Sai Vibrionics Newsletter

[a SVIRT publication]

www.vibrionics.org

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

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From the Desk of Dr Jit K Aggarwal

Dear Practitioners

It is with immense joy and gratitude that I place this 100th issue of our Newsletter at Bhagawan's Lotus Feet. It is but a Saincidence, and not a coincidence that the publication of 100th Newsletter should synchronize with the completion of 100 years of the Advent of our Beloved Sai, so beautifully timed by the Master of Time Himself.

When our first newsletter was blessed in 2010, it was a simple means of communication for a few hundred practitioners with emails. I could have never imagined that it would grow to reach thousands of practitioners across over eighty countries and in multiple languages. In these 100 issues, we have shared around 1200 case histories. But behind every case history is not just a remedy, but a story of faith, of a prayer answered, of a tear wiped by Swami Himself. This milestone is a tribute to Swami's grace and the dedication of all those who have nurtured the newsletter over the years.

Vibrionics is not merely a system of healing; it is also a *sadhana*, teaching us to recognise the Divine in those we serve and to practise Swami's teachings through love, compassion, and selfless service. The recently concluded Veda Purusha Saptaha Yagna at Prasanthi Nilayam, held over seven days during the auspicious period of Navaratri and culminating in Poornahuthi on Vijayadashami, was a deeply uplifting occasion. These sacred celebrations remind us of the importance of spiritual practice and the inner transformation that comes through devotion and selfless service. It is particularly fitting, therefore, to recall Swami's discourse delivered on the auspicious day of Vijayadashami in 1970, in which He emphasised the role of seva in our spiritual journey:

"*The mind is just a pattern of desires, a composite of the warp and woof of plans and resolutions…. To escape from the clutches of desire, which gives birth to the brood of anger, hatred, malice, greed, envy, faction, falsehood etc, one has to cleanse one's consciousness by prayer and sath karma (good, selfless, desireless activity). Seva is the best sadhana for eliminating the nefarious pull of the mind towards desires*."…Sri Sathya Sai Baba, 4 Oct 1970, Prasanthi Nilayam. Sri Sathya Sai Speaks, Vol 10 (1970)

These words aptly reflect the spirit behind our newsletter, made possible by the selfless efforts of those who write, edit, translate, review, and manage its publication. I extend my heartfelt gratitude to our dedicated core team, whose efforts carry each issue round the globe. The spirit of seva was evident in the remarkable work undertaken during the monsoon months. Despite challenging weather conditions, 190 practitioners from 13 states conducted 676 camps at 138 venues, serving 20,389 patients between July and September - the highest quarterly patient count recorded so far! This achievement speaks volumes about the dedication of our practitioners, who continue to reach those in need regardless of the obstacles.

Equally encouraging are initiatives that strengthen bonds between our fellow practitioners. **Governor** [11573] distributed 108CC Box stickers and SVIRT badges while connecting with more than 40 practitioners across the Northern region through charging sessions and in-person meetings at various locations. These personal interactions offered an opportunity to share experiences, renew enthusiasm, and inspire practitioners to remain humble instruments of Swami's love. We encourage other Regional Coordinators to organise similar heart-to-heart gatherings in their regions, fostering a stronger sense of connection and shared purpose.

Looking ahead, *Vibrionics Day on 26 January 2027* offers a wonderful opportunity to acknowledge and celebrate the contributions of practitioners who have helped shape and expand Sai Vibrionics over the years. We invite practitioners to write to **admin2-1@vibrionics.org** for sharing their suggestions and ideas for recognising these dedicated individuals.

We would also like to remind senior practitioners, including those overseas whose profiles have not yet appeared in the newsletter, to submit accounts of their vibrionics journey - from their early days to the present. These personal histories will help preserve the experiences, lessons, and dedication of those who have served the mission over many years; wherever possible, include relevant case histories.

As we celebrate this 100th issue and Swami's 101st Birthday, let us offer Him the gift of renewed dedication. May our lives become living newsletters - our thoughts reflecting His wisdom, our words bringing comfort, and our actions expressing His love. Let us reach the unreached and serve with greater humility, discipline, and love, remembering Swami's words: "*Your hands are My hands, your seva is My seva.*"

May He bless us all as we journey towards the next hundred issues, with Sai's Name on our lips, His work in our hands, and the conviction that all healings spring from the Divine.

In loving service to Sai

Jit K Aggarwal

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☙ Practitioners Corner ❧

1. Practitioner Profile

Hari Bhushan Kamboj [India...11102] graduated in 1971 and worked in the State Transport Dept, Punjab for three decades. His amazing journey to Swami began on 13 Feb 1986 when he had a severe heart attack and was diagnosed with two blocked arteries. He was prescribed medication and advised surgery after one month. During this period, a friend gave him Sai literature which he read intensely. As his faith in Swami began to grow, he questioned Him why he had been given this illness. Suddenly, there was a knock on the door and the fragrance of sandalwood filled the house. His wife came running and saw Swami in orange robe at their doorstep, though he himself could not but he experienced a clear conversation with Him. During this divine experience, Swami advised him to throw away his medicines and asked if he had faith in vibhuti. He affirmed that he had. Baba repeated the same question three times, and each time he answered in the affirmative.



Despite his wife's understandable concern as their four children were very young, he followed Swami's instructions and began taking only vibhuti. In November that year, he was selected by the state convenor to visit Puttaparthi as a village representative for Swami's birthday. Although his health had not fully recovered, he placed complete faith in Swami and had his first darshan. This marked a turning point in his life. He began visiting Puttaparthi regularly and served as a sevadal volunteer in various capacities, including cleaning and water service. During an interview, Swami reassured him about his health and encouraged him to maintain faith and devotion. Since then, he has experienced many miraculous incidents and been blessed with Swami's grace and guidance on countless occasions. Over time, he became actively involved in Sai service activities including temple service, cleanliness drives, food distribution, vocational training, and providing free education to underprivileged children.

Being quite large his house became a centre for SSSO activities eg special camps for ladies, eye camps, animal camps and other seva activities. In one remarkable event during a veterinary camp in the early 1990s, where 100 to 150 animals were brought for consultation, a saint dressed in Shirdi Baba's attire appeared, asked for food, and blessed him before disappearing. Later, they found on the kitchen floor

this message, written with matchsticks: “I came in the form of the saint, ate food, and left. Your camp is very good. I am very happy with you.” The practitioner remembered it was the same saint who had come to them in 1979 when they had just moved to this area and had said “Your work will be done” and again appeared at the registry office 23 days later to get their plot of land registered on which the house now stands!

His vibrionics journey began in 2009 while serving as a sevadal convener. He was amongst the 18 devotees from his area selected to attend a training programme in Rishikesh for a large number of aspiring practitioners. He initially felt he would fail the examination due to difficulty following the lessons. Before the exam, he called his wife requesting her to pray to Swami to make him pass if He wished him to serve through vibrionics. Although the exam was three hours long, he completed it in 30 minutes and, to his surprise, passed and received the 54CC box. He later completed further training and received the 108CC box.

In the first month of his practice, about 70 patients came, this number gradually grew to 250 to 300 per month. He now treats patients across India and overseas, sending remedies by courier when needed. Over 17 years he has treated thousands of patients, covering all types of conditions including emotional disorders. He often places remedies before Swami for blessing, sometimes receiving sacred manifestations like vibhuti or amrit, which he shares with patients. Swami guided him to add vibhuti to every remedy, and he believes these blessings are the key to his positive results. While he was sharing his cases, vibhuti appeared in front of the reporter, when his wife offered fruits to Swami.

He recalls several memorable healings:

- An 86-year-old woman who was unable to eat and was in an semi-conscious state was given remedies for 15 days. Within one month, she was able to sit up and eat after being bedridden for two years. She lived comfortably for another two years, and the family remained deeply grateful for the additional time they had with her.
- A 92-year-old blind, bedridden woman with memory loss, failing heart, and kidney disease had been taken home due to unaffordable hospital expenses. Within 15 days of taking vibro remedies, she regained mobility and memory. She spent her final 40 days peacefully with her family and was able to recognise them before passing away.
- A suicidal, depressed woman recovered within 15 days and continues treatment, extending remedies to her family.
- A psoriasis patient showed gradual improvement over six to seven months and achieved complete recovery after three years.
- During a dengue outbreak, he treated 20 to 30 patients daily, distributing 150 bottles of remedies with encouraging results, including one overnight recovery.
- During the Covid-19 pandemic, he distributed nearly 1,000 bottles of preventive remedies. One critically ill family of four improved rapidly and was discharged. His own family recovered within three days, while he remained unaffected.
- He has treated hundreds of kidney and gallbladder stone cases, often with immediate relief.
- Several cancer patients experienced notable symptomatic relief, including a breast cancer patient who remained stable for two years and a mouth cancer patient who regained the ability to eat solid food within a month.
- Severe skin allergy and bleeding psoriasis cases healed gradually with persistent treatment.

He also administers **CC9.2 Infections acute preventively** during winter devotional processions in his village. Local medical professionals acknowledge his service, and fellow practitioners often seek remedies from him, believing his remedies cure faster.

