

# Sai Vibronics Newsletter

[a SVIRT publication]

[www.vibronics.org](http://www.vibronics.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="#"> Practitioners Corner</a>	2 - 3
<a href="#"> Case Histories using Combos</a>	4 - 9
<a href="#"> Answer Corner</a>	9 - 10
<a href="#"> Divine Words from the Master Healer</a>	10
<a href="#"> Announcements</a>	11
<a href="#"> In Addition</a>	11 - 18

## From the Desk of Dr Jit K Aggarwal

Dear Practitioners

Being at Prasanthi Nilayam during the Centenary Birthday celebrations and Christmas was profoundly touching. In every prayer and soul-stirring music, every act of seva, and every quiet moment, we felt Swami's presence, filling our hearts with deep gratitude and humility for the privilege of serving Him. That sacred experience now guides the spirit of this newsletter as well, reminding us that His love finds expression not only in celebration, but in our daily commitment to serve, to heal, and to walk the path He has shown us. The Centenary Year of Bhagawan Sri Sathya Sai Baba has been a deeply significant and historic period for Sai Vibronics. What began as a humble healing modality blessed directly by Swami has, through His grace and the selfless service of practitioners worldwide, grown steadily in reach, credibility, and impact.

One of the most significant milestones of the Centenary Year was the successful completion and offering of three books at Bhagawan's Lotus Feet on 25 Nov 2025 in the hallowed Sai Kulwant Hall. Further details are shared in the *In Addition* section. Our sincere thanks go to every practitioner, coordinator, editor, and volunteer whose dedicated efforts made this possible in time. Above all, we express our heartfelt gratitude to the Managing Trustee of the Central Trust, Sri R.J. Rathnakar ji, and the All-India President, Sri Nimish Pandya ji, for their most encouraging forewords to *Extraordinary Experiences* and the *Case Histories* books, respectively. Practitioners wishing to obtain the books may write to [admin@vibronics.org](mailto:admin@vibronics.org).

Throughout the year 2025, vibronics activity continued to expand across regions. Hundreds of practitioners remained actively engaged in patient seva, while wellness camps and clinics increased in number and outreach, a trend clearly reflected in the *100 Camps and Clinics* book. Practitioners are encouraged to share updated patient statistics and recent photographs from their camps and clinics conducted since the book's publication.

At the organisational level, sustained efforts were made to strengthen and consolidate the Sai Vibronics Institute for Research and Training (SVIRT) at Puttaparthi. The administrative team focussed on updating the practitioner database, completing institute registrations, and improving operational clarity. As part of this streamlining process, a numbering system for SRHVP machines and 108CC boxes has been introduced to ensure better standardisation and long-term tracking. The AGM held on 2 Dec 2025 at Prasanthi Nilayam reviewed the year's progress and outlined several proposals that will gradually unfold in the coming months, providing clear direction for the year ahead.

With this issue, we are pleased to introduce *Practitioners Corner*, which replaces *Practitioner Profiles*. This new section is intended as a platform for shared learning and inspiration. Contributions may include

one's journey with Sai Vibronics, reflections on mentors who guided practitioners through challenging cases, cases handled under mentorship, innovative remedies that were potentised and used effectively, and special experiences where vibronics brought unexpected or profound results.

26 January has been designated **Vibronics Day**, symbolising collective commitment, seva, and the spirit of selfless healing. All practitioners are encouraged to observe this day meaningfully by holding camps, organising patients' meets, sharing experiences locally, giving awareness talks at Sai Samitis or community centres, or encouraging sincere aspirants to apply for practitioner training on this auspicious occasion. Reports and photographs of Vibronics Day activities may be sent to [admin2-1@vibronics.org](mailto:admin2-1@vibronics.org), enabling us to share these collective efforts in future issues.

While the nine paths of devotion, namely *sravanam* (listening), *kirtanam* (singing), *Vishnusmaranam* (contemplating on Vishnu), *Padasevanam* (serving His Lotus feet), *vandanam* salutation), *archanam* (worship), *dasyam* (servitude), *sneham* (friendship), and *Atmanivedanam* (self-surrender) are all sacred, Swami reminds us that service stands supreme. The body given to us by God is meant not merely for living, but for serving others: *"Only the fruits of service will be eternal... There is nothing greater than service to humanity. Service to man is service to God. All great men have sanctified their life only by serving humanity. Therefore, you start serving humanity at least from now onward. Service is more important than bhajan and all other sadhanas (spiritual disciplines)."...* Sri Sathya Sai Speaks, Vol 37, 1 Jan 2004, <https://sssbpt.info/ssspeaks/volume37/sss37-01.pdf>

The Centenary Year has shown what collective intent, discipline, and devotion can achieve. Let us carry this momentum forward, expanding camps, deepening practice, mentoring generously, and documenting sincerely, so that vibronics continues to serve as a humble instrument of Swami's healing love.

Wishing you and your loved ones a happy, healthy, and seva-filled 2026!

In loving service to Sai

Jit K Aggarwal

## ❖ Practitioners Corner ❖

### Guided by Faith, Sustained by Healing: A Vibronics Journey

**Gizela Khan** 02308...Slovenia



became a practitioner after completing a seven-day basic course in vibronics conducted by Dr Aggarwal in Aug 2002. From that moment, seva has remained at the heart of her life. Over the years, she has not only healed herself and countless patients but has also exemplified deep devotion to the practice. Despite challenges with failing health and poor eyesight, she faithfully served as the official Slovenian translator for the Sai Vibronics Newsletter for many years, continuing this service until mid-2024. In this heartfelt testimonial, she reflects on her journey of dedication and service:

I share this testimony with deep gratitude, as a reflection of how Bhagawan Sri Sathya Sai Baba has guided, protected, and healed me throughout my life, using vibronics as a gentle yet powerful instrument of His grace.

In 2002, after I became a practitioner, soon after Swami's birthday, I fell seriously ill with a severe flu and became extremely weak. A hospital visit, involving investigations and an infusion, felt like a deep internal cleansing. I lost nearly 10 kg, yet returned home renewed. When I returned to Slovenia in Feb 2003, my asthma specialist was astonished. I had been free of asthma attacks for two months despite having stopped all medications. After nearly a decade of nightly coughing and multiple sinus surgeries, my asthma disappeared completely and has never returned.

In Jan 2007, I was diagnosed with Grade III breast cancer, with 13 of 24 lymph nodes involved. Surgery was performed on 28 Feb 2007, followed by chemotherapy, which had to be discontinued after two sessions due to cardiac complications. From Aug 2007 to July 2008, I underwent biological therapy and radiation. Throughout this period, I supported my treatment with vibronics remedies, including a nosode prepared from leftover medicine from chemotherapy, under Dr Aggarwal's guidance, which greatly helped in reducing the side effects.

