

Sai Vibrionics Newsletter
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“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

“Have faith in Me. I never make a mistake. Love My uncertainty. That is not a mistake. That is My wish and My will. Remember that nothing happens unless I command it. Be stable minded. The relationship between you and Me is ancient and eternal. It is unlike the worldly relationships. I look at you as the waves rising from an ocean. I look at the blissful form of your face. Since you are an embodiment of bliss, you desire to love and gain that eternal bliss which forms a base to this bliss. Do not get satisfied by loving Me. Behave in such a manner that I may love you.”
...Sathya Sai Baba SSS Vol 3

It has now been over a month since Bhagwan Sri Sathya Sai Baba, Swami, left his physical form. In Prashanti Nilayam and around the world, devotees are coming to terms with their sadness and grief over Swami leaving, and doing so unexpectedly.

“Love My Uncertainty.” We must remember that everything Swami did and does is out of pure love for His devotees, including the leaving of His body. Every action of His is filled with meaning, purpose and lessons for us to learn. It is up to each of us to think about and meditate on the last months of His body’s life and find what lessons there are for each of us to live our lives by and even how to leave our body when the time comes.

An example that comes to my mind is *performing one’s duty in the face of personal physical challenges*. Swami continued to come for darshan, blessing all and giving great happiness to hundreds of thousands while His body was in decline from breathing and heart difficulties. He repeatedly said, “I am not the body. I am always in bliss.” That did not mean He did not feel body pain. It meant He chose not to identify with the pain, rather to mentally rise above the pain and remain in Atmic bliss.

As we adjust to not seeing Swami’s living beauty and following His daily coming and going in the ashram, the way forward may seem unclear, but it must not be. We must recommit to living our lives by His message of Truth, Love, Peace, Right Conduct, and Non-violence in our every thought, word and deed. His glory shines when we remove our ego and become His hollow flute, His perfect instrument. Sai shines in us, around us, above us and below us.

Vibrionics is blessed by Swami to be His tool to reach many, many people in need of healing, comfort, and hope. We, His vibro practitioners, are blessed to be His instruments to provide that help. Let us, together, vow to redouble our efforts to reach out and share the love we have received from Swami. Watch the love multiply!

In loving service to Sai

Jit Aggarwal

Case Histories Using Combos

1. Wonderful Relief from Cough ^{2090...India}

A 60-year old lady came to see if this healer could help her. From birth she had suffered from a chronic cough. During her long life, she had been to countless doctors of allopathy, ayurveda and homoeopathy, taken all their recommended treatments and medicines, but had not found a cure. The healer gave her:

CC19.6 Cough – chronic...TDS to be taken for 1 month. At the end of the month, she reported back saying she was 75% better. The healer added **CC19.2 Allergy** to **CC19.6 Cough...TDS** for a further month. When the lady returned to see him a month later, she was 90% better. She was then given: **CC19.6 Cough + CC19.2 Allergy + CC19.3 Asthma...TDS** for yet another month.

When she came back the fourth time, with a very broad smile, she said that for the first time in her entire life she had no cough. Her cough-less life was a new experience for her and also for her family, friends and neighbours. They were curious to know how it came about and when they heard, many came flocking to this healer with their medical problems and a hopeful cure!

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2. Enlarged Benign Prostate ^{2762...USA}

A 72-year old man had a history of difficult and painful urination which was diagnosed as an enlarged prostate. The doctors recommended a prostate operation. He asked the healer for Vibrionics treatment to avoid the surgery. He was given:

CC13.2 Frequent Urination + CC14.2 Prostate + CC12.1 Adult Tonic + CC10.1 Emergency which was prepared in water to be taken TDS.

After 3 days he felt better and the urination had reduced. The combo was continued and prepared in sugar pills to be taken TDS. At the end of three weeks, there was further improvement. The patient reported he was only urinating twice at night as opposed to the many times before and with very little pain, so the operation was postponed. Two months later, improvement had continued and the patient was only urinating once at night and without any pain. He was advised to reduce the combo from TDS to OD for the next two months. He returned to say he was feeling very good. The healer reduced the combo to

CC13.2 Frequent Urination + CC14.2 Prostate + CC12.1 Adult Tonic....OD but gradually reducing to **3TW** after two months, then **2TW** and finally **OW** as a general health maintenance, bearing in mind the patient's age as well as to protect the prostate from any possible relapse.

