. When we potentise an allopathic medicine for, say diabetes, high BP or high cholesterol, we understand that it will alleviate the side effects but can it also act in a therapeutic way?

A. Yes, it can help alleviate the side effects (known as isopathic action) but therapeutically, it can act only in some cases, depending upon the patient's constitution, symptom similarity, and sensitivity; this is a subject for further research. What we do know is: for antidoting unwanted effects, 200C is widely used; for therapeutic action, potency selection may be a key issue, eg, for functional complaints where you want a direct, gentle influence on physiology, we suggest starting at lower potencies such as 6C or 30C. For deep-seated and/or constitutional issues, experienced SVPs can try higher potencies 200C or above. Occasionally, *one potency alone* may do both jobs.

I would like to add that some practitioners have reported that some of their patients experienced better results by taking allopathic painkillers potentized at 1X, compared to the gross pill itself. We would greatly appreciate it if practitioners who have experienced this or are keen to explore this approach could send their detailed reports, along with patients' records while experimenting with a painkiller, to info@vibrionics.org.

Q4. My patient wants details of a practitioner in her mother's area. How can I help her?

A. Ask your patient to visit our website, www.vibrionics.org, click on the tab Contact Us and fill the form. The appropriate team would respond to her promptly. If necessary, you can help her to do this on her mobile/laptop.

Q5. Why should CC2.3 Tumours & Growths combo not be included along with CC2.1 Cancers - all in case of blood cancer as given in our 108CC book?

A. Simply because blood cancer is neither a tumour nor a growth.

❧ Divine Words from the Master Healer ❧

"To purify the mind the first prerequisite is pure food. But it is not always possible to ensure such purity in every respect at all times. To get over this difficulty the way out is to make an offering of the food to the Divine and regard it as a gift from God (Prasadam). All the impurities in the food are thereby removed."

...Sathya Sai Baba, Purity of the mind, Divine Discourse, 25 May 1990

<https://saispeaks.sathyasai.org/discourse/purity-mind-role-senses>

"Through service, you realise that all beings are waves of the ocean of divinity. No other spiritual activity can bring you into the incessant contemplation of the ONENESS of all living beings. You feel another's pain as your own. To see everyone else as yourself and yourself in everyone, that is the core of the sadhana of seva. It makes you humble before the suffering of others. The hardest heart is slowly softened into the softness of butter by the opportunities that seva offers."

...Sathya Sai Baba, Chap 18 No bumps no jumps, SSS Speaks vol 13, 1975-77, Seva dal Conference, 15 Nov 1975

<https://saispeaks.sathyasai.org/discourse/no-bumps-no-jumps#>

❧ Announcements ❧

Forthcoming workshops

- **India Puttaparthi: Telugu AP*** practical workshop **10-13 July 2026****, contact admissions4@vibrionics.org
- **India Puttaparthi: AVP*** face-to-face Workshop **15-19 July 2026****, contact editor1@vibrionics.org
- **India Puttaparthi: SVP*** workshop **21-25 July 2026**** contact promotionsSVP@vibrionics.org
- **India Puttaparthi: AVP*** face-to-face Workshop **26-30 Nov 2026****, contact editor1@vibrionics.org
- **India Puttaparthi: SVP** follow-up course, **1-2 Dec 2026**** contact promotionsSVP@vibrionics.org

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

**Subject to change

❧ In Addition ❧

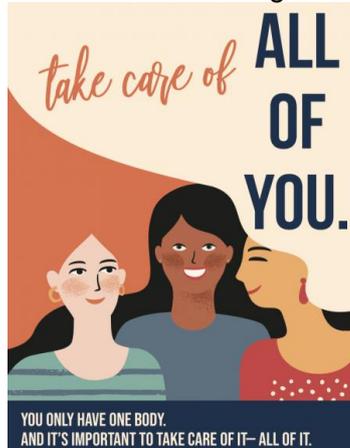
1. Health article

Taking care of Women's health!

"Women not only manage the affairs of the family but also look after the health and well-being of all the members of the household... She must take care of her health. Only when the doctor is healthy, the patients can be well cared for. As is the doctor, so is the patient. Give up all negative thoughts and develop sacred feelings. Lead an exemplary life. The Upanishads have accorded a great value to human life. You should live up to it, and manifest your latent divine power." ... Sathya Sai Baba¹⁻³

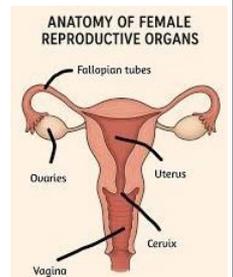
1. Health of women is very significant!

Life is a real challenge for every female as she passes through her stages of puberty, monthly menstrual cycle, pregnancy, child birth, and menopause. Often under a social scanner, these make her more conscious, restricted, and vulnerable. The different needs of a woman, especially during her reproductive phases, and how chronic illnesses can affect her differently are being acknowledged and addressed by medical research only in the past two decades.⁴



2. Functions and stages of female reproductive system

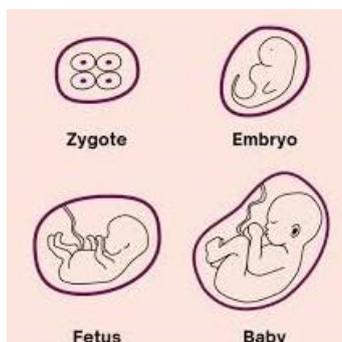
2.1 Key internal reproductive organs are ovaries, fallopian tubes, uterus, cervix, and vagina. *Ovaries* are two oval shaped glands on either side of the uterus (womb) and produce *ova* (eggs) and major hormones, oestrogen and progesterone. *Fallopian tubes* facilitate fertilization. *Uterus*, a thick-walled pear-shaped muscular organ, houses and nourishes the



developing foetus. *Cervix* is the lower narrow part of the uterus that opens into the *vagina*, the muscular birth canal that can widen to accommodate a baby during delivery.⁵⁻⁸

2.2 Childhood to Adolescence: A natural part of growing up, puberty for girls starts between the age of 8 to 13, the first sign being breast budding and development (*thelarche*). This is followed by growth in pubic and underarm hair, rapid height spurt, increase in body mass especially around the hips, increased sweating, acne, and onset of menstrual period (*menarche*) which gets repeated at monthly intervals.