Soon after completing treatment, Swami blessed me with the opportunity to attend a 42-day Human

Values Seminar in Mumbai in July 2008. Immersed in seva and spiritual learning, I felt strengthened, purposeful, and uplifted, leaving all thoughts of illness behind.

Over the years, I gradually stopped all allopathic medication, with regular medical follow-ups continuing until 2023. Even today, as a preventive measure, I take **CC2.1 Cancers – all + CC2.3 Tumours & Growths**, along with **SM13 Cancer**, once a week. Throughout this journey, I remained in close touch with Dr Aggarwal, whose guidance and reassurance were invaluable.

Now, more than seventeen years since my cancer diagnosis, I look back with profound humility and gratitude. From healing asthma to overcoming cancer, from learning Sai Vibrionics to serving through it, Swami has been my unfailing companion and source of strength. I share this journey in the hope that it may inspire others to deepen their faith, nurture their courage, and place unwavering trust in His boundless love and healing power.

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### Story of Faith from the Fields where Crops, Cattle, and Compassion Meet

For **J Devanathan** 11652...India, healing did not begin in a clinic - it began in the fields. An electronic and instrumentation engineer by training, life took an unexpected yet deeply fulfilling turn when he chose to become an organic farmer, cultivating crops and producing traditional wood-pressed oils. It was during this phase of his life that he chanced upon the Sai Vibrionics newsletter. What struck him most was not just the science behind vibrionics, but the spirit in which it was offered - completely free of cost, reaching thousands, with countless stories of healing. Quietly inspired, he felt drawn to become part of this sacred service and has been serving as an AVP since April 2023. He reflects on his short but powerful journey:



Though still new to vibrionics and having treated only a handful of human patients, the experiences left a lasting impression on me. A cousin who had endured severe, recurring headaches for nearly a decade experienced instant relief with a single dose of **CC11.3 Headaches + CC12.1 Adult tonic**. She continued the remedy for a month and has remained headache-free since. On another occasion, a patient suffering from persistent vomiting found relief after just one dose of **CC4.6 Diarrhoea + CC15.1 Mental & Emotional tonic** - an experience that quietly strengthened my faith.

One of my cows had not conceived for almost three years. With patience and prayer, I administered **CC1.1 Animal tonic + CC8.2 Pregnancy tonic**. Within a couple of months, the cow conceived and



delivered a healthy calf in Feb 2025. Today, she is once again pregnant and expected to deliver her second calf in February 2026. For me, this is not a coincidence - it is Swami's grace at work. As an animal lover, I take special care to nourish and protect my cows, hoping to spare them the painful fate of the slaughter house that often awaits animals once they stop producing calves.

My fields, too, tell their own quiet story of healing. Crops such as spinach and brinjal are regularly treated with **CC1.2 Plant tonic + CC21.7 Fungus**, along with organic fertilisers and pesticides. I have also seen good results

using **CC21.4 Stings & Bites** to control ants and flies in my sheds, administering the remedy in water over cattle to reduce flies and ticks.

Standing amidst my crops and cattle, I feel humbled. My faith is absolute - Swami is the Healer. I see myself as nothing more than an instrument, grateful for the opportunity to extend comfort and healing wherever it is needed - to humans, to animals, and even to plants that quietly sustain life.

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## ❖ Case Histories Using Combos ❖

### 1. Headache, blurred vision 11634...India

A 17-year-old boy had been suffering from recurrent headaches for the past 13 years, since 2012. Triggered by sun exposure, the headaches were accompanied by a crushing sensation in the head. These attacks occurred three times a month, and usually persisted until he fell asleep at night. The pain was generally moderate (5 on a scale of 1 to 10), allowing him to continue with daily activities. However, during more severe episodes, he required a prescribed painkiller, which provided temporary relief within an hour.

For the past three years, he had also been experiencing episodes of blurred vision during periods of stress, particularly during examinations. Each episode lasted for about two hours, during which he had to make extra effort to read and focus. Upon learning about vibrionics, the boy's mother consulted the practitioner and he started taking on **27 May 2025**:

#### **CC11.4 Migraines + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia...TDS**

Additionally, from 1 June 2025, he took iron supplements for one month, prescribed by a doctor who attributed the blurred vision to iron deficiency.

##### *Treatment progress:*

- **18 June 2025:** No episodes of headache or blurred vision even during recent examinations; allopathic painkiller was not needed since starting the remedy.
- **30 Aug 2025:** Remedy discontinued after it was exhausted.

As of Dec 2025, the boy continues to be symptom-free. From being a headache patient having episodes every month, he is now very happy to be headache-free for six months in a row for the first time in 13 years.

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### 2. Pain, swelling, discoloration of feet 11646...India

A 98-year-old man had been in excellent physical and mental health, fully independent and able to walk without a stick. Towards the end of 2024, he developed swelling and constant pain in both feet, more severe on the right side, along with generalized body pain. The pain did not subside even with rest and progressively worsened, rendering him unable to walk and confining him to his home. Over time, the skin of both feet turned brownish-black. His physical activity had stopped, appetite reduced due to stress, and his sleep was disturbed by frequent urination at night. Until the onset of these symptoms, he had led an active life, taking daily evening walks. The sudden deterioration caused considerable worry to him and his wife. He had coronary artery bypass graft surgery in 2003, but remained stable and active.

His condition worsened in Jan 2025; the family consulted a doctor who attributed his condition to advanced age and prescribed statins to reduce the risk of heart disease and diuretic for oedema. After over two months of treatment, improvement was limited to 10%. On review, the doctor conveyed to the patient's son that further improvement was unlikely despite continuing treatment. Distressed, the son prayed to Swami and, by divine grace happened to meet the practitioner living in his area. At consultation, the patient appeared anxious and fearful. Based on the doctor's diagnosis, on **30 Mar 2025**, he was given:

**NM76 Dyspnoea + NM91 Paramedic Rescue + OM7 Heart + BR4 Fear + BR5 Heart + SM26 Immunity + SR265 Aconite + SR271 Arnica + SR278 Cactus + SR286 Crataegus + SR304 Oxygen + SR413 Sumbul + SR455 Artery + SR461 Brain (Medulla) + SR462 Brain (Pons) + SR473 CN10: Vagus + SR477 Capillary + SR483 Coronary Artery Left + SR484 Coronary Artery Right + SR494 Haemoglobin + SR495 Heart + SR496 Heart Valves + SR539 Vein + SR541 Adonis Ver...in water to be sipped throughout the day\***

Allopathic medication was continued.

##### *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.

As of Dec 2025, there has been no recurrence.



