

Sai Vibrionics Newsletter

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

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☪ From the Desk of Dr Jit K Aggarwal ☪

Dear Practitioners

On Guru Purnima

The advent of Guru Purnima brings back so many fond memories of our Lord, our eternal Charioteer. How often did He shower His unbounded grace and mercy on the Sai Vibrionics program! On this very auspicious day, every year between 2008 and 2010, Bhagawan Himself would cut a cake presented to Him by the Sai Vibrionics team. The cake represented our complete surrender to Him as the Divine Healer. It was a gift of Love from all of us who have pledged to serve those who are sick, dispirited, disconsolate, or diseased, as His loving instruments. His Divine acceptance of our offering, shown in His symbolic act of cutting the cake, inspired us and filled us with joy and happiness. We were filled with joy and happiness because we knew that above all, our Lord had blessed us to carry on His work. In return our Lord required from us an unflinching commitment to excellence in patient care and the task of embodying Love in Action. This is a whole-hearted commitment for Vibrionics practitioners. I pray to Him to bless us this Guru Purnima with faith, light and steadfastness to follow His path of Love and Service.

Passing of a blessed soul

It is with heavy heart that I bring to you the news that our dear sister Iwona^{01213...Poland} merged with Swami earlier this month. She was a role model for the Sai Vibrionics family and played a key part in organizing workshops in Poland. Not only did she put up a brave fight with her illness, she also continued to serve patients according to the highest standards until the very end. She will always have a special place in our heart and will remain a lasting source of inspiration to the Sai Vibrionics community at large.

A new chapter in Vibrionics

To bring the far-flung community of Sai Vibrionics practitioners closer together and to ensure that Sai Vibrionics keeps advancing, we have decided to make more use of digital technology.

This will help us communicate with each other more easily wherever we are. It will also help us pool the knowledge and experience of Vibrionics practitioners all around the world. We can draw on this collective experience to provide better support for Sai Vibrionics practitioners in their daily practice.

Providing practitioners with better communications and freer access to information about Vibrionics advances and discoveries, will serve another purpose too. It will help Sai Vibrionics itself advance as a form of health care – and advance it must if we are to fulfil Swami's goal to bring Vibrionics to all those in need, especially those who do not have easy access to or who cannot be helped by medical care.

I also view this shift as something that will mean much more to us on a human level than simply having a more convenient tool. I do hope that a greater sharing of experiences will help transform us. I hope that it will enable practitioners to open their hearts to their brother and sister practitioners and expand their love for each other and for people everywhere who are suffering for lack of care.

This move has been triggered by the significant upsurge in the number of case histories, practitioner profiles, suggestions for improvement and bright ideas that practitioners have been sending us over the past few months.

An invitation to practitioners

Among the ideas that have come in, more than one practitioner has suggested that we publish many more case histories online. Specifically, it has been suggested that instead of limiting the cases to 'extraordinary' ones, we should broaden the scope. The idea is that we should build an online reference library of cases including those for treatment of even the common ailments that practitioners encounter on a daily basis. In other words, we should begin collecting solid 'ordinary' cases in addition to 'extraordinary' ones and making these available to everyone – practitioners, patients, and others interested in exploring Vibrionics.

I think everyone will see the immediate value of this. This is a project that all practitioners can contribute to. So I am officially inviting each of you to go through your patient record books and send us such cases. We will add them to the Newsletter database to make them searchable and then go on from there. Please also look over any extraordinary cases that you reported previously but did not see published in newsletters, fill in any missing details and send them to us at info@vibrionics.org.

Gratitude for service

I am very pleased by the level of response to our call to practitioners for various seva opportunities – admin, tech support, publications, editing, writing etc. I encourage more practitioners to come forward and would welcome any offers of help.

We especially thank our Japanese team for inspiring us with a group profile for this auspicious issue.

I take this opportunity to wish you, your families and all loved ones a blessed Guru Purnima.

In loving service to Sai
Jit K Aggarwal

Case Histories Using Combos

1. Constipation, Cognitive impairment 02779...Japan

A 85-year-old woman had been suffering from the effects of a stroke and constipation for 2½ years. She had consulted a medical doctor who prescribed medications but the side-effects were hard for her to tolerate (heart burn, sore tongue etc). She had also difficulty walking. On 22 October 2012 her daughter contacted the practitioner and the following remedy was given:

CC4.4 Constipation + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.4 Brain stroke...TDS

The patient was advised to drink plenty of water. She started doing so while taking the remedy. Within 3 days, her bowel movements began to normalize. After 2 months she started to attend a rehabilitation centre to do exercise once per week. She wrote letters of gratitude to the practitioner three times with a clear mind. After 3 months' treatment, she reported feeling 90% better. She continues to take the above combo **OD**. As of July 2015, she is almost completely recovered and is enjoying her life.

The patient's comment:

I am taking the remedy with gratitude every day. In the morning I always see to it to drink lots of water. I also take some vibhuti with water. I am very fortunate to get to know Baba and feel protected by Him.

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2. Depression, Arthritis, Nosebleeds 02779...Japan

A 75-year-old woman became depressed after her husband passed away in October 2011. She experienced a deep sense of loss, her daily life was purposeless and she suffered great mental confusion and turmoil. She also had a hard time walking due to arthritis in her knees. In November 2011, she was taken to a hospital by ambulance for episodes of excessive bleeding from her nose. Her friend introduced her to the practitioner. The following remedy was given:

CC3.2 Bleeding + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC20.3 Arthritis...TDS

After starting the above combo, the nosebleeds never troubled her again and after a week she felt more energetic and safer. After 3 months, she reported that her knees felt 60% better. Although she continued to take the combo, she still felt that her muscles were not strong enough to allow her to be more active and go out for walks, and she continued to have negative feelings about her physical fitness. She contacted the practitioner for advice. She reported to him that she was drinking a lot of milk every day. The practitioner advised her to reduce the amount and frequency of milk. After 5 months, she reported feeling 80% better. She has been continuing the combo **OD** to the present (July 2015). She is now 95% better and very active in her daily life.

