

## **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

Twenty-two years ago a seed was planted in the form of an intent to spread Divine vibrations through the Sai Ram Healing Vibration Potentiser to all (animals, plants, humans) by training those who had a strong desire to serve through Vibrionics. Today, I am humbled to see that intent has etched a deep transformational program in the hearts and minds of thousands of practitioners. Their love in the form of selfless service has touched the lives of millions who have been served. It is living proof that a group of people working in the spirit of nishkama karma (without any expectation of fruits or results) can bring about positive change in the world. That is exactly what we have experienced with vibrionics – from intent to a global movement.

Through the years we have improvised along the way to administratively organise our various activities. As vibrionics has grown, we have realised the significance of having a greater internal structure within Vibrionics. It is imperative that we introduce good practices in organisational management as we lay a stronger foundation for managing what we envision as explosive growth in Sai Vibrionics in times ahead. In practice, this translates into a greater number of practitioners volunteering to manage administrative functions and take responsibility for pieces of various processes. Some of these areas are: applications for new entrants, developing coordinators/mentors/teachers in different countries, website management, newsletter production/translation into many languages, training practitioners at many levels, reviewing books and other study material, publishing journals, taking up research projects, making audio-visuals both for practitioners and public, data management. More helping hands lighten the work within the vibrionics team of volunteers.

I invite you all to come forward and enlist yourselves for the various administrative roles where you feel you have the strength or a deep interest. Of course, the time dedicated to administrative work will count towards your monthly seva hours.

In line with our mission of professionalising our organisation, we are revising two existing designations of practitioners - Assistant Vibrionics Practitioner and Junior Vibrionics Practitioner. I am pleased to announce new designation titles effective immediately: Associate Vibrionics Practitioner (AVP) and Vibrionics Practitioner (VP). This change more accurately reflects the training and experience of practitioners.

These are very exciting times for Vibrionics. I am confident that with your relentless support in our institution and on-boarding of additional enthusiastic and dedicated volunteer practitioners, we will be

better equipped to comfortably navigate through our next phase of evolution – raising the bar in delivering free-of-cost holistic healthcare through vibration healing.

In loving service to Sai  
Jit K Aggarwal

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## ∞ Case Histories Using Combos ∞

### 1. Verruca/Wart <sup>01620...France</sup>

A 21-year-old female patient, presented with an extensive verruca (wart) on the sole of her right foot. Her allopathic doctor warned that surgical removal would be very difficult due to its expansive nature, spreading like a net over the skin. Apart from feeling anxious about this condition, she also suffered from general anxiety. She was given:

**#1. NM6 Calming + NM16 Drawing + SR318 Thuja 30C + SR339 Sycotic Co...TDS**

**#2. SR249 Medorrhinum 200C...one dose every two weeks (4 doses maximum)**

Four days after taking the remedy her doctor was astonished to see 70% improvement in her condition. She continued her remedies for another week and experienced a 100% cure. She was then instructed to taper off, taking the remedies OD for 2 weeks and then OW for a short period. She took the complete course of **#2** and has not suffered a recurrence of the problem.

*If using the 108CC box give: **CC15.1 Mental & Emotional tonic + CC21.8 Herpes***

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### 2. Urinary incontinence <sup>01620...France</sup>

A 65-year-old woman, ill and depressed with the loss of a very close relative, was admitted to hospital for treatment after which she gradually became weak and incontinent. Two years later in Sep 2014, after reading a Sai Vibrionics newsletter she asked the practitioner to treat her for urinary incontinence. She was given:

**CC12.1 Adult tonic + CC13.3 Incontinence + CC15.1 Mental & Emotional tonic...TDS**

The morning after taking the first dose of the remedy, her incontinence vanished. She was advised to continue the remedy for 3 more weeks and then to taper off gradually.

This patient was so impressed with her speedy recovery, she trained to become a practitioner. When she later fractured her leg in the spring of 2015 her incontinence resurfaced and she promptly treated herself successfully with vibrionics remedies.

