

## Sai Vibrionics Newsletter

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

“Whenever you see a sick person, a dispirited, dishisconsolate 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

I am delighted to be writing to you at this most auspicious time of the year, Guru Poornima (full-moon day when one honours one's spiritual teacher). Devotees around the globe celebrated the festival with great fervour, whether it be a play, a musical concert, a dance, or selfless service to the helpless – all in the spirit of pleasing the Lord and walking in His foot-steps, living His message. My observation is that the enthusiasm and dedication around expansion in depth and breadth of a myriad of socio-service projects that He dedicated His life to has only grown exponentially since He left His physical form. I am happy to report that same is true in the case of His vibrionics mission!

I have observed a huge transformation taking place in all aspects of vibrionics – from highly enriching content in newsletters-to-breakthroughs in treating complex health problems and expanding our treatment of plant and animal related research. I am sensing that we are experiencing the on-set of the golden age for vibrionics.

Very recently, our main Spanish translator left for his heavenly journey. No sooner did I reach out to our Spanish practitioner community for volunteers to fill the role than two practitioners – Practitioner <sup>01001</sup> and Practitioner <sup>00423</sup> came forward instantly to volunteer their services. Not only have these translators collaborated in completing the translation of two newsletters in Spanish in record time, they are well on their way to completing the backlog. In India, we have several translators, who have come forward to not only translate newsletters but also translate entire vibrionics books into their native language such as Telugu, Marathi and Hindi.

I am happy to share with you a report from our Karnataka coordinator <sup>10776</sup> on the progress made in our vibrionics clinic at the SSIHMS in Whitefield. The clinic started on 2 March from the Neuro outpatients' wing; it is run by 5 dedicated vibro practitioners on a rota basis on three afternoons a week. At the start, there was a modest response but patient numbers have been steadily growing from word of mouth and referrals. It is heartening to note that many patients are being referred by doctors who are showing more and more openness towards alternative therapies. I was encouraged to see a similar trend in the US when I recently had the opportunity to attend an annual Sathya Sai regional retreat. During my attendance at a workshop on Swami's healthcare model, I felt very fortunate to interact with many physicians. It was really special to discover their level of interest and open-mindedness towards vibrionics and also more generally, alternative/holistic healing – Swami in action!

My dear brothers and sisters, Swami says *“Work, worship, and wisdom - all begin with service. No matter what service it is, if it is done with love and divine feelings, it becomes worship (upasana).”* - Divine Discourse, Mar 14, 1999. Let's take a sincere pledge that from here onwards, in the spirit of walking in His footsteps, that we will make a strong resolve to making vibrionics an integral part of our daily life. With that

said, I sincerely look forward to receiving a constant flow of monthly reports, experiences and case histories. As always, we constantly need volunteers to support our many organisational functions. Please feel free to reach out to your respective state/country coordinator for organisational volunteering opportunities in vibrionics or write to [editor@vibrionics.org](mailto:editor@vibrionics.org).

In loving service to Sai  
Jit K Aggarwal

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## ☪ Practitioner Profiles ☪

**Practitioner 02308...Slovenia** is an SVP and her dedication to selfless service and her contribution to vibrionics



has been extraordinary. She first heard about Swami at the Centre for Spiritual Culture in Ljubljana and that brought her to Puttaparthi in October 2001. During her last darshan at the ashram, Swami gave her a long look and this deep gaze from Him made her cry for two days. She believes this was a major turning point in her life as Swami opened her heart after many years of depression and sadness that followed her son's death. Then she came across the famous book "The Path of Masters" and realized "When a student is ready, the teacher comes".

It was during her 2<sup>nd</sup> visit to Puttaparthi in July 2002, during the auspicious time of Guru Purnima that her journey in vibrionics began. She had a deep urge to understand what it meant to engage in selfless service and to explore possible avenues to do so. In no time, on the third day of her visit, she was appointed to serve as a seva dal looking after the Shirdi Sai Baba exhibit in the Chaitanya Jyoti museum. It was the time of the World Conference on seva and the practitioner had an unexpected opportunity to attend the conference. This was a huge boon for her as she learnt about various types of seva activities around the world. This also reminded her of the 15 years she had cherished working as a Red Cross volunteer in her village.

During the conference, the practitioner developed back pain as a result of sitting on the floor for extended periods of time. A fellow Slovenian attendee recommended vibrionics treatment. On experiencing vibro remedies first-hand as a patient, she was so impressed that she enrolled for the course in the use of Sai Ram Healing Vibrations Potentiser SRHVP. As she had retired a year prior as a secondary school teacher of English and Slovene languages, Dr Aggarwal suggested that she utilize her language skills in translating short articles into Slovene. This has today grown into translating ALL vibro material, a boon for Slovenian practitioners.

With abundant time on hand, the practitioner immersed herself in vibrionics seva. This helped her immensely in transcending from attachment to trivial matters to tasting divine nectar, resulting from spreading love-filled vibrations. By doing daily seva she has learned, to put it in Mother Theresa's phrase, 'do something good for other people and myself'. It has also helped her in becoming more aware of her thoughts, words and deeds.

The big test came during the practitioner's 3<sup>rd</sup> visit to Puttaparthi in Dec 2002 when she was hospitalized for pneumonia. After a month, when she left for Slovenia, she had lost 10 kg in weight. Feeling very weak she reached out to a local Practitioner <sup>02264</sup> who made her a prescription but she prepared the remedies herself. It took nearly a year for her to completely recuperate. On hindsight, she feels it was a great cleansing experience. Such is the power of selfless service that even during such a trying period she remained steadfast in doing her vibrionics seva.

