



HelioSol System

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CHEERS TO 2024

And what an interesting year it has been!



Photo of 'Meet the Creator' Conference Attendees hosted by Japan

Navigating the Chaos, Embracing the Opportunities Ahead

As 2024 comes to a close, it's impossible to ignore the political upheavals, global unrest, and climate crises that have defined this turbulent year. From election cycles that seemed like endless divisions to extreme weather events reshaping entire landscapes, 2024 has been a stressful time for people around the world.

Yet, despite all the uncertainty, one thing is certain – the importance of doing what you can to change your mindset in ways that will enhance your physical and mental well-being. Even small changes in how you view what is happening around you can pay big dividends over the long term.

As HelioSol practitioners and instructors, we have the tools to make meaningful differences in our own small but impactful way. Practicing the HelioSol System can ease our stress and health challenges. Offering sessions to others provides an opportunity to help reduce their tension as well. Additionally, we can support the

health of our animals and contribute positively to our gardens and farms, ultimately benefiting the Earth's ecosystems.

Looking ahead to 2025, we find ourselves presented with even greater opportunities to continue supporting people, animals, plants, and the environment.

Let's take a look over the past year and what is to come in 2025

In the UK and Canada...

We are thrilled that Isobel Howe, a new HelioSol Technique instructor based in the United Kingdom, joined our instructor team during the year. Isobel specializes in working with animals, so if you haven't yet experienced the *Foundational HelioSol Technique* with a focus on animals, we invite you to take a class with her or our other animal specialist, Sacha Maxwell.

Two of our Canadian instructors, Cheryl Ramsay and Charlotte Jukes, are taking a breather from teaching their respective courses. Both are excellent instructors, and we would be happy to have them back in the future should their circumstances change.

Additionally, Sheila Martin from British Columbia, who is currently training to be an instructor, will soon be offering the *Foundational AgapeMind* course in English!

In the interim, Sylvia has offered some *HelioSol Technique* and *AgapeMind* courses.

In Japan...

The Japanese instructor family has not only grown in numbers but has also been diligently expanding their work. There are currently nine instructors of the *Foundational HelioSol Technique* course: Yoriko Ogura, Yukiko Onodera, Yoko Ogawa, Noriaki Uranaka, Noriko Sawai, Keika Noda, Kaori Nei, Kaoru Sato, and Fujiko Takashima. In addition to teaching their courses, this illustrious group of instructors collaborates monthly to create content for Instagram, with new posts appearing every three days.

Yoriko Ogura and Yukiko Onodera, both instructors of the *Foundational AgapeMind* course, have been busy



developing a new course titled *AgapeMind for Practitioners*, set to debut in March 2025. Meanwhile, Fujiko Takashima is undergoing training to teach *The Art of Practice*, which will be offered to Japanese students in the early part of the new year.

This year also saw our first-ever ‘combined’ mini-conference, successfully bringing together Japanese- and English-speaking attendees (see the photo on the first page). The Japanese team hosted it, and it was such a success that we plan to repeat the experience in the future, expanding to other parts of the world and incorporating additional languages.

In Other News...

The Plants and Ecosystem Subcommittee members have been meeting regularly to share ideas and experiences about applying the HelioSol work to their plants, gardens, fields, crops, and farm animals. We are thrilled with the results they’ve achieved! The wealth of information they’ve gathered will serve as the foundation for the upcoming *Plants and Ecosystems* program, which we’re excited to launch in 2025.

Sylvia will travel to Osaka, Japan, in November 2025 to lead a conference on *Climate Change and HelioSol* for the Japanese matrix. This conference will feature insights on how HelioSol practitioners can contribute to addressing local ecosystem disruptions caused by rising temperatures, shifting precipitation patterns, and extreme climate events (all topics also covered in the English *Plants and Ecosystems* courses).



This year also saw the final presentations of the *Introduction to the HelioSol System for Practitioners of Other Modalities* course, taught in English by Sylvia and in Japanese by Yoriko. The retirement of this course has sparked the idea of developing other approaches to introduce new audiences—both professionals and laypeople alike—to the incredible potential of the HelioSol System.

An Invitation...

In December, a questionnaire was sent to all English-speaking HelioSol Practitioners to collect feedback on areas our instructors should focus on in the coming year to better support everyone's clinical work. A heartfelt thank you to all HSPs who have already shared their valuable input.

We encourage all practitioners and students to reach out to Sylvia or any instructor in any country at any time with constructive feedback on what they need or how we can enhance our programs.

We are excited about the expanding opportunities and possibilities that 2025 will be bringing our way - for everyone involved in the HelioSol journey - clients, students, practitioners, and instructors.

**HERE'S WISHING YOU
CONTENTMENT, JOY, AND
PEACE THIS HOLIDAY SEASON**

AND

HEALTH, HAPPINESS, AND SUCCESS IN 2025



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