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### 3. Insomnia <sup>01620...France</sup>

A 30-year-old male engineer from Africa, now working in Europe, complained of constant fatigue caused by insomnia. He said that for the last 10 years he had barely slept more than 2 hours a night. He had always avoided medication of any kind, not wishing to find himself addicted to whatever he was prescribed. On 15 November 2015 he was given:

**CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC15.6 Sleep disorders...one dose half an hour before retiring, one dose on retiring and if necessary, one dose every half hour until asleep.**

After taking only two doses each night for two days, he reported having slept well. His colleagues at work noticed a big change that he was more active and less tired. He reported this to be his first good sleep in many years. At present he takes the remedy regularly and claims that he always sleeps well. The remedy was replenished in Jan 2016.

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### 4. Extra systole, heart failure <sup>01480...France</sup>

In January 2014, a 40-year-old male patient, a visitor to the ashram, presented with his heart functioning at only 20%. He had plans to return to his country for the recommended surgery of either valve replacement or heart transplant. He was given:

**#1. CC3.4 Heart Emergency + CC3.6 Pulse irregular + CC10.1 Emergency + CC15.1 Mental & Emotional tonic...6TD for 4 days, thereafter TDS**

Three weeks later, during his next meeting the patient reported feeling more calm and relaxed, so much so that he had gone bathing in the sea. The patient's wife requested more of the same remedy as well as another to help his ailing memory, which caused the patient anxiety. The practitioner replaced #1 with the following combo to cover both problems:

**#2. CC3.4 Heart emergency + CC3.6 Pulse irregular + CC10.1 Emergency + CC15.2 Psychiatric disorders + CC17.3 Brain & Memory tonic...TDS**

The patient soon returned to his country for the recommended operation. When he went back to the hospital for tests, to his delight, the heart function had improved by 18%, the heart now functioning at 38% of its normal state. So his doctors did not find it necessary to operate.

One year later, the practitioners again met the patient in the ashram. He was continuing to be well and without the need for any operation.

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**5. Enuresis, stress** 01480...France

A 12-year-old young boy came to the practitioners with his mother who expressed her concern that the boy often had bedwetting episodes in the night for almost 10 years. He also suffered from stress and anxiety and exhibited sporadic outbursts of anger. The practitioners treated the boy with the following combo:

**CC12.2 Child tonic + CC13.3 Incontinence + CC15.1 Mental & Emotional tonic...TDS**

After one month, the practitioners observed that there was a marked improvement (30%) in the boy's overall condition, especially emotional. So, they continued with the same treatment.

After two months, the bedwetting episodes had reduced (70%) and he was feeling much better emotionally. The practitioners once again decided to continue the same treatment.

A year has passed since, and the boy has not had a single bedwetting incidence. On the emotional front the boy has been doing very well except for one incidence when he experienced stress.

Practitioners' comment:

They would like to share that they have had extremely good results in treating problems of morale, stress and anxiety with **CC15.1 Mental & Emotional tonic** and/or **CC15.2 Psychiatric disorders**.

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**6. Inflamed nipples in goat** 01480...France

The practitioners observed a mother goat that was desperately trying to wean its kids away from constantly sucking on her nipples. In fact, the kids were literally hanging from the mother goat's nipples. This resulted in the mother goat experiencing excruciating pain from inflamed and sore nipples.

To alleviate the mother goat's suffering, the practitioners prepared and gave her the following remedy: **CC1.1 Animal tonic + CC8.1 Female tonic + CC8.3 Breast disorders...TDS** in water

A week later, the mother goat's nipples had completely healed and she was no longer in pain.

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**7. Disturbed sleep in a baby** 03507...UK

On 14 January 2016, the practitioner was contacted by the mother of a 20 month-old-baby boy who suffered from severe sleep problem since birth. The baby was waking up every half hour or so throughout the night. This did not settle down as he grew older, he constantly needed the mother who looked very tired and stressed due to the constant disturbance of her sleep every night. The baby was treated with the following combo:

**CC12.2 Child tonic + CC15.6 Sleep disorders...**half an hour before bedtime, and another dose just before putting baby to bed.