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3. Hodgkin's Disease ^{0660...USA}

A woman aged 65 was diagnosed with Hodgkin's disease and came to the healer for treatment. She was given:

NM6 Calming + NM30 Throat + NM59 Pain + NM63 Back-up + NM110 Essiac + SM13 Cancer + SM24 Glandular + SM40 Throat...6TD for two weeks followed by TDS.

Four months later, she was given a blood test by her doctor and the result was normal and there was no sign of the disease. The patient continued to take the remedy for some time even after the good news and she has been free of the disease for six years now.

*Here is another great healing and if the healer had used the 108 CC box to treat the above illness, she could have given **CC2.1 All Cancers + CC19.7 Throat** we believe with equal success.*

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4. Blindness from Childhood ^{2640...India}

A middle aged lady was referred to a healer, who is also an allopathic doctor, by an ophthalmic surgeon for vibro treatment as the woman was unable to see from childhood. On examination, it was confirmed that she was not able to see clearly. She was given:

CC7.1 Eye Tonic + CC12.1 Adult Tonic...QDS

After taking the above combo for just two weeks, she was able to see the faces of people clearly, watch TV and now after two months, she can read newspaper.

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5. An Emotional and Mental Disorder ^{0002....India}

A young woman came with her family to see the healer in the hope that she could be treated for a disorder that started at 11 years of age when she was left for a short while to look after her younger brother. During the time the parents were away, her little brother had a seizure. This was the first of many such episodes, which were later diagnosed as epilepsy. But for the sister, this first time was so traumatic that before help arrived she became hysterical, unable to understand what was happening. Afterwards, thinking it was her fault, she became obsessively worried about the experience.

Her whole personality started to undergo a change. She was alternately very fearful or aggressive and disturbed. Doctors had treated her with various drugs without any permanent cure. While she was taking the drugs, she was so relaxed and quiet, her mother thought the girl seemed only half alive. They finally decided to stop all treatment and focus on keeping her happy and secure at home. Over the years she grew more belligerent and uncooperative.

The doctors never gave a diagnosis as to exactly what was wrong with the girl. It was not known whether the disorder was an emotional trauma or a physical shock to the nervous system when she was 11 years old. When the healer saw her, she appeared to be about 17 years old, with a vacant and pale facial appearance, although she was in fact, 23 years old. She wouldn't speak to the healer or look at her. The healer asked her if she loved Baba and she nodded 'yes'. The healer told the girl she would give her some medicine from Baba that she should take daily as prescribed. It would make her well and give her new energy through her love for Him. The following was given:

CC15.2 Psychiatric Disorders + CC18.1 Brain Disabilities...TDS to be reduced when her condition improved.

It was Christmas, some months later as the healer was leaving the Darshan Hall in the ashram, two people came running up to her whom she did not recognise. The older one was saying, "Look, Baba has healed her with those pills". The healer then knew who they were although she had not immediately recognised them. The weight of the worry had been lifted from the mother, she looked ten years younger. The girl appeared confident; was smiling and happy, and had become a healthy young woman.

Further to our April *Special Edition* of the newsletter regarding guidance on safeguarding people from radiation, our Coordinator in Italy has suggested that a nosode of iodine should be added to the already-suggested Radiation combo. We agree this is a further good safeguard. Therefore, those who are using the potentiser to make the combo, should either get lodum from a homoeo store or iodine from a pharmacy and then potentise the same at 30C.

🌀 The Answer Corner 🌀

Question: Is it possible to transfer vibration from a few pills by dissolving them in alcohol so that the resulting mixture would act like the original combo made directly in alcohol medium? **Continued....**

I am asking you this question because I have a patient, who needs to take a combo for many months, she lives far from Paris and before her pills are finished, she could prepare a little bottle of alcohol for future use. ...Healer ²⁸⁰⁹

Answer: This procedure will work but the resulting combo in alcohol MAY not be as effective as the original combo, depending upon how well the pills were looked after by the patient.

Question: How long do the vibrations in alcohol bottles in the 108CC box last? ...Healer ²⁴⁹⁴

Answer: The vibrations in alcohol last for two years but if you shake the bottle nine times before the two years are up, they will last for another two years; so they can be made to last forever!

Question: How long do the vibrations in pills last? Does the time of expiry of pills depend upon how the pills are made, since pills can be made in different ways? ...Healer ⁰⁵¹²

Answer: Vibrations in pills (irrespective of how they are made) last between 2 to 6 months, depending upon how the bottle of pills is kept. If it stays in the house in a good place, away from any kind of radiation, pills will be good for 6 months. However, if the bottle travels with you, it could easily be exposed to some radiation from mobile phones etc; in this case, it is safer to assume that vibrations will last for 2 months. It is recommended that the bottles be wrapped in aluminium foil to protect the pills from the effect of radiation.

