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# HelioSol News

## AI and HelioSol

As more young people step into the job market, many are discovering that a growing number of entry-level roles are being automated by AI. It's becoming increasingly important to look toward careers that rely on distinctly human abilities - skills that technology simply can't replicate. HelioSol is one of those careers.

The HelioSol System depends on a practitioner's ability to connect with the innate intelligence of a client - whether that client is a person, an animal, a plant, or another aspect of Nature. This subtle, intuitive, frequency-based work requires human awareness, compassion, and presence. AI cannot access or interpret this kind of information, nor can it determine which frequencies are out of balance and how to bring them back into harmony.

Another wonderful advantage is the freedom that comes with this work. HelioSol can be practiced anywhere, at any time. Practitioners can travel, relocate, or create the lifestyle they want while still maintaining a meaningful and portable career.

Do you know someone who would be drawn to this kind of purpose-driven, flexible path? We'd love to meet them - send them our way!

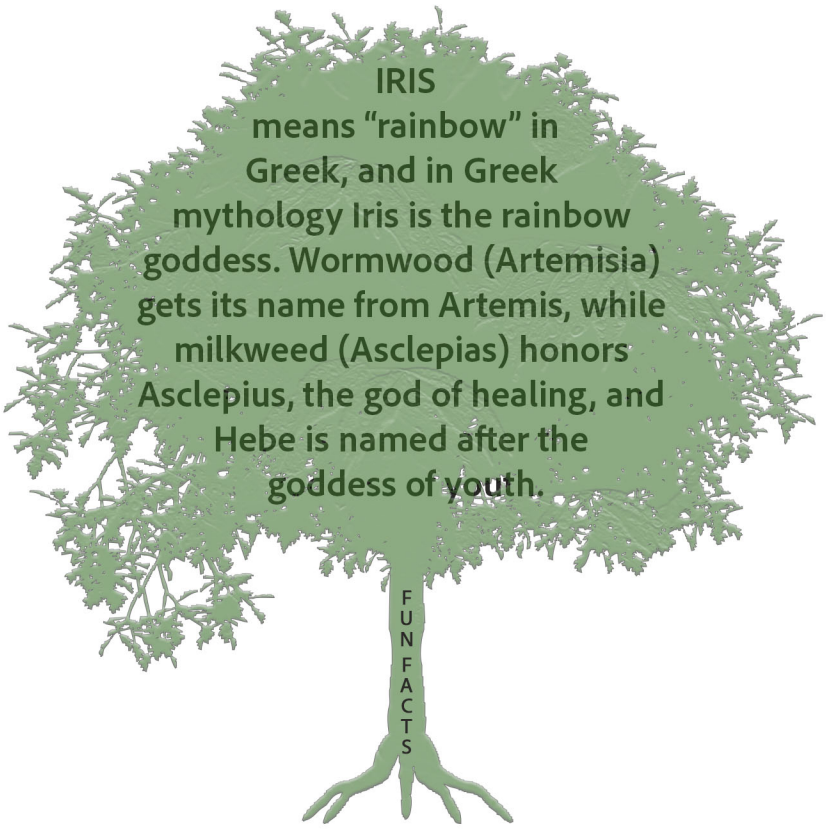
*Sylvia Muiznieks*

## Plant Self-defence Molecule Causes Cancer Cells to Self-destruct

Many of the medicines we rely on today were first discovered in the plant kingdom. Plants produce a remarkable variety of natural chemicals that help them survive environmental stress, pests, and disease. In some cases, these same compounds have later become valuable in human medicine. A well-known example is Aspirin, which was originally derived from compounds found in willow bark.

Among the many protective substances produced by plants is a family of complex natural compounds called limonoids. Plants often manufacture limonoids as part of their chemical defence system, helping protect themselves against insects and other threats. Scientists continue to study these molecules because some of them show interesting biological effects in human cells. One limonoid molecule that has recently attracted attention is called DHL-11. Researchers are investigating its potential for treating triple-negative breast cancer, a particularly aggressive form of breast cancer that can be difficult to treat.