In 2008, the practitioner underwent a significant life-changing experience, while treating herself for grade-3 breast cancer (along with allopathic treatment) and she recovered successfully. She then attended a certificate programme in human values at The Institute of Sai Spiritual Education in Mumbai. For her project, she chose "Health & Human Values" with emphasis on vibrionics.

She believes that Swami has been sending her patients who need a lot of attention especially, those suffering from depression and cancer. As she has been personally through the journey of suffering and recovery related to both ailments, she is able to relate to such patients at a deeper level. In the last 15 years, Swami has given the practitioner a lot of seva opportunities at the Sai Centre in Ljubljana, although her main focus continues to be vibrionics. Translating the newsletter has been immensely satisfying for her as it has given her the opportunity to learn from other healers' experiences.

Over the years, her seva has only grown from strength-to-strength as she developed higher levels of self-confidence. She claims that she does not have any special approach to treatment; however, she likes to motivate her patients by telling them some powerful sayings such as 'Let us work as we would live forever, but be ready to leave tomorrow'. The practitioner went to school after the second world war in the communist Yugoslavia, so she still remembers and works according to the saying: 'One for all, all for one'.

She expresses sincere gratitude to Practitioner <sup>02264</sup> and Practitioner <sup>00512</sup>, with both of whom she shares a special bond as a result of collaborating in practicing vibrionics and exchanging rich experiences.

**Cases to share :**

- [Respiratory infections, allergies](#)
- [Burning urination](#)



**Practitioner <sup>11422...India</sup>** plays an instrumental role in our organization and her dedication to vibrionics seva is exemplary. She actively participates in organizing awareness building talks on vibrionics and mentoring new students. More recently, she has made an excellent contribution to the newsletter by writing highly enriching articles on wellness.

Equipped with impeccable educational credentials, she spent 25 years working for a central government company and rose to a senior leadership position as a Company Secretary and General Manager. She retired in April 2014 and then made her home in Puttaparthi.

She came into Swami's fold in 1999 as a volunteer during Swami's Delhi visit. On her first visit to Prashanti as part of seva dal from Delhi, she got drawn into various Sai activities like bhajan singing, Veda chanting, coordinating study circles and teaching Bal Vikas to slum children. She learnt about vibrionics with awe for the first time in 2011 when the Delhi Sai organization invited interested devotees to enrol for the vibrionics course. Though very keen to become a practitioner, she was apprehensive as to how one could give medicine without undergoing recognized medical training. All her queries about energy healing were duly addressed by Dr Aggarwal and then she joined the training workshop and qualified as an AVP.

The practitioner started to treat people at home and in the work place in addition to holding a weekly Sunday camp in a nearby slum area for Bal Vikas children and their parents. In the initial stage of practice, although a little nervous, the practitioner had felt great pangs of excitement about treating patients. In such a state, the case which gave a big boost and also enlightened her about the efficacy of the remedies was when one late evening an old obese woman of 60 complained of sudden pain in her ankles and swelling in her feet. She was given **CC20.3 Arthritis**. She had a severe pullout of excessive pain at night. Next morning to her utter surprise and happiness, both the swelling and pain had disappeared without the use of any painkiller or anti-inflammatory.

Soon after the practitioner became an SVP in April 2013, she experienced the power of remedies made with SRHVP. A young woman of 30 was paralysed on the right side on getting the shocking news of sudden death of her twin brother. She could hardly use her hands and legs on the right side when she came to the practitioner 6 months after this shocking incident. The patient was given **NM25 Shock**. She took 3 doses on the 1<sup>st</sup> day and went through severe pullout with headache, high fever, vomiting etc and stopped the remedy. When she reported to the practitioner after a week, she was asked to restart the remedy. She reported only after a month saying that her hands and legs had resumed their normalcy.

In spite of her strong faith and enthusiasm, her vibro practice moved rather slowly since her official duties were very demanding,. The years that followed were quite challenging on many fronts including caring for a cancer patient in the family. The practitioner too could not escape its net, though she recovered soon after a surgery in November 2013. She attributes her **fast** recovery to vibrionics and kriya yoga practice.

After her retirement in April 2014, the practitioner got fully involved with all aspects of vibro activities. She took the teacher's training course during 2014-2015. She is now fully involved with conducting AVP classes and has been guiding new practitioners as a mentor for nearly a year. In addition to treating patients, she makes significant contribution to the newsletter.

The practitioner has found that some CCs work more effectively when combined with certain selected remedies:

- **Chronic SMJ pain:** If this pain is due to a fall or accident or distinct jerk at any time, even in childhood, give the appropriate remedy (eg, **CC20.3 Arthritis** for knee pain, **CC20.5 Spine** for back pain or **CC18.5 Neuralgia** for neuropathic pain) **but if you also add CC10.1 Emergencies + CC20.7 Fractures** to this remedy, relief is faster. In other cases of SMJ pain, addition of **CC17.2 Cleansing** does wonders; also add **CC8.1 Female tonic** in case of young girls; **CC20.6** for older women and **CC8.6 Menopause** for women in menopause.
- **Frequent headaches:** Addition of **CC3.7 Circulation + CC4.10 Indigestion + CC17.2 Cleansing** to the relevant headache combo gives an excellent response.
- **Injury due to burn or cut:** Keep handy two dropper bottles containing these 2 remedies: **CC10.1 Emergencies + CC21.1 Skin tonic + CC21.4 Stings & Bites** for burns or **CC21.11 Wound & Abrasions** for cuts, made in water. To treat any burn or cut, pour remedy over the injured area continuously for a minute and then every 5 minutes for an hour and reduce the frequency depending on improvement. The burn or cut disappears within 24 hours without leaving a trace. If needed, the remedy can be replenished by adding more water and shaking it well.

