

## 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

### Have you recharged your 108CC box?

I would like to begin with an important reminder to all practitioners. In order to improve the efficacy of Sai Vibrionics remedies we are continually updating the 108CC Master box. Please try to recharge your box whenever possible but it is vital that you recharge it at least once every 2 years to keep the potency strong. This service is provided to active practitioners who are regular with their monthly reports. You can get your box recharged either in Puttaparthi or with your local coordinator.

### Join the International Association of Sai Vibrionics Practitioners

After a long wait I am pleased to announce that we are finally ready to issue ID cards of the International Association of Sai Vibrionics Practitioners (IASVP) to qualified JVPs and SVPs whose applications are accepted. Membership is intended to support Sai Vibrionics practice and provide additional protection to practitioners, clarifying that we do not prescribe drugs. Please visit our website at [www.vibrionics.org](http://www.vibrionics.org) and if you accept the rules and regulations of the association, complete the *online* application form (*not* the physical PDF form) and you will receive your photo ID card in due course.

### Gratitude

Everything we do in Vibrionics happens through our Lord's Grace and is the work of many hands.

We are grateful to all practitioners who have submitted materials for the online Newsletter. I would also like to take this opportunity to express my deep gratitude to the practitioners who have been serving the past year as Contributing Editors for the Newsletter, collecting case histories, organizing practitioner profiles, and sending us most of the material you see in issues of the newsletter. Other practitioners have completed research tasks for Vibrionics during this period. We thank all these individuals for their most loving service to the Lord: Argentina: 02128, 02885; Australia: 02892; Croatia: 01616, Greece: 01626, 02295; India: 02090, 02817, 10014, 10228, 10375, 10776, 10940, 11219, 11271, 11310, 11476, 11483, 11520, 12051; Italy: 02494; Japan: 02779; Malaysia: 02806; UK: 00534, 02802, Anonymous (1); USA: 02864, Anonymous (2).

In addition, in the UK, we are blessed to have the contributions of a devotee of Baba, who, on his way to qualifying as vibrionics practitioner, has himself offered his selfless seva to expand the current English online newsletter into a multi-language Newsletter so that all practitioners will have access to database searches in their native language.

At the same time, we would like to express our profound appreciation to the translators of the multi-language newsletters, who labour so diligently to bring out every issue of the newsletter to practitioners and patients in all our language communities.

In the upcoming months, we will need even more assistance to upload past cases from previous multi-language newsletters to make them accessible in searches. If you are interested, please contact me directly at [info@vibrionics.org](mailto:info@vibrionics.org).

### Refresher Workshop

In the **In Addition** section of this issue, we are very happy to be able to share some of the highlights of a recent Vibrionics Practitioners' Annual Refresher Seminar held on 18<sup>th</sup> May 2014 in Essex, UK, thanks to our UK coordinator and his excellent team who compiled minutes of the event. The information will be of great interest to many practitioners. We would like to share more such reports in the future so that everyone can benefit. Please plan to record the highlights of your workshops/seminars and send them to us so we can make them available to a wider audience.

In loving service to Sai  
Jit K Aggarwal

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## ❧ Case Histories Using Combos ❧

### 1. Itching all over the body <sup>12051...India</sup>

An 85-year-old male suffered from itching all over his body for several years. He tried various allopathic medicines and ointments but in vain. He consulted the Vibro practitioner in May 2014 and was given: **CC10.1 Emergencies + CC12.1 Adult tonic + CC12.4 Autoimmune diseases + CC15.1 Mental & Emotional tonic + CC21.1 Skin tonic + CC21.2 Skin infections...TDS**

Within 3 weeks his symptoms were considerably reduced and after taking the combo for 2 months he was completely free from itching. He continued taking the same combo **BD** till December 2014. He was very blessed to know his end was coming and had Swami's picture in his hand at the time of his passing on 1 January 2015. He was grateful to Swami for getting rid of his discomfort. He even told his family that it was Swami who cured him in the end.

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### 2. Urticaria (chronic hives) <sup>11483...India</sup>

A 32-year-old woman was suffering from severe urticaria. She approached the practitioner for Vibrionics treatment after she had tried allopathic and homoeopathic medication but had obtained no relief from this condition for over 10 months.

The patient was given:

**NM21 KBS + NM36 War + NM46 Allergy 2 + NM62 Allergy B + OM28 Immune system + SR268 Anacardium (200C) + SR270 Apis Mel + SR319 Thyroid Gland + SR322 Urtica Urens + SR353 Ledum (200C) + SR497 Histamine...6TD, in water**

After taking the medication for two days the patient complained of a strong pullout. The remedy was suspended for a day and then resumed by increasing it gradually from **OD, BD** to **TDS**. A 75% improvement was achieved in the next two weeks. Outbreaks reduced considerably. After 6 weeks, the urticaria was completely cured and the patient was put on a preventive dosage **OW** for 3 months. The condition had not recurred as of 6 months later.

#### *The patient comments:*

*During the night of Shivratri 2013 as I was singing bhajans, I felt itchy hives spread all over my legs and hands. Upon consulting a dermatologist I was told it was urticaria. Over the next 8 months it became so bad and chronic that I required anti-histamines every day. After a gap of 5 months, it recurred in May 2014 with increased vigour. Although the condition itself is not life-threatening, it has a severe impact on the quality of life due to the constant inconvenience.*

*Having tried allopathy and homoeopathy for 6 months, I was tired. One day while I was walking home, I saw a small pocket-sized photo of Swami lying on the road. I picked it up and after a while, I turned over the photo, and on the back there was a line about Vibrionics written on it. I took it as an immediate message from Swami himself.*

*The only person I could think of was this practitioner, who is not only very dear to me but also someone with whom I have worked very closely in medical camps in Gurgaon. She soon gave me my medicine.*

*Within the first two days I had an outburst of the infection, which I was told was normal. But soon after in the next 2 weeks, I was completely cured of it. There was no sign of it. It's now been 6 months, and I continue to lead a hassle-free life!*

*Swami ensured I got the sign, medicine and the cure.*

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**3. Food poisoning, IBS** <sup>11968...India</sup>

A woman (aged 60) developed symptoms of severe food poisoning after attending a function. She also had a history of IBS for almost a decade. She was not able to take even a sip of water when she came to see the practitioner.

The practitioner immediately administered the following remedy in water:

**CC4.1 Digestion tonic + CC4.6 Diarrhoea + CC4.8 Gastroenteritis + CC4.10 Indigestion + CC12.1 Adult tonic...TDS**

The patient left but within an hour, she called up to convey that she had 25% improvement and asked whether she could continue the remedy in water. The patient continued the same remedy in water for the next two days. Her vomiting and loose motions stopped completely and she was able to take a soft diet without any fear.