In laboratory cell studies, DHL-11 demonstrated several promising effects. It slowed the growth of cancer cells and reduced their ability to migrate, which is an important factor in how cancers spread. The compound also increased damage to the cancer cells' DNA and triggered apoptosis - the process of programmed cell death. Because the tumour cells were unable to repair the accumulated damage, they ultimately self-destructed. Discoveries such as this remind us how many powerful compounds originate in nature. From a HelioSol perspective, the frequency of DHL-11 can be added specifically to the 'Other' category of templates on the Master Chart, along with the frequencies of other appropriate limonoids. In this way, new scientific discoveries can continue to expand the range of frequencies available for sessions.



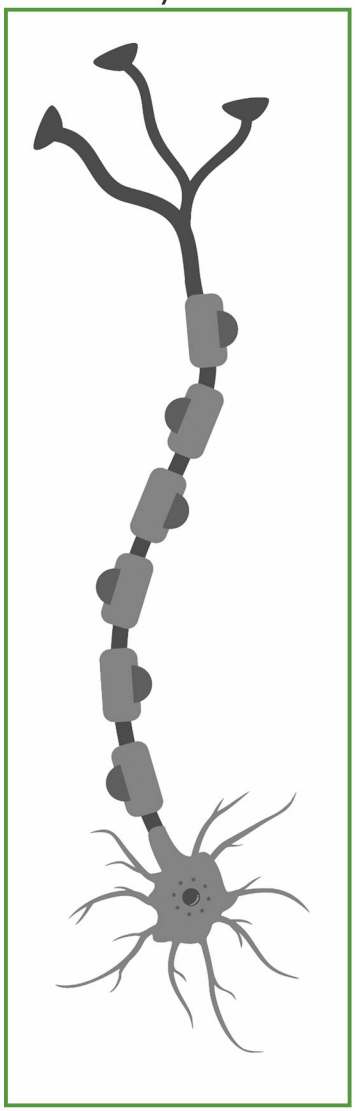
HelioSol System

# HelioSol News

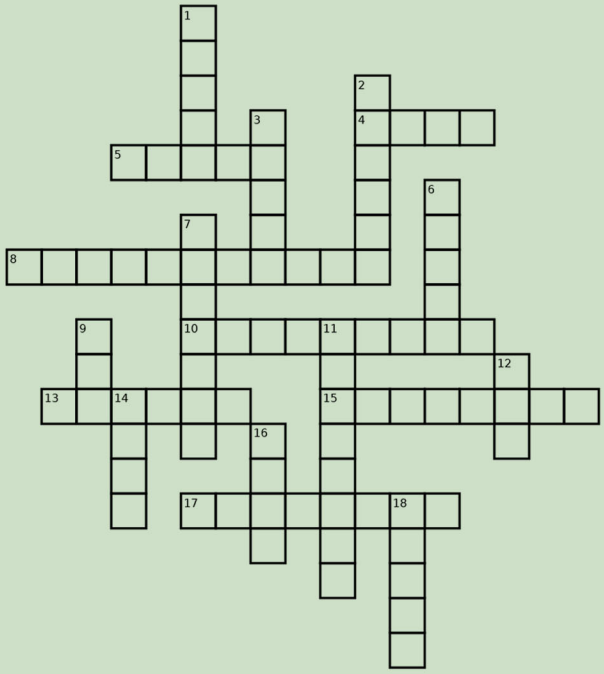
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## Why the Vagus Nerve May Need to Be Addressed in a Session