The mother was advised to give another dose when the baby woke up the first time through the night. After two days of treatment, the baby's sleep improved by 80%. He got up only twice during the night. On 27 January 2016 the mother informed the practitioner that her baby boy now woke up only once during the night but would soon go back to sleep. She felt this was normal for a 20 month old baby. She looked relaxed and happy. She was very grateful that she could at last sleep peacefully without disturbance at night. The mother was advised to continue giving the vibro remedy for another month, and then to start giving it on alternate nights, and then gradually taper it off.

**8. Acute cold, cough and boil** 02859...India

During a skype conversation with her 22-year-old son the practitioner noticed that he was sneezing and coughing. He had been suffering for the past one week. He also showed his mother a red boil on his lower back which he said was extremely painful and had been bothering him for the past three days. The practitioner started broadcasting the following remedy:

**CC10.1 Emergencies + CC19.2 Respiratory allergies + CC19.6 Cough chronic + CC21.1 Skin tonic + CC21.2 Skin infections + CC21.11 Wounds & Abrasions...TDS** for half an hour each time

The patient was 90% better by next day. There was no phlegm formation and no sneezing! The angry looking boil was hardly visible!! The remedy was continued TDS for another day and then reduced to OD.

The patient's testimonial: patient's testimonial:

I experienced a sudden push from a positive source which I could feel was working not only on the hurting parts but also on my psyche and outlook towards them.

I am amazed at how quickly, quietly and in a quintessentially stunning manner my wounds, both inner and outer, were healed. After a week of fighting a harsh throat accompanied by a rough cough and a runny nose, it took my mother less than a day to reduce my suffering by almost 90%. The "something on my back" had been bothering me for almost 3 days, making every movement uncomfortable, also vanished within the same time frame. I feel grateful and indebted to the creator of this healing as well as to my mother who became the instrument for the same to reach me.



**9. Leg injury in a pet bird** 03516...Canada

In mid-December 2014, the practitioner's bird, an eleven-year-old female budgie had injured her left leg and could not stand, climb or move around the cage. Her leg was curled up and could not extend. She had crossed the average life expectancy which is about eight years for this species. Looking at her condition, the practitioner did not expect the bird could survive for more than 3 weeks or so. A year earlier, the practitioner's other bird had the same injury and the veterinarian was unable to offer any treatment, resulting in her dying within a week.

After qualifying in January 2015 as a vibrionics practitioner, the budgie became the practitioner's first patient. On 11 January 2015, he made the following remedy:

**CC1.1 Animal tonic** mixed in her drinking water every day.

Two weeks later she started to chirp and move a little. Four weeks after beginning the treatment she started to use her injured leg to move about with some difficulty. In another month she regained the use of her leg about 95%. By May 2015, she could climb and walk with both the legs and was very active. The remedy was continued until November 2015. As of February 2016, the bird is doing very well, she eats, moves and chirps!



**10. Arthritis and Frozen Shoulders** 03502...USA

A 63-year-old lady had suffered for two years with constant pain in her shoulders. She could not lift her arms comfortably to carry out her daily chores in the kitchen due to excessive pain. Her allopathic doctor diagnosed this to be arthritis and a certain degree of wear and tear was also observed. She was treated with oral medicine and occasional injections in the shoulder. She was also given an ointment to massage her shoulders. However, the treatment turned out to be expensive and gave her only a temporary relief as the problem always resurfaced when the medication was stopped. In July 2014, the practitioner gave the following combo:

**CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC20.1 SMJ tonic + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.6 Osteoporosis...TDS**

Within three weeks of taking the combo she was completely free of pain. Three months later when the practitioner met her, she was happily doing daily chores in the kitchen without any shoulder pain. The dosage was reduced to OD for a month followed by a preventive dosage of OW. As of February 2016, the patient remains free of pain and is continuing the remedy at OW.