The patient's comment:

I never knew how much influence the diet could have over our health and daily life. I needed to reflect and change my diet. I became aware that I myself must be mindful of all I take into my body. I must practise detachment from the temporary, physical and astral desires of this world. I am very grateful for this opportunity to awaken and open my eyes, and seek gradual liberation from the many bonds inside myself.

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3. Vertigo, Flu ^{02779...Japan}

A 78-year-old woman had been suffering from dizziness for about 2 weeks. During this period she also caught a flu, which made it very difficult for her to walk short distances, even at home. She contacted the practitioner on 28 February 2013 and was given:

CC9.2 Influenza + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.7 Vertigo...TDS

Within one week she felt completely well and was able to resume her daily life. She continued to take the combo **OD** for another week before stopping. The vertigo did not return.

The patient's comment:

Thank you so much for the quick prescription and care for me. Receiving the blessing of Sai in these circumstances has deepened and enhanced my faith in Him, and I would like to repay Him by more efforts towards spiritual practice such as speaking soft words to my husband and participating in bhajan meetings.

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4. Constipation, Oedema of thighs and legs ^{02779...Japan}

A 45-year-old woman suffered from severe constipation for several months. Her doctor told her she needed to be hospitalized for it. In addition, she developed swollen thighs and legs, which prevented her from sitting in the traditional formal manner, with legs folded under her knees, resting on her heels. She contacted the practitioner on 23 July 2011 and was given:

CC4.4 Constipation + CC12.1 Adult tonic + CC13.1 Kidney & Bladder tonic + CC15.1 Mental & Emotional tonic...TDS

After 3 days of treatment, her bowels became very active and she was relieved of constipation. After 3 more days, her swollen thighs and legs went back to normal size and she could sit upright on the floor in her usual manner, just as she had done before. She continued to take the above combo **OD** for another week for preventive purposes. Then she did not need it any more.

The patient's comment:

I was taking the combo during this period with much gratitude. Because allopathic medicines did not work at all, I was amazed by this treatment system. I do not know Sathya Sai Baba personally, but I do have faith in God as known in Japan. Because of this, I will have much greater faith in Him.

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5. Kidney Failure ^{00971...Japan}

A 64-year-old woman visited the practitioner on 24 August 2014 after a check-up with her doctor revealed that she had a high probability of kidney failure. A blood test showed that her creatinine level was almost high enough to warrant dialysis. She was scheduled for another blood test in about a month's time at the end of September. She wanted to avoid dialysis.

The practitioner suggested that she watch her diet, which was heavy on meat and salt with a lack of vegetables. The patient also liked to eat processed fast foods, had low water intake and gained weight rather quickly. She promised to be disciplined about following a strict diet. In addition, the patient had lost her parents when she was young and felt exhausted mentally by an inharmonious relationship with her mother-in-law. The following remedies were given:

#1. NM12 Combination 12 + NM63 Back-up + NM83 Grief + SM2 Divine Protection + SR360 VIBGYOR...QDS for 3 days

#2. SM2 Divine Protection + CC12.1 Adult tonic + CC13.4 Kidney failure + CC15.1 Mental & Emotional tonic + CC17.2 Cleansing...TDS

#3. SM2 Divine Protection + CC4.1 Digestion tonic + CC4.4 Constipation + CC6.2 Hypothyroid + CC15.4 Eating disorders...TDS

A blood test on 22nd September showed that her creatinine had dropped to the exact middle of normal level, which allowed her to escape dialysis. Her doctor, who was convinced that she definitely needed dialysis, wondered why and asked her, 'What did you do?' She just replied, 'Diet'. She had also succeeded in losing 5 kg.

She kept taking **#2** and **#3 TDS** for six months. As of 10 July 2015 her total weight loss was 10 kg. The patient reports that her lifestyle and outlook have greatly changed. She is filled with joy and is hardly ever upset. She cooks well and enjoys wearing her former clothes. She continues to take her remedies **OD** but will soon discontinue them as she is fine.

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6. Kidney Stone 00971...Japan

A 62-year-old man visited the practitioner in October 2007 complaining of tiredness and pain from a kidney stone. His doctor had recommended surgery to remove it. He hesitated to do so out of fear of surgery, only to live in suffering. When his daughter first suggested that he take Vibrionics, he just turned it down, but she did not give up while witnessing her father's agony, and finally he accepted her advice to come for a consultation. The patient was given:

NM12 Combination 12 + NM21 KBS + SM2 Divine Protection + SM4 Stabilising + SM5 Peace & Love Alignment + SM6 Stress + SR276 Berberis 200C + SR280 Calc Carb 30C + SR285 China Off 6X + SR322 Urtica Urens + SR346 Cantharis + SR360 VIGBYOR + SR493 Gallbladder + SR501 Kidney... every 5 minutes for 2 hours

After taking the remedy for two hours, his symptoms were gone. Later the doctor confirmed that the stone was gone. The patient never suffered from kidney stones again.

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7. Nasal Congestion 00971...Japan

A 75-year-old woman suffered from symptoms of nasal congestion for 4 years and had difficulty breathing. When a hospital scan found a nasal polyp which was big enough to block her nostrils, her doctor suggested immediate surgery. However, she was taking care of her husband as well as coping with an allergy, so she sought an alternative. The patient was given:

NM12 Combination 12 + NM69 CB 8 + NM76 Dyspnoea + NM99 Sinus + SM2 Divine Protection + SM41 Uplift + SR318 Thuja + SR360 VIBGYOR + SR527 Sinus-Paranasal...6TD

After 10 day's treatment, a new scan showed that the polyp was totally gone. The patient was very happy to have chosen Vibrionics. Since the problem was solved, the dosage was gradually decreased from **6TD** to **TDS, OD, 3TW** and **OW** and then stopped.