Before treatment – 30 Mar 2025



3 May 2025



5 June 2025

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

#### Son's Testimonial (30 June 2025):

This is to inform you that my 98-years-old father, who was suffering from severe body pains as well as heavy swelling and dark discoloration of his feet (due to circulatory issues) in spite of taking allopathic medicine for three months, is now free to a very large extent from pain in various parts of his body and also from swelling & discoloration of his feet. This transformation came about after Sai Vibrionics medicines were added to his daily consumption of allopathic medicine, for a period of just 64 days. Please accept my sincere thanks and gratitude for such a tremendously positive change in his health.

My heartfelt gratitude to Almighty Satya Sai Baba, Vibrionics medicine and last but not the least, your good self, who was chosen as the blessed instrument of Mother Sai, to bring about this incredible change in my father's health. Once again, many thanks for your yeoman service. May Almighty Sai bless you and your dear ones.

### 3. Pain, numbness in hands, GERD 18009...India

A 46-year-old male had been suffering from tingling sensation in his hands, and numbness during the nights, and constant pain in wrists, for the past four years, since 2021. The symptoms were aggravated by excessive strain and were a cause for concern, as his occupation required prolonged and repetitive operation of levers.

Additionally, for the past two years, since Jan 2023, he had been suffering from a burning sensation in the abdomen after meals, accompanied by flatulence throughout the day. Owing to shift duties, his meal timings were irregular, with frequent intake of outside food. Initially, these digestive symptoms occurred two to three times a week and were relieved by buttermilk. However, over the preceding eight months, the burning sensation began occurring after every meal, with no relief by buttermilk. He also reported difficulty in bowel movements along with foul-smelling flatulence.

He had not taken any allopathic medication and had been managing his condition with yoga. On **8 Mar 2025**, he consulted the practitioner, a friend from yoga classes and was given:

**#1. CC4.10 Indigestion + CC10.1 Emergencies + CC12.1 Adult tonic...6TD**

**#2. CC3.7 Circulation + CC10.1 Emergencies + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.5 Spine + CC20.7 Fractures + Bitter leaf\* Potentised 1M...6TD**

and was also advised to take home-cooked meals with leafy vegetables and buttermilk, and packed lunch to avoid outside food. For the next several weeks the patient had to take a break from his yoga classes due to his father's hospitalisation and gave no feedback.

#### *Treatment progress:*

- **1 June 2025:** 100% relief in all symptoms, dosage reduced to **TDS**.
- **1 July 2025:** Dosage reduced to **OD**.

➤ **25 Aug 2025:** Remedies stopped after gradual tapering.

As of Dec 2025, there has been no recurrence. The patient continues to enjoy a balanced life with healthy food and yoga.

\*Its botanical name is *Vernonia amygdalina*.

#### **4. Pain in knees, calf-muscles 11632...India**

A 47-year-old woman had been enduring pain in both knees and calf-muscles for eight months since Aug 2020. The pain was aggravated while climbing stairs, sitting down or standing up and if sitting on floor for more than five minutes. As a school teacher, she was required to climb stairs several times a day in the multi-storey school building.

She also had a regular practice of sitting on the floor for meditation for an hour twice daily, which she was forced to discontinue due to increasing pain. She struggled with the condition until she learnt about vibrionics and sought treatment. On **21 Mar 2021**, the practitioner gave her:

**#1. CC3.7 Circulation + CC10.1 Emergencies + CC13.1 Kidney & Bladder tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue...TDS** and in mustard oil for external application...BD

*Treatment progress:*

➤ **22 Mar 2021:** Severe calf-muscle pain in both legs throughout the night, possibly pullout.

➤ **23 Mar 2021:** Pain improved by 50%; able to sit cross-legged for 15 minutes.

➤ **15 June 2021:** Pain improved by 75%, able to sit down and get up from the floor without much discomfort; revealed having fatigue during physical exertion for eight months; enhanced oral remedy to **#2. CC12.1 Adult tonic + #1...TDS**.

➤ **18 Sept 2021:** Pain improved by 90%; fatigue resolved completely.

➤ **28 Dec 2021:** Complete resolution of pain, resumed all daily activities, external application stopped; dosage of **#2** reduced to **OD**.

➤ **30 June 2022:** Remedy stopped after gradual tapering.

#### **5. Irritable bowel syndrome with Constipation 11583...India**

A 63-year-old man had suffered since childhood from hard stools, persistent sensation of incomplete evacuation, and burning in the chest and throat with frequent burping. At age 35 in 1999, he developed bleeding piles and underwent surgery in 2004, when he was diagnosed with irritable bowel syndrome (IBS). He managed his condition with prescribed antacids and weekly laxatives, which provided only partial relief. In 2022, his piles recurred with abdominal burning, bloating, and heaviness. Twice weekly, hard stools triggered painful bleeding. Conventional medication offered only 50% relief.

Upon discovering vibrionics, he consulted the practitioner on **29 May 2025**, who gave:

**#1. CC4.4 Constipation...OD** in coconut oil for applying to naval before sleep, for 40 days.

**#2. CC4.6 Diarrhoea + CC4.8 Gastroenteritis + CC10.1 Emergencies + CC12.1 Adult tonic + #1...6TD**

*Treatment progress:*

➤ **6 June 2025:** Softer stools, no episode of bleeding, feeling of incomplete evacuation gone; abdominal burning, heaviness and bloating improved by 50%; prescribed medication no longer needed.

➤ **24 July 2025:** Complete resolution of all symptoms; **#2** reduced to **TDS**.

As of Dec 2025, patient remains well but prefers to continue **#2** long term.

## 6. Addiction to alcohol 11632...India

A 58-year-old man had been addicted to alcohol for 30 years since 1993. His professional and social life was marked by frequent parties where alcohol consumption was routine. In Jan 2003, he met with a serious accident resulting in multiple fractures, a blood clot in the brain, and significant memory loss. The severity of his condition confined him to his home for three years; nevertheless, he continued consuming alcohol, aided by friends who visited him regularly. By April 2006, he had gradually returned to normalcy.

His wife, a vibrionics beneficiary, approached the practitioner seeking help for her husband, who was drinking on at least five days a week. On **26 Nov 2023**, he was prescribed:

### CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC15.3 Addictions...TDS but his wife started him at BD.

#### *Treatment progress:*

- **24 Dec 2023:** Felt more energetic, voluntarily increased dosage to **TDS**.
- **18 Feb 2024:** Alcohol consumption reduced to two days a week with no sign of withdrawal symptoms; on the contrary, he felt calmer and more peaceful.
- **28 Apr 2024:** Completely free from addiction, had not consumed alcohol for one month.
- **23 June 2024:** Remedy stopped after tapering.

As of Dec 2025, he remains completely free from alcohol. His wife expressed deep gratitude to Sai Vibrionics for relieving her husband from a 30-year-long addiction.