Reflecting on his journey, he feels that not everyone is suited for vibrionics seva. He believes it is best undertaken by those around 50 years of age who are financially stable, spiritually devoted, and motivated to serve. Patients who have benefitted can also become good practitioners, as they develop faith and understanding. His conviction is that vibrionics will progress through God-minded people with a desire to serve.

Every recovery has reinforced his faith in prayer, seva, and Swami’s guidance. He remains committed to Swami’s message: *Love All, Serve All; Help Ever, Hurt Never.* His personal goal is continuous

self-improvement and practising selfless love through service.

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2. The Healing Power of a Loving Heart [11573...India]

While addressing the medical fraternity at the inauguration of SSSIHMS, Whitefield, on 19 January 2001, Swami said in His discourse, *"Diseases are half cured when the doctors talk to the patients with love and consideration."* During my practice of Sai Vibrionics, I have experienced the profound truth of these words first-hand.

One incident that remains etched in my memory is that of a 75-year-old very religious lady who was carrying deep emotional anguish due to the loss of her husband a few years earlier, She arrived at my clinic at 9:30 pm after a two-hour journey, accompanied by her son and daughter-in-law whom I gently requested to wait outside so that we could talk in private. I welcomed her with a warm, caring smile. As she sat down, I held both her hands and said softly in her mother tongue, "I am just like your own child. Please feel free to share anything and everything with me, without fear or hesitation"; tears were streaming down her face.

Then, as though a tape recorder that had been paused for years had suddenly started playing, she began to pour out her heart. For the next 90 minutes, she spoke almost without interruption, tears flowing as she recounted her life since marriage. Her deepest wound had been the death of her husband. One of her grandchildren had done something contrary to the tenets of their religion, and the shock of this had contributed to her husband's death. Devastated by both the incident and the loss of her husband, she had withdrawn into herself. Once lively, talkative, and outgoing, she had become indifferent to her surroundings, silently bearing her grief. Her family had tried everything to help her, but nothing seemed to work. Unable to confide in anyone about an incident she regarded as deeply shameful, she had carried this burden alone for years.

That night, she spoke of her sons, daughters-in-law, and the many painful memories she had kept locked within her. When she finally finished, I noticed a remarkable change in her face. She looked calm and relieved, as though a tremendous weight had been lifted from her heart. At that moment, I felt that what she needed most was not another prescription or further advice, but the opportunity to be heard with love and without judgment.

Early the next morning, I received a call from another son who had been unable to accompany her to the clinic. Astonished, he asked, "Doctor Sahib, what medicine did you give her? What did you do?" He told me that his mother had returned to her old self, laughing and talking as she had not done in years. I smiled, inwardly thanking Swami for His grace. The experience reaffirmed for me that a loving presence, a compassionate touch, and the freedom to unburden one's heart can bring profound emotional relief.

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3. A Tiny Visitor Sparks a Vibrionics Experiment [11673...India]

It was 25 July 2026, the final day of my SVP workshop, and I was bubbling with enthusiasm about expanding my vibrionics practice with my newly received SRHVP. Before leaving home that morning, I happened to notice a tiny cockroach in my kitchen. A thought suddenly flashed through my mind: perhaps a nosode made from this tiny insect could help keep cockroaches away from my home.

I had been catching any cockroaches I found in my home and releasing them outside almost every day; I gently picked up the tiny insect, placed it in a small vial, and took it with me to the SVIRT office for the final session of the workshop. My teacher added a few drops of dilution to a vial and prepared a nosode at 1M. I returned home with the remedy.

From the following morning, I began adding just one pill to the water in my mopping bucket and used it to mop the entire flat. Since then, I have not seen a single cockroach for the past three months. Interestingly, I noticed that spiders and ants too are no longer visible in the home. Inspired by this experience, I hope to make nosodes of agricultural pests, potentially offering a more natural approach to pest management and reduce pesticide exposure.

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☙ Case Histories Using Combos ❧

1. Knee pain [11675...India]

A 56-year-old professor had been suffering from right knee pain for six years since 2019. The pain was severe on getting out of bed each morning, while driving, and after prolonged periods of sitting, typically subsiding within 30 to 60 minutes. He had several other ailments, all under control with allopathic treatment. He consulted his colleague - a recently qualified practitioner on 30 Nov 2025, for knee pain for which he was not taking any other treatment. He was given:

#1. CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue…TDS in water orally, and **BD** for external application

He was also advised to walk for at least 15 minutes daily and include more vegetables and fruits in his diet.

Treatment progress:

- *27 Jan 2026:* No change despite healthier lifestyle; **#1** modified to **#2**. **CC3.7 Circulation + CC10.1 Emergencies + CC18.5 Neuralgia + CC20.2 SMJ pain + CC20.3 Arthritis,** dosage as before.
- *1 Feb 2026:* Intensity and duration of pain down by 25% but now pain also in left knee on waking up; **#2** enhanced to **#3. CC13.1 Kidney & Bladder tonic + CC20.4 Muscles & Supportive tissue + CC20.7 Fractures + #2**.
- *7 Feb 2026*: Pain in left knee vanished.
- *18 Feb 2026:* Pain in right knee down to 50%.
- *30 Mar 2026:* Only mild pain on waking up that resolved within minutes.
- 25 Apr 2026: Complete resolution of pain; expressed great relief and joy; dosage reduced to **OD**.
- *2 June 2026:* Remedy stopped after tapering.

As of Sept 2026, there has been no recurrence.

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2. Eating disorder [11679...India]

A mother brought her 5-year-old son to the practitioner for his dangerous habit of eating matchstick heads, which began two years ago in 2024. His father, a farmer, smoked 3-4 bidis (Indian cigarettes) daily and kept matchboxes accessible, while his mother went out daily to cut grass for their animals. His habit progressed from eating 8-9 match heads daily to consuming match heads from 1-2 matchboxes a day. He developed abdominal pain 3-4 times a week, often crying from discomfort; painkillers provided little relief.

The child appeared weak and frail, despite his appetite being normal, he frequently ate packaged junk food. Being the youngest with four elder sisters, he was pampered by his family, who always yielded to his wishes. On 27 Jan 2026, the boy was given:

#1. CC15.4 Eating disorders…TDS

Treatment progress:

- *31 Jan 2026:* Developed a dislike for match heads.
- 6 Feb 2026: Completely stopped eating match heads even though he sometimes played with them; no abdominal pain since starting remedy; extremely relieved mother expressed gratitude; dosage reduced to **BD.**
- *13 Feb 2026:* Remedy stopped after tapering; gave **#2. CC17.2 Cleansing…TDS** for three weeks.
- *28 Feb 2026:* Also stopped eating chips and other junk foods!

As of Sept 2026, the boy remains normal and eats no junk food. He is currently taking **CC12.2 Child tonic…TDS.**

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3. Neck pain, chronic back pain [11679...India]

A 60-year-old woman had suffered from persistent lower back pain and stiffness (hence difficulty in bending) for six years since a hip fracture in 2019. The pain worsened when lying down. Homoeopathic treatment from her father-in-law was providing temporary relief but he passed away in 2024. She managed without any active/outside treatment.

In the last week of Feb 2026, she developed continuous, moderate pain, numbness, and tingling radiating from the neck to both upper arms. The pain worsened with neck movement and interfered with daily activities. Encouraged by the positive results experienced by her family, she consulted the practitioner for her neck issue on 13 Mar 2026 and was given:

#1. CC3.7 Circulation + CC18.5 Neuralgia...6TD

She was instructed on simple neck exercises.

Treatment progress:

- *10 Apr 2026:* Complete resolution of neck symptoms. Wanted treatment for her long standing back issue, **#1** enhanced to **#2. CC20.5 Spine + #1...TDS**.
- *13 Apr 2026:* Back pain and stiffness decreased by 25%.
- *21 Apr 2026:* Improvement reached 50%, now no aggravation while lying down.
- 18 May 2026: Symptoms vanished, able to bend down comfortably; **#2** reduced to **OD.**
- *9 June 2026:* **#2** stopped after tapering. For overall health, given ***IB*** (see vol 15#2)**…OD,** also started on immunity-cleansing cycle: **CC12.1 Adult tonic** alternating monthly with **CC17.2 Cleansing…TDS.**

As of Oct 2026, she remains healthy.

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4. Scanty, painful menses, infertility [11575...India]

A 24-year-old woman, a neighbour of the practitioner's sister, sought help primarily for infertility and also for menstrual irregularities and pain. Since menarche at age 13, her periods had occurred every 30-40 days, with scanty bleeding lasting only 1-2 days and accompanied by pain. Living in a rural area, she had never sought medical advice and relied on home remedies only. Married at 18 in 2012, she had been trying to conceive ever since. In 2015, investigations revealed a blocked right fallopian tube, while her husband's reports were normal. Despite two years of allopathic treatment, she did not conceive. Unable to afford further treatment, she discontinued it and took only multivitamins. Although her husband and in-laws were supportive, she felt stressed and depressed owing to her inability to conceive.

At a consultation at the practitioner's sister's home, the woman also reported a two-year history of burning in throat and abdomen shortly after meals, subsiding within an hour. On 22 June 2018, she was given:

CC4.8 Gastroenteritis + CC4.10 Indigestion + CC8.4 Ovaries & Uterus + CC8.8 Menses irregular + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic…TDS

She was gently counselled to remain calm and practise deep-breathing exercises whenever she felt stressed. The patient had heard about Swami and placed complete faith in vibrionics.