Every menstrual cycle prepares the body for a potential pregnancy whether or not it is intended. When it does not happen in that cycle (eggs live for 24 hours), menstruation in the form of vaginal bleeding occurs. This could be a little disturbing at times as the menstrual cycle may be heavy, scanty, painful, or irregular, especially in the initial years. Parents should prepare their daughters ahead to help normalize the changes they go through, make them feel confident and comfortable in their own skin without much emotional upheaval or stress.⁹⁻¹¹



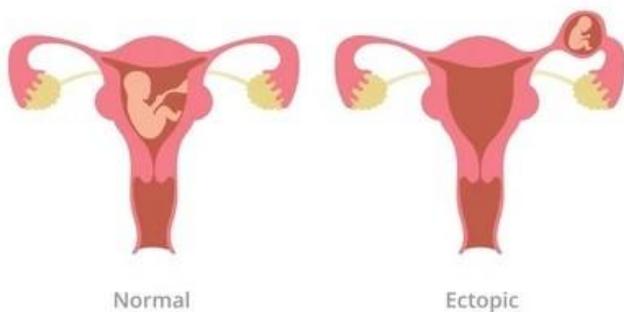
2.3 Conception: Conceiving a child is a complex process; conception happens when the sperm swims up through the vagina and meets and fertilizes an egg released (ovulation) by ovaries. This fertilized egg (zygote) gets implanted in the uterus within a week and pregnancy begins. Initial

symptom could be a dull ache or light spotting for several days; many do not feel anything. Other common signs of pregnancy are a missed period, frequent urination, feeling tired, nausea, sore or swollen breasts, headache, and mood swings. Between 11-14 days after conception, one can get a positive pregnancy test.¹²

2.4 Pregnancy spans three trimesters, 40 weeks in all – first and the most critical one is from week 1-12 when unpleasant symptoms like morning sickness and fatigue happen. With every passing week, the foetus develops distinct facial features, limbs, organs, bones, and muscles. After the 12th week, chances of miscarriage become limited, with relief from morning sickness too. The second trimester up to 28th week is an interesting phase for a mother when the foetus starts responding to sound and light and starts kicking. In the third trimester, foetus matures, gains weight, prepares for birth, and moves into head-down position, ready for delivery between week 37 through 40. It is a 12 to 19-hour arduous process of labour and birth for first time mothers. Key indicators of early labour are uterine contractions, followed by dilation, water breaking, and mucus discharge. Pain management is done through breathing techniques and movement, in unbearable cases medical relief is given; in case of complications, a caesarean section (c-section) may be necessary for safety. Giving birth is an emotional and a physical challenge indeed!¹³⁻¹⁵



Possible complications in pregnancy could be ectopic pregnancy where egg is implanted outside uterus, usually in the fallopian tube, foetal problems,



gestational diabetes, pregnancy-related high BP, placenta related issues, miscarriage, infections during pregnancy, or pre-term labour. Symptoms may be severe abdominal or pelvic pain, heavy vaginal bleeding or clotting, dizziness, light headedness, fainting, high fever or severe vomiting. It could be a high-risk pregnancy due to age or health condition too.¹⁶⁻¹⁸

when a woman goes through many physical transitions like *breast engorgement* (hardness, swelling, and tension of breast tissue caused by oversupply of milk, lymphatic fluid accumulation, with pain) for a week, vaginal bleeding, and other hormonal changes like sweating, constipation, and hair fall as well as anxiety and depression. Good rest, care, and nutritious diet will help speedy recovery. In case of c-section, healing may need 12 weeks. One needs to follow the instructions of attending doctor through each stage. Responsibility of a mother becomes double, to care for herself and the newborn child. Being most vulnerable to mental health issues in this period, flat moods, being withdrawn, neglect of the newborn should ring warning bells for postpartum depression and immediate medical attention. It is preferable for one to be in comfort of near and dear ones, not alone.^{19,20}



2.5 Postpartum is the 6 to 8-week period after child birth

2.6 Menopause is a point in time when no menstrual period occurs for 12 consecutive months. This happens gradually, mostly around age 52 or earlier, ending the reproductive years; perimenopause starts 10 years before menopause when fertility declines in terms of both number and quality of eggs produced. Varied symptoms during this phase are irregular periods, hot flashes, mood swings, vaginal dryness, night sweats, weight gain, headaches, urinary urgency, insomnia, and depression. These ease gradually between 7-10 years post menopause.²¹

2.7 Postmenopausal women are more vulnerable to heart disease (& heart attack) as oestrogen levels drop dramatically, more so if the lifestyle, especially diet, is not healthy. Apart from typical heart attack symptoms (eg, chest pressure, chest tightness or pain, neck, jaw, arm, and back pain, and sudden sweating), some may suffer from atypical symptoms like indigestion for the first time, sudden extreme

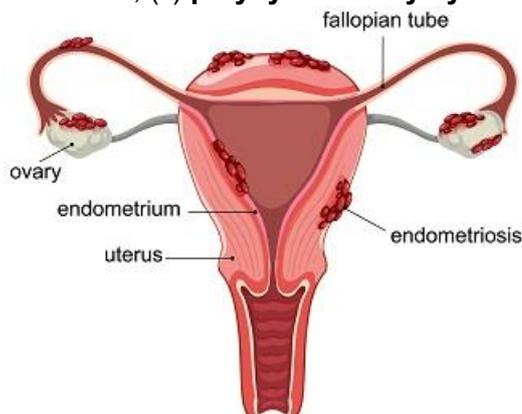
fatigue from simple activities like making a bed, walking to the bathroom, or even a couple of steps up the stairs; sudden shortness of breath without exertion that worsens while lying down but becomes better on sitting up; and significant inability to do what was easy before.²²⁻²³

Higher risk of stroke cannot be ruled out. Remember the '**BE FAST**' signs, namely - **B**alance or co-ordination problems; **E**yes: loss of vision, blurred or double vision; **F**ace drooping; **A**rm weakness; **S**peech difficulties; then it is **T**ime to call for help. Some early signs of stroke not to ignore are: sudden onset of severe headache without a reason, sudden unexplainable loss in function, fatigue, confusion, weakness, nausea, and vomiting.²⁴

Disease may remain in women longer than in men before it manifests. A study based on health records of 7 million people indicates women were diagnosed with cancer two-and-a-half years later in life than men, and diabetes four-and-a-half years later - all the more important to heed the warning signs promptly.⁴

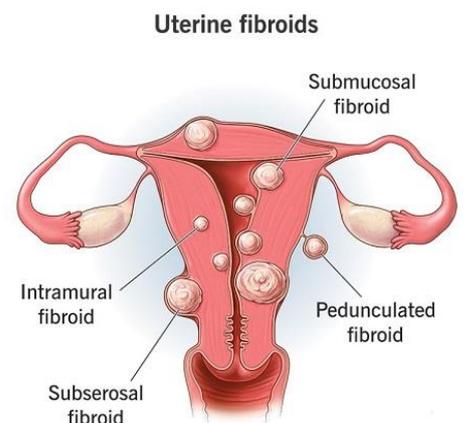
3. Gynaecological disorders

3.1 Common disorders are: (i) **menorrhagia** (heavy periods) which could be due to hormonal imbalance or fibroids; (ii) **polycystic ovary syndrome (PCOS)** with symptoms like irregular periods, unwanted hair growth, acne, and weight gain with fertility issues; (iii)