**11. Overweight, Irregular Menses, Infertility** 02806...Malaysia

A 28-year-old lady contacted the practitioner on 20 February 2014 for treatment of her obesity. Her height is 168cm/5ft 5in, weight was 88kg/194lb and Body Mass Index (BMI) 31.6. She had also been having irregular periods over the past one year. She had no other health problem and was not on any medication. Since excessive body weight can cause menstrual problems, the practitioner, an experienced allopathic doctor, decided to treat her for obesity.

For overweight:

**#1. CC6.2 Hypothyroid + CC15.4 Eating disorders...TDS**

By the end of three weeks she had lost 4.5kg/10lb, but she was feeling weak and tired. Hence the combo was changed to the following:

For weakness and overweight:

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

During the next four weeks she improved steadily and became active and more energetic. By 3 July 2014 she had lost 7kg/15.4lb but her periods were still irregular. So she was given an additional remedy.

For irregular periods:

**#3. CC8.8 Menses irregular...TDS**

The patient had been married for two years and talked about her deep desire to have a baby. She had consulted a specialist and was told that one of her ovaries was smaller than normal. Her other reproductive organs were normal and her husband's sperm count was also normal. She did not opt for any fertility treatment. The couple was treated for infertility.

For the wife:

**#4. CC8.1 Female tonic...TDS**

For the husband:

**#5. CC14.1 Male tonic + CC14.3 Male infertility...TDS**

On 1 October 2014 the patient telephoned the practitioner to share the good news that she was seven weeks pregnant. She now stopped taking all remedies. **However**, four weeks later she contacted the practitioner for the treatment of morning sickness. She was given:

For pregnancy and morning sickness:

**#6. CC8.2 Pregnancy tonic + CC8.9 Morning sickness + CC12.1 Adult tonic...TDS**

The pregnancy progressed smoothly and on 26 May 2015, the patient delivered a healthy baby girl. During the pregnancy her weight had dropped to 70kg/154lb (normal for her height). As of January 2016, her weight is 78kg/172lb and she is happy with it. She is maintaining that weight as she eats less and is on a low-carb diet. Her periods are now regular.



**12. Mouth Ulcer** 11965...India

A 28-year-old lady suffering from a mouth ulcer for the past three days when she contacted the practitioner on 18 December 2014. The ulcer was so painful that she was unable to eat or drink. There was no known cause for the occurrence of the ulcer and she was not taking any medication. The practitioner treated her with the following remedy:

**NM89 Mouth and Gum...** in water, one dose every ten minutes for 2 hours

After two hours the patient reported that she was able to take in fluids. The dosage was then reduced to 6TD. The following morning, the patient's condition had further improved and she could manage to eat on the right side of her mouth. By the evening she was able to eat normally using both sides. On 20 December the dosage was reduced to TDS. Within the next two days, the ulcer was healed completely. The patient was asked to continue taking the remedy OD for some additional days.

*If using the 108CC box give:* **CC11.5 Mouth infections**



**Practitioner Profiles**

**Practitioner** 1620...France once a successful orthodontist, feels honoured and grateful to be the Vibrionics Coordinator for France as well as one of France's three Vibrionics Trainers.



A devotee of Sathya Sai Baba since 1990, it wasn't until 2000 that she heard from her friends about vibrionics, a free-of-cost method of healing with zero side-effects. She asked them to take her to this clinic in Baba's ashram to find out all that she could about this method of healing. The timing was favourable, part of the divine Master plan, because a vibrionics workshop was in progress just then.



Seeing her sincerity and commitment, Dr Aggarwal admitted her to the class, even though she spoke very little English. At the end of each day, her friends, also participating in the workshop, translated and explained all the day's teaching and procedures. Being a diligent student, she took meticulous notes and applied herself relentlessly to her education in Sai Vibrionics. She successfully completed her course and obtained the necessary equipment to start her practice. As soon as she returned home to France, she enrolled on a course to learn English and attempted to read the English version of the vibro book. She even intensified her commitment by deciding with her friends to translate this book into French.