Treatment progress:

- *21 July 2018:* Menses occurred after 28 days.
- *25 July 2018:* Burning sensation in throat and abdomen improved by 40%; menses lasted for three days with better flow and no pain; felt mentally relaxed; practitioner observed a renewed sense of hope and optimism about conceiving.
- *22 Aug 2018:* Burning sensation resolved completely; another painless 3-day menses after 28 days, with improved flow; felt mentally and emotionally stronger; did not need multivitamins, remedy refill sent by post.
- 30 Sept 2018: Conceived; expressed heartfelt gratitude over phone; stopped remedy as per choice.
- *20 June 2019:* Delivered a healthy baby boy by C-section; also, a healthy baby girl born on 10 July 2021.

As of Oct 2026, her menses have been regular without pain.

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5. Lower back pain [11683...India]

A 65-year-old retired railway guard had been suffering from persistent lower back pain radiating to his right thigh for 10 years since 2015. The pain worsened with prolonged standing, walking, or bending and subsided with rest. He also had episodes of pain and stiffness in both calf muscles (more in the right), about twice a week, mainly at night when he was unable to move his legs for 1-2 min.

He relied on allopathic painkillers for temporary relief when the back pain was severe. He continued with seva activities of the Sai Organisation. During the centenary celebrations, he spent an entire day lifting heavy objects, so the pain became severe and he had to walk with a slight stoop. As it was difficult to manage with his usual painkiller, two weeks later, on 29 Nov 2025, he saw the practitioner who gave him:

#1. CC20.4 Muscles & Supportive tissue + CC20.5 Spine...6TD orally and in coconut oil for external application**…BD**

#2. *IB* (See vol 15 #2)**…OD.** The patient stopped taking the painkiller before starting the remedies.

Treatment progress:

- *1 Dec 2025*: Back pain decreased by 20%; able to walk upright.
- *7 Dec 2025:* Only one episode of calf pain and stiffness.
- *20 Dec 2025:* Back pain improved by 50%; thigh and calf pain disappeared.
- *25 Jan 2026:* Only mild pain while lifting heavy objects or working in a bent posture; advised to avoid such situations; **#1** reduced to **TDS**; much relieved and expressed joy.
- 21 Feb 2026: Pain vanished; **#1** reduced to **BD**.
- *20 Mar 2026:* **#1** reduced to **OD.**
- *21 July 2026:* Remedies stopped after gradual tapering.

As of Oct 2026, he remains pain-free and continues to avoid heavy lifting and prolonged bending.

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6. Tremors, blurred vision [11658...India]

A 50-year-old homemaker had been suffering from involuntary tremors in her head and hands for six years since 2019. The tremors were moderate but continuous and significantly affected her household activities, causing her to frequently drop objects. In addition, she had blurred vision in both eyes for five months since July 2024. Owing to limited education and awareness, coupled with her family's reluctance to allopathic treatment, she had never sought medical help. On learning about a monthly vibrionics camp, her daughter brought her to the practitioner on 26 Dec 2024, she was given *for tremors*:

#1. CC3.7 Circulation + CC12.1 Adult tonic + CC18.5 Neuralgia + CC18.6 Parkinson's disease...TDS

Treatment progress:

- *19 Jan 2025*: 50% improvement; treated for blurred vision: **#2. CC7.2 Partial Vision + CC7.3 Eye infections…TDS** orally and in distilled water as eyedrops**…BD.**
- *20 Mar 2025:* 100% improvement in vision and 70% in tremors; could perform household tasks with ease.
- *21 Aug 2025:* Hand tremors disappeared.
- 19 Feb 2026**:** Head tremors resolved completely.
- *5 Mar 2026:* **#1** and **#2** reduced to **BD**.
- *2 Apr 2026:* **#1** and **#2** reduced to **OD** for maintenance.

As of Oct 2026, the patient remains well and is happy to continue at **OD**.

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7. Post-Covid symptoms [11618...India]

A 50-year-old man contracted Covid-19 in Aug 2020 with body ache, fever, headache, nasal congestion and cough and the symptoms resolved within two weeks with allopathic treatment. However, consuming more than one cup of tea or coffee daily (his usual daily intake being 2 to 3 cups) triggered nasal

congestion and cough, which aggravated on exposure to cold air and at night. Each episode subsided within a week of reducing intake of tea/coffee, but he was very fond of tea and coffee.

By 30 Sept he developed daily excessive burping, burning sensation in chest, feeling of bodily heaviness due to gas retention, and rash on his hands, abdomen, chest and back. Attributing these symptoms to post-Covid effects, his physician prescribed antibiotics and antiallergic medication which he chose not to take, due to their potential side effects. Instead, he managed his condition by staying well-hydrated, applying coconut oil to affected areas, and limiting tea/coffee intake to one cup daily.

By Apr 2021, even a single cup would trigger immediate nasal congestion and cough, disrupting his daily routine. He became increasingly cautious about his diet and anxious that other foods might also trigger the symptoms. On the recommendation of an acquaintance, on 15 Sept 2021 he consulted the practitioner who gave him:

For excessive burping, burning sensation in chest:

#1. CC4.2 Liver & Gallbladder tonic + CC4.4 Constipation + CC4.8 Gastroenteritis + CC4.10 Indigestion…TDS

For nasal congestion, cough:

#2. CC9.2 Infections acute + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.5 Sinusitis + CC19.6 Cough chronic + CC19.7 Throat chronic…TDS

#3. *IB* (see vol 11#5)**…OD**

Treatment progress:

- *10 Nov 2021:* Burping, burning sensation in chest and body heaviness improved by 20%; rash resolved completely; tea or coffee triggered only mild congestion and cough.
- *29 Dec 2021:* Burping, burning and heaviness improved by 40%; no more congestion or cough with morning coffee.
- *16 Feb 2022:* Further overall improvement; 2 to 3 cups of tea or coffee a day occasionally triggered just mild cough.
- 6 Apr 2022: All symptoms gone; resumed normal intake of beverages without anxiety; felt happy and expressed gratitude; dosage of **#1** and **#2** reduced to **OD.**
- *15 June 2022:* **#1** and **#2** stopped after gradual tapering.
- *30 Aug 2022:* **#3** stopped.

As of Oct 2026, there has been no recurrence.

Editor's note: Post-Covid reflux and cough are common, and tea/coffee can worsen both acidity and reflux-induced cough.

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8. Knee, ankle pain [11668...India]

A 40-year-old house maid had been suffering from severe knee pain for six months and pain with swelling in both ankles for five months. The pain was aggravated by prolonged walking and when rising from a seated position. As she had to walk long distance to work, her symptoms caused considerable discomfort and interfered with her routine. She also experienced fatigue while working. She had not sought medical treatment and relied on pain-relief oil for temporary relief.

On 14 Jan 2025, she consulted the practitioner who gave her:

#1. CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue…**OD** in coconut oil for external application

#2. CC3.1 Heart tonic + CC12.1 Adult tonic + CC13.1 Kidney & Bladder tonic + #1...TDS. She stopped using pain-relief oil.

Treatment progress:

- *25 Jan 2025:* 50% improvement in knee pain, ankle pain and swelling and energy levels.
- 25 Feb 2025: Complete resolution of symptoms; could walk long distances, could perform daily activities with ease.

- *4 Mar 2025:* **#2** reduced to **OD**.
- *20 May 2025:* **#2** stopped after gradual tapering; **#1** stopped after it exhausted.

As of Oct 2026, there has been no recurrence.

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9. Panic attacks [11682... India]

A 36-year-old woman had been suffering for eight years since June 2017 from recurrent attacks involving chest pain and heaviness, intense palpitations, bodily jitteriness, and a feeling of impending fainting. These happened around midnight, waking her from sleep, each episode lasting 15 to 20 minutes, followed by anxiety that kept her awake for another 2-3 hours. Occurring 2-3 times a week, the attacks had a severity of 7/10. On other nights she slept soundly for 6 to 7 hours.

Fearing a heart condition, she was taken to hospital emergency in Aug 2017. Following investigations, she was referred to a psychiatrist who diagnosed her condition as panic attacks and prescribed medication, this reduced their frequency to once every four months. After she relocated to another city in Mar 2019, the attacks returned unpredictably, at intervals of two weeks to three months. SOS medication prescribed by another doctor relieved her within 30 minutes but caused dizziness, drowsiness, and lethargy the following day, affecting her work as a language-skills trainer.

The attacks ceased during her pregnancy in 2020 but resumed intermittently after childbirth in Dec 2020, prompting her to resume SOS medication. In the first week of Dec 2025, they worsened to alternate-day episodes, and the medication no longer worked. She found it impossible to return to sleep after an attack. Unable to identify any specific trigger, encouraged by her mother, a vibrionics beneficiary, she contacted the practitioner who posted the remedy which she started on 13 Dec 2025:

CC10.1 Emergencies + CC15.2 Psychiatric disorders…TDS

Treatment progress:

- *14 Dec 2025*: One episode with severity rated at 4/10; could return to sleep within an hour.
- *9 Jan 2026*: One episode with severity rated at 2/10; could sleep after a 20-minute walk.
- 1 Mar 2026: No further episodes; dosage reduced to **BD** for two weeks.
- *31 Mar 2026:* Remedy stopped after tapering.