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8. Panic disorder, Incontinence 02754...Japan

The practitioner writes: A 30-year old woman, the daughter of a friend of mine, was repeatedly traumatized in high school because she was not allowed to use the toilet when necessary. For this and other reasons, she was hardly able to attend school. She stayed at home and shrank from contact with other people. Later she developed panic disorder.

Before meeting her, I called to explain Sai Vibrionics to her and set up an appointment for a consultation. But she had so much fear about leaving her house she initially felt that the 30-minute train ride to see me would be an impossible undertaking. However, she was interested in Vibrionics because she did not like allopathic medicines. She agreed to come to visit me accompanied by her mother in February 2009. On the way, she got off and on the train several times for restroom visits.

During the consultation, the patient complained of unease, panic disorder, diarrhoea, frequent urination, migraine, and depression. I gave her:

#1. CC4.6 Diarrhoea + CC11.4 Migraines + CC13.3 Incontinence + CC15.2 Psychiatric disorders...TDS

I let her decide whether she wanted to continue taking some Eastern herbal medicine in addition.

One month later, she began to express her feelings, especially what she disliked or hated. Because she was suffering from depression, I refrained from saying anything directive or judgmental and just observed what she did. This meant that at each consultation, it took me longer to prepare her remedy.

By April 2012, she had improved to the extent that she could objectively observe and analyze her words, thoughts and deeds. At this point, I encouraged her to be positive since her ability to accept herself and her daily surroundings was important. Practicing acceptance could become a habit which would mould her character in the long term. Remedy #1 was now discontinued, and the patient was given the following combo for stress and fear:

#2. CC15.2 Psychiatric disorders + CC15.5 ADD & Autism...TDS for 5 months, then OD

By June 2013, she was well enough to help support her family, experiencing much less fear and stress. In spring 2014, she reported to me that she was spending less time feeling worried or depressed while still continuing the remedy OD. As she has largely recovered and in the practitioner's view, it is important to respect the patient's self-motivated approach, contacts with her are now infrequent.

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9. Hay Fever ^{02754...Japan}

A 59-year-old woman suffered every spring from hay fever caused by an allergy to cedar pollen. At times she was awakened at night by severe throat pain and nasal congestion which made it hard for her to breathe.

In January 2013, the practitioner collected cedar pollen to make a nosode to treat this patient and many others suffering from the same problem. The practitioner prescribed:

Nosode of cedar pollen...TDS

After 4 months, the patient had 90% recovery. Her sleep was no longer disturbed and she had developed a positive feeling towards spring. She continued taking the nosode according to the following schedule:

November & December...OD, January to April...TDS, May...OD. The problem has not recurred as of July 2015.

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10. Stress & Insomnia ^{02754...Japan}

A 54-year-old woman visited the practitioner in February 2015, complaining of great stress in the new office job she took after the company in which she had been working went bankrupt. In her current job, she had to sit in front of a computer all day long. Her heart would race as if she was suffering from a panic attack and there were some days when she could not sleep.

The patient was given the following remedies for one month:

For stress:

#1. CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders + CC18.1 Brain disabilities...TDS

For insomnia:

#2. CC15.6 Sleep disorders

The patient said that she would continue taking allopathic sleeping pills in addition to the Vibrionics remedy for sleep.

In March, she reported that her stress level had been reduced by half, but she still felt dizzy when she got up from her chair after a long day of work. She was also concerned about her heart racing.

To address these symptoms, remedy #1 was replaced by:

#3. CC3.1 Heart tonic + CC3.6 Pulse irregular + CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders + CC18.1 Brain disabilities + CC18.7 Vertigo...TDS

Two days later, the patient sent the practitioner an email saying that she was now aware of her negative thoughts and words and was determined to be positive. As of July 2015, the patient reports that her symptoms have improved by 75%. She continues to take the remedies.

The practitioner comments:

I am very happy with the invaluable opportunities I have been given to offer Vibrionics seva, especially when I receive positive feedback and reports from my patients.

11. Stroke ^{02901...Italy}

The practitioner writes: In December 2013, an elderly woman of 81 suffered a severe brain injury from a fall caused by a transitory stroke (ischemia). She was taken to the hospital where she lost consciousness after a few hours. To control massive bleeding in the brain, she was scheduled for emergency surgery. The surgeon warned that there was little chance of a successful outcome. I immediately broadcast: **CC18.4 Stroke + SM2 Divine Protection + SR271 Arnica 30C...continuously**

The operation was successful but doctors cautioned against expectation of a recovery given the magnitude of the operation and the physical weakness of the patient. Much to the surprise of the doctors, the patient regained consciousness after 2 days. However, 24 hours later she suffered another stroke and the doctors diagnosed another haematoma with internal bleeding. Since a new intervention was impossible, the doctors said the only hope was that the bleeding would be reabsorbed but they were pessimistic. The patient lost her ability to speak and self-awareness.

The Vibrionics broadcast continued 24 hours a day. Six days later, the patient regained consciousness and began to mumble a few words. After 10 days, the patient recovered her cognitive functions including the use of language, and she was discharged after a total of 20 days of hospitalization. Although the patient has not recovered the ability to walk independently, she has otherwise fully recovered. Since leaving the hospital, the same Vibrionics treatment has been continued with the addition of **CC21.1 Adult tonic**. The patient is my mother.