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## 7. Hypomenorrhea, ovarian cyst 10375...India

A 46-year-old female practitioner had been experiencing irregular and scanty menses since Apr 2014. Her menses were delayed by 5 to 7 days and lasted only 2 to 3 days (as opposed to her usual four days), and at times were limited to mere spotting. A pelvic scan on **28 Aug 2014** revealed a simple cyst (measuring 38 X 29 mm) in the right ovary along with a mildly bulky uterus. She also had mild vaginal itching for the past 10 days. She immediately prepared and started taking:

### #1. CC8.4 Ovaries & Uterus + CC8.5 Vagina & Cervix + CC8.6 Menopause + CC12.1 Adult tonic...TDS; no other medication was taken.

#### *Treatment progress:*

- **7 Sept 2014:** Vaginal itching completely resolved; **#1** modified to **#2. SM39 Tension + CC8.4 Ovaries & Uterus + CC8.6 Menopause + CC8.8 Menses irregular + CC12.1 Adult tonic...TDS**.
- **9 Mar 2015:** Suspected fibroids in uterus, based on pulse reading by an ayurvedic physician; so changed **#2** to **#3. NM16 Drawing + SM2 Divine Protection + SM39 Tension + SR264 Silicea 30C + SR274 Aurum Mur Nat 6X + SR318 Thuja 30C + SR537 Uterus + SR555 Lilium Tig...TDS**.

She was under tremendous mental stress both at work and home between July and Sept 2015.

- **29 Sept 2015:** Very heavy menstrual bleeding with large clots lasting 17 days; **#3** increased to **6TD**.
- **5 Nov 2015:** Another episode of heavy bleeding for five days.
- **10 Nov 2015:** Pelvic scan done, radiologist was surprised to see a perfectly normal uterus, described it as '**textbook uterus**'; no sign of cyst in her right ovary.
- **15 Nov 2015:** Dosage reduced to **TDS**.
- **27 Dec 2015:** Normal menses resumed.
- **25 May 2016:** Menses continued to be normal; **#3** stopped after gradual tapering.

With her last menses in Mar 2018, the practitioner transitioned smoothly into menopause. She remains deeply grateful to Swami

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## 8. Osteoarthritis of knees 11654...India

A 64-year-old man had been suffering from bilateral knee pain for ten years since 2013, the left knee being more severely affected. Initially, pain was mild while walking but would worsen considerably while climbing stairs. Employed in a steel plant, his work involved frequent climbing of a 54-metre high crane, which he believed contributed significantly to the progression of his condition.

In 2016, his doctor said the pain was due to wear and tear of knee joints, so prescribed a steroid and a painkiller. On his advice, he stopped climbing cranes at work and shifted to a different role. However, pain would recur soon after stopping the medication. From 2021, he relied solely on painkillers, taken as needed. The pain progressively worsened, and by 2023, he found it difficult to climb stairs even at home. The use of knee caps during walking and stair climbing offered no benefit.

At the time of consultation on **21 Aug 2023**, he had severe knee pain for two days, with regular painkiller providing minimal relief, and visibly anxious about his condition; he was given:

**#1. CC3.7 Circulation + CC10.1 Emergencies + CC12.1 Adult tonic + CC20.2 SMJ pain + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue...6TD** and in mustard oil for external application...**BD**. Painkiller was continued as and when needed.

### *Treatment progress:*

- **20 Sept 2023:** Pain reduced by 30% in both knees, climbed stairs using knee caps with only mild pain; **#1** enhanced to **#2. CC18.5 Neuralgia + #1**.
- **5 Nov 2023:** Pain down by 50%; patient delighted to be able to climb stairs comfortably with knee caps.
- **24 Dec 2023:** Painkiller no longer needed.
- **23 Jan 2024:** 70% improvement; patient able to walk comfortably without knee caps; **#2** further enhanced to **#3. CC13.1 Kidney & Bladder tonic + CC20.6 Osteoporosis + #2**.
- **7 July 2024:** Pain down to 10%.
- **24 Sept 2024:** Complete resolution of pain; patient comfortable to walk and climb without knee caps; **#3** reduced - oral to **TDS**, external application to **OD**.
- **23 Nov 2024:** External application discontinued; oral remedy gradually tapered and stopped.

As of Dec 2025, he continues to walk and climb stairs without discomfort and remains free from knee pain.

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## 9. Respiratory allergy 11634...India

A 10-year-old boy had been suffering from recurrent episodes of sneezing and nasal blockage often accompanied by headaches, for over five months since June 2021. The symptoms were triggered by exposure to dust and strong odours such as perfumes. He typically had three to four episodes per month, each lasting about two days. In addition, he sneezed 6 to 8 times every morning on waking. Prolonged exposure to triggers for more than 30 minutes resulted in nasal blockage that persisted for the rest of the day, causing breathing difficulty.

These symptoms began during the period of Covid-19 restrictions, when the child remained indoors for extended duration. Prior to this, he had been healthy and actively engaged in outdoor sports. There was a family history of respiratory allergies. Steam inhalation and drinking warm water provided relief, with the nasal blockage usually resolving by late evening or night. With his family's support, he made conscious effort to avoid known triggers as much as possible. He was not under any other treatment. Upon learning about vibrionics, his parents approached the practitioner residing in the area and he gave on **12 Nov 2021**:

**#1. CC19.2 Respiratory allergies...TDS;** if symptoms are severe, increase to **every 10** minutes for 2 hours followed by **6TD** for three days.

### *Treatment progress:*

- **28 Nov 2021:** Headache started, so gave for headache **#2. CC11.3 Headaches...BD** in coconut oil for external application; good improvement on and off with some days of respite.

- **7 Dec 2021:** Headache gone in two days, stopped #2; #1 enhanced to #3. **CC9.2 Infections acute + CC12.2 Child tonic + #1...6TD;** itching in ears for past three days, so gave **#4. CC5.1 Ear infections...OD** in coconut oil as eardrops.
- **12 Dec 2021:** Ear itch improved by 75%; **#3** reduced to **TDS.**
- **26 Jan 2022:** Severe nasal block and discomfort in throat since morning; **#3** enhanced to **#5. CC19.3 Chest infections chronic + CC19.5 Sinusitis + #3...6TD.**
- **31 Jan 2022:** Nasal block and throat discomfort improved by 90%; itching in eyes after sleeping on floor, so gave **#6. CC7.3 Eye infections...TDS** in distilled water as eye-drops; also gave **#7. IB** (Vol 12 #4)...6TD.
- **8 Feb 2022:** Sneezing, itching in ears and eyes resolved completely; **#4** and **#6** stopped; **#5** and **#7** reduced to **TDS.**
- **25 Apr 2022:** Complained of intermittent nasal block, gave: **#1** in coconut oil as nasal drops.
- **10 May 2022:** Complete resolution of symptoms; nasal drops stopped on **25 July 2022.**
- **30 Sept 2022:** **#5** tapered and stopped; **#7** reduced to **OD** for maintenance.