Question: For making remedies in water, we read that we should add 25 drops of alcohol to 1 litre of water but now we are told that for animals and plants, we need 10 drops? ...Healer ²⁴⁹⁴

Answer: We found that 5-10 drops of alcohol to one litre of water is enough for ALL cases. Before, we were using 25 drops but it is not necessary.

Question: How should we administer remedies to animals e.g. to a cow? ...Healer ²⁷¹⁵

Answer: The remedies to animals are best given in water and it is important to remember that it is not necessary in the case of animals and babies to hold the remedy UNDER the tongue. In order to make remedy in water, add five drops of the liquid combo in one litre of water and shake vigorously 100 times. This remedy can be further multiplied, if the need be, using this principle. The resulting remedy can be taken directly OR it can be added to the drinking water for the animal.

Do you have a question for Dr. Aggarwal? Send it to him at news@vibrionics.org

🌀 Health Tips 🌀

THE BREATH

When we sit and meditate, we are often told to think of the breath, in order that our monkey mind, as Baba calls it, has something to focus on; so it stops wandering from one thought to another. We are also told to try and move the breath down to the abdomen and not just limit it to the lungs.

Now, we find it is also good for our health. In Robert Fried's book *Breathe Well, Be Well*, he tells us most people breathe too shallowly and quickly. This creates an imbalance in the carbon dioxide in the blood, resulting in symptoms such as tingling in the hands, light-headedness, weakness, fatigue, frequent sighing, yawning and burping, constipation, irritability and insomnia. Proper breathing can also improve chronic medical conditions such as asthma, hypertension and migraine. "*The right way to breathe is deep down in our abdomens – just think about the way a new-born's tummy slowly rises and falls with each inhalation and exhalation,*" says Dr. Fried. Below is an exercise from him to help us breathe more deeply:

Imagine that your body is an upside-down eyedropper. Your nose is the dropper's opening and your stomach is its bulb. Sit with your hands on your stomach and breathe in, imagining air filling the bulb as you let your stomach expand, then exhale, tightening your abdominal muscles, as if squeezing the eyedropper bulb.

With daily abdominal breathing practice, people often notice improvement in their health after a few days to two weeks. The eventual goal is to breathe from the abdomen automatically then quick shallow breathing becomes a thing of the past. And your meditation might improve too!

Source: Robert Fried, PhD, is a professor of biopsychology and behavioural neuroscience at Hunter College in New York City and author of *Breathe Well, Be Well: A Program to Relieve Stress, Anxiety, Asthma, Hypertension, Migraine, and Other Disorders for Better Health* (Wiley).

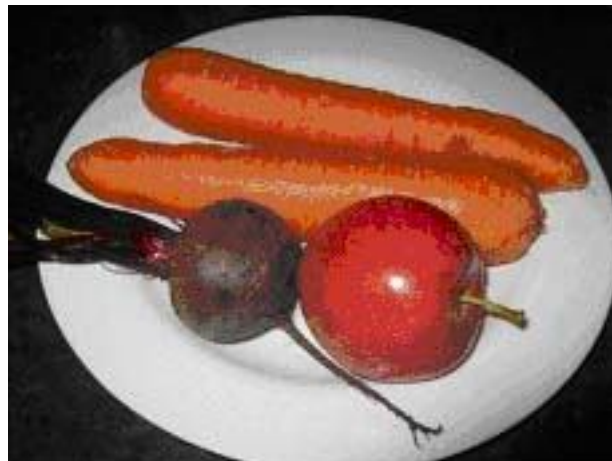
JUICES AND SMOOTHIES FOR HEALTH

For many of us summer is just around the corner and long, cool, refreshing drinks like juices and smoothies will be in demand. So why not make sure that they are also a way of keeping healthy? Pat Crocker, author of *The Smoothies' Bible* says that recipes usually begin with about one-half cup of liquid per serving which can be from fruit juices, milk, yogurt and vegetable juice - generally tomatoes, carrots, beetroots and cucumbers, or you can use green and herbal teas. Then added to the liquid are two, three or more of a wide variety of fruits and/or vegetables. She says it is important to use good quality organic ingredients. You can add nutrient-rich ingredients such as pomegranate (including the seeds which are edible and contain most of the fibre and antioxidants), blueberries, blackcurrants, strawberries etc. If you are using fruits high in natural sugars, for example; pineapple, mangoes or kiwis, add lower sugar fruits for balance such as apples, watermelon or strawberries.

