

## Sai Vibrionics Newsletter

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

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

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### ☪ From the Desk of Dr Jit K Aggarwal ☪

Dear Practitioners

With the festivities marking Swami's 87<sup>th</sup> birth anniversary gone by, it has been a joyous time in Prashanti Nilayam. It has also been a busy one for the Vibrionics practitioners of Puttaparthi who set up a medical camp at the PN Railway Station (see photo) for the fourth year in a row. They treated over a thousand patients who came off the trains, several who had travelled many hours to celebrate Swami's birthday in His birth place. Swami's invisible benevolent hand was evident from the way even the smallest of details was taken care of. At one point, the practitioners almost ran out of bottles since they did not expect such a huge crowd. A few minutes later, an unexpected practitioner arrived on the scene with enough supplies and the camp was back to full power! Several miracles were witnessed in this year's camp, including the case of a *seva dal* who had badly burnt his foot. Such a burn would usually take at least a week to heal. Our practitioners applied a vibro remedy prepared in extra virgin olive oil to the wound and gave him a bottle of pills to take orally. Within an hour, the *seva dal* was walking normally without any pain or trace of the wound! Praise be to our loving Lord!

In October this year, we conducted a workshop for JVP training in Hartford, Connecticut, USA (see photo). Twenty-one devotees from across the US and Columbia in South America attended the two-day workshop at the Atma Centre and successfully completed the course. I'm also pleased to announce the appointment in the US of a qualified Vibrionics teacher who will conduct future classes for those devotees interested in offering as their seva Swami's healing energy through vibro remedies. You can contact the trainer, Susan at [trainer1@usa.vibrionics.org](mailto:trainer1@usa.vibrionics.org).

With the Lord's grace, Vibrionics work is expanding and there is an opportunity for all those who are committed to do Swami's seva. If you are interested in either becoming a Coordinator for your country or would like to apply for a Teachers training course, please send me an email.

On November 24<sup>th</sup>, the practitioners of Trichur Dist in Kerala, India, opened a permanent Vibrionics Healing Centre for daily service to help sick people in the community. It is a wonderful step that they have taken and will be of great service to local people in need of medical treatment - especially for those who cannot afford other treatment. We hope that other States of India will take inspiration from them and soon there could be many more centres in India and indeed around the world.

On November 25<sup>th</sup>, a seminar on Alternative Treatments for Cancer was conducted at Chord Road Hospital, Bangalore, India. Six experts gave insight into different types of energy therapies for cancer. Even three surgeons from the hospital came and shared their wonderful personal experiences with energy treatments and how their patients had benefited from the same. I was honoured to be invited to speak on Vibrionics to the audience of cancer patients and doctors. I presented six cases of how Vibrionics has completely cured different types of cancer and, by Swami's grace, the talk was well received.

From time to time, practitioners have asked me if Swami had mentioned anything about 21 December 2012. I am not aware of anything specific that Baba said about this but surely, we are at the threshold of a significant development in human history. Unquestionably, everything that is being said presents a wake-up call for us all. Some believe that a spectacular cosmic event will occur for 8 minutes during the period 21-23 Dec 12. During these 8 minutes, some very high frequency energies will be transmitted into the ether. Those of us who are open to subtle energies will be able to experience complete awareness and knowledge that transcends anything ever experienced before. Further information will be posted on our website soon, so don't forget to log on to [www.vibrionics.org](http://www.vibrionics.org).

In loving service to Sai

Jit Aggarwal

## Case Histories Using Combos

### 1. Influenza type H1N1 – Swine flu <sup>01205J...India</sup>

A female patient, aged 54, was diagnosed with Swine Flu and was told she had to be admitted to hospital to be treated. She contacted the practitioner to ask if vibro medicine could help her. She was given:

**CC9.2 Infections acute + CC9.3 Tropical diseases + CC19.1 Chest tonic + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.6 Cough chronic.**

She was told to take it every hour during the evening as well as the next morning until her appointment with the doctor at 11 am. When the doctor checked her for admission, he said there was 80% improvement in her infection. So there was no need for her to be admitted to hospital. She was treated as an outpatient instead, and given a low dose of antibiotics. She also continued to take the above combo for a further 2 weeks, TDS the first week and BD the second week, after which the recovery was complete.