12. Resuscitation of a myna bird ^{10940...India}

The practitioner writes: On the evening of 15 July 2015 I returned home from the office around 6:40pm to see that the water in the outside drain was disturbed. I thought that it must be a snake or frog, but no, it was a little myna bird who had fallen into the drain and was trying to get out. The bird's wings were



completely wet so it was not able to escape. I scooped up the bird with a plastic bucket and set it down in some grass by the roadside. But the bird fell over and was unable to sit upright. It was shivering and losing consciousness. Fearing that the bird might die or that street dogs would finish it off unless timely treatment were provided, I picked it up again with the plastic bucket and brought it into my courtyard. The bird was still unable to sit and continued shivering. I picked up my Common Combo kit and put 2 or 3 drops of **CC1.1 Animal tonic** on its upper beak. Within a second, the myna regained consciousness and sat on both legs.

After 15 minutes, the bird began to move a little. I thought the bird needed an energy booster, so I applied 2-3 drops of **CC12.1 Adult tonic** and a bit of Swami's vibhuti to the upper beak. At this, the bird suddenly opened its beak wide and spread its wings, and its body began to regain full energy. After 45 minutes, the bird appeared to have completely recovered and started moving about the courtyard. After 9pm I saw it chasing after pests to eat. After 10pm it was asleep under my scooter. In the morning only its droppings remained. The bird had flown off on its journey.

13. Excessive salivation, Bad temper ^{02806...Malaysia}

A young man of 19 presented with excessive salivation. The problem had started one year before. He began producing so much saliva that he had to spit frequently to avoid choking. This intelligent lad had been brought up in an unhealthy and unhappy home, where as a child he had witnessed his father abusing his mother and three siblings. As he got older, he began to show a quick temper and a tendency towards anger.

Before coming to the practitioner, he had been seen by a neurologist, psychologist, psychiatrist, dentist, oral surgeon and Ear Nose, and Throat specialist without getting any relief. On 31 August 2014 he began vibrionics treatment with:

#1. CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders...TDS

On a return visit five weeks later, the patient reported no change in persistent salivation; so **CC11.5 Mouth infections** was added and the patient was given:

#2. CC11.5 Mouth infections + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders...TDS

With this adjustment, the patient obtained a 30% reduction in saliva in 5 weeks' time. With continuing treatment and periodic visits, his recovery was up to 50% after another 3 weeks and 70% after 2 more weeks. On 28 December, after taking #2 for a total of 12 weeks, the patient was completely cured and stopped the remedy. As of 29 July 2015, he remained normal.

Editor's comment:

In chronic cases, we normally advise the patient not to stop the remedy suddenly but to reduce the dosage slowly.

☞ Practitioner Profiles ☞

Practitioner Profile ^{02779...Japan}

In 2009 I was given the opportunity to become a practitioner of Sai Vibrionics. This was such a precious gift and blessing for me as I had been very interested in alternative therapies but had not yet found such a simple and effective one.



Vibrionics seva has provided me with tremendous opportunities to serve the needy in Japan as well as India. In a village medical camp (gram seva) in India, I was greatly privileged to serve more than 200 patients who waited in a long line during the half-day seva period. This experience allowed me to taste the joy and delight of serving as an instrument for their healing.

When I first began to practice Vibrionics, although I could experience a glimpse of joy of seva, I still viewed healing from an intellectual perspective more than as a manifestation of Divine blessing. This was the result of long years spent as a student of Theosophy, with its emphasis on the mind and intellect.

In due course, real joy and awareness came to me in 2012, after three years of seva, when I was almost broken physically and mentally. At that time, for period of some months, I was devoting 6 hours and often more than 6 hours every day to meditation. It is often said that meditation without seva is dangerous and that was the very case for me. I was too ambitious and greedy for spiritual evolution. I had to admit that deep in my heart there was still a "me" who sought praise and applause from patients and people around them, as well as a "me" who wanted to advance spiritually through seva.

One day when I went out to participate in a group mediation, I became aware that something was wrong. I felt somehow very uneasy, even frightened without any special reason. Overcome by these feelings, I gave up visiting the venue and went straight back home. The strange feeling of uneasiness continued even after I reached home – actually it continued for 4 to 5 months. I felt as if I had been plunged into a dark world, groping for any help and support I could find. I was forced to become aware that nobody could help me except God: God or Sai was the only Being I could cling to for help. For several days, I could not breathe without thinking of Him, since that was the only way for me to calm myself in this devastating situation. I could not sleep at night without holding His picture. My instinct told me that the only way to rescue myself was to serve people in need as embodiments of Sai. And that was what I did to restore myself. Literally each one of my patients became for me a Sai who extended helping hands to me. I cried out in gratitude for being given those opportunities for seva. This experience totally transformed my attitude towards seva as well as the nature of healing.

Patients are verily a gift and blessing from Sai or True Self. All the phenomena that I experience or persons whom I encounter are just a mirror showing me past memories or data hidden deep in my subconscious mind which have been waiting to be cleared, cleansed and erased. Every fault, need, or disease which I perceive in other people or organizations or countries or the world at large, is just the reflection of my own past memories or data. The only thing I can do is just to cleanse or erase my memories through seva, appreciation and love – not focusing outside of me but inside me. In this way, my true light can come out without any cloud of memories or prejudices or fixed ideas or obsessions. As a result of my experience, I have come to understand Swami's teachings, 'Everything is reaction, reflection and resound of your mind', and 'I am God and You are also God. You are responsible for everything which happens to you'.

Of course I have a long way to go and am still on the path of exploring His Grace, but I pray my every desire will be sublimated to seek His blessing to be a pure instrument for Him.

In Japan we enjoy a relatively high standard of health care with an advanced medical system and a program of national health insurance. But my impression is that an increasing number of people are gradually becoming aware of the negative side of conventional allopathic medicine and are seeking more effective and safer alternative therapies. I sincerely wish and pray that Swami's gift of Vibrionics will become better understood and ever more widely accepted and utilized throughout Japan.