Her early days as a vibrionics practitioner in France were clearly not a bed of roses. There was the absence of other practitioners in her vicinity for support and collaboration, no newsletter for reference or updates, and no website for general as well as case-related information. She felt

isolated but persisted in her seva, inspired and encouraged by the amazing success of the remedies.

Miracles are no stranger to this practitioner. In 2013 she was diagnosed with breast cancer and advised to undergo radiation therapy and surgery. Surrendering to God through intense prayers, she elected to combine the allopathic treatment with Vibrionics. Instead of experiencing the harsh side effects of radiation treatment, she felt an increase of inner peace and joy. When the time came for her surgery in the hospital, imagine her delight when she was led to room number 108, a divine reassurance indeed!

After a successful operation, she continues to take her post-surgery maintenance dose and is infinitely grateful for her marvellous recovery; so grateful, that she has decided to dedicate her life to helping her patients realize the power of gratitude. This traumatic life challenge was deeply transformational for her, both personally and as a vibrionics practitioner, increasing her empathy and understanding. Considering herself to be a living proof of the healing power of vibrionics, she instils an extraordinary level of confidence and faith in patients undergoing the trauma of a serious illness, such as cancer.

Since the inception of the first Vibrionics newsletter in 2010, the practitioner has been its French translator. She finds this seva a source of enrichment, increasing her knowledge and faith through transcribing the experiences of other practitioners. She is deeply moved by their stories of selfless love touching people's lives with healing vibrations.

In December 2014, the practitioner successfully completed the vibrionics trainer workshop conducted by Dr and Mrs Aggarwal. Planning and leading AVP training workshops in France with two other colleagues has expanded both her knowledge and appreciation, convincing her further of the force field of love in which vibrionics operates. All three trainers, who are grateful for this blessed seva, find teaching, certifying and encouraging new practitioners to be extremely rewarding.

As the coordinator for France, she is passionate about spreading this system of divine love and healing. She is planning to encourage and inspire lapsed practitioners with refresher workshops and other programs aimed at increasing opportunities for continuous learning and interaction between practitioners. She is confident of their return to practice and their subsequent increased fervour and enjoyment of this seva.

Vibrionics has opened her heart, she feels, by providing so many opportunities for heart to heart contact. She has discovered that actively listening with compassion to those who are suffering and struggling can convert a hopeless state of mind to a positive one - one of renewed hope. She reports that many feel better after just one interaction over the telephone.

Her vibrionics seva includes teaching her patients how to lead a healthier lifestyle to aid and accelerate the healing process; as a crucial adjunct to healing. She promotes self-observation during treatment as a possible first step towards healing. 'Who are you and why do you suppose you are ill? What's causing

your illness?' are questions that might be addressed. When she sees patients healed and happy after long suffering, she feels eternally grateful to Swami and His Sai Vibrionics.

**Cases to share:**

- [Verruca/Wart](#)
- [Urinary incontinence](#)
- [Insomnia](#)



**Practitioners** <sup>01480...France</sup> have been practicing Vibrionics together for over twenty years. The husband had spent several years in healthcare where he witnessed the harmful effects of allopathic medicine and treatment. Hearing of an alternative form of healing that was both effective and without side-effects, he was immediately inspired to try to find out more. Sharing a very close bond and mutual love for selfless service, the couple went to Sai Baba's ashram in Puttaparthi and later received training in vibrionics with Dr Aggarwal and thus became certified vibrionics practitioners.

The couple finds the seva aspect of Sai Vibrionics is its most appealing feature.

Both thoroughly enjoy bringing health and happiness to their patients' lives. They feel that mainstream/conventional healthcare can be intimidating and even daunting for many patients. Vibrionics, on the other hand, alleviates fear because it carries with it a spiritual atmosphere of unconditional love, capable of reaching the patient at all levels - physical, emotional and spiritual, thus increasing the chances of a positive outcome of deep and lasting healing.