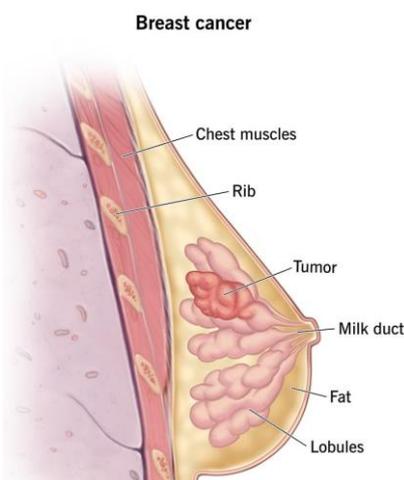


endometriosis when tissue similar to the lining of the womb grows when it should not, in the ovaries or bowel, causing agonizing periods, pain during sex, and fertility issues - often takes years to diagnose; (iv) **uterine fibroids** which are non-cancerous growths in and around the womb with symptoms like heavy periods, pelvic pain, or trouble getting pregnant, can be diagnosed during routine scans or check-ups; (v) **ovarian cysts**, mostly harmless and go away on their own; they can cause pain, bloating, or sudden severe discomfort if they twist, persistent or painful cysts should be looked into; (vi) **pelvic inflammatory disease (PID)**, an infection usually caused by

sexually transmitted bacteria with symptoms like pelvic pain, fever, or unusual discharge; if left untreated, it can lead to long-term pain or fertility problems; (vii) **vaginal infections** with signs of itching, unusual discharge, or a strong odour; can lead to bigger problems if left untreated; (viii) **pelvic organ prolapse** happens when muscles supporting the pelvic organs weaken, often after child birth or menopause causing the bladder or the womb to drop; so, not to ignore a bulge or pressure in the vagina; (ix) **cervical cancer** warning signs are abnormal bleeding, pain during sex, or odd smelling discharge; one of the most serious gynae-disorders, one should not skip screening and smear tests; and (x) **urinary incontinence** - loss of bladder control leading to urine leakage, inability to hold, mostly seen in women after child birth or elderly women.^{25,26}



3.2 Breast cancer: Though very common, surprisingly, it does not strictly fall under gynae-disorders. It does not show signs early on, so, one should promptly heed symptoms like lump in the breast or underarm, asymmetry or change in breast size or shape, especially if it is new, persistent pain or tenderness, any unexpected nipple discharge, especially if it is bloody or clear and not milky; sudden inverted nipple is an early indicator of a tumour growing behind it.^{27,28}



Self-examination once a month, especially midcycle or after your period ends, is an important first step to detect any sign at home itself. See links for videos by experienced breast surgeons on this and the right way to do a self-check.^{29,30}

4. Tips for good health of women

- Pay attention to yourself, including the mind, your lifestyle and keep healthy!
- Ensure regular check-ups and self-examination, do not ignore signs and symptoms, early detection and prompt action matters.

References and links

1. Sathya Sai Speaks on glory of womanhood: <https://saispeaks.sathyasai.org/discourse/glory-womanhood>
2. <https://saispeaks.sathyasai.org/discourse/health-diet-and-divinity>
3. <https://saispeaks.sathyasai.org/discourse/responsibility-women-character-building>
4. <https://health.clevelandclinic.org/what-is-womens-health>
5. Female system video: <https://www.youtube.com/watch?v=8vCwcWQycOE>
6. https://www.youtube.com/watch?v=7J_Quu2YPdo
7. Female Reproductive system: <https://www.narayanahealth.org/blog/female-reproductive-system-structure-function>
8. <https://my.clevelandclinic.org/health/articles/9118-female-reproductive-system>
9. Puberty: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-stages-of-puberty-for-girls>
10. <https://kidshealth.org/en/teens/puberty.html#>
11. <https://health.clevelandclinic.org/puberty-in-girls-whats-normal-and-whats-not>
12. Conception: <https://my.clevelandclinic.org/health/articles/11585-conception>
13. Pregnancy: <https://my.clevelandclinic.org/health/articles/7247-fetal-development-stages-of-growth>
14. <https://www.mayoclinic.org/healthy-lifestyle/labor-and-delivery/in-depth/stages-of-labor/art-20046545>
15. <https://www.hopkinsmedicine.org/health/wellness-and-prevention/labor#>
16. Pregnancy complications: <https://womenshealth.gov/pregnancy/youre-pregnant-now-what/pregnancy-complications#>
17. <https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/high-risk-pregnancy/art-20047012>
18. <https://my.clevelandclinic.org/health/articles/24442-pregnancy-complications>
19. Postpartum: <https://my.clevelandclinic.org/health/articles/postpartum>
20. <https://www.mayoclinic.org/healthy-lifestyle/labor-and-delivery/in-depth/postpartum-complications/art-20446702>
21. Menopause: <https://my.clevelandclinic.org/health/diseases/21841-menopause>
22. <https://health.clevelandclinic.org/estrogen-and-heart-health>
23. <https://health.clevelandclinic.org/women-dont-ignore-3-subtle-heart-attack-symptoms>
24. <https://health.clevelandclinic.org/causes-of-a-stroke-in-women-vs-men>
25. Gynae disorders: <https://www.manipalhospitals.com/gurugram/blog/gynecological-problems-every-woman-should-know/>
26. <https://www.cloudnincare.com/blog/8-most-common-gynaecological-disorders>
27. Breast cancer: <https://mmi.edu.pk/blog/decoding-the-connection-is-breast-cancer-truly-a-gynecological-cancer/>
28. <https://www.parashospitals.com/blogs/symptoms-of-breast-cancer-in-women-early-signs#>
29. Self-examination right way video English: <https://www.youtube.com/watch?v=DZYJWwQYJMk>
30. Self-examination right way video Hindi: https://www.youtube.com/watch?v=gUHNxyVf_Bw

2. Seminars and Meetings

2.1 Annual Meeting of Midland Region UK, 18 Jan 2026

The first of this year's three national meetings was attended by 17 practitioners, who shared their personal journeys with vibrionics and highlighted successful treatments. Notable cases included the rapid healing of a dairy-induced skin allergy by **Practitioner** ⁰²⁸⁹⁷, and recovery from double vision and a brain tumour by **Practitioners** ^{02899&02900}. This was followed by a lively discussion on dairy versus vegan diet and the benefits of organic produce.