*Practitioners using the Sai Ram Potentiser can give: NM8 Chest + NM18 General Fever + NM30 Throat + NM31 Tonsils & Glands + NM63 Back-up + NM70 CB9 + NM79 Flu Pack + SM41 Uplift.*

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### 2. Cerebral Atrophy <sup>2640...India</sup>

At a regular mobile vibro camp, a mother brought her 2½ year old son in her arms. She was carrying him because he could not walk or stand, his eyes were not fixed and his slightly large head was not stable nor could he lift his hands. It was such a pathetic sight that all hearts went out to him. He was given:

**CC12.2 Child tonic + CC18.1 Brain disabilities + CC20.1 SMJ tonic + CC20.3 Arthritis + CC20.5 Spine...QDS for 3 months.**

At their recent camp three months later, the mother's neighbour remarked that there was good improvement. The child was now able to stand, sit, slightly move his hands upward, his gaze was steady and he was smiling. Everyone was happy at this wonderful news. They are praying to Swami that the improvement continues and more pills of the above combo were given to him.

*If you use the Sai Ram Potentiser, give: NM4 Brain + NM5 Brain TS + NM25 Shock + NM90 Nutrition + OM20 Paralysis Flaccid + OM21 Paralysis Spastic + SM12 Brain & Paralysis + SR356 Plumbum Met + SR458 Brain Whole + SR459 Brain (Broca's Area) + SR460 Brain (Cerebellum) + SR461 Brain (Medulla) + SR462 Brain (Pons) + SR463 Cranial Nerves + SR532 Sympathetic Nervous System + SR546 Baryta Carb.*

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### 3. Infected Sebaceous Cysts <sup>01389J...India</sup>

The practitioner's son was always scratching his head and had a lot of dandruff. It was only when all his hair was shaved off that the source of the irritation could be seen: his whole head was a mass of what looked like lots of blisters joined together. These were really swollen, infected and oily cysts that had formed through matter secreted by the sebaceous glands of the head, and if left untreated, they could cause a blockage to the glands and a lot of discomfort. He was given:

**CC14.1 Male tonic + CC15.1 Mental & Emotional tonic + CC21.3 Skin allergies + CC21.7 Fungus...6 times between 5 pm and 11 pm and 2 times next morning.**

Upon inspecting the scalp at 11 am next day, it could be seen that 95% of the swelling had gone. The boy continued to take the above combo TDS for 10 days. After that, small cysts had reformed on the scalp but without swelling. So the combo was changed to the following:

**CC11.1 Hair tonic + CC11.2 Hair problems + CC14.1 Male tonic + CC15.1 Mental & Emotional tonic...TDS for a further 10 days.**

Some dry, flaky dandruff is still left but the infection itself has gone. No other treatment was given except to use a medicated anti-dandruff shampoo.

*If using Sai Ram Potentiser, give: NM12 Combination-12 + NM36 War + NM72 Cleansing + NM84 Hair Tonic + NM114 Inflammation + BR17 Male + SR250 Psorinum + SR264 Silicea (30C) + SR280 Calc Carb + SR292 Graphites + SR294 Hepar Sulph (30C) + SR351 Kali Carb + SR546 Baryta Carb.*



#### **4. Severe Earache with High Fever** <sup>1150...Croatia</sup>

A small boy aged 5 was brought to the practitioner with a high fever of 40C, severe earache, sore throat and headache. He had been given by his doctor two courses of antibiotics but there had been no change in his condition. His doctor ordered a blood test which revealed he had less than 200 white blood cells. His doctor was very concerned but afraid to give any more allopathic medicines. So, he suggested a homoeo remedy called Belladonna! Our practitioner gave the following:

- #1. NM86 Immunity + OM1 Blood...TDS; #2. NM113 Inflammation...TDS**
- #3. NM114 Elimination...OD.**

Within a day, his temperature had dropped and in a week, it was normal with the child eating, sleeping, and feeling better. A week later, his doctor checked his blood again and this time it was normal. **#2** and **#3** were continued with the addition of **NM49 Chest Tonic...TDS** to help complete his recovery.