In the process of practicing vibrionics, she feels a growing desire to know the mechanism of the wondrous human body, at its gross as well as subtle levels, and to connect with its Creator within. She also feels that the divine hand of Swami is guiding her towards the path of knowing the Self to make her more intuitive. In her experience, each day is slowly opening the door to some learning about herself and towards oneness.

**Cases to Share:**

- [Sun allergy, hair oil allergy](#)
- [Allergy to Chlorine](#)
- [Cellulitis](#)

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## ❧ Case Histories Using Combos ❧

### 1. Respiratory infections, allergies 02308...Slovenia

On 20 May 2016, a mother asked for treatment of her 7-year-old son who had a history of respiratory issues. When the child was 9 months old, he was affected by bronchitis. Later he was often treated in the hospital, especially during winter months, for several illnesses including pneumonia, lung problems, tonsils, asthma, rattling cough and allergy to dust. In the 2015-16 winter, he had suffered from many viral infections. His mother was dreading the next winter not knowing how her son would cope. The patient was taking his prescribed allopathic medications for asthma and allergies - Flixotide, Ventolin and Singular. At this time, he had no symptoms but was given the following combo:

**#1. CC10.1 Emergencies + CC12.2 Child tonic + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.5 Sinusitis + CC19.6 Cough chronic...TDS**

After a week the mother reported that the boy coughed for 2 days (most likely due to pullout) and then he was fine. The dosage was then reduced to **BD**. The following week he coughed with sputum that lasted five days. After two weeks, his doctor stopped all medicines except Flixotide which he reduced to **OD**. On 1 July, as the boy was doing fine, the dosage of **#1** was also reduced to **OD** and it was further brought down to **3TW** in August.

In the first week of November, he had shown some signs of relapse as he coughed a little. The vibro dosage was increased to TDS and as he improved, it was slowly brought down to **OD**.

On 28 January 2017 after nearly 3 months, there was some coughing again. At the same time his mother and brother had caught a cold. Hence a new combo was given:

**#2. CC9.2 Infections acute + CC10.1 Emergencies + CC12.2 Child tonic + CC19.3 Chest infections chronic + CC19.6 Cough chronic + CC19.7 Throat chronic...TDS**

On improvement, this was reduced to **OD**. Whenever some coughing was observed, he quickly got relief with **#2**. Owing to the long-standing respiratory problems, the mother was fearful and hence continued to give the boy Flixotide **OD** throughout along with **#1**. 2016-17 was the boy's best winter in many years. In March 2017, the mother reported that the boy had been keeping well.

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### 2. Burning urination 02308...Slovenia

On 21 June 2016, a 74-year-old lady sought treatment for acute burning during urination that had persisted for four days. Stress was a possible cause for her condition. Even after completing the 3-day

course of antibiotics given by her doctor, burning persisted. Due to her positive healing experience with vibrionics in the past, she was prompted to visit her vibro practitioner who gave her:

**CC10.1 Emergencies + CC12.1 Adult tonic + CC13.2 Kidney & Bladder infections + CC13.3 Incontinence...one dose every 20 minutes for 2 hours**

The following day she reported that the pain was nearly gone. So the earlier dosage was repeated for another day after which it was reduced to **QDS** and then slowly to **BD**. After 6-7 days of starting the treatment, the patient had felt completely well, so the dosage was reduced further to **OD** for two weeks and then discontinued.

On 27 May 2017, the problem recurred and she called the practitioner immediately. She did not visit her doctor this time. The earlier combo and dosage regimen were repeated. She felt better in one day and in two weeks, she was 100% well. She decided to continue the remedy **OD** as a preventive for a longer duration.

Since January 2012, the patient had been taking vibrionics with great success for several other problems such as indigestion, vertigo, disturbed sleep, nail-fungus, high blood pressure, flu, back pain, and osteoporosis. On practitioner's advice, she has made several improvements to her diet.

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**3. Sun allergy, hair oil allergy** <sup>11422...India</sup>

On 11 June 2016, during the practitioner's regular visit to an old age home, a 60-year-old male sought treatment for headaches which he had for 20 years. These were caused by exposure to the sun and wearing a cap did not help. He would simply avoid going out in the sun and take a pain killer if needed. He also had slight itching on the scalp. He felt that perhaps his blood pressure went up when he was exposed to the sun. He was given:

**#1. CC3.3 High Blood Pressure (BP) + CC3.7 Circulation + CC11.3 Headaches + CC11.4 Migraines + CC21.3 Skin allergies...TDS**

Within a month his headache and itching had vanished and as of June 17, these have not recurred.

On 18 March 2017, the patient complained that he had been suffering from pimples on his head for the last 6 months. These would appear as soon as he applied oil on his hair. He was given:

**#2. CC21.2 Skin infections + CC21.3 Skin allergies...6TD**, also for external application

After two weeks on 3 April 2017, he was 50% better. The dosage was reduced to **TDS**. By the end of April, he was 100% fine. He continued the remedy until the pills were finished in May 2017. As of now, there is no recurrence.

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**4. Allergy to chlorine** <sup>11422...India</sup>

A healthy 21-year-old male plumber came for a remedy on 8 August 2015 with severe pain in his eyes, a headache, and hazy vision. For the past two years, he had been handling chlorine daily to clean the swimming pool without any problem. However for the past two months, he had been feeling uneasy but the symptoms became intense only two days before. He did not consult a physician. He was asked to bring a sample of chlorine and was given:

**Potentised chlorine 200C...TDS**

He was advised to keep off from handling chlorine for some time and his employer readily agreed to keep him off that work for a month.