Always make these healthy summer drinks in a blender, not a juicer so that the fibre and the important cell wall constituents of the fruits are retained. Here is Pat Crocker's way of making drinks:

Make sure that the fruit and vegetables used are thoroughly washed in pure water. Put a little liquid in first to protect the blades of your blender, even if it is only fresh water. Then add the other ingredients roughly chopped and top with ice if you wish. Start blending on a low setting for 10 to 30 seconds, then increase to a higher setting for another 10 – 30 seconds in order to liquefy to a smooth consistency. If the juice or smoothie is too sweet, squeeze in a little lemon juice, if too sour, add chopped fruit like banana, grapes, pineapple, dried apricots or dates, in small quantities to reach the desired sweetness. In no time you will have your own personal recipes for delicious healthy summer drinks if you immediately write down the ingredients and proportions!

Meanwhile here are two recipes to start with: Two apples unpeeled, un-cored and quartered. 12 oz. (350 gram) dessert cherries, de-stoned. This juice is rich in vitamin C and carotenoids, contains folic acid and potassium and is very good for the skin. Four carrots unpeeled, unless not organic; one apple unpeeled, un-cored and quartered, 1 kiwi fruit peeled, one handful of parsley with stems. There is no better way to start your day with this drink as it is full of A, C, E, B vitamins and potassium.



Here's another health-filled drink for you to enjoy. Take one beetroot, one carrot and one apple, washed and cut into pieces including the skin. Put all through a juicer or blender with fresh water and drink immediately. You may add some lime or lemon juice for a refreshing taste. Many people believe the drink, when taken regularly, can help strengthen the immune system. The vitamins and nutrients in the raw vegetables and fruit are good for one's eyesight, it helps with elimination and improves digestion. It is recommended to drink the juice first thing in the morning on an empty stomach, an hour before breakfast. For an extra boost, take it two times a day, in the morning and before 5 p.m.

We will be offering other suggestions for healthy juices in the next issue of *Sai Vibrionics*.

☪ Divine Words from the Healer of Healers ☪

“If we fill ourselves with selfishness, jealousy and such ill feelings, we will not be able to do any good service. If there is nothing in a vessel, it is possible to fill it with some good things. Therefore, in the very first instance, empty yourselves of all bad feelings and fill your hearts with love and selflessness. A heart soaked in love alone is a sacred heart. Whatever service we render should be done with a sense of selflessness. And then we may reach the highest stage in life. The service done may be a small one but when it is done with a large heart, it can yield great results.” ...Sathya Sai Baba

☪ Announcements ☪

Workshops Held

- By the grace of Bhagwan Sathya Sai Baba, a seminar on Vibrionics was held at the Sri Sathya Sai Institute of Higher Medical Sciences (Super Speciality Hospital), Prashantigram, on February 26th 2011, for the doctors of the hospital as well as doctors of the General Hospital. The seminar began with an introduction to vibrionics given by Dr Aggarwal. This was followed by a presentation of a number of interesting cases of exceptional cures by Dr Deepa Hoskote ²⁶⁴⁰ from Mumbai. She presented several very difficult cases pertaining to heart, eyes, respiratory system and skeletal system. Some of the cases had been declared ‘hopeless’ by doctors of conventional medicine and yet, vibrionics gave the patients a new lease of life. The seminar was very well received by the hospital staff. A lot of interest in vibrionics was generated and this seminar helped to spread awareness about this alternative system of healing in Prashanti Nilayam.
- On May 14th and -15th in Opole, Poland a 6th JVP workshop was held with 15 participants.



Forthcoming Workshops

- **India:** 24-26 June 2011 in **Delhi**, first workshop for AVPs. Contact your local Samiti Convenor
- **England:** 25-26 June 2011 in **London**, workshop for JVPs, also a refresher workshop for all vibro practitioners. For further details, contact Dr. Aggarwal at 020-7209 3413 or 01865-511 171 or email at: 99sairam@vibrionics.org
- **Poland:** 22-13 November 2011 in **Wroclaw** - Refresher workshop for all JVPs and full vibro practitioners and it will cover a review of interesting cases. Contact Dariusz Hebisz at 071-349 5010 or by email at d_hebisz@hdp.com.pl.

ATTENTION: If your email address changes in the future, please inform us at news@vibrionics.org as soon as possible. Please share this information with other vibro practitioners who are not aware of this new email service. Thank you for your cooperation.

The website is undergoing construction. Some features are not available yet.
Check out the progress at: www.vibrionics.org

Jai Sai Ram!

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