*From 108CC Box: CC9.4 Children's diseases should do the same job.*



#### **5. Infertility** <sup>2799...UK</sup>

A lady of 36 years had been married 11 years and had been unable to conceive due to a problem with immune system and with chromosomes. She had been given three IVF treatments but they had failed. It was suggested she should adopt a child but she had set her heart on having her own. The practitioner gave:

- NM7 CB7 + OM24 Female Genital + BR7 Stress + BR16 Female + SM6 Stress + SM29 Tension + SR255 Calc Sulph (200C) + SR262 Nat Phos 200C + SR537 Uterus + SR544 Aletris Far...TDS.**

And from the 108CC Box, **CC14.3 Male infertility...TDS** to the husband.

The remedies were taken for 5 months and in the 6<sup>th</sup> month she conceived. To make sure that the baby was well and truly established in her uterus, the patient informed her doctor only after she was two months' pregnant. The news astonished him. It was only after having confirmed with a scan that the baby was healthy and the delivery expected to be normal that he really believed there would be a successful outcome. The baby is due any day now and the whole family including both grandparents and friends are looking forward to a safe delivery.

*From 108CC box: for female infertility: CC8.1 Female tonic. From Sai Ram Potentiser: for male infertility: OM22 Male Genital + SR216 Vitamin-E + SR254 Calc Phos (200C) + SR262 Nat Phos (200C) + SR522 Pituitary Anterior + SR534 Testes.*



#### **6. Sore throat, cough and sinusitis** <sup>1176...Bosnia</sup>

A woman, aged 75, came for help because of a severe sore throat, a bad cough with expectoration and inflamed sinuses that she had been suffering from for several days. She was given:

- 1. NM36 War + NM70 CB9 + NM71 CCA + NM113 Inflammation...TDS**
- 2. SM26 Immunity + SM27 Infection + SM31 Lung & Chest + SM35 Sinus + SM40 Throat...TDS**

When she returned a week later she was only 20% better. After some questioning from the practitioner, the patient revealed that she had caught scabies when she was 15 years old. Ever since she was a

regular sufferer of bronchitis. Twenty years later, she started to have problems with her sinuses and over the years had suffered allergic reactions to a variety of antibiotics given to her by allopathic doctors. In an effort to cure these chronic problems and now with the knowledge that her ill health started with scabies, the practitioner commenced to give her a course of the Psorinum miasm as follows:

**1. SR250 Psorinum 10M, 1M, 200C, 30C, 6C...**single dose of each potency with an hour in between starting with the highest potency **10M**.

First type of pullout started one day later i.e. all the symptoms worsened. After two days, she felt much better. After three days, she was given:

**2. SR294 Hepar Sulph Calc 10M, 1M, 200C, 30C, 6C...** same procedure and dosage as before.

Two days later, she was given:

**3. SR318 Thuja 10M, 1M, 200C, 30C, 6C...** same procedure and dosage as before.

After 5 days, she felt very well. There was almost no cough, throat was fine and the sinuses were clear. Expectorations from the lungs rapidly diminished and after a week, her health was almost 100%

*This is a fine example of using a miasm and 2 single remedies to clear chronic health problems in a very unique way.*

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## ☞ Health Tips ☞



### Banana Facts

The humble banana is often overlooked when it comes to providing nutritional and medicinal value to our food, as it has a lot to offer us in both areas. Bananas are rich in vitamins A, B, C, E and G. The minerals they contain are potassium, calcium, magnesium, phosphorus, and selenium.

A **Banana**, containing three natural sugars - sucrose, fructose and glucose combined with fibre, it gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

The fully ripe banana produces a substance called TEN (Tumour Necrosis Factor) which has the ability to combat abnormal cells. So don't be surprised if the shops soon go out of stock of bananas. As the banana ripens, it develops dark spots or patches on the skin. The more dark patches it has, the higher will be its immunity enhancement quality.

Hence the Japanese love bananas for a good reason. According to a Japanese scientific research, banana contains TEN which has anti-cancer properties. The degree of anti-cancer effect corresponds to the degree of ripeness of the fruit, i.e., the riper the banana, the better the anti-cancer quality. In an animal experiment carried out by a professor in Tokyo University comparing the various health benefits of different fruits, using banana, grape, apple, water melon, pineapple, pear and persimmon, it was found that banana gave the best results. It increased the number of white blood cells, enhanced the immunity of the body and produced anti-cancer substance TEN.