After one month he reported that he was feeling good and that he had felt the pain in the eyes with headache only twice during this period but had no haziness. He was asked to continue the remedy for 2 weeks. Even though he resumed his work of handling chlorine, he had no complaints whatsoever. As of now, he continues with the same work without any problem.

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**5. Cellulitis** <sup>11422...India</sup>

A 71-year-old male was admitted to the general hospital in Puttaparthi due to severe body pain and very high fever on 19 June 2016. Blood tests revealed he had dengue and he was treated accordingly. After three days, the fever had subsided but there was some swelling with tenderness, pain and redness in his left foot and ankle. Next day, his condition worsened as the pain and swelling extended from knee to foot.

This was diagnosed as cellulitis and he was put on antibiotics. After 2 days, the patient was shifted to the super speciality hospital as he developed severe headache and became delirious. Though his delirium disappeared in two days, there was considerable swelling and pus in his leg which was tightly bandaged and kept in an elevated position. Two days later, the patient was told that he would have to undergo surgery to remove the pus followed by a skin graft. On hearing the news on 29 June, the patient got stressed and his BP shot up. The hospital then decided to observe the patient's condition for two days and scheduled his surgery for 1 July.

On 29 June late night, the family contacted the practitioner who gave next morning:  
**Blood nosode 200C...TDS**, without the knowledge of the hospital authorities as there was no time to have any dialogue with the doctors.

Within two hours, the bandage on the leg became loose as the swelling had shrunk and also the pain had reduced. The doctor on his rounds was surprised to see that the swelling had reduced by 80%. Swelling and pus could be seen only in the ankle portion now and reddishness had also decreased considerably. The attending surgeon too was amazed and remarked this was nothing short of a miracle. He also said, much to the relief of the patient and his family, that surgery was not at all required. The same evening, after the second dose of the nosode, the patient felt much better. As the overall condition had improved considerably, the patient was discharged after 2 days on 2 July. Walking was painful in the beginning but the patient soon resumed his daily routine walk.

The hospital advised him to take as much rest as possible and be extra careful as cellulitis could recur with exposure to dust. In view of this, the nosode was continued **TDS** until December 2016 and gradually tapered down to **OW** before stopping on 31 March 2017. He was sharing his experience with anyone he met and recommending vibrionics for their ailments.

As of now the patient is happy and healthy with no pain in his legs. He continues to take vibrionics from the practitioner for other chronic illnesses.

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**6. Paralysis of fingers** 03554...Guyana

On 21 October 2016, a 62-year-old lady visited the practitioner with a problem that began five months prior as a swelling coupled with excruciating pain in her left thumb. The swelling had extended to her entire hand. She then consulted a doctor, who cut a hole in her thumb and inserted cotton wool into it. She was not given any information on the diagnosis. Nevertheless, she had no relief from the swelling or the pain. She visited another doctor who after a blood test detected an infection in her blood. He performed a surgery where the thumb was cut open again to remove the cotton wool and pus drained out. She was also given pain killers. This procedure brought down the swelling and eased her pain. However, she lost the use of three fingers in her left hand. She had lost sensation in her fingers and could neither close them to make a fist nor hold anything.

Patient also had pain in her knees for several years due to arthritis and her doctor had suggested a knee replacement surgery. She was given:

**#1. CC3.7 Circulation + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.3 Arthritis...TDS** in water

In three days, she started to feel sensation in her fingers. Within two weeks, there was a 75% improvement and she was able to grip and hold things with her left hand. She was then given two separate vials as follows:

**For the hand:**

**#2. CC3.7 Circulation + CC12.1 Adult tonic + CC18.5 Neuralgia...TDS**

**For arthritis in the knees:**

**#3. CC15.1 Mental & Emotional tonic + CC20.3 Arthritis...TDS**

By 10 January 2017, she regained complete use of her left hand. The dosage of **#2** was reduced to **OD** and the treatment was discontinued in the first week of May. As of July, there has been no relapse of any symptoms except a slight pain experienced in fingers when over-using her hand. To her delight, her knee pain has reduced by 50%. She continues to take **#3** as she is hopeful of avoiding surgery.

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**7. Acidity, fungal infection, arthritis** 03552...Qatar

On 21 July 2016, a 73-year-old man consulted the practitioner for treatment of several chronic ailments. For thirty years, he had been suffering from acidity with heartburn. He has been taking antacids for about

fifteen years. His legs were itchy and red due to fungal infection which he had for fifteen years. He was prescribed anti-fungal medications including a powder for external application for at least twelve years by a doctor. Also, in the last five years he had been suffering from arthritis characterized by shoulder and knee pain, and had been on prescribed pain-medicines for three years. Despite having taken medications for years, there were no signs of significant improvement from any ailment. He believed that the acidity and fungal infection were due to the nature of his job that required frequent travel for long hours and irregular food habits. Additionally, he had a family history of arthritis that predisposed him to the disease.

He was given the following:

**For acidity and arthritis:**

**#1. CC4.10 Indigestion + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC20.3 Arthritis...TDS** in water

**For fungal infection:**

**#2. CC21.3 Skin allergies + CC21.7 Fungus...TDS** in water

He continued to take all his allopathic medications along with vibrionics. A week later, while his acidity had worsened, his itching legs and painful joints found 30% and 50% relief respectively. After a month of starting the treatment, his acidity had ameliorated by 50%. Both the itching and joint pain subsided significantly, a relief of about 80%.

In another two weeks, he felt 75% improvement in acidity. The itching in his legs completely disappeared, so he felt he was 100% free of the fungal infection. Joint pain came down by 90%. After consultation with his doctor, he stopped allopathic anti-fungal medicines and pain killers.

At the end of two months, he felt 90% relief from acidity but the joint pain had not improved further. He reported having decreased the intake of antacids. The dosage of **#2** was reduced to **OD** for a month and **OW** thereafter until the pills finished.