Editor's note: This practitioner has treated a wide range of diseases successfully. Further details about this practitioner, who holds a PhD and has been a leader in Human Values education, were published in the Proceedings of the First International Sai Vibrionics Conference, Prashanti Nilayam, January 2014, pp. 107-112, together with several additional cases. We are grateful for his excellent work in organising the Japan Team practitioner profiles featured in this issue.

Cases to share:

- [Constipation, Cognitive impairment](#)
- [Depression, Arthritis, Nosebleeds](#)
- [Vertigo, Flu](#)
- [Constipation, Oedema of thighs and legs](#)



Practitioner Profile ^{00971...Japan}



Practitioner^{02779...Japan} writes: For 13 years, this sister has been lighting up a corner of Japan where she has served a huge number of patients and made a great contribution to Sai Vibrionics inspiring countless people whom she has reached. I prevailed upon her to let me interview her to share some of her experiences with fellow Vibrionics practitioners. The following is only the tip of the iceberg of her service activities.

Swami guided her to be a Sai Vibrionics practitioner through Dr Aggarwal. Even before encountering this Divine method of healing, she had been practicing various other alternative therapies such as Bach Flower Remedies, homoeopathy, Ayurveda and traditional Eastern medicine including a Chinese therapy to support blood stasis. One of her particular strengths is the thorough, in-depth research she does to identify Vibrionics remedies that will best suit the symptoms and condition of each individual patient. She spares no effort in making nosodes using the SRHVP machine and in working to discover the most effective vibration to heal the patient's illness with Swami's Grace.

Her underlying motivation is to serve as many people as she can. Every year she makes it a practice to send seasonal remedies (for heat exhaustion in April, and cold and flu in September) to approximately 300 patients who have kept in touch with her. Having developed faith in Sai Vibrionics, these patients stay in communication with her not only to talk their health but also to seek help for the sufferings of their hearts. She prays for their wellness and for the prevention of seasonal illness.

It is not unusual for her to receive calls of help in the early morning or even at midnight. In one case, on 15 July 2012, a female patient living alone called her in the early morning, gasping out her name and calling for help. The practitioner could tell by the way the patient talked that she had suffered a stroke and immediately called one of her acquaintances who lived nearest to the woman. The acquaintance was also a Vibrionics patient to whom the practitioner had given a bottle of **CC10.1 Emergencies**. The practitioner asked her to get the stroke victim to the hospital quickly and meanwhile to keep putting **CC10.1 Emergencies** pills under her tongue. The practitioner herself immediately made up **CC10.1 Emergencies** and rushed to the patient. After a 2-hour train ride, the practitioner reached her before noon to find that the patient was suffering from paralysis on the left side of her body and aphasia. The practitioner gave the remedy to the patient's daughter, asking her to place the remedy carefully under the tongue. Two days later, the patient had recovered to the extent that she could put the remedy under the tongue herself. She made a very speedy recovery through rehabilitation therapy at the hospital, to the surprise of her doctors and nurses. Forty days following the stroke, she left the hospital and returned home, able to walk on her own although her speech was still unclear.

Eight weeks later (on 10th September), the patient told the practitioner that she wished to travel from Kobe to Fukuoka (about 600 km or 373 miles away) to attend her nephew's wedding. She pleaded with the practitioner to

make it happen. To attend the ceremony the patient would have to take several modes of transportation such as a car, train, bullet train etc. The practitioner advised her to take her Vibrionics remedy regularly, drink plenty of water, and additionally, to get oil massages along her spinal column and to pray to God in her own words. The practitioner herself promised to pray with her once a week at a set date and time.

Through Swami's blessing, the patient of course attended the wedding ceremony. The practitioner accompanied her to the station where she needed to make a train transfer so that she could not miss the route. The patient did not seem to need a cane and walked without any difficulty.

This practitioner just sees God and His miracles in each one of her patients and says she has been very fortunate to be part of this precious service activity. She has lived as an ordinary housewife and mother without any particular qualification, but since her childhood, her father had taught her to be a person who helps the needy, the weak, the sick and the dispirited.

From the Practitioner's casebook:

Every September, I make it a practice to send the following cold remedy to about 300 patients who have given me the opportunity to serve: **NM11 Cold + NM12 Combination 12 + SM2 Divine Protection + SR360 VIBGYOR...every 15 minutes** whenever symptoms appear, then **TDS** until completely cured. I advise patients to take plenty of water with this.

For prevention of influenza, I also send patients **CC9.2 Infections acute + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...3TW**. I have found this remedy to be effective especially for those who need to go out into crowded cities. It is an excellent preventive. All those who take it avoid the flu.

Cases to share:

- [Kidney Failure](#)
- [Kidney Stone](#)
- [Nasal Congestion](#)

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Practitioner Profile 02754...Japan



I came to know about Sai Vibrionics in September 2008 when I was in Sai Baba's ashram in Puttaparthi. A devotee who was a practitioner encouraged me to take Vibrionics treatment while we were talking about a health problem I had experienced earlier that year. On 15th of February at home, I had a severe headache accompanied by an explosive sound in my head. The pain was so intense that I could barely breathe. At last I decided to call an ambulance if the pain did not stop by the count of 10. All at once the headache melted away as if nothing had happened. Shortly after this incident, I saw a friend who is very sensitive to spiritual phenomena. She told me that Baba had protected me. Later in India, I was told that there were varicose veins on my head, which explained the discomfort I had been experiencing. This is what led me to try Vibrionics. After taking the remedy for three days, the fog in my head totally cleared away. I was amazed by this and was so very grateful to Swami.

The day after I completed three months' Vibrionics treatment in December 2008, I visited Dr Aggarwal in Prashanthi Nilayam to apply for training as a practitioner. Since I do not speak English, I needed the help of interpreters to learn Vibrionics. Swami graciously provided four persons including a long-time senior practitioner to help me with English communication.