The recommendation is to eat 1 to 2 bananas a day to increase your body immunity to diseases like cold, flu and others. According to the Japanese professor, yellow skin bananas with dark spots on it are 8 times more effective in enhancing the property of white blood cells than the green skin version.

But this is NOT the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a **must to add to our daily diet**.

**Depression:** According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan,

a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

**PMS:** Forget the pills -- eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

**Anaemia:** High in iron, bananas can stimulate the production of haemoglobin in the blood and so helps in cases of anaemia.

**Blood Pressure:** This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect way to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

**Brain Power:** 200 students at a Twickenham (Middlesex in UK) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

**Constipation:** High in fibre, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

**Hangovers:** One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

**Heartburn:** Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

**Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

**Mosquito bites:** Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

**Nerves:** Bananas are high in B vitamins that help calm the nervous system.

**Overweight and at work:** Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

**Ulcers:** The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

**Temperature control:** Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers.

**Seasonal Affective Disorder (SAD):** Bananas can help SAD sufferers because they contain the natural mood Enhancer tryptophan.

**Smoking & tobacco use:** Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

**Stress:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

**Strokes:** According to research in "The New England Journal of Medicine, "eating bananas as part of a regular diet can cut the risk of death by stroke by as much as 40%!

**Warts:** Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. Remember however, never to put your banana in the refrigerator! When you compare it to an apple, it has four times the protein, twice the carbohydrates, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So may be its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

[http://www.naturalnews.com/031308\\_bananas\\_health\\_benefits.html](http://www.naturalnews.com/031308_bananas_health_benefits.html)  
[http://www.naturalnews.com/028206\\_bananas\\_health.html](http://www.naturalnews.com/028206_bananas_health.html)  
[http://www.naturalnews.com/034151\\_bananas\\_nutrition\\_facts.html](http://www.naturalnews.com/034151_bananas_nutrition_facts.html)  
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<http://www.nutritiondata.com/facts/fruits-and-fruit-juices/1846/2>  
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<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=7>

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### Six Foods to Help Diabetes

There are two forms of diabetes: Type one and type two. Both types involve imbalanced blood sugar and insulin issues. Insulin is the hormone that helps convert glucose into the cellular energy that's needed for the cells to metabolize nutrients.

Type I diabetes is sometimes called juvenile diabetes because it usually occurs early in life. The pancreas doesn't produce any or enough insulin and usually needs to be supplied externally. That often means insulin injections by manual syringe, or an easier managed insulin injection pen, insulin pills, or a portable insulin pump.

The pancreas is usually functioning with Type II diabetes, which normally occurs later in life. However, the body is insulin resistant, or not using the insulin well enough. Type II diabetes can often be controlled by exercise and diet while monitoring blood sugar.

Again, chronically high blood sugar is an indicator for both types of diabetes. But sometimes low blood sugar (hypoglycaemia) occurs, especially with Type II diabetes.

Many diabetic symptoms cross over with adrenal and thyroid issues as well as fibromyalgia. So it's best to get your blood sugar tested to determine whether or not your health problems are diabetes related.

### Foods for Diabetics

Obviously, **foods with high glycaemic indices (GI) need to be avoided.** Those include refined starches and carbohydrates, sugar, high fructose corn syrup (HFCS) honey, maple syrup, candies, cakes, and cookies. Synthetic sugar substitutes cook your brain cells.

Unsweetened fruit juices are short-term solutions for low blood sugar (hypoglycaemia), but should be avoided unless diluted if one suffers from high blood sugar.

Did you know that many foods from fast food restaurants and processed foods off the shelf contain sugars even if they're not meant to be sweet? Avoid them all. Buy bulk organic as much as possible.

**(1) Veggies, especially greens,** are items you can eat every day. Steamed veggies and raw salads are nutritionally beneficial for anyone and certainly if you have a low **glycaemic index.** Off-the-shelf salad dressings

often contain sugar or other sweeteners. Use only unprocessed cold-pressed virgin vegetable oils, except soy, and vinegar or lemon/lime.