She also reported there was a significant improvement in her IBS as she didn't have to get admitted in hospital this time. Because of her chronic IBS, she was regularly hospitalized for 1-2 days with the slightest disturbance in her stomach.

*The practitioner comments:*

*Hearing this gave me a great sense of joy and satisfaction.*

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**4. Lump on wrist** <sup>11572...India</sup>

A 27-year-old woman came in with a painful lump on her right wrist on 15 September 2014. She had it for over 6 months. She was given:

**CC2.3 Tumours & Growths + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC21.1 Skin tonic + CC21.2 Skin infections + CC21.3 Skin allergies...TDS, 5 pills in 200ml water**

By Swami's grace, the patient came back next day saying she was relieved of the pain. After taking the remedy for 8 days, the lump was 100% gone as shown in the photos below (before Vibrionics: left: after Vibrionics: right). The patient was very happy.



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**5. Arthritis** <sup>02817...India</sup>

The practitioner writes: One of the problems that we have successfully treated is arthritis. Perhaps my own earlier, very severe arthritis made me more empathic towards those afflicted with this disease. Every time I make the remedy I feel the presence of our Lord.

One female patient, aged 49 years, came because she suffered from chronic arthritis for 7 years. She had severe pain in her knees, elbows and shoulders. Her sleep was disturbed and she was very low in energy. Her doctor had told her that she was suffering from rheumatoid arthritis. She had taken injections in her

knees, was on 2 tablets (1g) of paracetamol per day and was also applying some ayurvedic oil. Her doctor recommended knee surgery. When she came to me she was in tears. She was given:  
**CC3.7 Circulation + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue...TDS**

After 15 days when she came for a refill, she said that her pain had been reduced by 70%, and she was off her painkillers and could sleep properly. After another 2 months' time her pain had gone but a little discomfort remained. In 4 months she was completely cured.

*This case was also mentioned briefly in the International conference 2014 book.*

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**6. Arthritis, Irregular menses & PCOD** <sup>02817...India</sup>

A woman, aged 43, complained of back and joint pain. She had suffered from arthritis for 2 years. Her menses were also irregular. She had been diagnosed with PCOD (polycystic ovarian disease) and used to get severe abdominal pain. Because of her illness, her life had changed for the worse. She was not able to even comb her hair. She was having great difficulty in managing routine jobs and her whole household was disturbed. She had tried allopathy and naturopathy but nothing was helping her. She had given up hope of getting better. She left everything to God, and our Baba provided her with vibrionics. She was given:  
**CC3.7 Circulation + CC8.1 Female tonic + CC8.4 Ovaries & Uterus + CC8.8 Menses irregular + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine...TDS**

After 2 days, she called to say that she did not need painkillers any more. After 15 days, she got her menses with no pain. Thereafter, she got normal menses. Within a month her joint pain was 50% better and in another 2 months, her life was normal. Her arthritis was completely cured in 7 months. Since arthritis runs in her family, she continues to take a maintenance dose of the following combo:  
**CC3.7 Circulation + CC12.1 Adult tonic + CC20.3 Arthritis...OD**

*This case was mentioned briefly in the International conference 2014 book.*

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**7. Jaundice in an infant** <sup>02817...India</sup>

A newborn baby boy was diagnosed with jaundice, which he developed within hours of his birth. His weight was just under 1 kg. He was kept in an incubator. His mother's milk was drawn and was given to him. The doctors did not expect him to survive.

The baby's grandmother came running to Dharmakshetra and was given the following remedy to be given to the baby's mother:

**CC4.11 Liver & Spleen + CC10.1 Emergencies + CC12.2 Child tonic...TDS**

Since they were drawing the mother's milk and giving it to the baby, this was the best way of getting it to the infant. We also prepared the same remedy in vibhuti to put on the baby's incubator. Within 24 hours, the baby started to gain weight and started digesting milk. After 10 days the baby's weight had increased to 2.2 kg and he was discharged. Today he is a healthy 3-year-old.

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**8. Hypothyroidism, Swelling of Feet, Joint Pain, Incontinence, Mental upset** <sup>02817...India</sup>

The practitioner writes: We met a 73-year-old woman at the home of a common friend who was taking Vibrionics. The woman was suffering from various problems for the last 15 years: a burning sensation in the soles of her feet and swelling in the soles and toes, she was mentally disturbed and had a very low self esteem, had difficulty in walking and could not move her hands properly because of the pain. For 5 years she had knee joint pain and incontinence and also hypothyroidism. She was under allopathic treatment for a number of years but her condition was not improving. She kept blaming herself for not being fit, putting on weight and getting angry about everything. She avoided leaving her house because of her incontinence. The lady cried and held my hands, and hoped that God will cure her through vibrionics of which she knew from a friend. After talking to her I came to know that she has had problems with her marriage, separated but living in the same household for about 20 years and to me this was obviously the cause of her ill health.

At the start of her treatment, she was taking 12 different allopathic tablets daily. I told her not to stop any allopathic medicine without asking her doctor, and gave her:

**CC3.1 Heart tonic + CC3.7 Circulation + CC6.2 Hypothyroidism + CC10.1 Emergencies + CC12.1 Adult tonic + CC13.1 Kidney & Bladder tonic + CC13.3 Incontinence + CC15.1 Mental & Emotional tonic + CC20.3 Arthritis...TDS**

I was surprised when the patient called me after 4 days and said that she had stopped all the allopathic medicines and was feeling very good. She estimated that she had 50% improvement in all her symptoms. I told her again not to stop her allopathic medicines without consulting her doctor. But she would not agree.

After 15 days when she came for a refill, she had 70% improvement. She told me, 'Now I only want these magic pills' (this is what she calls vibrionics). After a month of her first visit she felt quite normal except for some residual body pain. That too disappeared over the next few weeks. She currently sleeps properly and is a very happy lady. She continues to take the remedy regularly and calls it Amrita (means nectar).

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**9. Optic neuritis & trachoma** <sup>02817...India</sup>

The practitioner writes: We were asked to treat a young man of 23 years of age with severe eye problems. He had been diagnosed by his doctor with optic neuritis and also trachoma, which he had for the last 6 years. He was on steroid drops as well as tablets. His ability to pursue his studies was getting affected. Living in Mumbai, he was also unable to play outdoor games because of pollution. He used to cry and was very upset because his eyes were always red, painful and watery. His doctor had suggested moving from Mumbai as the climate was too hot but this was not possible since his father ran his business there. The patient did not talk to anyone or wished to go anywhere. Instead, he was managing his studies from home. His mother told us this history and we gave him:

**CC3.7 Circulation + CC7.3 Eye infections + CC7.6 Eye injury + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC20.4 Muscles & Supportive tissue + a nosode of his steroids (prepared with the SRHVP machine)...TDS**

The same combo was also made in rose water to be used as eye drops. Within 2 days, redness, discharge from the eyes and burning of the eyes was reduced by 50%. In another 10 days' time, he said that he felt perfectly all right except for a little discomfort in his eyes in the afternoon. There was an overall 90% improvement in his condition. He appeared to be very happy. Within a month, his symptoms were completely gone and he felt really good. The patient continues taking the remedy **OD** in the morning and also the eye drops **OD** as a maintenance dose.