In Japan where conventional western-style medical care is well established under the national health insurance program, it is very hard sometimes for Vibrionics to spread. But at the same time, alternative therapies have recently become the focus of attention. Also, more and more people are conscious about the importance of maintaining a healthy lifestyle including diet and exercise, and living life mindfully and with purpose. I find that new patients come to me by word-of-mouth introductions made by other patients and friends.

Cases to share:

- [Panic disorder, Incontinence](#)
- [Hay Fever](#)
- [Stress & Insomnia](#)

☞ The Answer Corner ☞

1. **Question:** *When we go away for an extended period of time (say, 3 months), should we inform our patients about this? How many bottles should we give them, when treating a chronic condition? Or is it better to put them in touch with another practitioner through healerInfo email?*

Answer: It is good to inform your regular patients of your long-term absence. It is recommended that patients should take their remedy in water by dissolving 5 pills in 200 ml of water. In this way, one dram vial of pills lasts over 3 months at TDS. It is better to give your patient the contact details of another practitioner rather than the email address of healerInfo team.

2. **Question:** *Sometimes, patients request remedies for their family members. When the remedies are ready, they don't bother to collect them; others either keep them on their shelves or give no feedback! What should be my approach?*

Answer: If a patient wants a remedy for another person, let the actual patient ring you and only after speaking to him, should you prepare the remedy. You must maintain direct contact with the patient to be treated for three reasons: 1) to be sure that the patient wants your remedies; 2) to initiate the patient's treatment by giving the first dose; and 3) to explain the precautions directly to the patient. In any case, it is generally the patient who can best describe to you his exact problems.

3. **Question:** *Some of the patients have commented that waiting 10 minutes between remedies is too long. Would it be OK to tell them to take the second remedy soon after the first?*

Answer: It is not necessary to keep a gap of 10 minutes between remedies. The procedure is to wait for about a minute after the first pill has dissolved in the mouth.

4. **Question:** *One month after my extraordinary case got published, I found the patient was improving in other areas related to the first issue. The same happened again after another 5 months. Should I send my case again with further improvements?*

Answer: Since you saw 'extraordinary improvements in slightly different areas' you can send in a Case History Update on the patient including a reference to the previous case (Newsletter month & year).

5. **Question:** *Sometimes I mail the remedies for multiple chronic problems in one envelope. If there is no pullout, can I ask my patient to start the second remedy one week after the first?*

Answer: If there is no pullout or when the pullout has finished, wait till there is noticeable improvement before starting the remedy for the next problem.

6. **Question:** *When a patient is not regular in taking his remedy and then complains that he continues to suffer with symptoms, how should I respond?*

Answer: Our first remedy is Love and our last remedy is Love, and everything in between must be Love for and towards the patient. Ask what has been preventing him from taking the vibro as prescribed eg, is he overwhelmed by taking allopathic medicines or is his schedule too hectic to remember TDS? Listen and be compassionate. Try to encourage the patient by gently but firmly telling him that a regular and prescribed dosage brings about faster relief. The patient should not be made to feel guilty for any lapse.

7. **Question:** *Approximately how much time should I spend on an existing patient over the telephone? Sometimes when I try to end the conversation, the patient does not sound happy.*

Answer: If the phone call is taking the place of a follow-up visit then allow a maximum of 30 minutes. You should try to steer the conversation in such a way that the patient gets a reasonable opportunity to say everything he needs to and you are able to answer his questions with love and encouragement. I

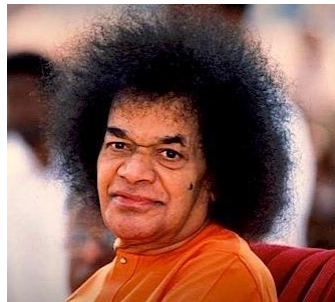
recommend that at the beginning of the call, you tell him the amount of time you have available. Then give him a 5-minute warning towards the end so that he does not feel slighted.

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8. Question: *Can we ask the patients to pay for the postage cost of sending remedies?*

Answer: As you have taken an oath not to accept money for treatment, it is not unreasonable if you have to pay for postage as part of your seva. However, if the cost of mailing would place a financial burden on you and hinder your ability to help other patients, then you could ask the patient to send you postage stamps to be used for future mailings.

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9. Question: *What do you do if a patient brings you a gift or offers you money or favours?*

Answer: If you already had an opportunity to explain to the patient that you signed a promise to God not to accept money or favour then this situation should not normally come up. If a grateful patient insists upon giving you money, encourage him to give it to a charity of his choice. If the patient offers to do a favour for you or give you a non-monetary gift, then politely, lovingly but firmly decline. If the patient is likely to get hurt by your refusal of an offered gift, you can thank him for his lovely thought, you can tell him you'll open it and enjoy looking at it with him but you must give the gift away as you are not allowed to accept anything for your seva. Telling a patient that his coming to you has helped you to fulfil your promise to render seva, usually puts a patient at ease and further discussion is not necessary.



☪ Divine Words from the Master Healer ☪

“What are the main causes of ill-health? Millions of living beings grouped as species dwell on the earth; they sustain themselves by means of food secured from Nature, as provided by Nature. It is only man that is an exception. In order to cater to his palate and other senses, he changes the composition and characteristics of the things provided by nature and prepares, through the process of boiling, frying and mixing, concoctions which have no vitality in them. Birds and beasts do not adopt such destructive methods. They eat things raw and consume the strength-giving vital essence. So, they do not fall victim to the many ills that man brings on himself”

... Sathya Sai Baba, “Good Health and Goodness” Discourse, 30 September 1981

<http://www.sssbpt.info/ssspeaks/volume15/sss15-21.pdf>

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To remove the evil of egoism, service is the most efficient instrument. Service will also impress on the person doing service, the Unity of all mankind. He who dedicates his time, skill and strength to service, can never meet defeat, distress or disappointment, for service is its own reward. His word will be ever sweet and soft, his gestures ever revered and humble. He will have no foe, no fatigue, no fear”.