As of Oct 2026, she remains free from attacks and is currently taking remedy for a neck issue..

Patient's testimonial (slightly rephrased)

With the blessings of Mahadev and Sai Vibrionics remedy, I have seen a truly miraculous improvement over the last six months. I hardly get panic attacks anymore and even if I sometimes feel little low, I am now able to manage my emotions and calm myself within a few minutes, I am genuinely grateful for the support and treatment that has helped me feel like myself again. Also, grateful for the spiritual guidance that you have shared throughout the treatment. I would say that has been an added boost to my overall wellbeing. I would also like to share my experience with the treatment I received through you for my cervical neck issue. I am truly grateful as my pain level has reduced from 10 to almost 2 and I feel so much more relieved. Now I am able to carry out my day-to-day activities and gymming with much greater ease and comfort. Thank you so much for your guidance and support throughout.

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☙ Answer Corner ❧

Q1. How should we approach patients with mental health conditions or alcohol dependence, who are unwilling to take remedies or do so only under family pressure, or frequently forget to take them?

A. Patient cooperation and willingness are central to effective care, though family members' loving support plays a valuable role in encouraging adherence.

- If a patient is simply forgetful, family can help by offering gentle reminders and supporting regular administration of remedies.
- For mental health conditions, a caring family member may take responsibility for ensuring remedies are given consistently.

- In cases of alcohol dependence, family members should approach the patient with compassion and sensitivity, gently reminding them of the harmful effects of alcohol to open the door to treatment. Some practitioners have reported that when remedies are administered by family members, patients eventually become more receptive and cooperative in their own care.

Q2. We are unknowingly ingesting micro & nano plastic particles every day. How can we reduce their presence in our bodies and daily lives? Can Vibrionics help?

A. Microplastics and nano-plastics are now recognised as widespread environmental exposures, they have been detected in air, dust, water, food, and beverages. However, it is important not to become alarmed, we do not yet know how much of the exposure is harmful to humans.

At present, there is no scientifically established detox treatment that can remove these particles from the human body. The sensible approach is reducing ongoing exposure while allowing the body's normal elimination processes to do their work. Don't heat food in plastic, particularly in the microwave, reduce reliance on bottled water, use glass or stainless steel for everyday storage. Be careful with very hot drinks and food, allowing food to cool before putting it into plastic. It is better to buy fresh foods with minimal packaging. Don't worry excessively about every plastic item. Though there is no evidence that a vibrionics remedy can remove microplastics or nano-plastics, a cleansing remedy such as **CC17.2 Cleansing**, **NM72 Cleansing,** or **SM16 Cleansing** will help**.**

In short: reduce exposure sensibly, don't use unproven "detox" treatments, maintain good nutrition and hydration, and don't be anxious about unavoidable exposure.

Q3. Can you suggest a remedy to cleanse and improve the energetic quality of drinking water, especially water stored in overhead household tanks?

A. Water supplied by local municipal corporations is generally safe for consumption when taken directly from the tap, as it typically undergoes extensive filtration and chlorination. However, when this water is stored in overhead household tanks, it can easily stagnate or become contaminated, requiring regular purification. To energetically enhance vitality and purify the drinking water, we recommend preparing in alcohol the following remedy and store it in a dropper bottle:

If using 108CC Box:
CC1.2 Plant tonic + CC4.6 Diarrhoea + **CC15.1 Mental & Emotional tonic** + **CC17.2 Cleansing**

If using SRHVP:
NM6 Calming + NM12 Combination-12 + NM35 Worms + SM1 Removal of Entities + SM2 Divine Protection + SM14 Chemical Poison + SM16 Cleansing + SM26 Immunity + SR360 VIBGYOR

Add a few drops of the remedy into one litre of water, which can be used to charge a 10-litre bucket of water. Pour the 10-litre remedy directly into the water tank (should not be metallic). Stir the water thoroughly using a clean wooden pole, while offering a heartfelt prayer such as: *"May this water be filled with Divine Love, remain pure and life-giving, and bring health, peace, and well-being to everyone who drinks it."* Physically cleaning your overhead tank every 6 to 12 months remains essential. Each time the tank is drained and cleaned, repeat this process.
While this formula is primarily designed to energetically purify and vitalise the water supply, many practitioners note that it beautifully supports physical cleansing too. *Read CH9 in newsletter vol 13 #1.*

Q4. If I use vibrionics in my farm and get better yield, this will lead to more income for me directly due to the use of these remedies; then how can my seva be selfless?

A. The fact that you earn more from your farm because you have used Vibrionics does not, by itself, make the seva non-selfless**.** Selflessness does not necessarily mean you must never benefit materially from anything you do**.** It is more about your intention and attachment to the benefit**.** The key distinction is between the benefit you receive as a farmer and charging for vibrionics as a service**.** You have not charged anyone for vibrionics seva. You have simply used a seva practice on your own farm and received an economic benefit from the resulting agricultural activity. *If you treated another farmer's crops with vibrionics and charged him a fee based on the improvement in his yield, this* would clearly become a commercial activity; in your case, you are essentially using your own resources and labour in your own livelihood. It is no different from taking vibrionics remedies for your own health conditions and saving money on any medical treatment.

There is also a beautiful way to look at your own farm. If your crop yield increases, you could consciously use part of the increased abundance for more seva, eg, helping someone in need, supporting a charitable activity, or simply offering gratitude to Swami.

Q5. Is it possible to gain height after attaining adulthood with vibrionics treatment?

A. Height increases because the growth plates at the ends of the long bones allow the bones to lengthen. For a teenager or young adult whose growth plates are still open some natural growth may still be possible, depending on age, puberty and underlying factors.When a person has completed puberty and the growth plates have fused, then there is no evidence that any treatment including vibrionics can increase height except surgical intervention. However, improving posture, spinal flexibility and muscle strength can sometimes make someone stand taller, but this is not actual bone growth.

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☙ Divine Words from the Master Healer ❧

"I have directed that you should start the day with Nagar Sankeertan (street singing of spiritual hymns), for, it is the greatest disinfectant of the atmosphere of the individual, as well as the community. The puja (ritualistic worship) in the domestic shrine, the recitation of hymns, the bhajan (group singing of devotional songs) that you do, all send forth vibrations that purify and cleanse the atmosphere, and so, disinfect the 'food' that you consume."

…Sathya Sai Baba, "Forms of food", Divine Discourse, January 1990
https://saispeaks.sathyasai.org/discourse/forms-food

"It is the weak, the destitute, and the helpless who need to be served. Even in rendering service to such persons, there should be no feeling that we are serving 'others'. We should feel that we are serving the Lord Narayana who dwells in them. When service is rendered in a total spirit of dedication, with concentration of thought, word, and deed, the heart gets sanctified. Without purity of the heart there can be no spiritual progress."

…Sathya Sai Baba, Inaugural Discourse at the All India Sai Active Workers Conference, 1 Nov 1987, SSS Vol 20, 1987
https://saispeaks.sathyasai.org/discourse/born-serve

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☙ Announcements ❧

Forthcoming Workshops & Seminars

- **India Puttaparthi: AVP*** face-to-face Workshop **26-30 Nov 2026**, contact editor1@vibrionics.org
- **SVIRT: 2nd Vibrionics Day celebratory seva at Central and Regional levels, 26 Jan 2027,** contact admin2-1@vibrionics.org
- **India Puttaparthi: Virtual SVP** follow-up Workshop **13-14 Feb 2027****, for those qualified in July 2026, contact trainer-cc@vibrionics.org
- **India Puttaparthi: AVP*** face-to-face Workshop **19-23 April 2027****, contact editor1@vibrionics.org
- **India Puttaparthi: Virtual Annual Refresher** for all practitioners **30-31 May 2027,** contact trainer-cc@vibrionics.org
- **India Delhi: Hindi AP*** practical Workshop **14-18 Sept 2027****, contact admin2-1@vibrionics.org

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

**Subject to change

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☙ In Addition ❧

1. Health article

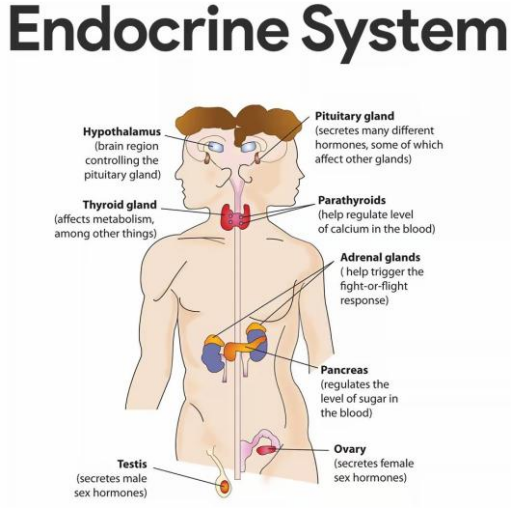
Knowing and Protecting our Endocrine glands!