By the end of three months of treatment, the residual symptoms of acidity and joint pain became negligible. By the end of November, the dosage of **#1** was reduced to **OD** for a month followed by the maintenance dosage of **OW**.

As of July 2017, he continues to take **#1 OW**. His past practice of daily intake of antacids has stopped; he needs them only when an occasional spicy meal is taken. He remains completely free from fungal infection. Occasionally when he gets joint pain during seasonal variation or travel, he takes a pain killer.

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**8. Migraine** 03552...Qatar

On 5 September 2016, a 27-year-old woman having suffered frequent migraines (at least once a month) for five years consulted the practitioner. She had a congenital bend in the nasal bridge and had a thin body structure. A CT scan to locate nasal polyps that could cause such headaches turned out to be negative. However, there could be an element of heredity associated with her migraine, the closest family member to have suffered this being her father's sister. She continued to have episodes of headache under the slightest provocation such as mental tension, bright lights and blaring sounds. She usually took paracetamol and confined herself to a closed dark room to tide over the attacks. She was given:

**CC11.4 Migraines + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC19.3 Chest Infections chronic...TDS** but during an attack, one dose to be taken every 10 minutes for a few hours until headache subsides. Incidentally, **CC19.3 Chest Infections chronic** was included in the above combo because the patient was having breathing difficulty due to congenital bend in her nose.

During the first week of treatment, the patient reported an occurrence of a headache which seemed to be less severe than her normal bouts of migraine. During the next 3 weeks, the patient felt relieved because she did not have any attack at all. During the next two months also, she did not report any migraine episode despite her extensive travel schedule and attending social events such as weddings. After nearly three months, the dosage was reduced to **BD** for a week followed by **OD** for another three weeks and then discontinued.

As of July 2017 after nearly seven months, though she sometimes gets a headache when over-stressed, there has been no relapse of the severe migraines she used to get.

## 9. Chronic allergy and constipation <sup>11578...India</sup>

On 11 April 2016, a 35-year-old woman suffering from cough for eight years sought treatment from the practitioner. She was allergic to dust. Every morning, upon waking, she went through severe bouts of continuous coughing. Also she had constipation for one year which caused pain in the rectum. She had not tried any medical treatment or medication for any of her problems. She was given the following combos:

### For chronic cough:

**#1. CC9.2 Infections acute + CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies...TDS**

### For constipation:

**#2. CC4.4 Constipation + CC4.10 Indigestion + CC12.1 Adult tonic...TDS**

After two weeks, she had almost 100% healing of all her symptoms. She stopped having the morning attacks of cough. Also, the rectum pain was almost gone and she was not constipated anymore. She continued to take both **#1** and **#2** for two more weeks. As the patient then reported complete restoration of her health, the treatment was stopped.

### Editor's note:

The practitioner could not contact the patient for the latest update, as she had probably moved out of the area.



## 10. Severe asthma <sup>11581...India</sup>

A 32-year-old lady with severe asthma attack and breathlessness was taken to the hospital on 16 September 2016. Patient had a history of childhood asthma and eosinophilia (high count of certain type of disease-fighting white blood cells) for which she had used inhalers. However, during the past 10-15 years, she had been completely free of asthma. She would only occasionally get cold and cough during damp weather. For two months, she had been having frequent attacks of cold and for a week she also had cough with greenish sputum and wheezing.

When a doctor saw her at the hospital, she was breathing heavily with wheezing. She was prescribed 5 types of medicines including antibiotics for 5 days. She was told that if she did not improve in 5 days she would have to use a nebulizer whenever she had the attack. She chose to consult the practitioner about her condition before purchasing the allopathic medications. She was given the following:

**#1. CC10.1 Emergencies...one dose every 10 minutes** in water

**#2. CC19.1 Chest tonic + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.4 Asthma attack + CC19.6 Cough chronic...6TD**

She did not take any prescribed allopathic medications and solely relied on vibro remedies.

**#1** was stopped after one hour as she felt much relief from wheezing. She slept well during the night. In two days, her sputum changed from green to yellow and she had 60% improvement in her symptoms. On the third day, **#2** was changed to:

**#3. CC8.1 Female tonic + CC9.2 Infections acute + #2...6TD**

After one week she was completely well and felt 100% relief from all her distressing symptoms. She was advised to continue **#3 TDS** for two weeks, reducing to **BD** for a week followed by **OD** for four weeks, and subsequently to take **OW** as a preventive measure. The last update from the patient was on 8 December 2016, and at that time she was doing well with no relapses. She was advised to continue **OW** for another month.

### Editor's comment:

This practitioner finds that **CC8.1 Female tonic** helps to boost immunity in female patients.



## 11. Stomach cramps <sup>03542...UK</sup>

On 20 November 2016, an 8-year-old girl developed stomach cramps with intense pain. Unable to bear her daughter's agony, her mother reached out to the practitioner. The patient did not have any previous history of such stomach pain and was not on any other medication. Later that afternoon, she was due to perform in a major dance program for which she had been preparing for a few months.

The following remedy was given:



**CC4.8 Gastroenteritis + CC4.10 Indigestion + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic...6TD**

She recovered quickly and within a few hours of having started the vibrionics remedy, she was able to participate in the dance program. The dosage was reduced to **TDS** for the next two days and then discontinued. As of July 2017, there had been no recurrence of the symptoms.

**Patient's mother comments:**

Only after the first dose, my daughter felt immediate relief. I continued to give the remedy every 2 hours and it was like a miracle! I had never expected such a rapid cure. My daughter performed happily without further pain or distress. She was completely cured and was her usual bouncy self. I am most thankful to God for vibrionics.