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**10. Chronic back pain & sciatica** <sup>02892...Australia</sup>

A 48-year-old woman with chronic back and neck pain for twenty years was referred to the practitioner by a Sai devotee in February 2014. She also complained of sciatica pain and a burning sensation in her feet. She said the possible cause of the back pain could be an epidural in her back during childbirth. But she also mentioned that when she was 19, she had a car accident in which she had landed on her coccyx.

She told the practitioner that she had tried "everything" through the years including yoga, palates, physiotherapy, swimming, and allopathic and homoeopath medicines, but got only short-term relief.

On 18 February she was given:

**CC18.5 Neuralgia + CC20.1 SMJ tonic + CC20.2 SMJ pain + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine...TDS**

After 5 weeks, she came back on 29 March reporting little change but due to a misunderstanding, she had been taking a dosage of 3 pills once every morning. The misunderstanding was corrected. Since the patient was also expressing sadness and emptiness because she was away from her family, **CC15.1 Mental & Emotional tonic** was added to her remedy.

Seven weeks later, on 20 May, she returned and stated that for the first time in 20 years she was pain free. She had been too busy lately to do her normal yoga and Pilates, but had taken Sai Vibrionics religiously and had now completely recovered,

Even though the patient's symptoms were gone, the practitioner advised her to continue taking the remedy given the long duration of the chronic back pain. As of April 2015, was still taking Vibrionics treatment, coming at regular intervals, and also coming for support and counselling, as her partner is dying of lung cancer. He will not embrace any form of alternative medicine.

### 11. Skin rash & itch <sup>02892...Australia</sup>

A 47-year-old man complained of painful and burning sensation from rashes on his body. He said they felt like needles stabbing into the skin, being extremely painful and itchy. The rashes had started 2 years ago, coming and going over this period and had presently returned 2 months ago spreading over the body (see the left shoulder and upper arm photo below, left).

He had tried many different creams and methods including allopathy over the last 2 years and particularly in the past 2 months but with no success.

On 1 February 2015 the practitioner gave him:

**CC21.1 Skin tonic + CC21.2 Skin infections + CC21.3 Skin allergies + CC21.4 Stings & Bites + CC21.6 Eczema...TDS**

For external application, the patient was also given the remedy mixed with vibhuti in extra virgin olive oil. He was advised to apply it **BD** and when extremely itchy and painful.

As early as 3<sup>rd</sup> February 2015, after 2 days' treatment, the patient reported an improvement with reduced itchiness and pain. The remedy worked wonders and within a month the skin problem was completely gone (see photo below, right)



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### 12. Halitosis (bad breath) <sup>03119...Greece</sup>

A 50-year old-man had suffered from bad breath since he was child. This caused him anxiety when talking to someone close by. On 5 October 2013 he was given:

**CC15.1 Mental and Emotional tonic + CC19.5 Sinusitis...TDS**

Within a month the problem has reduced to 70% and by the end of the second month it was totally cured. Thereafter his dosage was reduced to OD which he has continued up to June 2014 for prevention.

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### 13. Osteoarthritis of the knee <sup>12051...India</sup>

In March 2014, a 75-year-old man who used to walk about 1-2km a day, suddenly found he could not walk. He could not stretch his right leg, had severe pain in the knee area and limped with great difficulty. After a series of tests and scans Doppler sonography, X-ray and even an MRI, he was diagnosed with

osteoarthritis of the right knee. He was prescribed allopathic medicines but got no relief even after more than a month. He then went to another doctor who prescribed combination of bio peptides, collagen, and sodium hyaluronate to be taken once a day for 60 days.

At this juncture, he was also given the Vibrionics combo:

**CC12.1 Adult Tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles and Supportive tissue + CC20.5 Spine...QDS**

After taking it for a month, he had 60% improvement. Then he was also given the same combo with a pinch of vibhuti in olive oil to be applied to the knee TDS. With this he had remarkable improvement. A month later he was walking almost normally. He found that applying oil to his knees doubled the effect and led to his speedy recovery.

With such improvement, his doctor also reduced the dosage of the medicine he prescribed to once a week. Since December 2014, the patient has been taking the arthritis combo **BD** and using the combo in oil **OD**. He is very happy that he is normal now, which seemed impossible a few months ago. He owes his gratitude to our beloved Bhagawan for His immense Grace.

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**14. Vertigo** <sup>12051...India</sup>

A 48-year-old woman had severe vertigo for two years. Her symptoms were intense nausea, vomiting and imbalance while walking. She went to a neurosurgeon who prescribed allopathic medicines. She took these for a year with no effect at all. Then she came to know about Sai Vibrionics and consulted the practitioner. She was given:

**CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.1 Brain disabilities + CC18.7 Vertigo...TDS**

Within a week her symptoms were reduced by 90%. Then within a month's time she became normal and has been so for about six months now. She continues to take the remedy **OD**. She is thankful to our beloved Baba for this wonderful and miraculous cure.

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**15. UTI, Asthma** <sup>02707 & 02766...UK</sup>

On 28 April 2014 the practitioners' nephew (aged 46) was admitted to hospital with severe vomiting. He had many chronic health problems for which he was taking allopathic medicines. He could not walk or talk, and suffered from epilepsy, a spastic arm and also arthritis in his legs. He had trouble breathing due to asthma and allergies, and also difficulty in swallowing food. However, he was able to communicate as a happy and loving soul. He was very stressed and sick in the hospital, and could not sleep.

On 1<sup>st</sup> May his aunt, a Vibrionics practitioner, arrived at the hospital at 8:30PM and the patient was moved to a quiet room where he was still being sick and feeling very stressed. His aunt reassured him and helped make him feel more secure and calmer. At 10PM, the doctor reported to the aunt that the patient had a severe urinary infection. The doctor told her repeatedly, 'Even a very healthy man would find it difficult to recover and with the patient's problems it would be especially so'. The doctor said he would do his best and prescribed very strong antibiotics but the aunt felt that the doctor was more or less saying that he did not hold out much hope for a recovery.

Nonetheless, the aunt stayed focused on the work of the Great Healer and trusted that all would be well. With this positive attitude and trust in the Divine, she rang her husband – also a Sai Vibrionics practitioner – and asked him to start broadcasting the following with the SRHVP:

**For the UTI:**

**#1. CC13.2 Kidney & Bladder infections...6TD**

**For the breathing problem:**

**#2. "Breathe Well" (CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.6 Cough chronic)...6TD**

That day the patient vomited every time he had a drink but not as bad as before. The next day he ate some Weetabix (wheat cereal) fed to him by his aunt and then had his first good sleep since arriving in hospital. He had no lunch but ate his evening meal and from the 3<sup>rd</sup> April ate all his meals well and was no longer vomiting.