"Most illnesses can be cured by simple living, simple exercises, and by intelligent control of the tongue."
…Sathya Sai Baba[1]

***Introduction*:** In the previous issue (vol 17 #5), we explored the exocrine glands, which release non-hormonal fluids through ducts, and how to care for them. This article turns to ductless endocrine glands and their profound impact on both physical health and mental wellbeing.

1. Nature of Endocrine glands

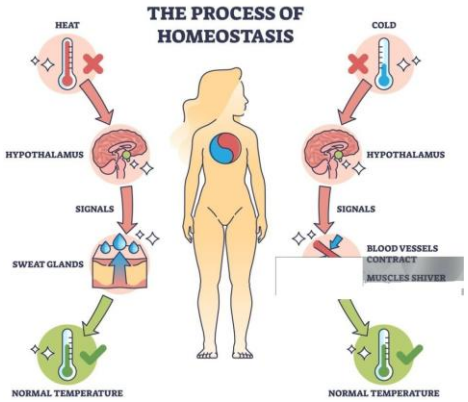
These glands release more than 50 hormones, the body's chemical messengers, directly into the bloodstream, which carries them to the relevant tissues and organs. Hormones work slowly and regulate the vital body functions including growth, energy balance, stress response, mood, and reproduction. Major endocrine glands with a distinct role are the *hypothalamus, pituitary, pineal, thyroid, parathyroid, adrenal, pancreas*, and *gonads* (ovaries and testes). Other glands with a secondary role are *thymus and liver*.



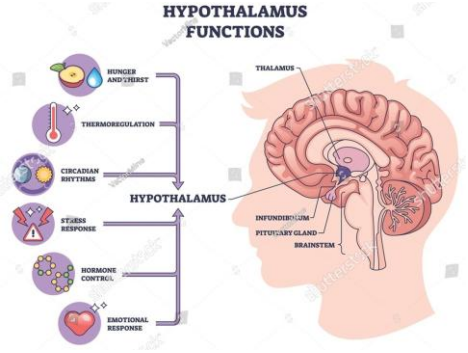
Endocrine system regulates hormone levels. Imbalance occurs when a gland produces too much or too little of a hormone. Hormone imbalance naturally occurs during certain life stages, such as puberty, pregnancy, and menopause, when the body undergoes significant physical changes. Stress or certain medicines may also cause it temporarily. Endocrine gland damage, autoimmune disorders, tumours, or chemical exposure can cause long-term hormonal imbalance. Endocrine disorder can arise from within the hormone producing gland or from its controlling glands, pituitary and hypothalamus. Doctors measure hormone levels through blood, urine, or saliva tests, chosen according to the symptoms.[3-9]

2. Endocrine glands in the brain

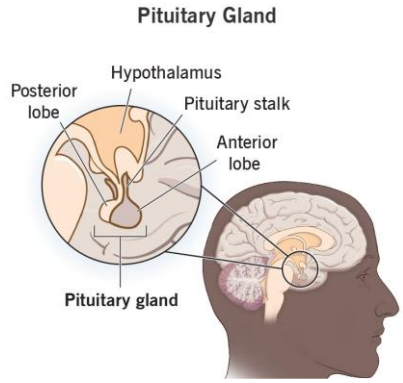
2.1 Hypothalamus (the main commander): A small almond-sized structure in the brain that acts as the "master switchboard", is the main link between the endocrine and the nervous system. Our body works at its best when its internal environment is just right; this gland maintains the body's internal balance and stability through a self-regulating mechanism called *homeostasis*. Through its hormones and nerve signals, hypothalamus controls the body temperature, sleep-wake cycles, appetite and hunger, thirst and water balance, and the autonomic nervous system, which in turn modulates the heart rate, blood pressure, digestion, and immediate emotional and behavioural responses. We cannot survive without *homeostasis*; most diseases involve a disruption of this process. The hypothalamus also controls many functions through pituitary - the master gland.[4,10-13]



Hypothalamic dysfunction can lead to temperature instability, sleep disorders, appetite changes, and disturbed thirst and water balance. Causes include traumatic brain injury, brain surgery, strokes, aneurysms (bulges in a blood vessel wall), or brain tumours, medical treatments like radiation or chemotherapy directed at the brain, severe eating disorders like anorexia nervosa (severe food restriction due to fear of weight gain) or bulimia (cycles of binge eating and purging), extreme weight loss or malnutrition, genetic disorders, and infections and inflammation like multiple sclerosis, meningitis, encephalitis, or tuberculosis. Symptoms depend on the type of hormone involved and its level; it could be water retention leading to high BP when the antidiuretic hormone (ADH) levels are high; delayed puberty and infertility when gonadal hormones are deficient; poor bone health, muscle loss or weakness due to deficiency of growth hormone, loss of vision (when a tumour presses on the optic nerve), and so on.[4,10-13]

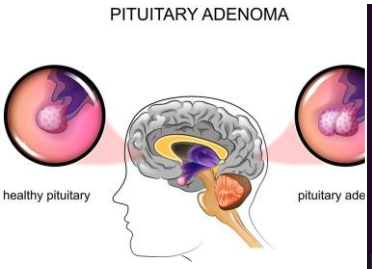


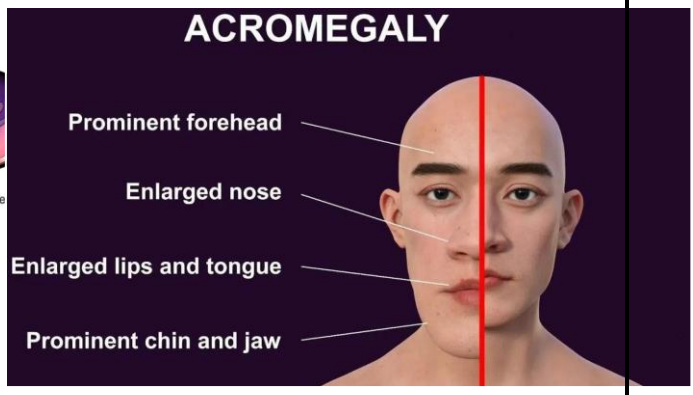
2.2 Pituitary gland (*master gland*), or *hypophysis*, is a tiny pea-sized but powerful gland at the base of the brain just below the hypothalamus. It monitors the body functions like a thermostat, takes direction from the hypothalamus, and controls other endocrine glands. The anterior pituitary (glandular tissue) makes several hormones essential for growth, metabolism, reproduction, lactation, and response to stress. Posterior pituitary (neural tissue) stores and releases two hormones made by the hypothalamus: oxytocin which acts in labour, child birth, and lactation, and ADH which regulates water balance.



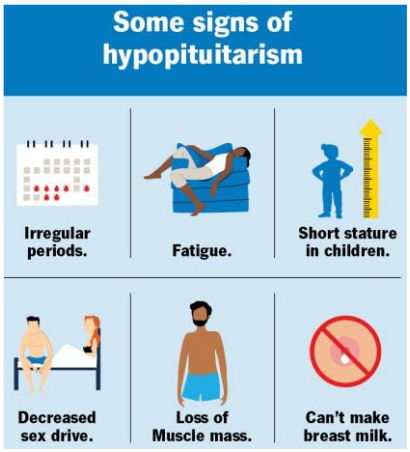
The closely linked hypothalamus-pituitary axis functions in unison to regulate the vital body functions . If one gets damaged, it can affect the hormonal function of the other. To diagnose a condition, your doctor may suggest blood and urine hormone tests and brain imaging.[4,14-17]

Pituitary disorders: **Pituitary adenoma** is usually a slow growing benign tumour which can progressively compress the optic nerve and cause loss of peripheral vision and headaches, and press on nearby structures. Some adenomas release hormones in excess causing **hyperpituitarism**; in rare cases, a large adenoma can bleed suddenly, which is a medical emergency. Hyperpituitarism may lead to: (i) **acromegaly** with enlarged hands, feet, and other organs and metabolic issues; (ii) **gigantism** is excess growth hormone in childhood causing rapid growth and very tall height; (iii) **Cushing's disease** arises from excess cortisol caused by pituitary tumour with symptoms of rapid weight gain mainly in the face and trunk and high blood sugar that may lead to type-2 diabetes; and (iv) **hyperprolactinemia** causing infertility and milky nipple discharge.