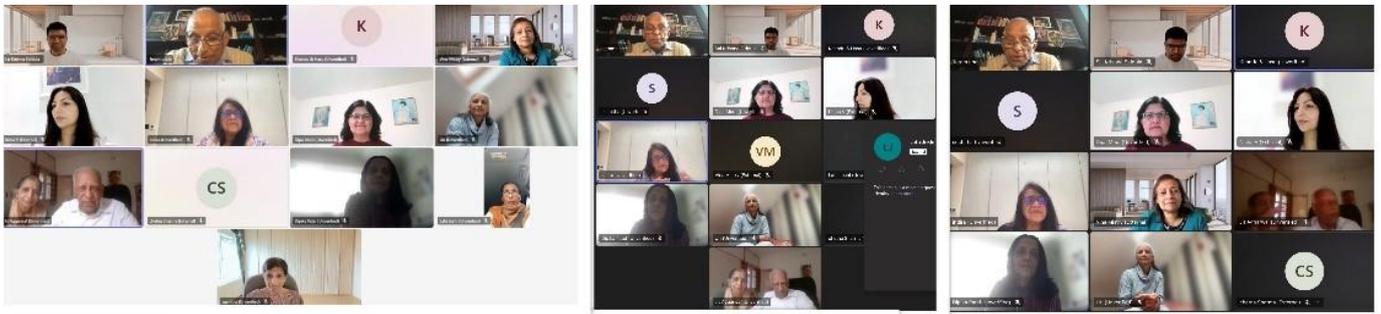
Practitioner ⁰⁰⁵³⁴, a pharmacist, delivered an informative presentation on the use of Red Light therapy for both body and mind, noting that similar results can be achieved with vibrionics remedies prepared using Gem cards. **Practitioner** ⁰²⁸⁰², a GP, encouraged colleagues to organise medical camps in their local areas to raise awareness and extend holistic healing to wider communities.

Our guest speaker, Dr Upadhyay, an ophthalmic surgeon renowned for conducting international medical camps for over 40 years, gave an inspiring talk on seva. He emphasised prioritising quality over quantity and respecting local culture, reminding participants, "Your role is to put a smile on their faces and Swami will smile on you."

On administrative matters, UK **Coordinator** ⁰²⁸²² advised practitioners to update their addresses and emails directly on the Practitioners' site by logging in. He reminded them to recharge their 108CC box every two years through their coordinator, and encouraged continued learning, submission of questions for Dr Aggarwal, and seva with unity, purity, and divinity.

The meeting also featured a lively AI demonstration using Copilot for drafting combo ideas, and concluded with a Q&A on autism with delayed speech. Dr Aggarwal provided updates on the Centenary offering of three books, expressed gratitude to UK practitioners for their significant contributions, and encouraged submission of noteworthy cases for future newsletters.

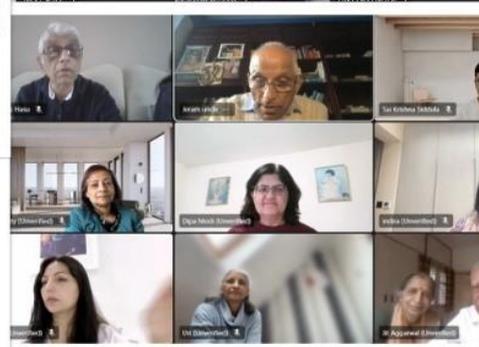
The meeting closed with Aarti and a vote of thanks.



Guided by Swami's Vision and Principles

- Listen to patients with an open mind and treat them with love from your heart
- Prevention is better than cure
- Teach personal hygiene and cleanliness of surroundings
- Focus on malnutrition, water-borne diseases, abuse e.g. alcohol
- Stay close to the camp site to save fuel
- Respect local traditions – do not challenge authorities. Your job is to help, not criticize
- Buy medication and daily amenities locally to help local economy
- Less medicine, more Educare
- Monitor regular supply of medicine and compliance
- "There is no point just diagnosing and giving medicine. You have to follow-up with regular supply and compliance"

Vaidya Narayana Hari



Swami Brings Smiles and Healing

Swami always provides the solution for patients and puts smiles on their faces

2.2 Practitioners Meet 31 Jan 2026, Hyderabad, TS

A one-day refresh meeting was conducted on 31 Jan 2026 in Hyderabad Telangana under the expert guidance of **VT¹⁰³⁷⁵**. 15 practitioners attended the highly motivating and vibrant meeting during which each of them briefly shared his/her inspiring and transformational vibrionics journey. **SVP^{11568,11583}** and **VP¹¹⁵⁸⁷** spoke about case histories, mentoring and organising camps in Hyderabad respectively.

Key take-aways from the meeting:

- Inauguration of new camps require prior approval from the Regional Co-ordinator. Minimum team: Two VPs and one AVP. Strict adherence to protocols is mandatory while inaugurating and conducting camps. The Google form format introduced by **VP¹¹⁶³²** that saved time and helps in documenting process was discussed. It was proposed that this form be standardised and shared with other practitioners.
- APs, AVPs & VPs were reminded to use 108CC box with full faith and not think of getting card remedies from SVPs in the first instance.
- Any newly potentised vibrations like cow dung/Bitter leaf must be administered only experimentally with proper documentation. Research must include sample and control groups with recorded progress. Reports to be submitted to **SVP¹¹⁵⁶⁷**, co-ordinator of this project. Interested practitioners with homoeopathy knowledge and good intuition may approach the R&D team.
- Importance of mentoring was emphasised; VPs were encouraged to mentor new AVPs.
- Importance of recharging reiterated (due to radiation impact and updating of combos). Recharging of 108CC boxes was conducted with chanting.
- A new Sai Vibrionics badge was introduced for use by practitioners.
- Suggestions from practitioners included publishing volunteer task lists on our practitioner's website, conducting refresher courses for VPs and tracking inactive 108CC boxes.

The meeting concluded at 5:30 PM with Mangala Aarati. The session was informative, spiritually uplifting, and interactive. Participants dispersed with gratitude and renewed commitment to vibrionics seva.



2.3 Vibrionics Day 2026: Spreading Health and Harmony Across the Globe

On 26 Jan 2026, the spirit of vibrionics blossomed across several Indian states, with dedicated practitioners organizing camps and awareness programs to mark the first-ever Vibrionics Day. From community health camps to educational initiatives, the efforts touched hundreds of lives, embodying the mission of selfless service.