...Sathya Sai Baba, “Hospitals and Health” Discourse, 28 August 1997

<http://www.sssbpt.info/ssspeaks/volume13/sss13-22.pdf>

☪ Announcements ☪

❖ **USA Shepherdstown, WV:** AVP workshops 11-13 September & 16-18 October 2015 and SVP workshop 18-20 September 2015, contact Susan at trainer1@usa.vibrionics.org.

- ❖ **UK London:** AVP workshop 22-23 August 2015 and Refresher seminar 4 Oct 2015, contact Jeram at 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
- ❖ **Italy Padua, Venice:** SVP workshop 16-18 October 2015, contact Manolis at monthlyreports@it.vibrionics.org

∞In Addition∞

Session for Recharging 108CC Boxes held on 11th July 2015, Hartford, CT, USA



The USA & Canada Coordinator^{01339...USA} reports: A large group of qualified candidates were trained as JVPs in October 2012, in Hartford, CT, USA. These practitioners are now due to have their 108CC boxes recharged to ensure the potency of the combos. On Saturday, 11th July, 9 boxes were recharged at a special two-hour session. At the session, Practitioner^{02867...USA} gave a presentation about an organic farm that is using Vibrionics to grow healthy, blight-free vegetables. Practitioner^{02873...USA} showed the group the aluminium carrying case he uses to store his 108CC box and supplies (see photo below). He reports very low evaporation by using the case. Another recharging session is planned for later in the year at a location to be announced.

[Note: The 108CC boxes should be recharged every two years. The potency may be extended an additional year by tapping each bottle nine times against the palm of the other hand. This group is approaching the end of their third year

Vibrionics Practitioners' Refresher Meeting held on 19th April 2015, Ilford, Essex, UK

As reported by UK Coordinator^{02822...UK} and edited by Practitioner^{03513...UK}: The refresher workshop was convened on 19th April with 30 practitioners present and 2 guests. Dr Jit Aggarwal presented and was assisted by his wife, Hem. He thanked the organiser of the day, Practitioner^{02822...UK}, for all his work as UK Coordinator. A summary of highlights follows:

1.0 New Vibrionics logo

Dr Aggarwal announced that Sai Vibrionics now has a new logo and the leaflet with the new logo will be circulated shortly.

1.1 Master Combo additions

As and when new information comes to light, remedies in the Master Combo box are updated. For example, two new remedies were added to the Master box in April 2015. Practitioners who are up-to-date with their monthly report are eligible to get them from their regional or country coordinator.

1.2 108 Common Combo box recharging

All combo boxes need to be recharged every two years as the effectiveness decreases due to electromagnetic radiation.

1.3 Adding CC10.1 Emergencies to remedies

Dr Aggarwal recommends that all practitioners add **CC10.1 Emergencies** to their remedies for the next three months to see whether the efficacy of treatment can be improved as observed by some practitioners. Please provide feedback. An evaluation will be done at the end of 3 months.

1.4 Patient record-keeping and submission

Monthly reports should be submitted on the first day of the month as practitioners have pledged in their signed "Promise to God" declaration. Maintain a separate summary record sheet of each month's activity. On the monthly summary sheet keep a column each for "Old Patients", "New Patients", "Animals" and "Plants", and in the relevant column numerically list the name of the patient and date seen. This makes it easy to retrieve patient details when needed and to send in monthly reports. Additionally, for each patient, a checklist may be used to get a good history including details of the type of symptoms, date of onset, duration of the condition and how it started in order to understand the cause and the patient's current medication.

1.5 Labelling remedies

Label the bottle given to the patient with the patient's reference number as recorded in your patient book to enable tracking. Do not write the name of the illness or symptoms on the label. The patient's initials may also be used along with a positive name for the remedy such as "Feel Better", "Wellbeing", or "Healing".

1.6 Preparing remedies

Always prepare the remedy in water, as water is neutral and has the best memory for vibrations. Also the pills last longer when patients take the remedy in water.

In patients with terminal illnesses, the priority should be that the patient is comfortable and peaceful. Sai Vibrionics remedies work on the mind, helping patients to feel peaceful and thus improving the quality of their life, in addition to prolonging life to some extent. Although sometimes we cannot see the effect of the remedy, healing does happen deep within one's being, in unseen ways.

1.7 Mixing remedies

The current policy regarding the preparation of remedies is that several combos can be combined in one bottle if we feel the patient will benefit. However we always need to look at the cause of chronic problems and include treatment for that. For example, if the cause is neurological, then **CC18.5 Neuralgia** is useful.

1.8 The use of nosodes

- Mrs Aggarwal suggested the use of nosodes of allopathic painkillers like Diclofenac for treatment of pain. When treating with a nosode, it is best to give the nosode alone and not add other vibrations to it or give other Vibrionics remedies along with it. One practitioner recalled that when she treated herself with a nosode of the painkiller, the pain that she had for 25 years resolved within a week. For treating side effects of chemotherapy, just using the card **SR559 Anti Chemotherapy** alone does wonders. Potentise at two potencies - 30C and CM. Alternatively, a nosode preferably of blood or hair may be given.
- If a medication or any other substance causes a rash, itching or any other symptom, then treating with the nosode of that same medication or substance can help alleviate that symptom. A patient suffering for 20 years from chronic cough, which started after taking a particular antibiotic, was given a nosode of the antibiotic. The cough cleared up in one week. For itching, a single remedy **SR317 Sulphur** may be given, keeping in mind that this may cause a strong pullout.