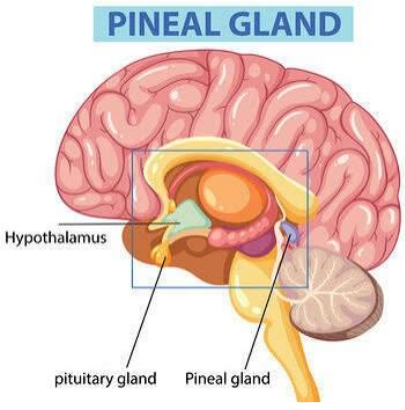


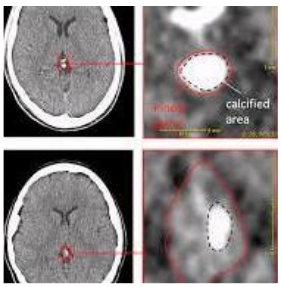


Hormonal deficiency (**hypopituitarism)** can follow a head injury, tumour, infection, hereditary conditions, pituitary surgery, or brain radiation, any of which can damage pituitary or the hypothalamus. This may cause - **growth hormone deficiency** with delayed growth or puberty in children and metabolic problems in adults; **central hypogonadism** affecting sexual maturity and fertility; **central diabetes insipidus** marked by excessive urine production; and central hypothyroidism or adrenal insufficiency.[4,14-17]



2.3 Pineal gland (*epiphysis cerebri*) is a small pinecone shaped gland located deep in the middle of the brain, it secretes the "sleep" hormone *melatonin* to regulate our circadian cycle of sleep and wakefulness. The circadian rhythm is a natural cycle that responds mainly to light and dark; pineal releases little melatonin during the day which peaks at night to promote sleep. Melatonin may also influence the menstrual cycle and protect nerve cells in conditions like Alzheimer's and Parkinson's diseases.



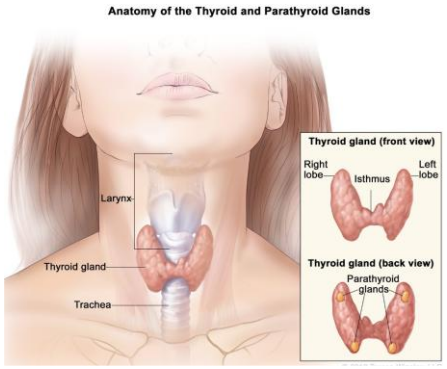


The gland can get affected by traumatic head injuries and tumours with symptoms of memory and vision issues, seizures, nausea, and headache. The gland normally calcifies with age, more often in individuals with Alzheimer's disease. Research is underway on this gland's role in bone metabolism, immunity, and mental health. In some spiritual traditions, it is known as the third eye believed to be associated with spiritual awareness and higher perception.[4,18-20]

3. Endocrine glands in lower neck region

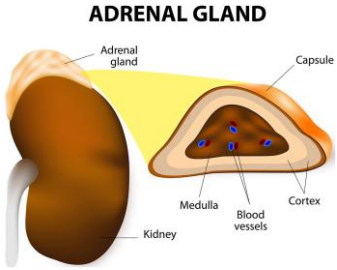
3.1 Thyroid controls the body's metabolism through its T3 and T4 hormones. For its vital functions, health indicators, and thyroid disorders, see our health article "Work towards a healthy thyroid" in *vol 10 #6*.[4,21]

3.2 Parathyroid glands, located behind the thyroid, produce parathyroid hormone (PTH) to raise blood calcium (Ca) levels by releasing calcium from bones, facilitating increased absorption in the intestines (through vitamin D), and saving calcium in the kidneys. Low PTH levels **(hypoparathyroidism)** are most often caused by damage to or removal of the glands during neck surgery, and less often by autoimmune or genetic conditions. They lead to low blood calcium (*hypocalcemia*) causing brain fog or confusion, dry skin and brittle nails, muscle cramps, and tingling in lips, fingers, or feet. High PTH levels (**hyperparathyroidism**) are usually caused by parathyroid adenoma, mostly benign, and lead to high blood calcium (*hypercalcemia*) causing fatigue, headaches, joint and bone pain, excessive thirst, frequent urination, kidney stones, nausea, and trouble concentrating.[4,22,23]

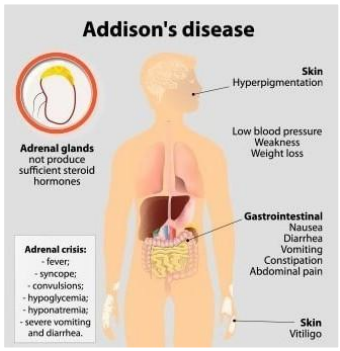


4. Endocrine Stress Managers

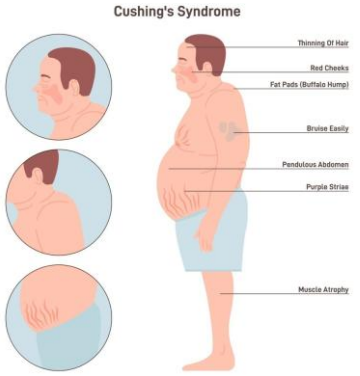
4.1 Adrenal (Suprarenal) Gland - a pair of triangular shaped glands atop each kidney - produce essential hormones like cortisol, adrenaline, and aldosterone to regulate metabolism, immune system, blood pressure, response to stress, development of sexual characteristics, salt and water balance, ability to withstand injury and illness, and sleep-wake cycle. Cortisol release is controlled by both hypothalamus and pituitary.



Disorders can arise from tumours, injury, infection, or blood loss, gland damage, genetic factors, autoimmune attack, and certain corticosteroid medications like prednisone, dexamethasone or hydrocortisone, especially with long-term use. Signs to heed are unexplained fatigue and weight loss or gain, frequent low or high blood pressure or blood sugar, frequent sickness or infections. Adrenal insufficiency (too little cortisol) is most often caused by **Addison's disease,** a rare autoimmune disorder. Excess hormones can cause (i) **Cushing syndrome** (high cortisol) with symptoms of round full "moon" face and a fatty hump between the shoulders, purple or pink stretchmarks on abdomen, breasts, and hips, with fragile skin prone to bruises, weight gain in the upper body and trunk with thin arms and legs and general muscle weakness, fatigue, and metabolic issues like high BP and blood sugar, (ii) **Conn's syndrome** -- high aldosterone makes the body hold on to sodium and lose potassium, leading to high BP. Adrenal androgen produced in excess can trigger male characteristics like facial and body hair, deeper voice, and hair loss in females (**hirsutism**).[4,24-30]

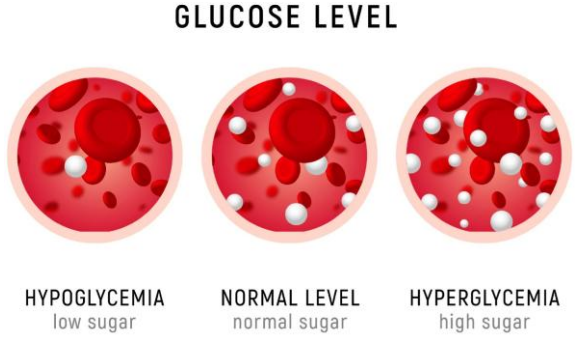








4.2 Pancreas (endocrine functions): The fish-shaped organ behind the stomach produces insulin (lowers blood sugar) and glucagon (increases blood sugar) to maintain healthy blood sugar levels and thereby enable heart, liver, brain, and the kidneys to work well. In diabetes mellitus, blood glucose stays high (**hyperglycaemia**) and cannot reach the body's cells properly, either because the body makes too little insulin (insulin deficiency, as in type-1 diabetes, an autoimmune condition) or because the body cannot use insulin effectively (insulin resistance, when cells ignore the insulin signal, as in type-2 diabetes). With insulin resistance, the main cause of prediabetes, pancreas struggles to keep up with the increased demand for insulin;

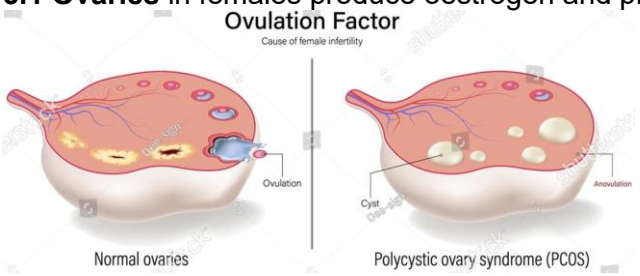


when the resistance is too strong for the pancreas to overcome, type-2 diabetes results.

Too much insulin, usually from diabetes treatment, can lower blood sugar too far (**hypoglycaemia)** which needs immediate treatment with fast-acting sugar if the person is awake and able to swallow, and emergency care, if not. A total lack of insulin for a prolonged time can lead to life-threatening diabetic ketoacidosis (DKA).[4,31-35]

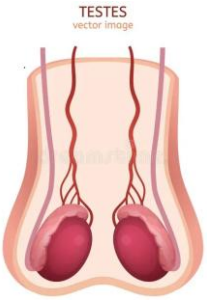
5. Reproductive drivers

5.1 Ovaries in females produce oestrogen and progesterone which regulate the menstrual cycle and pregnancy. Imbalance in these hormones can mean irregular menstrual cycles and problems with ovulation. For disorders, see the health article on Female reproductive system (*vol 17 #2, Mar-Apr 2026*).[4,36,37]



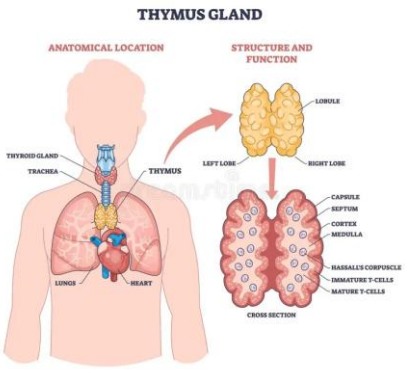


5.2 Testes produce the hormone testosterone (an androgen) to support libido, bone density, muscle mass, sperm production, and body hair development in males. For details and disorders, see our health article 'Male reproductive system' in *vol 17 #3*.[4,37,38]