Andhra Pradesh

SVIRT Puttaparthi marked the inaugural Vibrionics Day by visiting a children's home, distributing child tonics to 30 enthusiastic children, and initiating monthly health support. The day continued with a touching interaction session at the SVIRT clinic, where seven patients shared profound testimonies of healing from long-standing ailments like psoriasis and rheumatoid arthritis. One visitor, inspired by these stories, immediately applied for the AVP course. Founders and international practitioners also graced the event. The program concluded with Mangal Aarti and the distribution of emergency remedy kits.

SVIRT Puttaparthi:



With the initiative of **Practitioners** ^{11634&18009}, a Sai Vibrionics Camp was inaugurated at Kusuma Haranath Baba Temple, Anakapalle, with the support of the President of the trust. **Executive Member of SVIRT** ¹¹⁵⁶⁷ gave an introduction to Sai Vibrionics. Remedies were provided to 32 patients; the camp will now be held monthly. **SVIRT Governor** ⁰²⁶⁹⁶ together with **Practitioner** ¹⁸⁰¹⁷ organised an elaborate awareness program at SSS Bhajan Mandir, Anantapur, attended by more than 100 patients, their families, and devotees. Patients' experiences were shared, prasadam was distributed and Seval members and

Samithi office bearers were felicitated. **Practitioner** ¹¹⁵⁸⁷, while on pilgrimage to Tirumala, gave a brief talk on vibrionics to pilgrims, providing remedies to five patients, also 25 pilgrims availed of **IB**. **Practitioner** ¹¹⁵⁴² conducted a Sai Vibrionics awareness session at SSS Bhajan Mandir, Hanumanpet in Vijayawada, attended by about 10 participants. **Practitioners** ^{11542&11592} conducted a special Sai Vibrionics camp at KBN College, Vijayawada, during the Arya Vysya Marriage Bureau meeting, treating 19 patients and distributing 90 Immunity Boosters.

Anakapalle photos:



Anantapur photos:



Tirumala photos:



Vijayawada photo:



Gujarat witnessed multiple camps. **Practitioner** ^{11635&10547} in Vadodara conducted a 1.5-hour camp at Chhani Jakatnaka Sai Mandir, offering remedies for various health issues. In Kutch, **Practitioner** ¹⁰⁸³² ran a successful camp at Shiv Township Mundra, treating 15 patients for common ailments like cold, cough, joint pain, and skin allergies.

Gujarat photos:



Haryana Practitioner ¹¹⁶⁰⁶ held a camp in DLF Phase IV, Gurugram, treating 10 patients for a diverse range of conditions including cough, injuries, pains, and addictions.

Haryana photos:



Karnataka: The Day was celebrated across Karnataka with dedication and selfless service, reaching many patients through various camps and outreach activities. **Practitioner** ^{10741,11527&10768} served 24 patients at a camp at Padmanabhanagar Samiti, Bengaluru, and also gave out **IB** bottles. **Practitioner** ¹¹¹⁷⁰ approached the Lions Club to introduce the concept of vibrionics and assisted by a sevadal, provided remedies to 10 individuals in a North Bangalore slum. A camp was held at Belgaum Public School, Shindolli, Belagavi by **Practitioner** ¹¹⁰²⁰. 25 Patients, mainly teachers, took remedies expressed gratitude for this healing seva. **Practitioners** ^{11619, 11531, 11260, & 1070} organised a camp at Sai Gitanjali Samiti, JP Nagar, Bengaluru, which was attended by 30 devotees. 23 patients received remedies. A brief talk was delivered on the importance of Sai Vibrionics and its benefits. An appeal to join the vibrionics movement as practitioners was also made. **Practitioner** ¹¹²¹⁰ provided remedies to 32 residents in the tribal village Ubbanur (bordering Tamil Nadu) for conditions like arthritis, insect bites, and acidity, extending Swami's healing touch to this remote and underserved area. **Practitioner** ¹²⁰⁵¹ conducted an awareness camp at Sai Prashanthi Old Age Home, Yelahanka, Bengaluru and gave remedies to 25 residents for conditions such as blood pressure, diabetes, and psychological concerns. The inmates were deeply appreciative of the care, compassion, and healing support offered. **Practitioner** ¹¹²¹⁷ briefed the newly appointed Karnataka South State President on the significance of Sai Vibrionics Day and the silent, selfless healing seva being carried out, seeking his support to strengthen vibrionics seva across the state, and he graciously assured full cooperation. Later he treated a few patients at Brindavan, reaffirming that even small acts, when done with sincerity and love, are part of a larger divine mission.

Karnataka photos:



Kerala spearheaded significant outreach with camps in Thiruvananthapuram and Palakkad. **Practitioner** ¹¹²⁷⁶ in Thiruvananthapuram treated 32 patients, distributed 30 immunity boosters, and served food to 75 elders and children, capping the day with a team online meeting. In Palakkad, **Practitioner** ¹¹⁹⁹⁶ hosted an evening camp, providing remedies to 10 patients and distributing 20 immunity boosters, followed by devotional bhajans.

Kerala photos:



Maharashtra: **Practitioner** ¹⁰²¹³ delivered an awareness talk after Samiti bhajan at Tumsar, Bhandara, attended by about 40 devotees. **Practitioner** ¹⁰⁸¹⁸ conducted an awareness talk after Samithi bhajan at Warora, Chandrapur with around 20 devotees attending. **RC** ¹⁰³³² coordinated Vibrionics Day activities from Gadchiroli by connecting with practitioners, conducting an online meeting, sharing Dr Aggarwal's message, delivering an awareness talk at Sai Satsang Hall, and holding a camp treating 12 patients. **Practitioner** ¹¹²⁷⁸ conducted a medical camp at Sahid Matidas Gurudwara in Nagpur providing remedies to 26 patients. **Practitioner** ¹⁰⁰⁰¹ delivered an awareness talk at Anandan Kitchen Centre, attended by about 30 devotees. **Practitioners** ^{10363 & 10399} conducted a camp at Jhulelal Mandir, Wanwadi, Pune treating 65 patients; camps will now be held fortnightly. **Practitioner** ¹⁰⁰⁶⁷ conducted an awareness talk at SSS Prarthana Mandir, Yavatmal, attended by over 50 devotees. A camp at Marthad village benefited 32 patients. During her USA visit, **Practitioner** ⁰²⁸¹⁷ from Mumbai gave an awareness talk in San Francisco and thereafter treated 7 patients.

Maharashtra photos:





Telangana: Practitioner ¹¹⁶⁵⁶ from Hyderabad conducted an online Sai Vibrionics awareness talk for Balvikas parents, attended by about 20 participants. **Practitioner** ¹¹⁶²⁷ with support from a Sevalal, conducted a full-day camp in Vinjamur Village, Mahbubnagar, where 158 patients received remedies. **Practitioner** ¹¹⁵⁶³ conducted a flag-hoisting ceremony and introduced Sai Vibrionics to about 40 people in Sainikpuri, Secunderabad, through pamphlets and a brief talk.

