

I am a 53 year old male. My name is Edward S. I have smoked tobacco in the form of cigarettes since I was 15 years old. I became a Baba devotee in 1990 and didn't smoke for five years but then went through a divorce and stressful times and relapsed. Altogether I have smoked for thirty-eight years. I came to a point spiritually in which every cigarette was an agony as I knew it was not Sai's will for me. Physically they were making me feel fatigued and wretched but I was simply addicted. I could not quit of my own impetus and I had totally lost heart. I had tried Nicotine Anonymous group, hypnosis, an addictions counselor and read books on smoking cessation. Finally I began writing letters daily to Swami in Puttaparthi. I didn't ask for anything. I only said Thy Will Be Done. Because I knew his will for me was wellness in his own good time.

While ordering music CD's from the Sai bookstore in Tustin, CA., one day I asked if there was a Sai Center in my small rural state. There is one center I was told, a six hour drive from my home. I was given the contact number. I called it. The leader of the center took my call in Puttaparthi! She told me to wait until she got home. I could barely contain myself with anticipation. She invited me to her home and said, "This is Sai's house".

In the course of getting to know her and her husband, it turned out she is a Vibrionics practitioner. She took my health history and started me on a Vibrionics regimen and within two weeks I was a total nonsmoker. With no cravings. No mood swings. No irritability. I now have a loathing of tobacco. In my heart I truly believe it should be illegal to deal in tobacco because of its toxicity. It is a venomous and addictive poison.

I am only so very grateful that Swami has given me a reprieve from a hideous death that was quite likely from this carcinogen. If it had not been for the stabilizing effects of Vibrionics I would still be trapped by this vice.

AUM SAI RAM.