His aunt stayed with him from 8:30AM to 17:30PM daily when his care-givers took over for the night shift. Her calm presence, bringing the peace of Divine Love and Light with lots of tender loving care as well as

the vibro remedies, brought about a complete cure so that the patient was released from hospital on the 6th April.

The patient tapered off his Vibrionics treatment as follows: He continued to take **#1 TDS** for 3 more days, reduced to **BD** for 3 days, then **3TW** for a further week and **OW** for a few weeks. The practitioner continues to broadcast to him short courses of these remedies periodically as a preventive measure.

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**16. Anal infection in a dog** <sup>11572...India</sup>

A 7 ½ year-old female Golden Retriever developed a severe anal infection. Pus oozed constantly in and around the anal area. She had no fever but was lethargic and listless. The abscess around the infected area gave off a foul smell. No allopathic or any other form of treatment was given to her.

On 23 April 2015 the practitioner treated the infection with:

**#1. CC1.1 Animal tonic + CC4.4 Constipation + CC21.11 Wounds & Abrasions...6TD**

**#2. CC4.4 Constipation + CC21.11 Wounds & Abrasions...6TD, applied externally in water**

By the 2<sup>nd</sup> day of treatment, the oozing had stopped. However the soreness and signs of infection were still there. The remedies were continued. After 4 days she was 80% better. From the 7<sup>th</sup> day onwards the dosage was reduced to TDS and after 10 days of treatment the dog was 100% cured.

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**☞ Practitioner Profiles ☞**

**Practitioner Profile** <sup>02817...India</sup>

Many details about how my husband and I came to be vibro practitioners were published previously in our profile in the Proceedings of the First International Vibrionics Conference (January 2014). To summarize here,



I have been living in Mumbai for the last 37 years. I had an extremely thriving and spiritual life till 2003. Then an unfortunate event changed my life and left me devastated. Mental agony coupled with a sedentary lifestyle led to arthritis in mid-2004. Medical treatment and other therapies failed to provide relief. A friend then introduced me to Vibrionics and I was healed.

Seeing the miraculous results of vibrionics, my husband and I offered ourselves as prospective vibro practitioners. We got an opportunity to attend a Vibrionics workshop to become Assistant Vibrionics Practitioners at Dharmakshetra in Mumbai in May 2009. We qualified as Junior Vibrionics Practitioners during January 2011, then became Senior Practitioners in April 2011 during our first visit to Prashanti Nilayam. The first patient we treated in April with the help of our SRHVP machine was a boy at the Prashanti Nilayam Railway Station, who was suffering with high fever and body ache. With treatment, his fever came down within an hour and he felt

hungry. Such a good sign! This also gave us immense joy. Whenever we visit Parthi we feel it is the ocean of love and peace.

In July 2011 we completed All India Teachers Training course in Parthi. Initially we assisted other vibrionics teachers in workshops at Nagpur and Jabalpur to gain experience. Now we have conducted a number of workshops independently and have trained over 80 AVPs/JVPs. Today, both my husband and I are dedicated vibro practitioners and All India Teachers of Vibrionics. We feel that as a husband-wife team, we can be a very strong team indeed. We are very happy to play a role in helping to spread the blessings of vibrionics to other regions in India. Training other vibro practitioners has also helped us improve our practice as we have found that we ourselves learn through teaching.

We have been instrumental in giving vibro remedies to more than 12,000 patients in just 7 years, generally resulting in about 80 to 90% successful cases. We regularly attend the free vibrionics clinic at Dharmakshetra in Mumbai on every second and fourth Saturday of the month.

Here are some reflections on our practice: Over the past 7 years, we feel our ability to diagnose cases has evolved as we have developed a better understanding of patient problems. In Mumbai like any other metropolitan area, there is too much pollution. Due to long commuting hours, people who work here



are stressed. This causes more fatigue. It affects mental and physical health. But Baba has His ways. He sends the people whom He wants us to cure. Our aim is to serve the maximum number of people.

Being practitioners has helped us to realize our true nature as God's loving children. Through Vibrionics, we feel we have been given an opportunity to be part of God's loving Divine service. After practicing Vibrionics we started understanding human suffering in a better way. We feel that, instead of sympathy, our patients need love and counselling more. For many patients, we see that making changes in their lifestyle through our simple, positive approach, helps them to lead healthy lives and enjoy their lives better.

One patient who has inspired us is an infant boy who had jaundice (see case history below). His grandmother calls her little angel 'Baba Baby' since he was saved through Vibrionics. Whenever he gives us a sweet smile, we feel encouraged to strive toward the goal of serving all who are sent by the Lord. Now we feel Baba's presence everywhere.

We have found it very useful to make personalized combos for difficult problems with the SRVHP. In some cases, giving the nosode of an antibiotic the patient is taking is very useful. First, it removes the side effects of antibiotic and secondly, it can work as an antibiotic itself.

I must mention that the case histories and other information contained in the Vibrionics conference book provides good support for patients. When patients read the conference book, they believe more in Vibrionics and their increased faith produces better results.

In managing patients, we always recommend to other practitioners the importance of strict discipline in recording dates and other details in patient records. But just as important, we tell practitioners that patients must feel happy to return to you. We also urge the practitioners we train to keep reading their vibro books.

The blessings we have received from our vibro practice are too numerous to count. We are grateful to be able to offer this loving service.

#### Cases to share:

- [Arthritis](#)
- [Arthritis, Irregular menses & PCOD](#)
- [Jaundice in an infant](#)
- [Hypothyroidism, Swelling of Feet, Joint Pain, Incontinence, Mental upset](#)
- [Optic neuritis & trachoma](#)



#### Practitioner Profile 02892...Australia

I have a background in nursing and midwifery and currently studying to become a teachers-aid with the aim of teaching Swami's five Human Values. I am also writing a book based on Swami's practical spiritual teachings.

I have been a faithful devotee of Bhagawan Sri Sathya Sai Baba since 1999. At 2013 Guru Poornima, I learned about Sai Vibrionics and I knew instinctively that this was to be my seva. I submitted my application and had my interview with Dr Aggarwal. I was told to do the questions online back in Australia and return for the course. I knew this was the way for me to help people, so I decided there and then to come back for Swami's birthday in November and do the course. I completed it in 2013. In November 2015 I am going back for the senior course. My future goal is do the trainers course. I feel unbelievably blessed to be able to do Swami's seva. What comes back to me is a Grace beyond words.