**Editor's comment:**

Such an acute case can also be treated by prescribing a dose every ten minutes for two hours followed by a reduction to **6TD**

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**Answer Corner**

*Question 1: Is there a way of clearing wax from our ears, I have taken **CC5.1...TDS** regularly but still get blocked ears?*

*Answer 1:* This is the correct combo but it appears that you took this only orally. In addition, mix thoroughly a few drops of **CC5.1 Ear Infections** with olive oil and put some of this into a clean dropper or swab. Use a soft, clean cloth to clean the ear opening. Tilt the affected ear upward and put 2 to 3 drops of vibro oil or gently insert the swab into the ear. Place a cotton ball at the ear opening to prevent oil from coming out. Repeat BD until wax comes out in a few days.

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*Question 2: What can be done to encourage patients who don't come back for further care?*

*Answer 2:* Our US and Canada team during their conference calls, identified 5 practices that various practitioners have used with good results. We are taught not to chase patients with repeated phone calls, emails etc. However, in a busy world, the feedback received from patients is that an occasional reminder is appreciated. They especially like reading the newsletters in pdf. Here is some advice:

- a. If a new patient does not contact you for follow up, then you can call or text once a month for 3 months to check on the patient's progress. We have found that many times, a patient feels very much better but doesn't want to bother the practitioner.
- b. Email as a Bcc to all your patients the link to the latest pdf newsletter on our website every 2 months with a note that you're available to be of assistance, not just to them but also to their animals and plants. Here's an example of a general note to all patients from a practitioner in the US:  
*Sai Ram Dear Friends.*  
*I pray this finds you and your family happy and filled with peace and love as you go about your busy days and restful nights. I'm pleased to attach the link to the May/June, 2017 issue of Sai Vibrionics news: <http://vibrionics.org/jvibro/newsletters/english/News%202017-05%20May-Jun%20H.pdf>. However, if you prefer not to receive my bimonthly emails, please advise and I shall stop sending.*
- c. Find in our newsletters a successful case history of a patient in a similar situation as yours and email it to the patient. They appreciate the personal attention and are encouraged by such cases.
- d. If you are going away for a few weeks or more (on holiday or otherwise), advise your patients of the dates when you would be away, a few weeks earlier than your departure. This gives them an opportunity to get their bottles refilled and get a new remedy if required.
- e. If a patient has not contacted you for 4-6 months, it is a good idea to reach out to him by email or text as appropriate. Advise the patient that his vibrionics remedies have expired and so it would be best to get fresh remedies. Many practitioners have found this tip to be helpful.

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*Question 3: Can I prescribe vibrations for an organ that has been removed by surgery?*

*Answer 3:* Yes, you can give the corresponding vibration even though an organ has been removed. Due to the "Phantom Effect", an etheric or energetic organ is still present, even though it is invisible to most human eyes. The vibration will help to balance the energetic organ.

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*Question 4: My friend's 3-year-old daughter is allergic to almost anything, as well as sugar. Her mother would like to try vibro remedies but I am not sure in what form I can give it if the child cannot have sugar.*

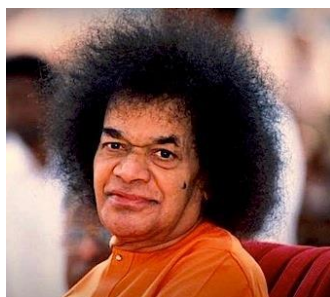
*Answer 4:* First of all, it will be good to establish what symptoms does the child show on taking sugar? It has been found that children can become hyper-active on taking sweets; such symptoms are sometimes mistakenly considered as allergy. If this is the case, then there is no cause for concern as one vibro pill (equal to one dose) contains a minute amount of sugar. If the remedy is taken in water (which is our normal recommendation), then the amount of sugar per dose becomes negligible. However, if the doctor has specifically instructed the child not to consume sugar, then the remedy can be dispensed directly in water or in vibhuti, if so desired. Vibrionics remedies are dispensed in small glucose pills because sugar is natural to the body since sugar is one of the constituents of body tissue and blood.

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*Question 5: Please remind me how far away my cell phone or computer must be from my bottle of pills.*

*Answer 5:* Try not to put the remedy within one meter or 3 ft of any equipment which emits strong electromagnetic radiation such as a television, a computer, a microwave oven, a mobile phone, a strong magnet or an x-ray machine (eg at airports). If you wrap the bottle properly in good quality aluminium foil, it can provide protection. Don't store the remedy bottle in the fridge. Batteries don't influence vibrations.

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## ☪ Divine Words from the Master Healer ☪

***"Man is the only living being which dislikes raw food found in the natural state. All other animals eat things as they are—grain, leaves, shoots, fruits. Man boils, fries, melts, mixes and adopts various methods of cooking in order to satisfy the cravings of the tongue, the eye and the nose. As a consequence, the food value of these articles is either reduced or destroyed. When the seeds are fried, they do not sprout; that is clear proof that the 'life force' is eliminated. Therefore, uncooked raw pulse just sprouting, is to be preferred, also nuts and fruits. The coconut, offered to the Gods, is a good Sathwic (pure) food, having a good percentage of protein besides fat, starch and minerals. Food having too much salt or pepper is Rajasic (passion rousing) and should be avoided; so also too much fat and starch, which are Thamasic (disposed to inactivity) in their effects on the body should be avoided."*** ... Sathya Sai Baba, "Food and Health" Discourse 21

September 1979

<http://www.sssbpt.info/ssspeaks/volume14/sss14-31.pdf>

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***"A life without love is meaningless. The more you love, the more it grows. True love should be distinguished from attachment either to persons or things. Attachment is based on selfishness. Love is based on selflessness. Love is the fruit which is born from the flower of your good deeds. Only when we engage ourselves in selfless service can we experience the essence of this pure love."*** ... Sathya Sai Baba, "Equality through Love" Discourse 11 December 1985