6. Secondary organs in endocrine function

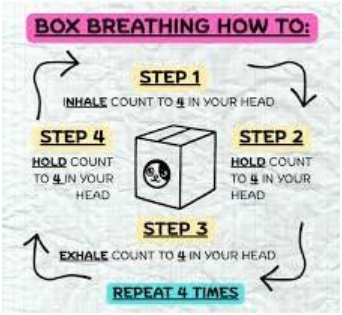
6.1 Thymus is a small gland situated in the upper chest, between the lungs. T-cells, a type of white blood cells, mature in this gland and help the body fight infections and diseases. It is also considered part of the endocrine system as it makes hormones to support the immune function. Thymus problems usually involve immune dysfunction; for example, the autoimmune disease *myasthenia gravis* is associated with thymus enlargement or tumours.[39]



6.2 Liver: While the liver is primarily known for digestion and detoxification, it is also a dynamic endocrine organ that synthesizes some crucial hormones and metabolizes circulating hormones to maintain whole-body homeostasis.[40,41]

7. Tips for Endocrine Health

- **Pay attention to changes**: Do not ignore unusual symptoms such as unexplained fatigue, weight changes, or mood shifts. Early medical evaluation helps prevent complications.
- **Limit chemical exposure**: Reduce contact with endocrine disruptors -- avoid plastics with BPA or phthalates (especially when heating food), choose chemical-free personal care products, ventilate while cleaning, and prefer cookware like cast iron, stainless steel, or ceramic instead of PFAS-based non-stick.
- **Protect your circadian rhythm**: Get morning sunlight to set your body clock, and reduce screen time at night. Blue light suppresses melatonin and can disturb sleep.
- **Maintain healthy diet and weight**: Avoid habitual overeating and frequent snacking. Balanced nutrition and weight control lower the risk of insulin resistance and diabetes.
- **Manage stress effectively**: Practice short relaxation techniques such as box-breathing or meditation to calm the stress response.



- **Stay active**: Regular exercise supports hormone balance, bone strength, and metabolic health.
- **Hydrate and rest well**: Adequate water intake and consistent sleep patterns are essential for optimal endocrine function.[4,21,42-48]

Final Word: Remember that our body systems are deeply interdependent; nurture with a conscious, mindful, healthy lifestyle.

Reference and Links

1. **Sathya Sai Speaks, Good Health and Goodness**, vol 15, 1981-82, Chapter 21, Divine Discourse, Prasanthi Nilayam, 30 Sept 1981: https://saispeaks.sathyasai.org/discourse/good-health-and-goodness
2. **Health article on Exocrine glands**, Newsletter vol 17 #5, Sept-Oct 2026: https://newsletters.vibrionics.org/english/News%202026-09%20Sep-Oct%20RG.pdf
3. **Hormones guide**: https://medlineplus.gov/hormones.html
4. https://my.clevelandclinic.org/health/body/21201-endocrine-system
5. https://nigms.nih.gov/biobeat/2024/07/what-is-a-hormone
6. https://my.clevelandclinic.org/health/articles/22464-hormones
7. https://www.healthdirect.gov.au/endocrine-glands-and-their-hormones
8. https://kidshealth.org/en/parents/endocrine.html
9. Nature of Endocrine disorder: https://www.tgh.org/institutes-and-services/conditions/endocrine-disorder
10. **Hypothalamus:** https://www.webmd.com/brain/what-to-know-about-hypothalamus
11. https://my.clevelandclinic.org/health/articles/homeostasis
12. https://www.flintrehab.com/hypothalamus-brain-injury/
13. https://my.clevelandclinic.org/health/body/22566-hypothalamus
14. **Pituitary gland:** https://my.clevelandclinic.org/health/body/21459-pituitary-gland
15. https://courses.lumenlearning.com/suny-ap2/chapter/the-pituitary-gland-and-hypothalamus/
16. https://www.sriramakrishnahospital.com/blog/diabetology-endocrinology/what-is-the-role-of-pituitary-gland-and-the-impact-of-pituitary-deficiencies/
17. https://pituitary.org/about-pituitary/
18. **Pineal gland:** https://my.clevelandclinic.org/health/body/23334-pineal-gland
19. https://www.medicalnewstoday.com/articles/319882
20. Pineal effects: https://pmc.ncbi.nlm.nih.gov/articles/PMC6709953/
21. **Health article on Thyroid,** Newsletter vol 10 #6, Nov-Dec 2019: https://newsletters.vibrionics.org/english/News%202019-11%20Nov-Dec%20HS.pdf
22. **Parathyroid glands**: https://my.clevelandclinic.org/health/articles/22355-parathyroid-hormone
23. https://www.templehealth.org/services/conditions/parathyroid-disorders
24. **Adrenal gland**: https://my.clevelandclinic.org/health/body/23005-adrenal-gland
25. https://www.hopkinsmedicine.org/health/conditions-and-diseases/adrenal-glands
26. https://my.clevelandclinic.org/health/diseases/5497-cushing-syndrome
27. https://www.mayoclinic.org/diseases-conditions/cushing-syndrome/symptoms-causes/syc-20351310
28. https://my.clevelandclinic.org/health/diseases/21061-conns-syndrome
29. https://www.urologyhealth.org/urology-a-z/c/conns-syndrome
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31. **Pancreas**: https://my.clevelandclinic.org/health/body/21743-pancreas
32. https://my.clevelandclinic.org/health/diseases/22206-insulin-resistance
33. https://my.clevelandclinic.org/health/articles/22283-glucagon
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2. Workshops & Seminars

2.1 USA & Canada Practitioners' Meet, 20 Sept 2026

Highly motivated practitioners in the USA and Canada have been holding monthly Zoom meetings under the guidance of the **US & Canada Coordinator[01339...USA],** who has been tracking these meetings since August 2014. These sessions encourage an in-depth understanding of vibrionics, and many questions featured in *Answer Corner* have originated from the discussions.

A highlight of the latest meeting was a comprehensive PowerPoint presentation by a recently trained **AVP**[03625...USA] on kidney function, health tests, related disorders and diseases, diet and lifestyle, vibrionics remedies, and two case histories from the newsletter. The presentation was followed by an engaging discussion and was greatly appreciated by the participants.

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2.2 UK Sai Vibrionics Annual National Meet, 20 Sept 2026

The UK practitioners' meeting brought together 24 attendees in person, and many more online from the international fraternity including 12 from the UK, in a spirit of love, gratitude, and shared dedication to Sai Vibrionics. The **UK Coordinator** [02822] offered his heartfelt gratitude to Sri Sathya Sai Baba, the founders, and the many practitioners and volunteers whose selfless efforts sustain this healing mission worldwide. The central theme of the meeting was that *Sai Vibrionics is not merely a healing practice but a form of sadhana.* Dr Aggarwal reminded everyone that practitioners are instruments of Swami's grace, and that humility, purity, sincere prayer, and unconditional love are essential to their service. He also recalled the pioneering efforts involved in developing the potentiser SRHVP and simulator card system since 1994, reminding practitioners of the wealth of possibilities already available through the existing cards and combinations.

The discussions highlighted the importance of connecting with Swami through prayer before preparing remedies and approaching every patient with compassion, faith, and an open heart. Practitioners were reminded not to feel discouraged when a patient did not respond as hoped, but to continue serving with



sincerity, recognising that healing is not within their control. The emphasis remained firmly on patient care and selfless seva rather than becoming overly absorbed in research. Organizational updates included the search for volunteers to take on future leadership and regional coordination roles, the introduction of official practitioner identification badges for camps and community service, and the labelling of institutional equipment (SRHVPs and 108CC boxes). Practitioners were also reminded to keep their contact details up to date directly on the practitioner site to strengthen communication and cooperation within the growing vibrionics family.

An engaging presentation by **SVP** [02802] introduced a five-minute energy-balancing routine incorporating tapping, breathing exercises, cross-crawl movements, meridian balancing, and other simple techniques to support mental clarity and general wellbeing, particularly in the context of dementia support. Several practitioners also shared their personal journeys into vibrionics, recalling experiences of healing, the

inspiration that led them to take up this service, and the joy of helping family members, friends, and others in need. Joining remotely from the USA, Dr Pabani, a pain management specialist and a long-time supporter of vibrionics expressed deep appreciation for Dr and Mrs Aggarwal's contributions in bringing vibrionics to a wider audience. He shared case experiences involving almost instant relief in severe pain with vibrionics remedy. He believes there is a growing interest in holistic approaches among healthcare professionals internationally. He generously offered free consultations and pain assessments to our practitioners whenever needed.