Telangana photos:



Uttarakhand Practitioner ¹¹¹¹⁷ combined national pride with health awareness, attending a Republic Day celebration at a Junior High School in Dehradun. She then organized a vibrionics camp, providing remedies to 14 students, educating them on health, and sharing inspiring stories.

Uttarakhand photos:



Uttar Pradesh hosted a comprehensive Sai Vibrionics Medical Camp in Village Bharota, Meerut, led by **SVIRT Treasurer** ¹¹⁹⁶⁴ and **Practitioner** ¹¹⁶⁷⁹. This impactful camp commenced with prayers and Republic Day greetings, provided free remedies to 75 patients with the help of four seva dal, and offered crucial health counseling on lifestyle and consistency. The camp successfully raised awareness and instilled hope, especially among the underprivileged, fulfilling its purpose with love and compassion.

UP photos:



West Bengal saw a dedicated medical camp in Kolkata, where **Practitioners** ¹⁸⁰⁰⁰ & ¹¹⁵⁴⁰ collaboratively treated nine patients at the Madral Hanuman Mandir.

West Bengal photos:



These reports highlight the diverse ways vibrionics practitioners are making a tangible difference in their communities, spreading wellness and confidence in this healing system.

Online meeting:

The sacred observance of the first Vibrionics Day concluded with an online gathering of the global vibrionics family at 20:30 IST. Though organised at short notice and held at inconvenient hours for many participants outside India, across widely differing time zones. It was heartening to see 273 practitioners join with enthusiasm and a strong sense of unity. The evening began with a श्रद्धांजलि (homage), observing one minute of silence in loving remembrance of Pat Hunt, our dearly loved and respected Head of Research for more than 30 years, who merged with Swami just three days ago at the age of 92.

After explaining the significance of choosing 26 Jan as Vibrionics Day, Dr Aggarwal spoke about the Sai Vibrionics Institute for Research and Training (SVIRT), established in Mar 2023 to strengthen and guide the mission. From its office in Puttaparthi, SVIRT conducts workshops, practitioner meetings, clinics, and oversees the supply of remedies and equipment. The SRHVP machines and 108CC boxes are now officially placed under SVIRT and uniquely serialised, ensuring discipline, accountability, and respect for the sanctity of seva. SVIRT serves as the guiding centre for the growth of vibrionics in both reach and quality.

He reassured the practitioners that vibrionics continues to receive the full support of the SSS Organization (India) and the Sri Sathya Sai Central Trust, with clinics regularly conducted at both Ladies and Gents seva dal buildings in Prasanthi Nilayam and at the Wellness Centre at Swami's hospital in Bengaluru. He

reaffirmed that vibrionics utilizes only sugar pills infused with healing vibrations, which has been tested in the laboratory for not containing any chemicals, and is totally harmless, has no side effects, and can even help counter chemical effects. We offer it free, serving with the sole purpose of bringing relief to ailing bodies, minds, and hearts while patients continue with their conventional treatment.

Highlighting the importance of knowledge in improving healing outcomes, he referred to the centenary offering of three books, *100 Extraordinary Experiences of Practitioners*, *100 Case Histories*, and *100 Clinics and Camps*, all based on real experiences. Sri RJ Rathnakar, Manging Trustee of SSSCT, graciously wrote a foreword for the first book and Sri Nimish Pandya, All India President, SSSSO for the second book. The continuing demand for the books shows their practical value to practitioners. The bi-monthly newsletter, now in its 87th issue, continues to share useful case learnings and guidance, and practitioners were encouraged to read it regularly as part of ongoing learning.

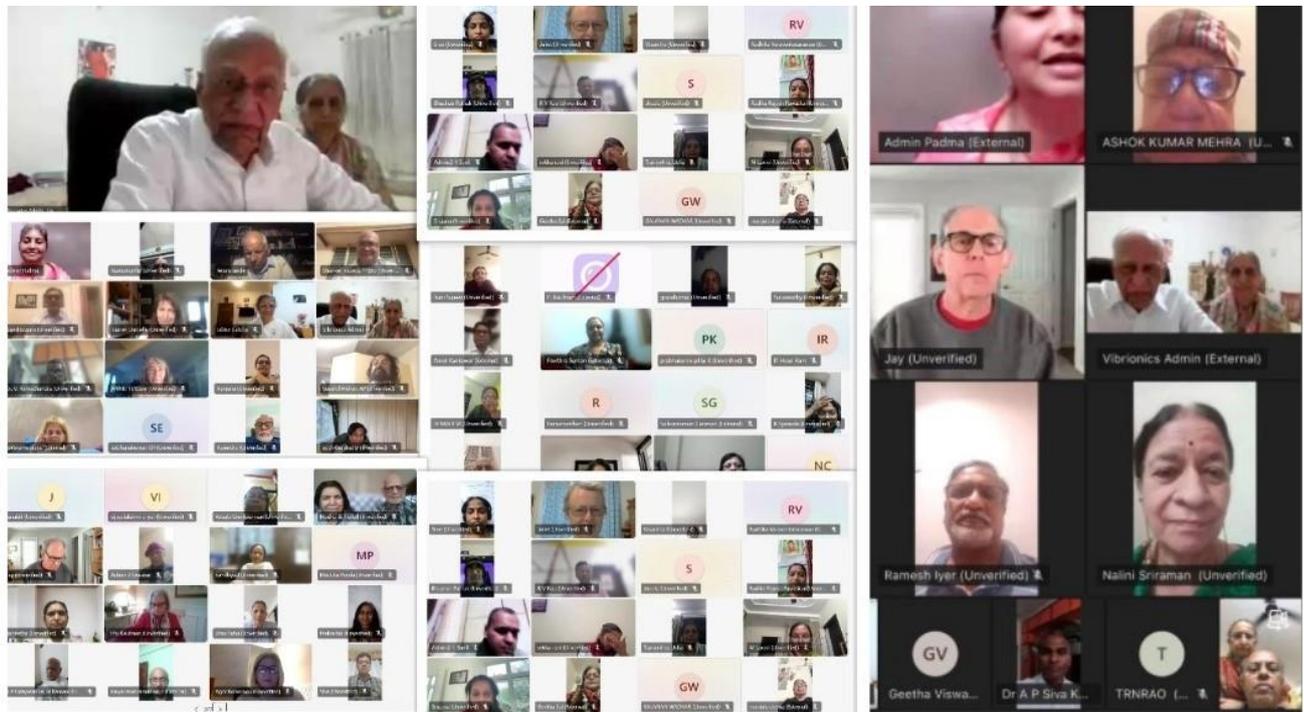
Looking ahead, efforts are being made to expand digital access and translate the newsletter into regional languages. Volunteers fluent in Telugu, Tamil, Malayalam, Hindi, and Marathi are warmly invited to support this effort so that valuable knowledge can reach more practitioners. There are plans in place for extending vibrionics to remote villages by providing 18CC remedy kits along with basic training to village leaders, empowering communities at the grassroots level. At the same time, strengthening practitioner presence in Puttaparthi remains important to sustain awareness and service at the spiritual centre of the mission.