<http://www.sssbpt.info/ssspeaks/volume18/sss18-28.pdf>

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## ☪ Announcements ☪

### Forthcoming Workshops

- ❖ **France Dordogne:** Refresher Seminar & AVP workshop 16-17 September 2017, contact Danielle at [trainer1@fr.vibrionics.org](mailto:trainer1@fr.vibrionics.org)

- ❖ **UK London:** National Annual Refresher seminar 17 September 2017, contact Jeram at [jeramjoe@gmail.com](mailto:jeramjoe@gmail.com) or by telephone at 020-8551 3979
- ❖ **USA Washington DC, near Dulles Airport (IAD):** AVP workshop 13-15 October 2017, contact Susan at [trainer1@us.vibrionics.org](mailto:trainer1@us.vibrionics.org)
- ❖ **India Puttapparthi:** AVP Workshop 18-22 November 2017, contact Lalitha at [elay54@yahoo.com](mailto:elay54@yahoo.com) or by telephone at 08555-288 377
- ❖ **India Puttapparthi:** SVP Workshop 24-28 November 2017, contact Hem at [99sairam@vibrionics.org](mailto:99sairam@vibrionics.org)

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## ❧In Addition❧

### Health tips

#### Acidity - Nip it in the bud!!

##### 1. What is Acidity<sup>1,2,3</sup>

Acidity is generally understood to be a condition of excessive acid in the stomach causing discomfort. Glands in the stomach naturally produce gastric acids to break down food and digest it while protecting against pathogens such as bacteria. A typical adult human stomach secretes about 1.5 litres of gastric acid daily. The mucous layer lining the stomach secretes bicarbonates which neutralize the corrosive effect of this acid. This lining is designed to withstand a high acidic environment. Problem arises in this self-regulating mechanism when there is an excessive secretion of gastric acids due to triggers such as acidic foods, alcohol, dehydration, and stress, all potentially damaging the stomach lining.

##### 2. Symptoms of acidity<sup>3,4,9</sup>

A burning sensation in the stomach or throat or in and around the lower chest area after eating a meal is one of the most common symptoms of acidity. Other symptoms include hiccups that won't stop, a sour taste in the mouth, sour belching, heaviness, headache, heat in the body, and regurgitation (liquid food moving up to the throat). Sometimes indigestion, dyspepsia or gastritis or any combination of these may indicate an underlying acid condition in the body.

Some symptoms of acidity are constant fatigue, easily running out of breath, frequent sighing, muscle pain or cramping after short walks and sensation of not getting enough air. Oxygen level in tissue is so low in very acidic people that they have difficulty holding their breath for over 20 seconds.

##### 3. Causes of acidity<sup>3,5,8</sup>

*Food related causes are:* excessively hot, spicy or fried food; frequent intake of fats, sweets, adulterated and fermented food, carbonated drinks and processed foods; excessive amounts of chocolate, garlic, onion, tea or coffee; large or heavy meals or snacking close to bed time; non-vegetarian food and alcohol consumption.

*Among other causes,* stress is number one. Extreme exertion can result in physical stress whereas mental/emotional stress can be caused by conditions like hurry, worry, fear, anger etc. Incidence of acidity tends to be much higher in highly emotional and nervous individuals. We might well view acidity as a by-product of our stressful highly mobile, fast-food life style. Other factors are too much exposure to sun and heat, aspirin and anti-inflammatory drugs, inadequate intake of water allowing dehydration of cells and excessive smoking.

##### 4. Acidity differs from gastric discomfort<sup>6</sup>

Some may describe their gastric discomfort as acidity. Wind is passed through the rectum and/or through the mouth, with burping in children and belching in adults. There could be a simple gas expulsion soon after a meal due to air swallowed while eating. If it smells or leaves a sour taste in the mouth then it is due to indigestion or incomplete evacuation of stools. Certain things causing gas may also lead to acidity.

##### 5. What is acid reflux<sup>4,5,7</sup>

Normally the food moves down from the mouth through the oesophagus into the stomach. A ring of muscle called the gastroesophageal sphincter located where the oesophagus meets the stomach, acts as a valve which opens to let food into the stomach and immediately closes to prevent regurgitation. But when this valve becomes weak or damaged, it may not close properly allowing the stomach's contents to return to the oesophagus. This is called acid reflux, a very common problem.

Its hallmark symptom is heartburn, a burning sensation behind the breastbone that sometimes travels up the throat and is internally felt around the chest area. It has nothing to do with the heart, despite the name, though sometimes the pain may be as severe as a heart attack. Recurrent acid reflux (more than twice a week) may result in peptic ulcer or in gastroesophageal reflux disease, GERD. Recurring throat infection among children could also spring from over-acidity.

Acid reflux could result from hiatal hernia where abdominal organs, typically the stomach, slip through the diaphragm into the middle compartment of the chest. This gives rise to symptoms such as acidic taste in the back of the mouth or heartburn, trouble swallowing and/or chest pain.

## 6. Ramifications of acidity<sup>4,7,10,11</sup>

Acidity leads to *dyspepsia/indigestion* which implies discomfort or pain in the upper abdomen, normally soon after a meal. Though this is not regarded as a disease per se but it is a group of symptoms like bloating, nausea, burping, vomiting and belching. When the stomach acids break down the protective mucosa layer, it causes irritation, inflammation etc, triggering symptoms of indigestion, sometimes even gastritis in which these symptoms tend to be present for most of the day. Heartburn is also one of the symptoms of dyspepsia.