**(2) Slice some avocado** into your salad for taste variety and good nutrition. Avocados have low GIs. Avocados' high omega-3 content contributes to healing chronic inflammation, which is often associated with diabetes; leading to other serious diseases.

Avocados are an excellent plant source of protein.

**(3) Walnuts** are also a good low GI source of omega-3. You can sprinkle them onto salads or veggies for a tasty change. Most other unsalted, raw nuts are also okay for diabetics.

**(4) Fresh wild (not farmed) fish**, especially tuna or cold water salmon, are another high source of omega-3 with very low GI levels. All other meats are low GI high protein sources, if you are so inclined.

Then try to stick with grazing grass-fed livestock or poultry that's free range, both to stem the excessive animal cruelty and avoid consuming the toxic antibiotics and hormones injected into factory farm animals.

**(5) Grains** are tricky. Obviously avoiding processed grains is necessary. But some whole grains have a higher GI (glycaemic index) than you would think. Whole wheat is one of them. Quinoa and buckwheat are good substitutes.

Organic brown rice may work for some diabetics since it is a complex carbohydrate that doesn't convert to glucose rapidly. But most experts recommend diabetics not make brown rice an everyday meal.

**(6) Various legumes (beans)** can be added to a dish of brown rice for a delicious entree. Beans are high protein and fibre with lower GIs than potatoes. They can also be mixed in with veggies or prepared as a side dish.

Sources for this article include: [http://www.ehow.com/about\\_5372662\\_safe-foods-diabetics.html](http://www.ehow.com/about_5372662_safe-foods-diabetics.html)  
Learn more: [http://www.naturalnews.com/037217\\_diabetics\\_foods\\_alvcermic\\_index.html#ixzz26kf3a5Ps](http://www.naturalnews.com/037217_diabetics_foods_alvcermic_index.html#ixzz26kf3a5Ps)

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*Sai Vibrionics offers health information and articles for educational purposes only; this information is not intended as medical advice.*

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## ☞ The Answer Corner ☞

**1. Question:** *A friend is about to give birth and would like me to make a nosode of the placenta (afterbirth). How long after the delivery can I make the nosode, I wondered if there is a time limit?*

**Answer:** In order to obtain true vibration of any body part (such as placenta), it must be healthy. However placenta, like any other live matter, could become contaminated by bacteria and start to deteriorate after sometime, especially if it is not refrigerated. So, it will be best to potentise placenta as soon as possible after birth.

*Placenta usage after delivery will be explained in a subsequent Newsletter.*

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**2. Question:** *The mother of a 6 week old breast-fed baby wants to know the best way to administer vibro to her baby who does not drink out of a bottle and has not yet been given any water.*

**Answer:** Firstly you can be confident that even a new-born can not be hurt by taking vibro medicine. The best way is to dissolve a few pills in pure water and place a drop on the mother's nipple before feeding the baby. It is also good to put some of the remedy in organic coconut/almond/olive oil and rub it on the skin. To apply oil to a baby's skin is healthy anyway.

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**3. Question:** *My mother is 89 years of age and suffering from Alzheimer's disease. She is very weak and refuses to eat or drink most of the time. Could it be that she is dying? and if so, how can I help her to make this transition easier.*

**Answer:** The remedy to help this transition is SR272 Arsen Alb (CM) - it gives quiet and ease to the

last moments of life. When you know the time is getting nearer, give the remedy in water - one drop placed in the mouth or on the lips...OD.

*Practitioners with the box use CC15.6 Sleep Disorders which contains SR 272 Arsen Alb*

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**4. Question:** *Is there a limit to how many combos you can add to a bottle of pills? Does the overall effectiveness decrease if you add too many? Are any of the combos incompatible with the others that we cannot add them together in one bottle (with the exception of sleep disorders)?*

**Answer:** I recommend that in the beginning of your practice, you add combos for related problems only with the proviso that you can add CC10.1, CC12.1 (or CC12.2), CC15.1 or CC17.3 to any combo. After some experience, you could start mixing combos for different problems. However, it is best to combine not more than 4-5 combos otherwise you would experience kind of dilution effect. This may reduce the effectiveness of any of the combos being mixed.