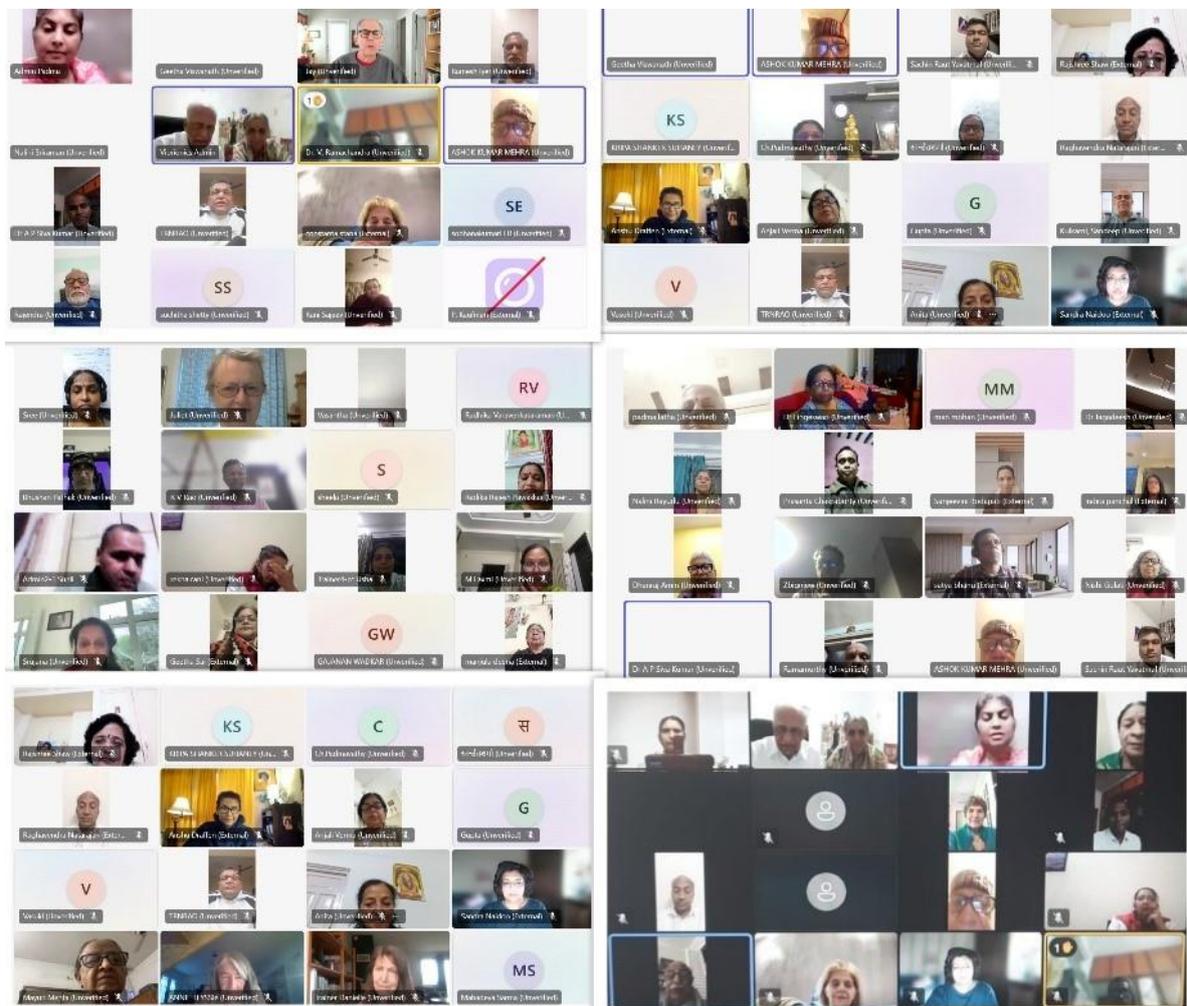
Across the world, vibrionics continues to grow, with thousands of patients treated each month. Patient-practitioner interaction meetings are emerging as a helpful way to improve outcomes, build trust, and inspire new practitioners. Plans are also being explored for a major international conference in Jan 2027 to further unite and energise the global community.

Above all, SVIRT belongs to every practitioner, implored Dr Aggarwal. Each one plays an important role in carrying forward Swami's vision of vibrionics as the medicine of the future. The talk was followed by a Q & A session. While addressing their queries, Dr Aggarwal also advised all practitioners to carefully read the Answer Corner section of the newsletter and the vibrionics guide where they will find answers to a lot of their questions.

The evening session concluded with a summary of the talk by **Head of Education** ¹⁰³⁷⁵ who also delivered the vote of thanks.

Online meeting photos:





2.4 Practitioners' Meeting, Bengaluru, KA, 10 Jan 2026

Thirty-seven practitioners from across Karnataka were in attendance at Sai Gitanjali Samithi in JP Nagar. The programme opened with prayer to Lord Ganesha and Sai Gayatri chanting, followed by a warm welcome extended by the **Coordinator** ¹²⁰⁵¹, expressing gratitude to Swami for this sacred opportunity to serve through Vibrionics.

An informal virtual interaction followed with the founders, Dr & Mrs Aggarwal, who were deeply touched by the enthusiasm of the practitioners and offered heartfelt encouragement. They appreciated the regular submission of high-quality case reports. The session was simultaneously translated into Kannada for wider participation. Some key messages from this talk included:

- Vibrionics promotes holistic healing of body and mind through selfless seva.
- Practitioners should remain humble, recognising Swami as the true healer.
- In serious or unclear cases, practitioners should not hesitate to refer them to medical professionals, since Vibrionics complements other systems.
- Challenging cases foster learning through study, consultation, prayer, and sharing of case reports.
- Local meetings with patients help build mutual trust and encourage them to become practitioners.

This was followed by an interactive Q&A session where key take-aways are: A close family member is sometimes better treated by another practitioner to avoid emotional bias. Remedies taken in water are generally more effective but may be taken as pills as per patient's comfort level. Latest findings indicate that vibrionics can be taken alongside any other therapy; stopping existing treatment is not required. A 20-minute gap should be maintained. It is important for practitioners to read regularly the Answer Corner in newsletters as this provides the latest information. The meeting concluded with a highly energising recharge session and a collective prayer to Bhagwan Baba for continued guidance in serving as worthy instruments in His divine mission.