The practitioners remember with joy their very first experience when they successfully treated a thyroid condition. Their patient was taking Levothyroxine as prescribed by his allopathic doctor. After four months of vibro treatment, the patient's thyroid was back to its normal state and he was completely free of the allopathic drug.

The couple reports a deep transformational impact on themselves from their vibrionics seva, including a heightened level of intuition and understanding. They find themselves working more from the heart than from the mind. They are truly grateful to also team up with Practitioner <sup>01620...France</sup> to serve as vibrionics trainers in France. It gives them the opportunity to interact and share their experiences with newcomers as well as their peers. They have had spectacular results with both 108CC box and the SRHVP including remote treatment through broadcasting.

This seva has taught them to serve with care but without any attachment to the outcome, leaving all in Swami's Hands. Their advice to practitioners just embarking on the Vibrionics journey is - no stress, no fear, trust and let go and above all Be Happy!

**Cases to share:**

- [Extra systole, heart failure](#)
- [Enuresis, stress](#)
- [Inflamed nipples in goat](#)

❧ **The Answer Corner** ❧

**1. Question:** *I know that vibro remedies should not be taken along with homoeo or ayurvedic medicines but what about supplements eg, vitamins, minerals or herbs?*

**Answer:** It is perfectly acceptable to take supplements along with vibro remedies. However a gap of at least 20 minutes between the two should be kept as we do between food and vibro remedies.

**2. Question:** *In order to advise my patients, I need to know which minerals are essential for good health and which foods contain them?*

**Answer:** This question is beyond the scope of this Answer corner. In any case, practitioners should take it upon themselves to expand their own knowledge and understanding about diet and lifestyle, about health and disease, through reading and research. Powerful search engines are available for this. Use information from reputable academic sources and not from sites which are trying to sell products or services.

**3. Question:** *There appears to be a lot of concern about Zika, a newly discovered mosquito-borne disease. Please can you suggest a preventive remedy?*

**Answer:** We recommend you give **SR300 Malaria Off 200C...BD** for 3 successive days every 3 months in areas of high risk. Do not take any other homoeopathic or vibrionics remedy during those 3 days. '**Malaria Off**' is available from a homoeopathic store. It is also included in **CC9.3 Tropical diseases**.

**4. Question:** *If a patient is on his death bed, how would we know? What remedy should be given?*

**Answer:** You will normally get this information from a family member/carer who in turn would have got this from the doctors attending to the patient. The calming remedy **SR272 Arsen Alb CM** or **CC15.1 Mental & Emotional tonic...QDS** is most helpful for a person on his deathbed. However, as nobody can predict death, it may be premature to think that death is approaching. In any case, the above remedy will help in bringing peace to the patient. It is also important for people close to the patient to take an appropriate remedy.

**5. Question:** *When we make blood nosode for some disease, I understand that no other vibro medicine should be given for that problem. If the patient later complains of hair fall or dandruff, can I treat it with a separate vibro remedy, while still taking the nosode?*

**Answer:** When we give a blood (or hair) nosode for any disease, it works on other problems too; in other words, it treats the patient as a whole. No other vibro/homoeo remedy is given as this would have the effect of diluting the nosode.

**6. Question:** *If the photo of a patient is not available for broadcasting, can we use a piece of paper (with details like name, date and place of birth, ailment) in the 'Remedy' well instead?*

**Answer:** For broadcasting, we need in the remedy well, a witness of the patient because the vibration of the patient is embedded in it. For this reason, it is not a good idea to use a piece of paper with patient's details on it. It is recommended that you use either a blood spot or a lock of hair or a photograph (full-length photo maybe better) of the patient.