The vagus nerve is the longest nerve in the body. It forms a major communication pathway between the brain and many of the body's organs, including the heart, lungs, and digestive system. In many ways, it functions as a two-way communication highway. Our thoughts and emotions can influence the functioning of our organs, and signals from the organs can in turn influence how we think and feel. The vagus nerve has two primary branches that help regulate our responses to the world around us. The ventral vagal branch sends signals that tell the body it is safe. When this branch is active, the body can rest, digest, repair, and heal. The dorsal vagal branch, on the other hand, is associated with a protective shutdown response. It sends signals indicating that there may be danger or a threat that cannot be escaped, encouraging the body to conserve energy and withdraw in order to survive. Like many parts of the nervous system, the vagus nerve adapts to our life experiences and to our interpretation of whether we are safe or not. Early childhood trauma, overwhelming events, and repeated patterns of stressful experiences can train the vagus nerve to expect danger. Over time, this can lower a person's threshold for perceiving threats. An important aspect of vagal regulation is that the nerve responds strongly to signals coming from the body itself. Even when the thinking brain tries to reassure us that "everything is fine," signals such as a tense gut, rapid breathing, or other physical stress responses may continue to communicate to the nervous system that something is wrong. People may then experience anxiety or other emotions even when they are in a safe environment. For this reason, when a client is experiencing significant stress and their body is holding that stress pattern, the vagus nerve may come up under the Physical Body category, "more information" on the nervous system, during a HelioSol session. Addressing it can help calm the signals being broadcast throughout the system. Of course, it is still important to address the underlying cause of why the person feels threatened. Once that is done, supporting the ventral vagal branch can help guide the body back toward a state of rest, repair, and healing. As always, it is important to listen to the client's innate guidance regarding which templates are required. However, there are a few templates that may arise specifically when the vagus nerve is involved. The Sound Frequencies Template may come up, as vibration can directly stimulate the vagus nerve. The Anti-Inflammation Template may also be indicated, particularly if calming inflammation in the gut helps reduce the danger signals being sent to the brain. In some cases, under the Other category, you may be guided to bring in the frequency of cold, which can help stimulate the nerve and encourage it to regulate the system more effectively. When the vagus nerve is supported in this way, the body often finds it easier to shift out of a chronic stress response and return to a more balanced and restorative state. As practitioners, we simply follow the guidance that arises and allow the frequencies to assist the body in remembering its natural capacity for regulation and healing.



HELIOSOL NEWS



# CROSSWORD PUZZLE

Down:

1. This love template infuse's the client's bodymind with the frequencies of unconditional acceptance of what is.
2. The HSS depends on a practitioner's ability to connect with this intelligence of a client.
3. This nerve is the longest nerve in the body.
6. This colour frequency is considered the 'sum of all light frequencies'.
7. The name of one of the primary branches of the vagus nerve that is associated to feeling safe. (rest, digest, repair, heal)
9. The number of primary branches the vagus nerve has.
11. Plants often manufacture these as part of their chemical defense mechanism.
12. The sound of the universe. Supports health at all levels - brings All into One.
14. This Chakra is also related to the Solfeggio Scale sound frequency of 396Hz.
16. This colour frequency template can aid in easing arthritic pain and improving blood circulation.
18. Within HelioSol, the tesofensine frequency can be placed under this templates category.

Across:

4. Number of HelioSol Practitioners under the HelioSol System in the United States.
5. Brain, Heart brain, Enteric brain, Mind, Absolute/Atman. - **acronym**
8. This inhibitor is gaining attention as a tool for supporting healthy weight management.
10. Sound Frequency, Anti-Inflammation, and Other are potentially compatible what?
13. The name of one of the primary branches of the vagus nerve that is associated to protective shutdown (danger, threat)
15. DHL-11 is an example of one particular limonoid blank?
17. This System is a holistic, non-invasive approach to health and well-being.