The miracles I see with Sai Vibrionics patients show our beloved Lord's Grace, which never ceases to amaze me. I also have been blessed with the huge task of being the Co-coordinator for Sai Vibrionics in Australia. What an undertaking that is! Australia is a very large country so we do need lots of practitioners here.

Presently I treat Sai Vibrionics patients all over Australia. I communicate by phone, Skype and/or e-mail and mail the remedies. My experience as a practitioner is that Sai devotees take their remedies religiously, while others expect or demand an instant cure (a common western tendency). I do explain to patients their treatment may take some time. I tell clients about cases

where an extended period of treatment may be required e.g., a patient suffering from bipolar disorder over 25 years was treated by practitioner<sup>02640...India</sup> and it took a year to heal but he was able to get off all 18 allopathic medicines and was happier. Even though patients are aware healing may take time, following through on the practical level is another story.

Although we have been told, 'Sai Vibrionics is ready for mankind, but mankind is not ready for Sai Vibrionics', Swami keeps sending me patients who need to talk and be listened to and cared for. All of them are extremely grateful that vibrionics is offered free of charge.

I also combine Sai Vibrionics with Louise Hay's work on 'new mental thought patterns' as presented in her book, *You Can Heal Your Own Life*. I write the new thought pattern for the patient on a colourful piece of paper, as colours are important in our life too, and I add a colourful butterfly sticker. I advise them to repeat this 'mantra' while taking the remedies and/or anytime they wish.

I have joined a spiritual centre, where I live. The centre is open twice a week. A constant stream of visitors comes through it, so I have found this to be a steady source of new patients. Also living at the spiritual centre has given me friends for life, with same goal and interests in helping other human beings who are suffering.

No words can express the constant blessings Swami showers on me. I believe it is an honour to do Swami's work. As Swami says, 'You do my work and I will do yours'. How true this is, and how blessed we are to be part of His 'silent revolution' and to serve as His 'Sai warriors'! I am humbly grateful.

Om Sai Ram

**Cases to share:**

- [Chronic back pain & sciatica](#)
- [Skin rash & itch](#)

**Practitioner Profile** <sup>02901...Italy</sup>



Practitioner<sup>02494...Italy</sup> writes: Practitioner<sup>02901...Italy</sup> started out studying violin at the Conservatory dall'Abaco in Verona, but after she signed up for a course in opera singing, she discovered her true vocation. After graduating with honours in 1983, she made her debut in 1984 in the leading role in Gluck's opera 'Orfeo' at Spoleto. She enjoyed a distinguished career, which lasted 25 years, during which she sang at leading Italian and foreign theatres. The practitioner currently lectures on singing at the Conservatory in Verona, and often teaches master classes in Italy and aboard (especially in Japan, and also Salzburg, Austria). Since 1992, she has been supporting her former teacher. In 1996 she founded an academy for artistic education in Verona (Academy Artistic Kairòs Verona) for singers, actors and dancers, which currently offers open classes to develop body awareness of the holistic nature of sound and movement for the purpose of deep inner exploration.

Practitioner<sup>02901...Italy</sup> writes: I encountered Sai Ram Vibrational Healing more than 10 years ago thanks to a dear friend and colleague Practitioner<sup>02494...Italy</sup> who led me through this wonderful journey with his wife, who work as a husband-wife team. Through Vibrionics I was able to care for myself and also treat major diseases and members of my family with surprising results. For more than five years I have been a practitioner.

I thank God for this extraordinary possibility of healing that He has given us. I have opened my heart totally to this therapy and I dedicate the time available with joy to those who need it more. Vibrionics produces important results not only in the physical and also the mental level, so I often observe changes in the patients' character and in the way they relate to life after taking this therapy. God shows his greatness in many ways and this is one tangible example.

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## ☪ The Answer Corner ☪

1. **Question:** *I send my monthly reports regularly but I always find it time consuming to go back to the month's records to work out the hours of seva and the number of patients treated during the month. Can you please suggest an easier way of doing this?*

**Answer:** Make six columns with titles as shown in the table below:

Date	Hours spent	New patients	Old patients	Animals	Plants
1.4.15	2.5	1	3	1	6
3.4.15	0.5	0	1	0	6
.....	.....	.....	.....	.....	.....
30.4.15	3.5	2	1	0	3
Total	31	24	15	5	99

At the end of each healing session, record the appropriate numbers as shown in the above example. Round up the hours to the nearest half-hour. At the end of the each month, you just need to add up the numbers in the 5 columns to complete your monthly report.

+++++  
**2. Question:** *Sometimes I find the vibro pain remedies do not alleviate the pain. Can you suggest some alternatives?*

**Answer:** We have had good results by potentiating a strong allopathic painkiller such as Diclofenac. However some patients had to simultaneously take the original painkiller and then slowly reduce the dosage of the same, even as much as down to zero. In addition you can advise the patient to try to think about his pain in a different way, e.g. imagine that pain is reducing, and also engage in interesting activities because they distract the mind from the pain. Also repeating positive affirmations can help considerably including such statements as: 'I have no pain, there is nothing wrong with me, with God's grace, I have no problem'.

+++++  
**3. Question:** *While giving a nosode to my patient, can he also continue with his other Vibrionics remedies?*

**Answer:** When treating a patient with a nosode, it is best to give the nosode alone and not add to it or separately give, other Vibrionics remedies. In some special cases, a nosode can be given alongside other vibrations but each case must be treated on its own merit. You can always seek specialist advice by writing to our research team at [comboQueries@vibrionics.org](mailto:comboQueries@vibrionics.org)

+++++  
**4. Question:** *Some of my patients drink water kept in a copper or silver vessel. Is this a problem while they are taking vibrionics remedies?*

**Answer:** Drinking water from a copper or silver vessel can be beneficial to one's health and the good news is that it does not neutralise the vibro remedies taken previously. The vibro remedies must be kept separate. Vibro remedies should never be prepared or stored in metal vessels of any kind, or touched with metal implements, as the metal will conduct away the vibrations.

+++++  
**5. Question:** *It was suggested to me recently that I should not write the name of the disease on the label of the remedy bottle. What would be most appropriate to write on the label?*

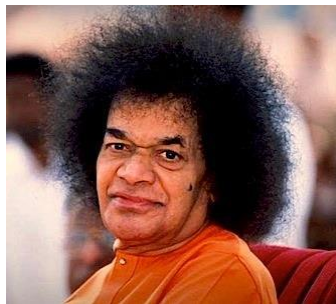
**Answer:** The easiest way of keeping records is to allot each patient a reference number on his first visit. This number can be written on the bottle label. On subsequent visits, it becomes very easy to go back to the patient's entire record, if the records are kept in a numerical order. Please remember not to write on the label the name of the disease or morbid condition. When two or more bottles are given, some positive message could be written such as "Feel Better", "Heal pain", "Peace", depending on the problem; this helps to differentiate between bottles. If you are treating more than one patient in the same family, you may put the patient's initials on the label.