Recharge Session – Bengaluru, 10 Jan 2026:

Thirty-seven practitioners from across Karnataka, many travelling long distances, attended the Recharge Session held at Sai Gitanjali JP Nagar Samithi, Bengaluru, on 10 Jan 2026, from 10 AM to 2 PM. The programme opened with Ganesh Prarthana and Sai Gayatri chanting, followed by a warm welcome by the Karnataka coordinator SVP ¹²⁰⁵¹ expressing gratitude to Swami for granting this sacred opportunity to serve society through Vibrionics.

This was followed by an informal virtual talk by the founders, Dr J. K. & Mrs Hem Aggarwal who were deeply touched by the enthusiasm of Karnataka practitioners and offered heartfelt encouragement. As some participants were more comfortable in Kannada, the talk was simultaneously translated. Some key messages from this talk included:

Vibrionics is a system of holistic healing that nurtures both body and mind through selfless seva.

Practitioners should remain humble, clearly understanding that they are not doctors and mentally offering all credit to Swami, the true healer.

In serious or unclear cases, patients must be referred for medical care, as Vibrionics complements—not replaces—other systems of medicine.

Difficult cases provide the greatest learning and call for deeper study, consultation with seniors and peers, and sincere prayer to Swami. Sharing case reports inspires others and strengthens collective confidence, while local meetings help build patient trust and encourage new practitioners.

Clarifying a few queries it was suggested as sometimes it may be better that family members are treated another practitioner as emotional attachment and concern may affect judgement. Regarding protocol for taking a remedy, pills may be taken directly if preferred, though water remedy is generally more effective. Patients should be allowed to follow the method most convenient to them, keeping treatment simple and stress-free. It was also clarified that vibrionics can safely be taken alongside Ayurveda, homeopathy, and other therapies; discontinuation of existing treatments is no longer required, though a half-hour gap is advisable where feasible. The participants were gently reminded to go through each newsletter as some of these queries were addressed in recent newsletters in the Answer Corner

The founders expressed their appreciation for the dedication of Karnataka practitioners' and their regular submission of high-quality case reports. They were encouraged to conduct more local patient meetings to strengthen outreach and service.

At the end of the morning, participants took part in a highly energising recharge session. The gathering concluded with heartfelt gratitude to Bhagwan Baba and a collective prayer for His continued guidance, so that all may serve as worthy instruments of His divine mission.

3. Camps and Clinics

Building on last year's momentum, three new camps/clinics were launched in Andhra Pradesh and Telangana in Jan/Feb 2026:

1. Nakkavani Palem, Visakhapatnam, AP, 24 Jan 2026: **Practitioners** ^{11650 & 11666} conducted a Sai Vibrionics Clinic at Sri Sathya Sai Bhajan Mandali, initiated at the Samithi Convener's request, who together with his wife extended wholehearted support by assisting patients, and guiding them regarding the dos and don'ts of Sai Vibrionics remedies. 15 patients were given remedies for various ailments, many had musculoskeletal issues. This clinic will now run monthly.

2. SSS Seva Samithi, Gachibowli, Hyderabad, TS, 29 Jan 2026: **Practitioner** ¹¹⁶³² arranged an awareness talk by **Senior Teacher** ¹⁰³⁷⁵ at this Samithi. Sai Vibrionics flyers were handed out to about 50 devotees who also received **IB** bottles. The Convener and devotees were deeply inspired and have fixed 2nd Sunday of every month for this clinic to run from March onwards, headed by **Practitioner** ¹¹⁶³² and assisted by **Practitioners** ^{11587&11568}

3. Gangalakurru Agraharam, Konaseema, AP, 3 Feb 2026: **Practitioner** ¹¹⁶³² from Hyderabad held her first regular bi-monthly camp in her native Amalapuram area, where until now she had been offering services remotely. 25 patients were treated. She also created a WhatsApp group for effective ongoing patient communication.



In addition to the above regular clinics, three one-day camps were held:

Dharmanna Gudem, Bhadradi, Kothagudem, TS, 10 Jan 2026: **Practitioner** ¹¹⁵⁸⁵ served 22 patients in this tribal village and on the same day, he treated 8 patients in tribal village of Korrajula Gutta.
Pudimadaka, Anakapalli, AP, 1 Feb

2026: At a traditional buttermilk distribution kiosk during the auspicious Magha Purnima seaside gathering, **Practitioners** ^{11634 & 11648}, supported by the local Bhajan Mandli, treated 222 patients for various ailments including joint pains, headache, high BP, and diabetes. One patient who experienced complete relief from a severe headache along with the local Sarpanch approached the vibrionics team to learn more about this system.

4. Anecdotes

From the diary of Dr. Jit K Aggarwal – 20 supplements

In 1998, an American gentleman aged 48 visited me at the ashram, seeking Darshan pills. He had heard they eased the strain of squatting, and within days he felt remarkable comfort. Grateful, he returned to hand back the leftover pills. In casual conversation, I asked about his health. Smiling, he said he enjoyed excellent health with no issues. Then he revealed his secret: "Every day I take twenty different high-quality supplements. It costs me nearly \$200 a month, but I can afford it and always feel on top of the world."

Curious, I asked how he managed so many bottles without confusion. With pride, he explained that he had a carpenter craft a wooden box with twenty compartments. After buying his supplements, he emptied each bottle into its slot. Every morning at breakfast, he simply took one pill from each compartment and swallowed the lot.

I suggested an alternative: if he gave me a sample of each supplement, I could prepare vibrionics pills for him. Hesitant at first, he agreed. The next day, I potentiated all his tablets and capsules and gave him a single bottle of vibrionics pills, to be taken **TDS**. A week later, he returned, brimming with enthusiasm. He said he had never felt so energetic and vibrant in his life, and wished to continue with vibrionics while reducing his dependence on supplements. Before leaving for home, we worked out a future plan for him to follow.

5. In Memoriam

Our beloved **Patricia Hunt** ^{00002...UK}, a founding pillar of Sai Vibrionics and a silent, humble servant of Sai, completed her earthly sojourn on 23 Jan 2026, the auspicious day of Basant Panchami, at the age of 92. She leaves behind a loving family of two children and five grandchildren who adored her dearly. Her immense contribution to Sai Vibrionics, including her leadership of the research team and her unwavering spirit, have left an indelible mark on countless lives. We pray for her eternal peace in Swami's Divine Super Soul.



Om Sai Ram!