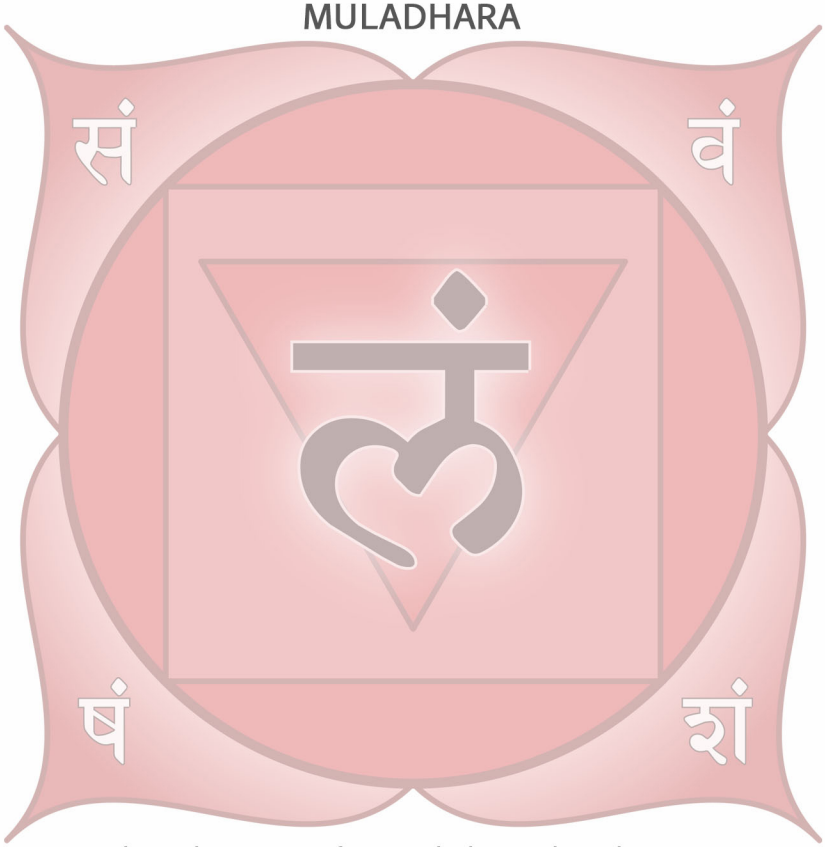
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## Tesofensine: A New Frequency for Supporting Weight Loss

Tesofensine is gaining attention as a promising tool for supporting healthy weight management. It works by influencing certain brain chemicals that help regulate appetite, energy levels, and metabolism. Early research suggests that tesofensine may help people feel less hungry, reduce food cravings, and naturally eat less. At the same time, it may help the body burn more calories, even while at rest, which can support overall energy balance. In addition to its effects on appetite and metabolism, tesofensine has shown potential benefits for metabolic health. It may help improve how the body responds to insulin and support healthier blood fat levels, including lowering triglycerides. It also appears to target body fat, particularly the deeper "visceral" fat linked to metabolic concerns. There is also some early evidence that tesofensine may support aspects of cognitive function, such as learning and memory, although this area is still being explored. Within HelioSol, the tesofensine frequency can be placed under the "Other" templates category. It may be come up for clients dealing with weight challenges or metabolic-related conditions. As always, this frequency is intended to support overall balance and should be used as part of a broader, holistic approach to health.

## AFFIRMATIONS FOR THE ROOT CHAKRA MULADHARA




Charachteristics of Root Chakra HelioSol System®
Solfeggio Scale Frequency - 396Hz
Light Frequency - 400 - 490 THz

I live from my Integrity
I love from my heart. I am connected to life in all its glory.
I know who I am and make choices based on what I know to be right for me.
I affirm my right to the life I choose.
I confirm my right to belong and be a part of something greater than myself.
I know I am truly good.
I live from the depths of my soul longing to express itself in the world.
I stand for justice, truth and love.
I am supported in life through all my choices to do good and share the light of love.
My body supports me in living a creative and happy life.
I am open to the spirit of life, which carries me beyond my original limits to a higher, more creative space.
I am thankful for all the opportunities for growth and developement that have come my way.
I am grateful for the challenges that have taught me who I truly am.
I love life.