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**6. Question:** *The Manual says drink about 8-12 cups of water per day. One patient had uterine fibroids which pressed on her bladder and prevented her from urinating. She told me that drinking too many glasses of water was making her problem worse. Some other patients have also asked me if we need to strictly follow this 8-12 cups of water per day recommendation. Can I just advise them to do the best they can?*

**Answer:** It's important to flush out toxins for healing and drinking enough water can bring about faster elimination of toxins. Another good reason for drinking 2-3 litres of water per day while taking these remedies is that if there is any pullout it will be gentler as toxins are being expelled faster. You can tell your patients to do the best they can and gently encourage them to take a bit more than they normally do. Don't make them feel guilty under any circumstance.

+++++  
**7. Question:** *Some of my patients have difficulty in taking the afternoon dose as they are at work. They do not wish to carry the whole bottle with them to work due to the possibility of its exposure to radiation from computers/mobiles.*

**Answer:** To protect the whole bottle of pills from such exposure, one or two pills wrapped in tissue paper can be taken to work. If you use a thick foil wrapper to protect the pills from exposure to radiation, do not allow the foil to make direct contact with the pills.



## ☪ Divine Words from the Master Healer ☪

***“Man today is a victim of worry. What is the cause of this worry? Lack of contentment is the cause. The rich man is not contented in spite of the accumulation of wealth. Worry causes hurry and both together bring about ill-health. So Worry, Hurry and Curry (fatty foods) are the root causes of cardiac ailments.***

***The consumption of large quantities of fat is the cause of cardiovascular diseases. Doctors advise against the consumption of fatty food stuffs which cause increase in weight resulting in susceptibility to cardiac diseases. The presence of toxins also inflicts equal damage. So one should eat in moderate quantity the right type of food and avoid intoxicating drinks to safeguard his health. The intake of food should be gradually reduced after crossing 50 years” .***

**... Sathya Sai Baba, Divine discourse, 21 January 1994**

+++++  
***“You can work wonders with purity of heart. Any work which is started with purity of heart is bound to succeed. Money flows if your work is suffused with love and sacrifice” .***

**...Sathya Sai Baba, Divine Discourse, 21 Sept 1994,**  
<http://www.sssbpt.info/ssspeak/volume27/sss27-03.pdf>

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## ☪ Announcements ☪

- ❖ **France Tours:** AVP workshop 20-21 June 2015, contact Danielle at [trainer1@fr.vibrionics.org](mailto:trainer1@fr.vibrionics.org)
- ❖ **USA Shepherdstown, WV:** AVP workshop 17-19 July 2015 and also 11-13 Sep 2015. SVP workshop 18-20 September 2015, contact Susan at [trainer1@usa.vibrionics.org](mailto:trainer1@usa.vibrionics.org).
- ❖ **India Puttappathi, AP:** AVP workshop 23-26 July 2015, contact Hem at [99sairam@vibrionics.org](mailto:99sairam@vibrionics.org)
- ❖ **UK London:** Refresher seminar 4 Oct 2015 and **Coventry:** Awareness presentation 12 July 2015, contact Jeram at [jeramjoe@gmail.com](mailto:jeramjoe@gmail.com) or by telephone at 020-8551 3979
- ❖ **India Pune, Maha:** Refresher & JVP seminar 10-11 October 2015, contact Padma at [padmarallabhandi@yahoo.com](mailto:padmarallabhandi@yahoo.com)

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## ∞In Addition∞

### **Excerpts from the Vibrionics Practitioners' Annual Refresher Course held on 18<sup>th</sup> May 2014. Ilford, Essex, UK**

1.0 Present: 25 practitioners, 3 guests. Dr Jit K Aggarwal, presenting. Dr Aggarwal thanked the organiser of the day, Practitioner<sup>02822...UK</sup>, for all his work as UK coordinator and for the tremendous energy and effort he put in during the First International Sai Vibrionics Practitioners Conference held in Prashanthi in January 2014.

#### 1.1 108 Common Combo Box

The box *must be recharged every 2 years*. It gets neutralised over a period of time. Electromagnetic radiation affects the effectiveness of combos. Beware of electricity pylons, underground streams, mobile phones and transmitters (most common). The higher the frequency the worse it gets. Cordless phones are the worst. Wi-Fi: turn it off at night, specially if the router/modem is in the bedroom.

#### 1.2 Chakras

- The health of our organs is dependent on the chakras (7 major + 2 semi-major and over 300 others).
- Chakras receive the energy to keep in balance and keep the organs healthy. If there is blockage or imbalance in a chakra, disease originates in the etheric body and in turn it manifests in the physical organ. Chakras have colours and persons who can see chakras, can see the problems in others. Developing this ability will be helpful in practicing vibrionics.
- *The mind is the root cause of diseases. Swami simply says, 'See good, be good and do good'. A pure mind will keep illness at bay.*
- There are 7 Enemies within ourselves – jealousy, anger, hatred, greed, malice, pride, and lust. In his teachings, Swami talks in a very simple way and provides answers. You control one trait (one enemy) and Swami takes care of the rest. In this age of Kaliyuga, no matter what we do, we will get ill at some point.
- It is said that we are moving to the 'Golden Age'. For some it is already here. It will dawn when there is positivity all around.

#### 1.3 Our thoughts

- *Thought is the basic building block of health or disease.* Health is dependent on subtle energies. Thoughts can create negative vibrations. They are like building blocks through which energy flows. As soon as we have a negative thought, we have sent negative energy out in the world and it is difficult to stop it.
- *We should create positive thoughts all the time, for which forgiveness is most important.* Dr Aggarwal stated that we all have someone who has hurt us. He requested everyone to think of one such situation and positively say that the actions of this person have been forgiven and send your love to that person. By sending love to the person, you are undoing the negativity. Within a few days we should get a response and we are to send an email to Dr Aggarwal describing the response each one got *Comment: 'Incidentally, the feedback was fantastic as they felt the benefit of this exercise. One practitioner went to the extent of saying that her life took a u-turn for the better!'*
- 'If you forgive – You forget'. If you remember, then you have not forgiven. Remembering that the actions were 'God's will, not the person's' is very powerful.
- *We are not here to control or change others. We are here only to change ourselves. Pray to God and let him take control.* We have to change our attitude.
- 'Our heart is a one-seat sofa' – reserved only for God.
- Invite good and positive thoughts.
- The ultimate aim is to take precautions to prevent disease rather than take any treatment to cure a disease.