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**5. Question:** *It is mentioned in the manual that vibrations in a bottle of pills last for 6 months, but I vaguely remember hearing during the workshop that they last for 2 months—so how long do the vibrations last in pills? Can the patient reenergize the pills by hitting the bottle against the palm 9 times if any are left after this time period?*

**Answer:** It all depends on the patient as to how well he looks after his bottle of pills. To be on the safe side, we talk about 2 months being the expiry of the pills. However, it is best to tap the vial 2-3 times against the palm of the other hand just before taking the pill, to boost its effectiveness.

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**6. Question:** *At what temperature does the 108CC box need to be stored? Can it handle very cold or very hot temperature (of course NOT direct sunlight) if we are taking it with us when travelling e.g., in the trunk of a car?*

**Answer:** It is best to store the 108CC box in a cool and dark place. I don't recommend that it should be carried in the trunk of a car during hot weather. It will best to keep it inside an insulated box (eg, a cooler) in this situation.

*Practitioners: Do you have a question for Dr. Aggarwal? Send it to him at [news@vibrionics.org](mailto:news@vibrionics.org)*

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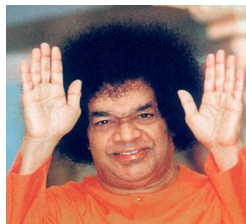




JVP Training Class 20-21 October 2012 in Hartford CT USA



Medical Camp 21-23 November 2012 at PN Railway Station, Puttparthi



**☪ Divine Words from the Healer of Healers ☪**

*“Service, you will find that it is not so much the service of others, but service for yourself! Once you feel the distinction that the other person is foreign, then, service becomes patronage, it loses its*

savour. It fosters the evil of egoism. The person served also feels hurt, is aware that he is inferior. Such service is quite against the Sadhana called Seva.

...Sathya Sai Baba, Sathya Sai Speaks, Vol 10, Ch 20

### Why should we care for the essential upkeep of the human body?

*“The body is but a boat, an instrument for crossing the sea of births and deaths, that you have earned through the merits of many generations. Crossing the sea is to realise the Dweller, in the Dwelling. The purpose of the body (deha) is to realize the Indweller (Dehi). So even when the body is strong and skilled, the intellect is sharp and the mind alert, every effort must be made to seek the Indweller. So keep your body fit, strong and free from trouble. Just as the boat should be seaworthy, your body too should be fit for its purpose. You must take good care of it.”*

...Sathya Sai Baba - Divine Discourse, Aug 3, 1966

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## 🌀 Announcements 🌀

### Forthcoming Workshops

- ❖ **Poland, Wroclaw.** JVPs workshop plus refresher course for existing AVPs 20-21 April **2013**.
- ❖ **Poland** (venue to be decided) Senior VP workshop 27-29 September **2013**.  
Contact Dariusz Hebisz at +48 606 879 339 or by email at [wibronika@op.pl](mailto:wibronika@op.pl) for all workshops in Poland.
- ❖ **India New Delhi:** AVP workshop 8-9 December 2012 and SVP workshop 10-14 Dec 2012.  
Contact Vinod Nagpal at 011-2613 2389 or by email at: [vinodknagpal@gmail.com](mailto:vinodknagpal@gmail.com)
- ❖ **India Mumbai** (Dharmkshetra: AVP workshop 21-22 December 2012 and  
Refresher workshop 23 December 2012  
**Jalgaon** Maharashtra AVP workshop 12-13 January **2013**  
Contact Sandip Kulkarni at 9869-998 069 or by email at: [sanket265@yahoo.co.in](mailto:sanket265@yahoo.co.in)

All Trainers: If you have a workshop scheduled, send details to: [99sairam@vibrionics.org](mailto:99sairam@vibrionics.org)

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### ATTENTION PRACTITIONERS

If your email address changes, please inform us at [news@vibrionics.org](mailto:news@vibrionics.org) as soon as possible.  
Please share this information with other vibro practitioners.

You may share this newsletter with your patients. Their questions should be directed to you for answers or for research and response. Thank you for your cooperation.

Our website is [www.vibrionics.org](http://www.vibrionics.org)

Practitioners; you will need your assigned Vibro Registration number to access the Practitioner Portal.

**Jai Sai Ram!**

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