As of Dec 2025, he has been well without any relapse.

## ❖ Answer Corner ❖

**Q1. While a patient is taking pills for some ailment, can I simultaneously broadcast that remedy in order to strengthen the healing process?**

**A.** No, when a patient is already taking oral vibrionics pills for a particular condition, broadcasting should not be used simultaneously for that same issue. He may receive broadcast for a different condition, as long as that ailment is addressed with an independent remedy. This maintains vibrational clarity and aligns with core vibrionics and radionics principles. Remember broadcasting should only be used when pills cannot be given or will not be taken. A clear, singular input produces the most stable results. Also, when a single delivery method is adopted, practitioners can clearly assess improvement and adjust the treatment as needed. Use of two delivery paths may blur or distort the vibrational message. Subtle frequencies can overwhelm a sensitive patient if delivered through multiple channels at once.

**Q2. Sometimes we get amrit or honey manifested from Baba's photo. Can we potentise this using SRHVP to be used for healing or sharing with other people for their health issues?**

**A.** Manifestations like vibhuti, amrit, or honey maybe 'tailor-made' for the recipient's spiritual or physical needs. Baba may infuse it with a vibration precisely tuned to your current state, in which case, use it solely for your own sadhana and healing. Potentising or sharing it could be energetic mismatch. Sometimes, Baba intends for such manifestations to be shared, you'll usually get a very \*clear\* inner prompting or repeated external confirmation. In such cases, the energy will be unmistakably universal and manifested substance is constantly flowing; so it should be shared generously for general wellbeing and spiritual upliftment.

**Q3. In homoeopathy, very high potencies, like 1M, 10M are given once a month or so whereas in vibrionics for the same remedy, we prescribe TDS. Is this dosage not very high?**

**A.** In homeopathy, very high potencies such as **1M or 10M** are given infrequently because they strongly stimulate the patient's vital force and repeated dosing may cause aggravation. In vibrionics, although similar potency numbers are used, the action is different: the remedy is a *gentle vibrational signal*, not a stimulus to provoke a reaction. Repeated dosing (eg, **TDS**) simply *maintains* the corrective vibration in the system since vibrations generally do not stay in the system for too long. Therefore, frequent dosing in vibrionics is safe and necessary while in homoeopathy, it is essential for high potencies to be given infrequently.

**Q4. What precautions should practitioners take if they are highly sensitive to patients' conditions, sometimes even experiencing similar symptoms themselves, after a consultation?**

**A.** Sensitive practitioners who empathize deeply with patients may sometimes experience "sympathetic resonance", a temporary mirroring of the patient's symptoms. While this shows compassion, it can drain them. So, follow these safeguards:

**Before the session:** Pray to invoke divine protection. Imagine sitting inside a cone of golden light with base of a circular neon blue light to create an energetic shield. Remind yourself "*I am only an instrument, healing flows through me, not from me*", this reduces attachment with the patient's suffering.

**During the session:** Observe symptoms as information, not as personal experience, acknowledge the patient's condition verbally rather than unconsciously mirroring it. Listen with empathy, not absorption: Reflect back the patient's words instead of internalizing their pain.

**After the session**, wash hands and face using water as a symbolic purifier to reset energy. Ground yourself by stepping outside, take three deep breaths in fresh air, walk barefoot briefly while visualising energy channels from your feet extending into the ground to discharge negative energy absorbed from patient. Thank the divine and consciously release any residual energy. Finally, self-reflect to process emotions without carrying them forward. You may take an appropriate remedy, eg, **CC15.1 Mental & Emotional tonic**.

**Remember** Baba has repeatedly emphasized that *healers are merely instruments of divine energy*, not the source. Practitioners must cultivate detachment and humility, ensuring they serve without absorbing.

**Q5. Many young people are turning to vaping as an alternative to cigarettes, since these are considered safer. However, the vapours from these devices still contain nicotine and other harmful chemicals. Is there a remedy that can counteract the ill effects of these vapours? Additionally, some individuals have developed an addiction to vaping, how can we address and remove this dependency?**

**A.** To counteract their ill effects, potentise the vapour itself. First, capture a sample of vapour by condensing it on a cotton ball and putting it in a vial, or by blowing through a straw into water in a vial and, then potentise it at **1M**. This can help neutralise the harmful effects of exposure to vaping, even for passive smokers inhaling these vapours unintentionally.

In cases of addiction, the same remedy but potentised at **200C** can help alleviate cravings and reduce dependency. It is important to know that the remedy works best when combined with conscious intent to quit and supportive lifestyle measures.

## ❖ Divine Words from the Master Healer ❖

*"Eat your meals on time. Have your fill. Relish and enjoy the food provided by your parents which they have secured through much hard work. Never find fault with it or refuse it. If you relish fondly, it nourishes your body well. Then the body can do any amount of work."*

...Sathya Sai Baba, *Health is Wealth, Divine Discourse, Summer Showers, 27 May 2002*  
<https://sssbpt.info/summershowers/ss2002/ss2002d12.pdf>

*"The first lesson in seva has to be learned in the family circle itself. Father, mother, brothers, sisters—in this limited group which is well-knit, one must engage in loving service and prepare for the wider seva that awaits outside the home. The character of each individual member determines the peace and prosperity of the family; the character of each family is the basic factor that decides the happiness and joy of the village or the community. And the nation's progress is based on the strength and happiness of the communities that are its components. So, for the welfare of the country and of the entire world, the spirit of service, vital enthusiasm, constructive imagination, pure motivation, and unselfish alertness are all urgently needed."*

...Sathya Sai Baba, *Lessons on Seva Sadhana, 19 Nov 1981, Sevadal Conference*  
<https://www.ssssaitya.org/discourses/1981/lessons-on-seva-sadhana>

## ¤ Announcements ¤

### Forthcoming workshops

- **UK London:** Vibronics Practitioners' Midland Group Meeting, **18 Jan 2026**, contact [jeramjoe@gmail.com](mailto:jeramjoe@gmail.com)
- **India Puttaparthi:** **AVP\*** face-to-face Workshop **15-19 July 2026\*\***, contact [editor1@vibronics.org](mailto:editor1@vibronics.org)
- **India Puttaparthi:** **SVP\*** workshop **21-25 July 2026\*\*** contact [promotionsSVP@vibronics.org](mailto:promotionsSVP@vibronics.org)
- **India Puttaparthi:** **AVP\*** face-to-face Workshop **26-30 Nov 2026\*\***, contact [editor1@vibronics.org](mailto:editor1@vibronics.org)
- **India Puttaparthi:** **SVP** follow-up course, **1-2 Dec 2026\*\*** contact [promotionsSVP@vibronics.org](mailto:promotionsSVP@vibronics.org)

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

\*\*Subject to change

## ¤ In Addition ¤

### 1. Health article

#### Role of Essential oils in Uplifting Health!

*"The universe is the body of God; every particle in it is filled with God, His glory, His might, His inscrutability. Essentially, there is no conflict between man and creation; just as a child is entitled to enjoy the milk from its mother and the bee is entitled to enjoy the honey from flowers, there can be no objection to man enjoying the resources of nature...Man should realize, there should be no excessive indulgence."...Sathya Sai Baba<sup>1</sup>*

#### 1. What are Essential oils

Essential oils (hereafter referred to as e-oils) are complex organic compounds derived from plants that are naturally rich in phytochemicals capable of combating viruses, bacteria, fungi, and parasites. They are most commonly extracted by steam distillation, a process that requires vast quantities of plant material to produce a small amount of oil. For example, about 25 kg of lavender flowers yield just one 100 g of oil, while nearly 500 kg of rose petals or lemon balm are required for the same quantity.