## 1.4 Effects of thought on vibrionics remedies

Some patients feel remedies work at the beginning but seem not to work later. This could be due to the following:

- People are looking for quick cure; they think vibrionics is a 'magic pill'.
- The duration has to be taken into consideration: How long have they taken other therapies? How can he expect to get cured in 5 days? A long-standing illness is like a habit, or like a mature tree; it is deeply rooted in the body. The chakras have gone out of balance. The patients are coming with unrealistic expectations. That's why they become disappointed.
- People not following the precautions or rules.
- The thoughts of the person could be impeding the recovery. Because the patients are impatient and are thinking they are not getting better, they are already creating a block. Now it's going to take them even longer to recover
- If a person has rock-solid faith, it creates a positive aura and energy, so the cure takes place quickly.

Key points with first-time patients:

- There is no need to talk too much. Talk briefly about vibrionics – it is simple, no side effects, and free. No chemical substance is used in the healing, It is God's grace. Tell them to go to the website and read the past newsletters if they would like to read about the diseases related to them. [[www.vibrionics.org](http://www.vibrionics.org) or [news.vibrionics.org](http://news.vibrionics.org)]. Take good notes about their condition, starting with the oldest problem. Have good rapport with your patients. Do not make them think that you are a doctor.
- Don't talk about the timing of the cure. It is up to God. **The remedy is not the agent that is doing healing: God is.** Tell them, 'Be patient. You will get healed'.
- Properly explain pullout.

To sum up the session: Vibrations affect our life. Negative thoughts will disturb a chakra which in turn will affect the related organ and lead to illness. We should invite positive thoughts and slowly we will change.

## 1.5 Questions

1.5.1 Q: **What should we do when we find ourselves in a situation that we do not agree with e.g., proceedings at wedding where alcohol and non-vegetarian food are served and people are dancing for pleasure?**

A: [Unless otherwise indicated, Dr Aggarwal responds to all questions:] We should accept what others want to do and send them our love. We cannot change others. We can only change ourselves and be an example to others.

1.5.2 Q: **Some patients feel that the remedy seems to work at the beginning, but does not seem to do anything afterwards. Why do we get comments like this and how do we solve the problem?**

A: Clarification: Do people expect an instant result?

- People are led to think that this is a magic pill. For example, a person with back pain for 20 years was referred for vibrionics treatment. The person has probably taken many different medicines and treatments that have not worked all this time, so why does he expect vibrations to be any quicker? Had the patient considered taking vibrionics when the condition first occurred, it would have been easier to treat. The condition has now established itself in the body for 20 years and it is much harder to treat. Like uprooting a fully grown tree, extraordinary effort is needed to remove all its roots compared to when it was a small shrub.
- Assuming the patient is following the instructions, another reason could be the patient's thoughts. The thought, 'I am not getting better', creates negative energy and becomes a barrier to healing. Thus it may take even longer for the remedy to work.
- Healers and patients with positive thoughts create the right energy and speed up the healing process.
- Caution is advised when talking to patients about vibrionics. Do spend a little bit of time but be brief. Do not give a lot of detail about the system of treatment, but be professional (We are not doctors). Do tell them that it will not interfere with prescription medicine or medical treatment. Also there are no drugs or

chemicals involved and there are no side-effects from vibro. Tell them to visit the newsletters on the website and go through the case histories which deal with conditions similar to theirs.

- We do not advise patients about time-frames for healing, as we don't know this ourselves. The timing depends on many factors, including, how long the disease has been established, the age of the patient, the patient's lifestyle, environment etc. In one case a 15-year-old problem was cleared with one pill, but in another case, it may take much longer. It is up to God. We have to be patient for the remedy to start working.
- Acute problems are not so much an issue – they clear up in a short period. Chronic problems usually take longer, patience by the patient is required
- It is important to create positivity at the first meeting with the patient.

1.5.3 Q: What about patients who suffered pullout? It then transpired that they had more problems than were apparent at first.

A: This can happen when the disease has taken hold in the body and has affected other chakras and organs leading to different conditions, which the patient himself may not be aware of or may not be of concern to the patient; and therefore the patient did not mention it. To use the same analogy, a fully grown tree which is pulled out that may leave broken roots (disease) in the ground (the body). Pullout is an action not a reaction to the vibro. Pullout is positive and means the toxins are being pulled out of the body. Encourage the patient and you may need to adjust the dosage according to the type of pullout

1.5.4 Q: How do we deal with patients with mental and physical conditions or multiple illnesses, who are taking various allopathic medicines and are suffering from side effects?

A: Most drugs to control mental illness cause side effects. To deal with this, it is necessary to prepare specific remedy (a nosode) for which you should contact a Senior Practitioner (SVP). A sample of the medication needs to be provided to the SVP to prepare the remedy which will work on the side effects first. The patient *must* continue to take the allopathic medication.

Alternatively, commence the treatment with **CC17.2 Cleansing**, which requires the patient to drink large quantity of water. Warn the patient about the possibility of a pullout. Be careful if the patient complains about pain in the body after starting the remedy. This can be a pullout symptom. Make sure the patient is well informed about the possibility of pullout.

1.5.5 Q: What about a case of chronic gout, in which the patient (male aged 50) gets worse with vibrionics suffering continuous pullout but seems to get better with allopathic medicine (Allopurinol)? The patient has been suffering from gout for 15 years and is on special diet. Because of the severity of pullout he takes vibrionics only intermittently.

A: Because of the fear of a pullout, the patient has probably developed a mental blockage. Fear is the opposite of Love. The patient needs to overcome this fear (by doing work on the spiritual level) and the remedy should start to work.

1.5.6 Q: How many remedies can we put in a single bottle of pills?

A: There is no maximum. However new practitioners should follow these principles:

- With acute diseases, you can mix all remedies together as the condition will clear up over a short period.
- With chronic diseases, as per training, treat one at a time to ensure that you identify which remedy is causing a possible pullout.
- When mixing many remedies, ensure that the pills do not get soaked excessively.

1.5.7 Q: How many illnesses can we treat simultaneously?

A: If the illnesses are of the same group, treat them at the same time. If the illnesses are unconnected – e.g. an eye problem and arthritis – the patient is probably receiving allopathic medication for the eye condition and nothing specific except palliative pain killers for the arthritis. In this case we would only treat arthritis and not add anything for the eye.

It is best to establish the priority with the patient. It is possible to combine but the cure will not be as fast.

We have natural healing power within us (God). Concentrate on one problem. In the case of arthritis, establish how bad is the pain and then decide whether to treat them together.

1.5.8 Q: If it is important to establish the patient's faith in the treatment, we can treat the symptom (pain) first and then treat the cause, but won't it take longer this way?

A: If the pain is bearable, treat the cause, but be aware that the pullout could be severe.

Also consider the patient's age and treat the case on its own merit.

Cleansing remedies can cause a pullout. These need constant regular monitoring on a daily basis. The best practitioner will have patients who do not complain of pullouts because the practitioner has prepared the patient well for such an occurrence.