**7. Question:** *I have a patient who did not have a bowel movement for 3 days after taking a remedy for another problem. Is constipation a form of pullout? I also asked her to take a lot of water.*

**Answer:** If the patient generally does not get constipated, then it is most likely to be 2<sup>nd</sup> type of pullout. Constipation occurs when excessive amount water is absorbed in the colon making the faeces hard and difficult to move. If constipation is accompanied with extreme discomfort, then only one may consider reducing the dosage for a short time otherwise take no action. Drinking lots of water is always good especially when one is constipated. Taking prune/prune juice/psyllium husk/herbs can help naturally with constipation.

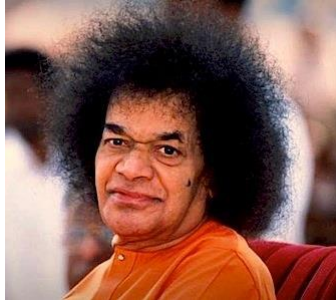
**8. Question:** *In the 108CC book, it is stated that patients with eye issues (eg, cataract) take 25,000 units of Vitamin A daily. Is this the correct amount?*



**Answer:** The maximum recommended daily dose of Vitamin A is less than 10,000 IU. The 25,000 Vitamin A recommendation prescribed by Swami Narayani is outdated. The next edition of the 108CC book will reflect the latest information.

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**9. Question:** *What can I tell patients about how to clean pesticides off their fruits and vegetables?*

**Answer:** Add one tablespoon of salt and two of vinegar to a bowl half full of water. Soak vegetables and fruits in it for twenty minutes; this leaches out pesticides and insecticides. Now wash them in running tap water to remove any residue.



## ☪Divine Words from the Master Healer ☪

*“Since mental tension is most detrimental to man's health, man should learn the art of controlling his passions and emotions, which cause stresses and strains. It is also essential to keep our mind serene and peaceful while eating food. We should not indulge in discussion of topics which will cause agitation and excitement and disturb our mental peace while we are taking food. Mental tension is responsible for ill health. We should also avoid viewing TV, video etc, while eating food, as they may cause mental disturbances.”*

...Sathya Sai Baba, “Food, the heart and the mind” Discourse January 21, 1994 “Equipment for Service” Discourse, 21 November 1986

<http://www.sssbpt.info/ssspeaks/volume27/sss27-03.pdf>

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*“You should not be ever entangled in the meshes of this world and its problems. Try to escape into the purer air of the spirit as often as you can, taking the name of the Lord on your tongue. Of the 24 hours of the day, have 6 hours for your individual needs, 6 hours for the service of others, 6 hours for sleep and 6 for dwelling in the Presence of the Lord. Those six hours will endow you with the strength of steel.”*

...Sathya Sai Baba, “The Human Raft”—Sathya Sai Baba, Discourse December 14, 1964

<http://www.sssbpt.info/ssspeaks/volume04/sss04-46.pdf>

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## ☪Announcements ☪

- ❖ **India Puttaparthi:** AVP Workshop 5-8 March 2016, contact Hem at [99sairam@vibrionics.org](mailto:99sairam@vibrionics.org)
- ❖ **India Delhi-NCR:** VP Workshop 12 Mar 2016 and Annual Refresher Seminar 13 March 2016, contact Sangeeta at [trainer1.delhi@vibrionics.org](mailto:trainer1.delhi@vibrionics.org)
- ❖ **India Mumbai (DK):** Refresher Seminar & VP Workshop 2-3 April 2016, contact Satish at [satish281265@yahoo.com](mailto:satish281265@yahoo.com) or by telephone at 9869-016 624
- ❖ **Italy Padua, Venice:** Refresher Seminar 21 May 2016, contact Manolis at [monthlyreports@it.vibrionics.org](mailto:monthlyreports@it.vibrionics.org).
- ❖ **India Kasaragod, Kerala:** AVP Workshop 28-29 May 2016, contact Rajesh at [sairam.rajesh99@gmail.com](mailto:sairam.rajesh99@gmail.com) or by telephone at 8943-351 524 / 8129-051 524



## ∞In Addition ∞

### Vibro medical camp for refugees in Greece

Athens, Greece is now hosting several refugee camps due to the humanitarian crisis caused by people fleeing the violence and poverty of their homelands in Africa and the Middle East. For the last two and a half months, Vibrionics **Practitioners** 01768, 03118, 03107, 01379 have been offering their services in these camps.