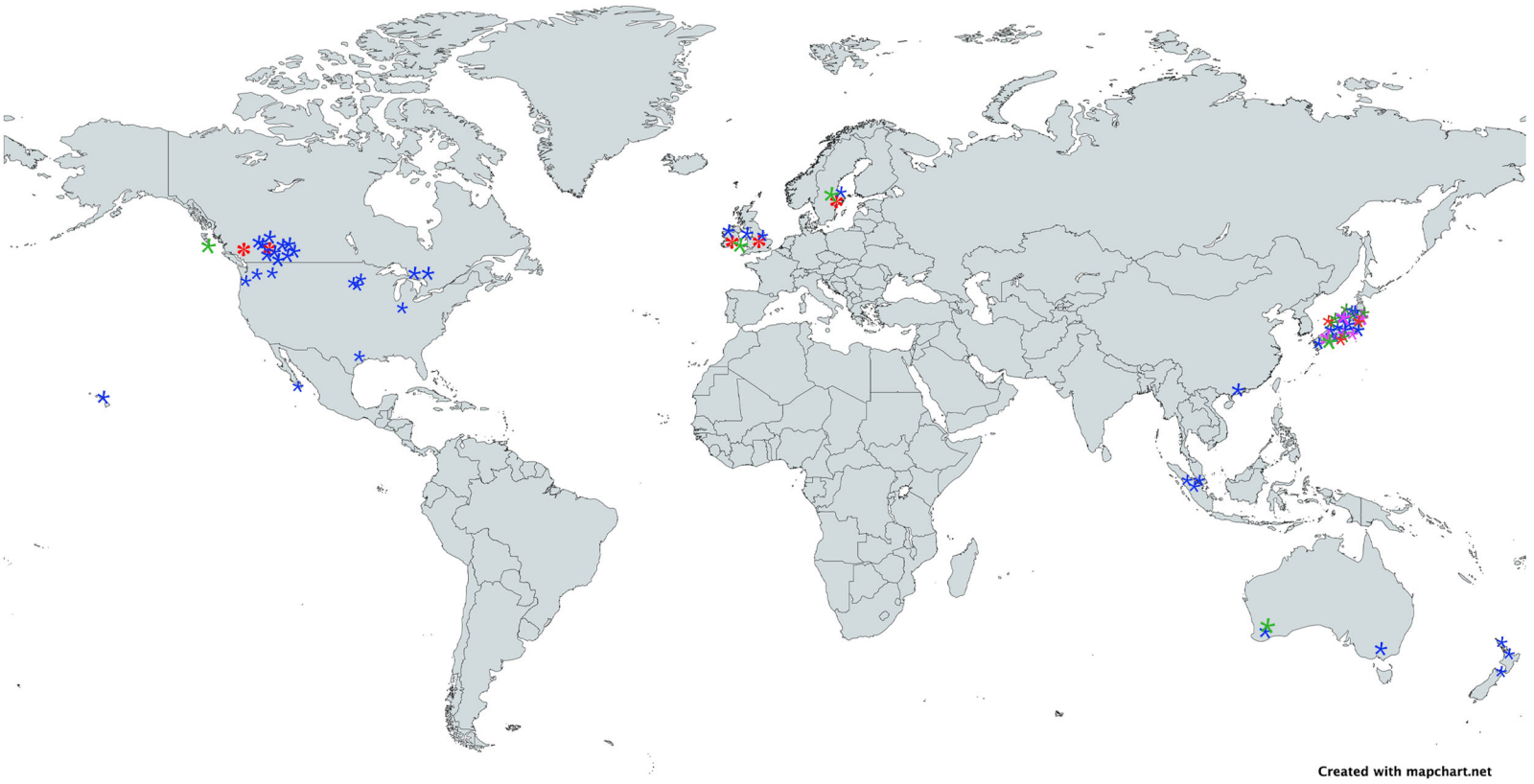
From The Book of Chakras - Ambika Wauters

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## Do you know where you can find your HelioSol System Instructors and Practitioners?

Colour Grid
- HelioSol System Instructors
- HelioSol System Practitioners
- HelioSol System Practitioners for Animals
- HelioSol System Practitioner for Plant and Ecosystems




### HelioSol System Practitioners
2 Practitioners - Australia
20 Practitioners - Canada
1 Practitioner - Hong Kong
2 Practitioners - Ireland
1 Practitioner - Isle of Man
30 Practitioners - Japan
1 Practitioner - Mexico
3 Practitioners - New Zealand
3 Practitioners - Singapore
2 Practitioners - Sweden
1 Practitioner - United Kingdom
9 Practitioners - United States

### HelioSol Practitioner for Animals
1 Practitioner - Ireland
16 Practitioners - Japan
1 Practitioner - United Kingdom
1 Practitioner - Western Australia
1 Practitioner - Canada

### HelioSol Practitioner for Plant and Ecosystems
7 Practitioners - Japan

### HelioSol System Instructors
Canada, Alberta - 1 Instructor/Founder
Canada, British Columbia - 1 Instructor
Ireland - 1 Instructor
Sweden - 1 Instructor
United Kingdom - 1 Instructor
Japan - 9 Instructors

If you're interested in learning about becoming a HelioSol System Practitioner or Instructor please visit:
https://www.heliosolsystem.org/