Because of this concentration, e-oils are highly potent, aromatic, and considered powerful botanical medicines. They possess a much stronger fragrance than the plants from which they are derived and contain higher levels of active constituents. Made up of very small molecules, they are readily absorbed



through the skin, enter the bloodstream quickly, and may support healing processes. Generally, essential oils are not intended for ingestion and may be toxic if consumed without expert supervision. Their most common and safest applications are topical use (after dilution) and aromatherapy, one of the oldest natural healing practices.<sup>1-5</sup>

## 2. Frequency of essential oils and of Human Body

All matter, plants, animals, and the human body, is composed of atoms and molecules that vibrate at specific measurable frequencies, referred to as molecular vibrations, measured in hertz (Hz), or cycles per second. Any imbalance in these frequencies may influence physical or chemical functioning.<sup>6-8</sup>

### 2.1 Physical frequency of the human body

At a physical and measurable level, studies using electroencephalography (EEG), which records brain-wave activity, show that the human body operates within a frequency range broadly between 4 and 13 Hz or more, depending on the body part, posture, and physiological state. These brain waves include - *Delta* (0.1–3.5 Hz): deep sleep; *Theta* (4–8 Hz): relaxed meditation and prayer; *Alpha* (8–12 Hz): calm, relaxed alertness, and *Beta* (13–30 Hz): active thinking and wakefulness.

Research has shown that individuals with learning or attention difficulties may exhibit reduced 13 Hz activity in certain brain regions, affecting sequencing abilities and mathematical processing.<sup>6-8</sup>

### 2.2 Cellular vibrational frequency and essential oils

Some non-peer-reviewed studies suggest that essential oils possess exceptionally high vibrational frequencies, reportedly ranging from 52 to 320 megahertz (MHz). These frequencies are believed to create conditions in which disease-causing organisms and negative emotional states may find it difficult to thrive. When absorbed through inhalation or topical application, e-oils are thought to support healthier overall vibrational states in the body.

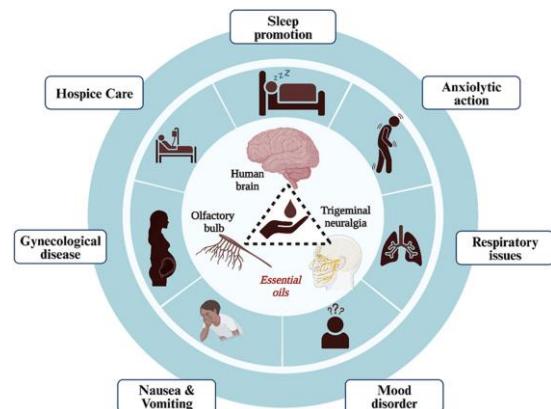
For instance, rose oil, often cited at around 320 MHz, is widely used in aromatherapy. One study on rose oil inhalation reported an increase in grey matter volume in the brain, supporting cognitive function and potentially reducing dementia risk.<sup>7-10</sup>

### 2.3 Vibrational frequency and health

It is believed that the higher the body's vibrational frequency, the lower the susceptibility to disease. According to some reports, a healthy human body may exhibit an average cellular frequency of about 62–72 MHz, while a drop to around 58 MHz may increase vulnerability to common infections such as colds and flu. Further declines have been associated, in theory, with more serious illnesses. While essential oils can help harness the protective and beneficial qualities of plants to support physical and mental wellbeing, it must be clearly stated that there is no robust scientific evidence confirming a direct increase in human cellular or vibrational frequency through essential oil use.<sup>7,8,11</sup>

## 3. Benefits of Essential oils

Many essential oils are recognised for their ability to reduce inflammation, ease nausea and pain, relieve stress and anxiety, alleviate headaches, support skin and hair health, improve mood, enhance alertness and performance, and promote restful sleep. However, these benefits depend greatly on how the oils are used.



Although generally considered safe when used correctly, essential oils are highly concentrated mixtures of volatile organic compounds (VOCs) and may cause irritation or adverse reactions if used indiscriminately. Even a single drop can have a powerful effect. To maximise benefits and minimise risks, proper dilution is essential.<sup>2,5,12</sup>

## 4. Role of Carrier oils

Carrier oils are derived from the fatty parts of plants, such as seeds, nuts, or kernels, and are used to dilute essential oils before topical application. They help enhance absorption, reduce the risk of skin irritation or allergic reactions, and ensure safe use on the skin and scalp.

Among the many available carrier oils, commonly used ones include almond, argan, arnica, castor, coconut, grapeseed, jojoba, neem, olive, and rosehip oils, each offering distinct skin and hair benefits.<sup>5,13-14</sup>

## 5. Commonly Used Essential Oils

There are more than 100 essential oils known for their therapeutic properties, including support for infections, pain relief, skin conditions, nervous system balance, and emotional wellbeing. Some of the most widely used oils include bergamot, chamomile, clary sage, clove, eucalyptus, frankincense, ginger, lavender, lemon, peppermint, rose, rosemary, sandalwood, tea tree, and thyme, each valued for specific physical or emotional benefits.<sup>2,5,15</sup>

## 6. Safety Guidelines

- Never apply essential oils directly to the skin or tongue.
- Always dilute: a safe range is 0.5–2.5% (approximately 3–5 drops in 30 ml of carrier oil).
- Perform a patch test before full application; avoid broken or sensitive skin.
- Keep oils away from eyes, mouth, and intimate areas.
- Store oils in dark glass bottles, away from children and pets.
- Discard oils if their smell, colour, or consistency changes.<sup>2,5,13-23</sup>

## 7. Aromatherapy

Aromatherapy is the most common use of essential oils. Much of the available research focuses on individual oils. When multiple volatile compounds are combined, secondary pollutants such as formaldehyde may form, potentially causing irritation of the nose, throat, or lungs. Hence, it is advisable to choose oils clearly labelled “for aromatherapy use.”