## 7. Domino effects of acidity<sup>8</sup>

Studies at the University of Bari in Italy demonstrate that a hallmark of all tumours, regardless of their origin and background, is their acidic environment which is conducive to cancer cells. According to a publication titled the "Hidden Truth of Cancer" by Dr Keiichi Morishita, when the blood starts to become acidic, the body will begin to deposit acidic substances, usually toxins, into cells to allow the blood to remain slightly alkaline. These deposits cause the cells to become even more acidic and toxic, which results in decrease in their oxygen levels, leading to destruction of respiratory enzymes and DNA damage. With acidity some cells die while others may survive becoming abnormal cells which grow indefinitely and without order. Reports from World Health Organization indicate that frequent acid reflux can be carcinogenic and if uncorrected, can lead to cancer of the oesophagus.

In addition, an acidic environment is ripe for pathogens such as bacteria, virus and fungus to thrive. It is also a fertile ground for heart disease, diabetes, and osteoporosis. If acidity is not kept in check it may lead to hyperacidity and ulcer formation in the digestive tract by eroding the lining of the stomach or even intestine. Thus, acidity could act as a launch pad for several life-style diseases including cancer.

## 8. Know your acidity level<sup>1,9,12</sup>

To understand acidity level, it is vital to know about pH in the body. pH stands for "potential for hydrogen" and indicates the concentration of hydrogen ions. Acidity is measured on a scale of 0 to 14. A pH less than 7 indicates acidity, zero being the most acidic. A pH greater than 7 indicates alkalinity, 14 being the most alkaline. 7 is neutral. To survive, our bodies must maintain a pH very close to 7.4, which is just on the alkaline side of neutral. If our body's pH varies too much from this ideal, it becomes difficult for various enzymes to function properly. Human blood stays in a very narrow pH range of 7.35 to 7.45.

Although pH levels will fluctuate in the body depending on meals, exercise, stress, hormones, sleep, and a variety of other factors, pH of healthy saliva should be between 6.5 and 7.0. Anything lower would indicate that our body is too acidic. Unlike the stomach (which has a pH of 1-3), the oesophagus with a pH of 7 is not designed to withstand a high acidic environment. One may experience symptoms like a burning sensation in the chest when this pH drops below 4.

Exhibiting any symptom of acidity, one would do well to check their pH and take professional advice. pH strips are available over-the-counter in pharmacies. Changes in life style and diet are essential and usually correct the pH imbalance.

## 9. Steps to prevent acidity<sup>3,5,23,24</sup>

*Drink enough water* which is central to acid-base neutrality and enzyme function. Water in its pure state is considered to be neutral with a pH of 7. Water flowing through the mucous layer preserves and protects it as an effective buffer against the acid in the stomach as mucous is 98% water and 2% scaffolding that holds the water in place.

*Diet* should be appropriately conducive to health and overall wellbeing and it should consist of fresh fruits, vegetables, salads, sprouts etc. Cooked food should be fresh with minimum spices. Food should be taken at appropriate times, in a prayerful and peaceful mood. It should be well chewed and not eaten in haste. All grains except buckwheat and millet are acidic, unless soaked and eaten raw. Table salt (acidic)

should be replaced with high quality Himalayan or other unprocessed crystal salt rich in minerals (alkaline) or **sea salt** (neutral).

*Daily Exercise* and *good sleep* are essential. Do walking /yoga to tone up the digestive system and get regular and sufficient sleep. Refrain from suppressing *natural urges*, particularly vomiting and passing gas or stools.

## 10. Home remedies for acidity<sup>3,13-22</sup>

Long term use of antacids or other prescription medicines for acidity are known to have unpleasant side effects. So it is worth trying simple home/natural remedies not only for immediate relief but for possible cure also. No one can state authoritatively as to what would work best for an individual, so use reasonable caution in choosing remedies. Below is a list of some common spices and herbs and other easily available food items etc. For full details of how to take these remedies and their benefits, refer to the link numbers provided above.

### a. Spices

Carom seeds (ajwain) with a pinch of black salt (not suitable for patients of constipation or ulcer); fennel seeds (saunf); cumin seeds (jeera) - especially effective when combined with carom seeds and ginger; cardamom; clove – bite and keep in mouth for immediate relief; pinch of turmeric in warm water.

### b. Herbs

Tea made from dried chamomile flowers or fresh mint or chew basil (tulsi) leaves.

### c. Fruits, vegetables and juices

Banana - ripe/overripe; apple; pineapple; watermelon; papaya; grapes; juice of carrots and cabbage; cucumber or its juice; fresh ginger; aloe vera juice; tender coconut water and its pulp.

### d. Other remedies

Drink made from soaked almonds; butter milk with coriander juice or plain fresh yogurt; amla (Indian gooseberry) powder or chew on amla; sandalwood powder boiled in water; raw organic unfiltered apple cider vinegar mixed with water; baking soda (sodium bicarbonate) mixed with water and some lime or lemon juice and drunk before fizzing stops when pain unbearable (not suitable for patients with high BP or those on sodium-restricted-diet); sugar free chewing gum.

## 11. Vibrionics remedies for acidity and related issues<sup>25-27</sup>

Whether you are using the Sai Ram Healing Vibration Potentiser or the 108CC box, there are a number of options available depending upon the symptoms of the patient. These are adequately described in the respective books – ‘Vibrionics 2016’ and ‘108 Common Combos’.

### References and Links for Acidity (1-12) and Remedies (13-27):

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26. Soham Series of Natural Healing volume 3, Swami Narayani and Swami Ananda.
27. Vibrionics 2016, A Practical Guide for the Users of Sai Ram healing Vibration Potentiser

**Om Sai Ram**

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