A Sai sister, a homoeopath and acupuncturist, worked alongside us to treat the many refugees. We wish to share some of their experiences.

The seva began on 12 Dec 2015 and they have so far served 135 patients during their 10 visits to two different Athenian locations. The practitioners offer treatment, mostly for major trauma and the effects of adverse and arduous traveling conditions. Many refugees suffered colds and flu from being forced into the sea off Turkey's shores on their way to Greece. In order to safely cross the land-locked border, many had suffered muscular skeletal issues from carrying their children over mountains for more than a month. Those served responded favourably to their treatment, but follow up was impossible as the majority of them immediately continued their journey into Europe.

According to the practitioners, "Most gratifying for us was the patients' obvious relief and appreciation for our willingness to listen and engage in conversation, offering kind words along with our remedies. We saw that our kindness and love brought smiles and hopefulness to many strained faces.



We have been blessed to come across some very kind western medicine practitioners during our seva. Most of them, especially the doctors, have been very positive about our treatments. There was a nurse who at some point expressed doubts about our work but after seeing the love that was being offered to everyone at the medical camp, her opinion changed. Both disciplines, allopathic and vibrionics, were brought together by

the urgent need of the traveling refugees as well as everyone's eagerness to help in whatever way possible. We see the helping hand of our dearest Sai's influence at work, what He called 'Unity in Diversity'.

We are finding this seva to be a personally transformative process that fills us with bliss as we continue to serve our troubled refugee siblings. We are happily offering service wherever and whenever needed." The influx of refugees continues and so does our work.

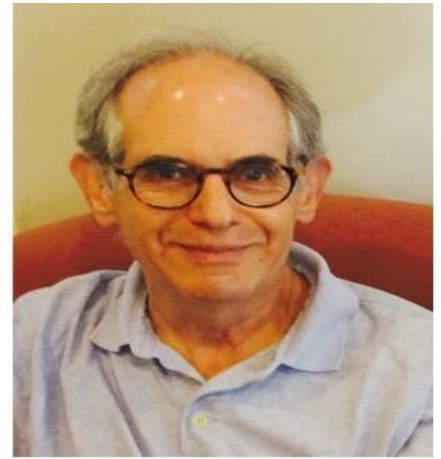


## Recognition for Administrative Service

**Practitioner** <sup>02868...USA</sup> was certified as a vibrionics practitioner in October 2012, and a senior practitioner in September 2015. Seeing immense potential in seamless interactive digital access to our newsletters, he came forward and took charge of uploading newsletters onto our website with advanced search/query functionality. This is a very important role as it involves not only individually posting of the various parts of a newsletter but also formatting and tagging them.

He is also responsible for overseeing that the newsletters are accessible and searchable in 12 different languages. He is supported by a team of six dedicated practitioners who assist him with uploading of newsletter in other languages. We salute him and his team for their silent work for the benefit of thousands of readers around the world.

**Practitioner** <sup>11964...India</sup> was introduced to vibrionics on New Year's day of 2014. Quickly, he advanced to becoming a vibrionics practitioner. So great was his enthusiasm and dedication to vibrionics that he became a senior practitioner after just one year of his practice. Immediately afterwards, he participated in writing/editing of case histories. Seeing significant opportunity in implementing world-class standards in the vibrionics organisation, he has recently taken complete charge of applications for membership of International Association of Sai Vibrionics Practitioners (IASVP). He is assisted in this work by two highly dedicated senior **Practitioners** <sup>11271 & 11231...India</sup> who are responsible for production and dispatch of ID cards. We express our recognition for this very important work that they are doing.



**Om Sai Ram**

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