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HelioSol News

2026: Year of the Fire Horse - A Powerful Ally for HelioSol Practitioners

by Sylvia Muiznieks

Beginning on February 17, 2026, the Chinese New Year ushers in the dynamic and rare Year of the Fire Horse. For those of us practicing the HelioSol System® with people, animals, plants, and Nature, this energetic shift has the potential to amplify and support our work in remarkable ways.

The Fire Horse blends the Horse's natural vitality, independence, and forward momentum with the transformative, enthusiastic qualities of Fire. Together, they create a year marked by themes that resonate closely with the heart of HelioSol:

- Novel, innovative ideas and expansive vision
- Optimism and uplifted energy
- A pioneering spirit that dissolves old boundaries
- Meaningful accomplishments rooted in steady effort
- Swift, transformative shifts
- Breakthroughs, success, and fresh opportunities

This vibrant combination encourages us to lean into our mission with confidence, creativity, and "fiery" enthusiasm. Whether we are supporting people, assisting animals, harmonizing plants, or helping to balance Nature, the cosmic momentum of 2026 invites bold steps, inspired action, and visible progress.

In short: Its's shaping up to be a very good year for all who work with HelioSol! Let's ride the Fire Horse forward and allow its energy to strengthen and illuminate everything we do.



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Successful Launch of the Plants and Ecosystems Program in Japan

Sylvia returned to Osaka, Japan, to preside over the conference hosted by Alchemy For Life from November 7-10, 2025. The event opened on the first day with a public presentation, "Healing Ourselves to Heal Nature: The HelioSol Approach to Climate Resilience," which set the stage for an inspiring three more days focused on our relationship with the natural world.

Over the following days, Sylvia introduced the newly developed Plants and Ecosystems Program to the Japanese practitioners and instructors in attendance.
The program consists of four topics:

- Parts and Systems of Plants and Ecosystems
- Concerns and Concepts Adapted for Plants and Ecosystems
- Templates Adapted for Plants and Ecosystems
- Conducting Sessions on Plants and Ecosystems

After the theoretical material was presented, Sylvia demonstrated how to conduct sessions on plants using several potted plants available at the venue. (The venue owner has since reported that those plants are now greener and visibly healthier!) Participants then had the opportunity to practice conducting sessions on their own plants and gardens, with the exception that results would soon be observable.

The conference also featured recorded presentations of personal case studies on applying HelioSol sessions to farmers' fields and houseplants by Lorianne Horan (Canada), Angela Collins (New Zealand), and Katharina Arnesen (Sweden). In addition, Noriaki Uranaka, a HelioSol Technique instructor in Japan, shared his experiences working with HelioSol on his tomato plants. It was exciting to see such tangible results from practitioners in different parts of the world.

To conclude the final day, Sylvia conducted a session on the grounds surrounding Osaka Castle, which were visible from the venue's windows. This session created a powerful energetic shift - felt not only by Sylvia but by everyone present - offering a meaningful and uplifting close to the conference. Sylvia will now be recording the Plants and Ecosystems courses so that HelioSol Practitioners worldwide can access the material and begin offering sessions that support the healing and thriving of Nature, especially in the face of global climate change.

DID YOU KNOW?

About half of your DNA comes from ancient viruses that infected your ancestors. Far from being useless, some of these viral sequences now help form the placenta, support brain function, regulate the immune system, and even help cells communicate with each other. Its' amazing to think that remnants of long-ago infections are still shaping our bodies today!

Humans share about 60% of their DNA with bananas, 85% with mice, and up to 98-99% with chimpanzees. This doesn't mean we are part banana, but it does show how deeply connected all life is at the molecular level, with vast difference emerging from relatively small changes in DNA instructions.

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New Frequencies Added to the Rejuvenation Template

There is a growing body of research exploring what drives aging at the cellular and molecular levels. As new discoveries emerge, we can incorporate some of these insights into the Rejuvenation Template so that a client's innate intelligence has additional information to draw on when this template appears during a session.

NAD and Methylene Blue

Nicotinamide adenine dinucleotide (NAD) and methylene blue are both molecules capable of accepting electrons and then donating them to the mitochondrial electron transport chain, ultimately supporting ATP production - the fundamental energy currency of the cell. Because all cells rely on mitochondrial energy production - immune, nervous system, cardiac, hepatic, and more - any drop in ATP output can contribute to cellular dysfunction, metabolic slowdown, tissue decline, and accelerated aging.

A fascinating feature of methylene blue is its responsiveness to light. When exposed to sunlight, it absorbs photons that raise its electrons to a higher energy state. Those energized electrons can then be transferred to the mitochondria, enhancing their ability to produce energy. For this reason, you may notice that the Light Frequency Template often appears alongside the Rejuvenation Template in a session.

REV-ERBa

REV-ERBa is a protein closely tied to the circadian rythym and has been identified as a key regulator of neuroinflammation - one of the drivers of brain aging. It also enhances the activity of NAD+, thereby supporting mitochondrial energy production in neurons. Given its dual role in both brain health and cellular energy, the frequency of REV-ERBa has now been added to the Rejuvenation Template.

Anti - Glycation Frequencies

Glycation occurs when sugar molecules spontaneously attach to proteins, lipids, or DNA. This generates harmful byproducts that drive inflammation and damage vital structural tissues such as collagen and elastin. Over time, this contributes to stiffening of arteries, wrinkles, sagging skin, and a range of age-related dysfunctions. Elevated blood sugar, reflected in higher HbA1C levels, accelerates glycation and its consequences.

Research shows that certain natural compounds can help prevent or even reverse glycation. These include polyphenols, proanthocyanidins, flavanols, and anthocyanins, as well as specific molecules such as chlorogenic acid, carnosine, hydroxyproline, and Centella asiatica. We have now grouped these together under a new category of antiglycation frequencies within the Rejuvenation Template.

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Introducing Sheila Martin, Our Newest Foundational AgapeMind® Instructor

We are excited to introduce Sheila Martin as our newest Foundational AgapeMind Instructor! Based in Kelowna, British Columbia, Canada, Sheila brings a wealth of experience to her teaching. Her background spans a wide range of alternative healthcare approaches - from hands-on modalities such as massage therapy to energetic practices like Reiki.

She has been a Licensed HelioSol Practitioner since 2019, and she's now expanding her reach by offering Foundational AgapeMind classes both in-person and online.

The Foundational AgapeMind course is the perfect starting point for anyone who wants to understand how consciousness, perception, and innate intelligence shape our happiness and well-being. Whether you are a seasoned practitioner or simply curious about how the mind influences what we experience in life, this course gives you practical tools to recognize limiting beliefs and shift into greater coherence. Participants consistently report that the course deepens their self-awareness, enhances their intuitive abilities, and provides a clear framework for fascilitating positive change in themselves and others. It's not just an introduction - it's transformational!

Sheila's passion for holistic well-being and personal transformation shines through in all that she does. We're thrilled to have her sharing the gift of AgapeMind with even more people as they explore their own paths to healing and growth.

Learn more about Sheila and her upcoming classes:

Meet Sheila: https://www.heliosolsystem.org/meet-our-instructors

See her Course Schedule: http://www.heliosolsystem.org/course-schedule

Visit her website: https://integratewlp.com/

FAST FACT

The human gut and plant roots have something in common: both are bustling neighborhoods of helpful microbes! In our gut, microbes digest food, boost immunity, and even influence our mood. Around plant roots, microbes help with nutrient absorption, disease resistance, and growth. In both cases, these tiny organisms are quietly powering life and health, proving that whether in humans or plants, microbes really matter!