1.9 Treatment of addictions including smoking

For patients addicted to drugs, alcohol or tobacco, making a nosode is helpful. For cigarette addiction, a nosode made from the cigarette should be taken **TDS**. It will reduce the craving. The patient need not be told to stop smoking. If a wife requests a remedy for her husband to stop smoking, it is best to get the patient to come himself and not give the remedy to the wife. When the patient attends, he should be counselled and asked whether he sincerely wishes to give up smoking. If the patient is sure, ask him to

write the following affirmation on a piece of paper: 'I know that smoking is bad for my health so I promise to give up smoking'. The patient should keep this paper in his cigarette packet and read the affirmation aloud each time before taking out a cigarette. The smoking habit can be eradicated using this method.

2.0 Q & A with Dr Aggarwal

2.1 Q: *When treating a new patient, do we always begin with a prayer while putting the first pill ourselves under the tongue of the patient?*

A: Yes, Swami is the Healer. The treatment should start with invoking Swami's blessings. The practitioner should administer the first dose, whether in water or pill under the tongue. A connection is made with God and the practitioner merely acts as a conduit for the Divine energy to flow to the patient. You can ask the patient to pray to whichever form of God he feels comfortable with. If you are sending the remedy by post, you can advise the patient to ring you before taking the first dose. The practitioner can then say a prayer while the patient is on the phone and takes the first dose.

2.2 Q: *In India we have water purifiers in most town homes where water is treated with UV rays. Is such water OK for preparing Vibrionics remedies?*

A: Once the water has been treated and purified, the UV rays are no longer present, and the water is safe for preparing Vibrionics remedies. Any water which is pure and safe for drinking can be used to prepare Vibrionics remedies. Also, drinking water kept in a copper vessel can also be used to prepare remedies.

2.3 Q: *How long do vibrations last in pills? The manual says they last for six months. However, I was informed by a senior practitioner that they only last for three months. Would you please clarify this?*

A: Ideally, if the pills are kept in a harmonious and peaceful environment free from radiation eg, a prayer room, vibrations in the pills do last for six months. But if the pills are moved around and exposed to sources of radiation including wireless broadcasts, then vibrations may last for shorter time, say, two or three months.

2.4 Q: *If a person is suffering from urinary incontinence plus constipation, would giving **CC4.4 Constipation** make the incontinence worse?*

A: It is fine to give **CC4.4** for relief from constipation to a patient also suffering from incontinence. Emptying the bowels might actually reduce the pressure on the bladder.

2.5 Q: *A senior practitioner told me that when she refills the CC bottles with fresh alcohol, she chants 'Om Sri Sai Ram' 108 times. She feels this recharges them and makes them more potent. Could you please confirm this?*

A: It is not necessary to chant 'Om Sri Sai Ram' 108 times when refilling the combo bottles. [Editor's note: Any practice that helps a practitioner to infuse his or her practice with remembrance of God and loving surrender to Swami as our Divine Healer should by all means be continued.]

2.6 Q: *When a patient takes the remedy in water, should the patient keep the water in the mouth for a certain amount of time before swallowing?*

A: Yes, the patient has to keep the vibro water in the mouth for one minute before swallowing.

2.7 Q: *We have heard that nosodes produce quick healings when treating allergies or addictions. Can AVPs and JVPs, who cannot make nosodes, get the same response using the 108CC box?*

A: No, we do not expect to get the same response with a Common Combo that we get when using a nosode because the nosode treatment is specifically targeted at the particular condition; hence the response is faster.

2.8 Q: *How do we treat sciatica?*

A: For sciatica pain, using **CC18.5 Neuralgia** alone can help or use **SR289 Drosera**. Further, balancing the kidney and bladder meridians using the cards **SR240 Kidney** and **SR242 Liver** with the SRHVP machine can help.

2.9 Q: *What more can be done for a patient suffering from itchy legs due to his blood pressure medication when Vibrionics is not working? The patient was diagnosed with high blood pressure a few years back and prescribed the allopathic drug Perindopril. This caused itching on his legs so the medicine was changed to Ramipril and Felidopin. But the itch still persisted and neither Ayurvedic nor various Vibrionics combos*

were able to provide relief. (Incidentally, the patient had no itchy feeling during a visit to the Far East) In addition, the patient developed tinnitus earlier this year, and the buzzing in the ear has not been reduced or cured after taking the vibro combo. Itchiness and tinnitus are known side-effects of Ramipril, Felidopin, and Perindopril.

A: Make a nosode using all the three blood pressure tablets together. The nosode will help to remove the side effects. The card **SR317 Sulphur 30C** can be effective for itching but this should be used with caution because of the possibility of a pullout.

3.0 Dr Aggarwal's message

Dr Aggarwal called on practitioners to help create awareness of Sai Vibrionics: We need to bring more awareness of Sai Vibrionics to society at large so people can avail themselves of this treatment, which is free from side-effects.

Please do your part by referring friends, family and patients to Vibrionics resources such as the website www.vibrionics.org, the 'What is Sai Vibrionics?' [video](#) and also the International Conference book. Feel free to forward the Sai Vibrionics Newsletter to those interested and also provide printed copies but to avoid confusion, please do not provide other printed information sheets of your own.

If you are invited to give an information session on Sai Vibrionics, up-to-date PowerPoint presentation packages are already available for use. Please advise me of your needs. Before the presentation, please send me any material of your own that you intend to present so that the information can be verified.

We now have several volunteers to take on some of the admin workload of Sai Vibrionics UK. Materials in other languages (Gujarati and French) are planned or are in process now.

Finally, thank you all for your service to the Lord. As always, never forget that Swami is the Healer and we are merely His instruments. The practitioner's Love and Faith are what matter most. They help to raise the vibrations. Keep your knowledge of Vibrionics fresh and up-to-date. Go through the manual on a regular basis and absorb new information provided in the Newsletter and other Vibrionics sources. Remind patients that the most important tool for healing is one's own mind. A change in thought pattern by using visualization techniques, affirmations, practicing gratitude or forgiveness will help in enhancing the healing process.

Jai Sai Ram!

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