Safer methods include diffusion in well-ventilated spaces, dry evaporation using cotton, or gentle steam inhalation. Direct inhalation from the bottle is not recommended, especially for individuals with asthma or respiratory conditions. Prolonged exposure to high concentrations may affect heart or lung health, and aromatherapy may not be suitable for individuals with dementia or loss of smell.<sup>2,17-23</sup>

## 8. Practical Tips

- Select oils appropriate to your individual needs; consult a healthcare professional if you have medical conditions or are on medication.
- Use oils sparingly and intermittently rather than continuously.
- Exercise extra caution with children, pregnant women, elderly individuals, and those with compromised immunity.
- Avoid using expired or improperly stored oils.<sup>2,17-23</sup>



## 9. Important note for Sai Vibrionics practitioners

Essential oils, due to their strong aroma, can interfere with the subtle vibrations of Sai Vibrionics remedies. It is therefore advisable to keep essential oils at a safe distance from remedies and to maintain a time gap of at least **one hour** between their use and vibrionics remedy.

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## 2. Workshops & Seminars

### AVP workshop 26-28 Nov 2025, SVIRT office, Puttaparthi

Twelve participants, eleven from India and one from the USA, qualified as **AVPs\*** and reverentially took their oath before Swami on 27 Nov. They expressed gratitude for the enriching learning journey that began in Aug 2025, under the guidance of their e-course teachers and two senior trainers. The face-to-face workshop included live clinics that provided valuable practical exposure and hands-on training in preparing remedies in different mediums. The participants appreciated the opportunity to interact directly with patients and gain practical insights into building rapport, sensitively eliciting case details, planning treatment, selecting appropriate combos, administering remedies worshipfully, and maintaining diligent patient records.

During the valedictory session, the founders shared words of guidance and inspiration. Dr Aggarwal emphasised that self-transformation is the true purpose of vibrionics seva, reminding participants that healing flows through love, humility, purity of thought, word and deed, and complete absence of ego. He reiterated that it is Swami who heals, while the practitioner serves as an instrument, supplementing the remedy with sincerity, faith, and compassion.

Deeply inspired, the participants expressed heartfelt gratitude and resolved to sustain the enthusiasm generated during the course. One participant volunteered to coordinate monthly meetings for the batch, to be guided by mentors in rotation.

\*Regn nos. 11674 to 11684 and 03625

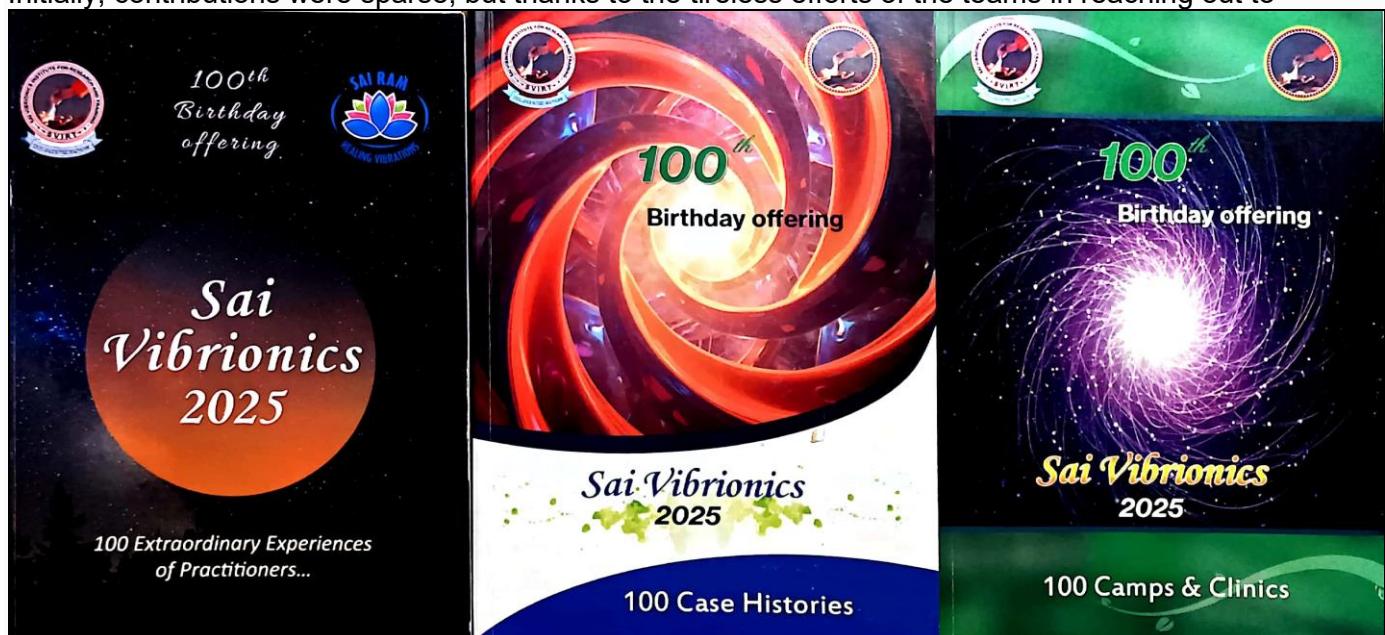




### 3. Our Collective Centenary Offering to Bhagwan

Deciding on a gift for our beloved Lord on His 100<sup>th</sup> Birthday posed quite a challenge. After much contemplation, we chose to present a compilation of vibrionic seva contributions from practitioners across the globe. This initiative was first proposed in the March/April 2024 newsletter, leading to the formation of three dedicated teams tasked with collecting, refining, and editing the submissions. Our heartfelt intention was to showcase the work of as many practitioners as possible worldwide.

Initially, contributions were sparse, but thanks to the tireless efforts of the teams in reaching out to



practitioners and inspiring them to share their experiences, we began to see submissions trickling in, though still falling short of our target. It wasn't until late October 2025, crossing all deadlines, that we

experienced a surge in write-ups. The teams worked diligently through the nights to prepare everything for publication.

Challenges persisted, including the difficulties with artwork and missed printing deadlines. However, we have learned that when we surrender in faith, the Lord often intervenes at the last moment. Ultimately, on November 19th, we sent the final material to the printer, and an initial batch of books was delivered to Puttaparthi on 23 Nov. Our task then was to bring the heavy parcels into the ashram amidst the surging crowds and almost no vehicle access. Fortunately, **SVP** <sup>02696</sup> one of the governors of SVIRT arrived and successfully facilitated the delivery of the books to S4-B1 where this offering of gratitude was made at the altar, culminating in a cake-cutting ceremony led by Dr Aggarwal and the UK coordinator, later shared with all visitors and attendees of the AVP workshop.