The meeting concluded on a note of gratitude and fellowship, with the distribution of blessed photographs, vibhuti, and practitioner supplies. Plans were discussed for continued training, remedy-box recharging, and documenting practitioners' experiences for future publication, ensuring that the valuable lessons and inspiring stories from years of service are preserved for posterity. Beyond the practical discussions and updates, the gathering renewed the participants' sense of belonging to a common spiritual mission. *United by their love for Swami and their commitment to selfless service, the practitioners left with renewed inspiration to carry His message of love and compassion to every patient they serve***.**

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2.3 AP Hindi Workshop, Sri Sathya Sai International Centre, New Delhi, 22-26 Sept 2026

SVIRT's maiden AP Hindi workshop in Delhi proved to be a particularly successful and enriching learning experience, with all ten participants qualifying as practitioners*, three from Madhya Pradesh, two from Uttarakhand, one from Himachal Pradesh, and four from Delhi. A key factor in this achievement was the systematic preparation undertaken beforehand: during August and September, the students completed four weeks of self-study, answering test papers for every chapter of the Manual. This strong foundation enabled the five-day intensive workshop to focus on interactive learning through quizzes, case-based exercises to identify appropriate combos, and hands-on clinical experience, including preparing remedies for patients. Following a written examination and case presentations, the practitioners were thrilled to receive their divine 108CC boxes on Day 4, after taking the practitioner's oath and participating in a charging session accompanied by the reverberating chant of *Om Sri Sai Ram*.

The workshop was led by senior **VT**[11422], who guided the participants through the course content, with the active support of **Governor** [11573], who organised the entire programme, explained administrative procedures, and guided participants on monthly reporting. His team of practitioners** also contributed to the smooth conduct of the sessions. Further enriching the training were two interactive virtual sessions: the Training Head and senior **VT**[10375] explained the procedures for conducting camps and the importance of mentoring, while e-course **Teacher** [11568] highlighted the significance of maintaining accurate patient records for effective treatment and documenting authentic case histories. This combination of advance preparation, classroom teaching, practical patient experience, and specialised guidance gave the participants a well-rounded understanding of their responsibilities as practitioners.

The highlight of the workshop was the illuminating valedictory address by the founders, Dr Jitendra Aggarwal and Hem Aggarwal. They emphasised that Sai Vibrionics is a unique service, blessed and guided by Swami, through which practitioners can bring comfort and relief to those suffering, provided they serve with professional commitment, selfless love, patience, and compassion. They stressed that a patient should ideally feel 50% better simply through the loving and reassuring interaction during the first visit. To serve effectively, practitioners must care for their own health, remain closely connected through study and support groups, and maintain a deep connection with Swami - the true Healer, remembering His dictum ABC - *Always Be Cheerful*. They also encouraged practitioners to devote quality time each day to updating and expanding their knowledge, while remaining humble and grateful for the quick, sometimes remarkable improvements that may occur through Swami's grace. Their responses to questions on helping people struggling with addiction, approaching reluctant family members without imposing treatment, and using vibrionics for plants, pets, and environmental cleansing, further broadened the participants' understanding of vibrionics.

Everyone expressed heartfelt appreciation for the exceptional dedication and meticulous planning by **Governor**[11573] who took responsibility for admissions, maintained close contact with applicants throughout the process, coordinated the interviews conducted by Training Head and senio**r VT**[10375], scheduled and followed up at every stage, circulated lessons and question papers well in advance, and oversaw their translation into Hindi. His commitment, together with the wholehearted cooperation of the trainers and practitioner team, helped create a supportive and well-organised learning environment. The workshop concluded on a devotional note, with all participants joining in Sai bhajans and aarti to Swami.

This workshop stands out as a model for future training programs, demonstrating how thorough advance preparation, interactive teaching, practical clinical exposure, dedicated coordination, and spiritual guidance can combine to produce confident, well-prepared practitioners ready to serve with love and commitment.

*Regn no:18026 to 18035.

**Regn no: 11136, 11386, 11437, 11452, 11650, 11686.







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2.4 Kerala Sai Vibrionics Practitioners' Meeting, Ernakulam 4 Oct 2026

Twenty practitioners from across Kerala gathered for the state meeting, which commenced with lighting of the lamp by the District President, SSSSO, who emphasised in his inaugural address that spreading Sai Vibrionics is a sacred form of worship and urged practitioners to combine daily spiritual sadhana with love and compassion in their healing service.

SVP [11235] traced the growth of vibrionics in Kerala since 2010 under the loving guidance of **SVP** [02090]. From an initial batch of 52 practitioners, the number grew to 102 by 2012, with rural seva flourishing, particularly in Kasaragod under **VP** [11176]. Noting the decline in active practitioners after the pandemic, he made a heartfelt appeal to revive practice and organise local camps. Other sessions covered timely

monthly reporting, regular study of newsletters, expanding seva across Kerala, and opportunities to serve at Prasanthi Nilayam. The participants enthusiastically signed up for Parthi seva. **Training Head** [10375] addressed queries, while practitioners demonstrated proper patient-record maintenance and the preparation of authentic case histories for publication.

In his inspiring online address, Dr Aggarwal commended Kerala practitioners for their dedication and leadership, particularly under **SVP** [02090], and their annual visits to Puttaparthi to prepare 108CC boxes. He reminded everyone of their pledge to dedicate at least one hour daily to vibrionics seva, which all present reaffirmed. Mrs Hem Aggarwal encouraged continuous learning through refresher workshops and regular gatherings to strengthen unity and commitment. To strengthen regional leadership, **SVP** [11231] and **SVP** [12011] were proposed to take up Regional Coordinator responsibilities.

The meeting concluded with Aarti to Bhagawan, leaving the practitioners renewed in their resolve to serve with devotion, love, and dedication, reaffirming their collective commitment to expanding vibrionics as selfless service at Swami's lotus feet.



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3. Anecdotes

3.1 *From the Diary of Dr Jit Aggarwal -- Swami's Grace: Long-overdue Workshop in Croatia Saved by His Love!*

Whenever I reflect on the countless blessings Swami has showered upon the international Sai Vibrionics fraternity, my heart fills with gratitude. One such unforgettable experience occurred during a workshop in Croatia in Sept 2019. My wife, Hem, and I were in the UK, planning to travel to Croatia for the workshop. It was the end of August, and we were engrossed in preparing the Sept–Oct newsletter, always an exceptionally busy time. On 27 Aug, I developed a strange pain in my head, unlike any headache I had experienced before. Hem and our daughter, Shivani, a cardiologist, who was visiting us before joining her new job in Houston, felt that I had overworked and needed rest. However, the pain persisted.

On 30 Aug evening, Shivani noticed tiny blisters on the left side of my scalp and above my left eye. Suspecting herpes, she sent a photograph to her brother, also a cardiologist, who agreed. I was devastated at the thought of cancelling the trip on the last minute. More than 20 participants had enrolled, made all the arrangements, and booked leave from work for the workshop. Feeling helpless, I could only pray to Swami. Miraculously, by the following morning, the pain had disappeared, and the blisters had vanished without a trace. We reached Croatia on the same day as planned, and the programme began that evening with a teaching satsang.

The next morning, halfway through the session, I suddenly developed a fever, burning pain, and a rash above my left eye. I was admitted to hospital, where the doctors diagnosed herpes involving the eye, a potentially serious condition. Hem, not aware of the contents to be covered, received a quick brief from me and immediately took charge of the workshop, ably assisted by experienced practitioners, while rescheduling her clinics to the evenings. Although the hospital staff cared for me very well, I felt deeply distressed that my illness had disrupted the workshop. Then, two days later, Swami appeared to me in a dream, surrounded by an effulgent light. The experience was so vivid that I felt as though I were living His personal darshan. Swami then returned the following night, giving me another unique experience, bringing me immense comfort and joy, dissolving my anguish.

Looking back, I feel that Swami, in His infinite compassion, granted me temporary relief so that we could reach Croatia and the workshop could begin as planned. Even when illness prevented me from continuing. He ensured that the programme went ahead through Hem and the other practitioners. This experience remains a powerful reminder that Swami's loving presence is ever with us, guiding events in ways we may not fully understand.

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3.2 *A Divine Visitor at Seva Camp* [11623...India]

Amid the bustling activity of the Sai Vibrionics seva camp at Puttaparthi railway station on 23 Nov 2025, during Swami's 100th Birthday celebrations, I experienced an encounter that left me wondering whether Swami Himself had come to bless our seva in a most endearing form. As several practitioners busily prepared and distributed remedies to devotees, a little girl of about five approached me. Wearing a beautiful green frock, her hair tied in a ponytail, and carrying a white handkerchief, she had a radiant face and a captivating smile that immediately drew my attention.

Without the slightest hesitation, she leaned against me and began chatting as naturally as though we had known each other for years. Fascinated by the remedies I was preparing, she asked whether they were for colds, coughs, and other ailments. I answered her questions patiently, marvelling at her curiosity and confidence. Her presence filled me with an indescribable sense of joy, warmth, and inner peace. After about five minutes, I began to wonder where her parents were and asked why she was alone. With remarkable calmness, she reassured me that I need not worry, as the place was familiar to her and belonged to her. She then continued our conversation, switching effortlessly from Telugu to English.

Amid the movement of the crowd, I suddenly lost sight of her. Concerned for her safety, I got up and searched for her, but she had vanished without a trace. The encounter left me deeply moved. I could not help feeling that Swami had come in the form of this little girl to bless our seva and remind us of His omnipresence. The experience reaffirmed a truth close to my heart: when we serve with love and sincerity, Swami is always beside us, guiding and blessing us in ways that transcend our understanding.

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Om Sai Ram!