The homeopathic term for pullout is 'healing crisis', which is negative, so we don't use this.

1.5.9 Q: The manual states that we can use Vaseline as a medium for skin problems. How do we mix the combo into Vaseline?

A: It is best to use a two-pronged approach when treating a skin ailment: Apply the remedy directly to the skin as an ointment or with water, as well as taking it orally.

- How to mix with Vaseline: Put one drop of the remedy in the Vaseline and mix it thoroughly using a non-metal stirrer for 3 minutes. Do this twice more adding one more drop of the remedy. By then, you will have mixed or stirred the Vaseline for approximately 10 minutes. That is enough. The Vaseline will have changed colour by this point. Do not use perfumed Vaseline. Use natural unperfumed Vaseline only.
- Extra virgin olive oil has been recommended for many years but we recently discovered that coconut oil may be even better. Cold-pressed organic virgin coconut oil is best. It also helps reduce cholesterol levels.
- When Vibrionics remedies are to be applied on skin, this can be done with patient's hands.
- How to mix with water: Put 1 drop of remedy in 200 ml of water. Apply with cotton swab or patients should use their own hands to rub the remedy on the affected area.

1.6.0 Q: Many elderly patients, both men and women from 60 onwards, are afraid to venture out of their homes due to bowel control problems. Is there a remedy? In the last few months I have had 7 elderly people asking for treatment for this. They say, 'When I go out I have to come home early because I lose control over my bowels (loose motions), or I have to look for a toilet or wear a disposable adult diaper'. These people develop low self-esteem and feel shy about venturing into society, so they stay at home.

A: Dr Aggarwal suggested that there is muscle remedy **NM7 CB7** (made using the SRHVP machine) to strengthen the affected muscles Or you can use: **CC4.6 Diarrhoea + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC204 Muscles & Supportive tissue.**

A: One of the guests, an M.D., added that the problem commenced in the 60-70 age group. He recommended that when the problem is in its early stages, we should tell the patients to exercise the affected muscles (the sphincter in the back passage) by squeezing and relaxing the muscles 9 times every morning and at night before bedtime. Also do this 18 times whenever going out and avoid eating and drinking beforehand as this stimulates the urge. The sphincter in the urethra will also be exercised at the same time and this will overcome any incontinence problem. Acupuncture and Kapalbharti yoga also help with this condition.

1.6.1 Q: Is there a remedy for overweight people? Not all have hypothyroidism. Therefore we cannot prescribe what is in the combo **CC6.2 Hypothyroid** because it is linked with thyroid remedy. I would be grateful if you can throw some light on this.

A: The combo is **CC6.2 Hypothyroid + CC15.4 Eating disorders**. It works on all conditions. To lose weight, patients have to work on their minds and have the right attitude. You need to look in the mirror and make your mind up that you must do something to reduce your weight. Life-style education is important. Overweight people tend to have low self-esteem. It is our duty to educate our patients about healthy eating habits and exercise. Recommend that they drink some water half an hour before meals and eat salad as the first course. We can advise them to take time to eat mindfully and chew well, 32 times for each mouthful according to Ayurveda.

1.6.2 Q: We have a remedy in our Combo box for carpal tunnel syndrome **CC20.3 Arthritis**. In carpal tunnel, a medial nerve is compressed as it passes through the narrow passageway of bones and ligaments on the underside of the wrist. How does our remedy for carpal tunnel decompress the medial nerve?



A: There are 9 bones in the wrist. The vibrations balance the related chakras. That decompresses the nerves and clears the problem. Similarly, the remedy **CC20.5 Spine** works for slipped disc conditions whereas the allopathic medical advice is to lie flat on the back. It has been known that even a single dose has cleared this condition. This is God working.

1.6.3 Q: *What is the remedy for hyperactive parathyroid gland? This elevates the calcium levels in the body.*

A: It is **SR517 Parathyroid**, which is in **CC6.1 Hyperthyroid**. However it is better to prepare a nosode from a blood sample. Work on the mind, sit with the patient, and spend some time going through the condition. Pray to God for the healing of the patient.

You can ask the patient to follow the advice of an ancient Hawaiian prayer called *Ho'oponopono* and repeat these 4 sentences together: 1. I am sorry. 2. I Love you. 3. Please forgive me. 4. Thank you. In your heart address this to the person you feel was hurt by you or whom you feel is angry with you or who is your enemy or who has hurt you.

1.6.4 Q: *I have a difficult case of a male, aged 39, who thinks that he does not have any illness. He was referred by his mother, who is anxious about him. The patient keeps drifting off the subject during conversation.*

A: The patient may have a potential mental problem and should be given **CC15.2 Psychiatric disorders** for a long time. You could also add **CC18.1 Brain disabilities**.

*Comment: It was suggested that the mother is probably causing the son's condition. Sometimes remedy is not the answer. Pregnant women need to watch their thoughts as these affect the unborn child.*

A: [Dr Aggarwal responds:] *Sai Baba has stated that root cause of the illness is in the mind.* This has been demonstrated beyond doubt by Swami Rama [who spent some time in the US conducting mind-body research in the 1970's]. He demonstrated this to a full auditorium in Stanford University in the US when he created a 10 degree differential in temperature on the hand of a volunteer from the audience. He also created a cyst the size of a golf ball in 10 seconds and made it disappear. The point is that we are all connected, we are all one.

All day we are having thoughts. Many of them are negative. Do not try to stop them. Just replace them with positive thoughts.

1.6.5 Q: *What is the normal practice for storing a sample of patient's nosode?*

A: If the nosode is made in pills, these will keep for 6 months. Keep a few pills in another bottle and keep renewing them every 6 months. It is preferable for the patient to keep these sample pills.

### 1.7. Additional recommendations from Dr Aggarwal:

- Although you make the remedy in 200ml of water and take a 5ml dose, you should change the water every 7 days after cleaning the container. Tell patients to look at the remedy and make sure it has not started forming clouds or getting discoloured. If so, change the water every 4 to 5 days.
- It is recommended that you do not give any alcohol drops direct from the CC bottle to the patient.
- To treat the eyes and ears, you can make drops. For the eyes, make the remedy in 200ml of distilled water and then fill the dropper bottle (usually 30ml) from this. The rest can be disposed of, if necessary.
- It is sufficient to wash bottles and containers in hot water and air-dry them. Do not use detergent.
- All Vibrionics Practitioners should have an emergency kit at all times. Dr Aggarwal emphasized that all practitioners should carry the 9 combos at all times (for the formulas, see WELLNESS KIT, *108 Common Combos*, 2011 Manual, p2).

[Note: Extraordinary Cases reported during the Workshop will be published in the June/July 2015 Newsletter.]

**Om Sai Ram**

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