On 25 Nov, we were honoured to offer the books at Swami's Sannidhi. On the men's side, Dr Aggarwal presented the books, while on the ladies' side, Hema Aggarwal and **VTs** <sup>10375&11422</sup> had the privilege of making this offering. We extend our eternal gratitude to the Lord and to everyone who contributed articles and supported this project over the past year. We also appreciate the assistance from those outside of Sai Vibrionics who stepped in to help us meet our tight deadlines.

#### 4. Camps & Clinics

##### 4.1 Gayatri Vidyaalaya, Neredmet, Hyderabad, TS, 3 Nov 2025

At the initiative of **Practitioner** <sup>11627</sup> and facilitated by the Service Coordinator of Sainikpuri Samithi, an awareness program was organized on 3 Nov 2025 at Gayatri Vidyaalaya, a school established in 1999 with a current strength of 198 students. This inaugural event drew a large gathering of 70 parents, teachers, and students, and began with an introductory session highlighting the benefits and precautions of Sai Vibrionics.

This was followed by a vibrionics health camp, during which **Practitioners** <sup>11563, 11614 & 11627</sup> attended to 32 patients suffering from a wide range of ailments, including diabetes, joint and body pains, digestive disorders, sleep disturbances, allergies, migraine, skin, eye, and ear conditions, as well as stress-related issues. The school staff extended wholehearted support throughout the program. Since its inauguration, the camp has been held regularly on a fortnightly basis, conducted on the first and third Mondays of each month by the same dedicated practitioners.



##### 4.2 Vibrionics Seva at Prasanthi Nilayam Railway Station: A Special Centenary Offering

Since 2009, a vibrionics medical camp has been held every year at the Prasanthi Nilayam Railway Station on the occasion of Bhagawan Sri Sathya Sai Baba's birthday. During Swami's Centenary Year celebrations, this humble seva was offered on a much larger scale, with the camp conducted for ten continuous days from 15 to 24 Nov 2025 instead of the usual three.

Led by **SVP** <sup>01228</sup> and supported by a dedicated team of 10 practitioners\*, the camp served 3,325 patients, rendering a total of 234 seva hours. Devotees arriving by trains since early morning were lovingly received, their health concerns patiently heard, and appropriate vibrionics remedies provided. The most common ailments treated included colds and flu, gastrointestinal complaints, and body pains.

The practitioners were deeply moved to witness vibhuti materialising from two photographs of Swami throughout many days of the camp, continuing until the final day, experienced by all as Swami's silent blessing and acceptance of this centenary offering. Photographs could be taken only sparingly, as the practitioners were fully engaged in serving the continuous flow of patients. Yet the sweetness of the vibhuti and the sanctity of the moment remain etched in the hearts of those who witnessed it. Thank You, Beloved Swami, for granting us this rare and sacred opportunity to serve at Your doorstep and for blessing this seva with Your unmistakable presence.



\* **Registration nos:** 01228, 11660, 11658, 11623, 11650, 11587, 10782, 11659, 11624, 01448. Brigitte Teisseire, though not a practitioner, lovingly rendered seva for seven full days. Vizag practitioners supported the camp by sending ready-filled bottles for easy dispensing.

#### 4.3 Inauguration of Vibrionics Camp at Alkapuri Samithi, RK Puram, Hyderabad, TS, 28 Dec 2025

While serving at the vibrionics camp at Puttaparthi Railway Station on 23 Nov 2025, **Practitioner**<sup>11587</sup> received valuable support and many referrals from a devotee from Alkapuri Samithi he had just met. On their return to Hyderabad, the Convener of the Samithi, readily accepted their proposal to start a Sai Vibrionics camp at the Samithi premises where they already host regular homoeopathy and allopathy camps on Thursdays and Sundays.



On 28 Dec 2025 at 9:30 am, the camp was inaugurated by the Samithi convenor, and Practitioner<sup>11587</sup> gave an overview of vibrionics to a gathering of 50 participants. A total of 26 patients were treated for various ailments including joint and back pains, BP, diabetes, respiratory and digestive disorders, skin allergies etc. The Sai volunteers extended excellent support and hospitality, ensuring the smooth conduct of the camp. The program concluded at 2.30 pm. The camp will be held once a month on every 4<sup>th</sup> Sunday.

#### 5. Anecdotes

##### 5.1 From the Diary of Dr Jit K Aggarwal – Lost Memory Restored in 2 days: A Vibrionics Wonder!

It was May 1995 when my friend Robin came to our weekly Sai bhajans in Oxford and shared some distressing news. His 47-year-old wife, Anne, had suffered a severe fall from her horse and, as a result, had completely lost her memory. The doctors at the hospital gave a rather gloomy prognosis; they warned that her memory was unlikely to return, and even if some recovery occurred, it could take up to two years.

Robin had only recently joined our Baba group and eagerly awaited any news from Prasanthi Nilayam whenever I returned to Oxford. On that particular occasion, I excitedly shared my recent discovery of vibrionics, then known as vibropathy, explaining how Swami had personally guided this healing method

and blessed the Sai Ram Healing Vibration Potentiser, a prototype of which I had built and taken to the ashram.

Though sceptical, yet clutching on straws, Robin was keen to try this treatment for Anne. I prepared **NM25 Shock**, a remedy that fascinated me greatly at the time. To our astonishment, just two days later, Robin called in utter disbelief and said, 'Anne's memory had been completely restored'. To be honest, in those early days, I myself was stunned by such a dramatic outcome. To this day, Robin continues to turn to vibrionics whenever he faces a serious health challenge.

## 5.2. IB - A Breath of Fresh Air in Our Lives

The **Practitioner**<sup>11669...India</sup> often has discussions on health and wellness topics with a couple (aged 60, 54) in his neighbourhood, during their morning walks together. In Dec 2024, the husband mentioned feeling low on energy and physical vitality, particularly on days when their morning walks were missed. The practitioner had just qualified as an AVP and suggested trying **IB (Immunity Booster)**, especially as winter was approaching, a time of the year when Bengaluru experiences a rise in viral infections and seasonal illnesses. The couple readily agreed. Over the next three weeks, the effects of **IB** were not only noticeable but deeply encouraging; they experienced marked improvement in energy level, sleep quality, and overall wellbeing, free from infections of course.

**In patient's own words:** *We feel blessed to have been introduced to the Immunity Booster by our friend. After taking it for just 20 days, the results have been truly remarkable. We experience a fresh surge of energy and strength, improved metabolism, better sleep, and quick recovery from seasonal infections. Along with these physical benefits, we have also noticed psychological changes, greater calmness, reduced stress and anxiety, and a clearer, more balanced perspective. These positive changes are not only felt by us but have also been noticed by people around us.*

This simple yet powerful experience highlights how **IB**, when taken regularly, can support both physical resilience and emotional balance, even in individuals without major illness, making it a valuable preventive tool in daily life.

\*\*\*\*\*  
Om Sai Ram!

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