

# **Additional Concerns and Concepts**

(First Edition)

By Sylvia Muiznieks



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For information regarding permission:

Phone +1.403.981.5613

Fax +1.403.538.6741

Email [sylvia@innatehealing.net](mailto:sylvia@innatehealing.net)

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## **Acknowledgements**

*“There are no new ideas. This work sits on the shoulders of others who have explored concepts that were explored by others before them. I am indebted and grateful to all previous teachers and teachings. My hope is to pass on some of these old ideas in new ways.”*

Sylvia Muiznieks

# Additional Concerns and Concepts

By Sylvia Muiznieks

## Introduction

Once you have studied the material in this course along with the material in the *More Concerns and Concepts* course, you will have covered all the topics that are listed on the HelioSol Master Chart. Your left brain will have all the necessary information to base your refining questions on, regardless of where on the chart the client's innate intelligence leads you.

Here are the subjects that are presented in the *Additional Concerns and Concepts* course:

### Concerns

Energetic: Five Elements, Group Dynamics, Kundalini

Mental: Mind Crystals

Supramental: Intervasion, Sacred Geometry

Preparation: Future Event

### Concepts

Environment, Family, Relationship, Space, Time, Work

The full content of a few of these topics is more than what is required to know by a HelioSol practitioner. For instance, Sacred Geometry is an extensive subject matter that has application above and beyond what we need in a HelioSol session. Therefore, only selected, relevant information has been presented that will be useful in sessions. However, if any of these subjects are of interest to you personally, you are encouraged to research them in more depth to gain additional knowledge. Or, if you already have expertise in any of these areas, be sure to use that understanding to offer a wider range of possibilities for your clients' innate intelligence to choose from.

## Energetic: Five Elements

Early humans lived alongside nature, seeing themselves as a part of it, and using what was available to them for food, clothing, shelter, and medicine. They were also keen observers of the natural world around them. They noticed how the world changed all the time, following cycles in a certain order. Everything occurred in a never-ending repetition, from the sun rising and setting every day to the flow of the seasons.

Early humans noticed the characteristics and effects of the different elements in their environment. They would be aware of how in the spring when the snow melted, the water would lead to new growth in the forest and as the sun warmed up even more, that the growth would mature. They would see how a fire raging through that forest would be hot with red flames moving quickly across the surface, leaving the roots in the earth with minimal damage. They would know that heavy rains could put out that fire. And so on.



Eventually that type of observation and knowledge of the elements in nature was applied to the human body. For example, if someone developed a red, hot rash that spread along the skin, it would be regarded as the person having too much fire in their body. Fire, after all, is hot, its flames are red, and when it burns a forest, it spreads quickly along the surface. And the cure for the rash would be to increase the water element somehow.

Various indigenous peoples all over the world developed their own systems of healing based on how they interpreted their observations of the elements operating in nature. In North America and Australia, the system was based on four elements – fire, water, earth, and air; in India on five – earth, fire, water, air, and aether; and in China on five – wood, fire, earth, metal, water. And those systems are still in place today.

The HelioSol System uses the Chinese Five Element Theory as this system is now more understood in the west, as Traditional Chinese Medicine (TCM) has become more popular and

accepted here. However, if you have studied another system, you can add it as an option under *Energetic: Five Elements* in the Concerns column of the Master Chart.

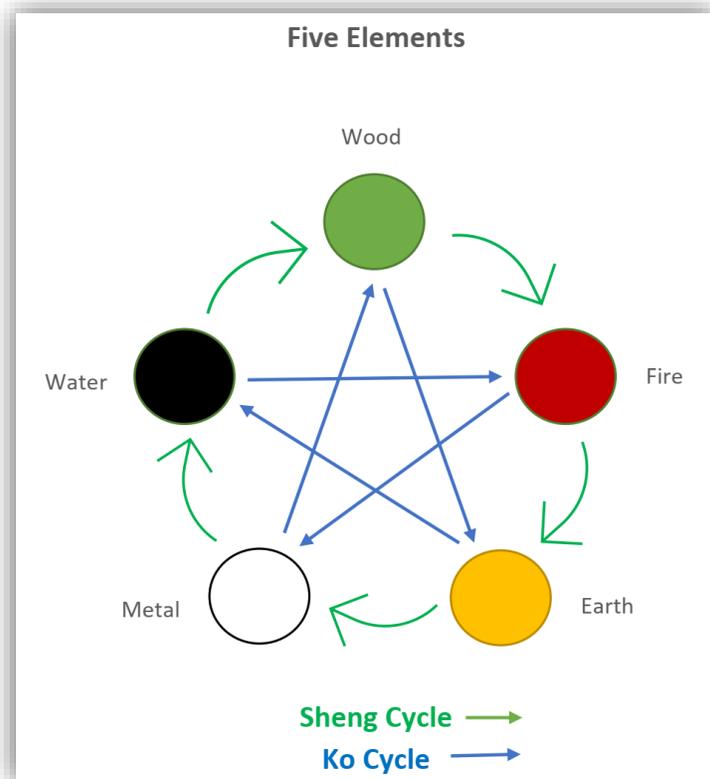
We will begin with an overview of how the five Chinese elements operate.

The five elements theory is used to describe the interactions and relationships between things. The theory reflects the flow of energy throughout nature and the universe and speaks about how all things are connected.

### Sheng and Ko Cycles

There are two cycles that explain the flow of energy that characterize these interactions and relationships and they both need to be in balance within themselves as well as with each other. When all energy is balanced, there is harmony in nature and in the body/mind.

The Sheng cycle is translated from the Chinese as the generating, creative, or Mother/Child cycle. That is, Wood generates Fire ('Wood gives birth to Fire'); when Fire burns out it creates Earth (ashes), Earth contains Metal (giving 'birth' to it when dug up); exposed Metal condenses Water (generating it); and Water feeds Wood (creating new growth). The Sheng cycle is indicated by the green arrows in the diagram below.



The Ko cycle is translated to be the overcoming, controlling, or destructive cycle. That is, Wood (the roots) keeps Earth in place (controls it,) or it can break Earth apart (destroy it), Earth can absorb Water (controlling where it flows); Water can overcome Fire by quenching it; and Fire controls Metal by melting it. The Ko cycle is indicated by the blue arrows in the diagram.

One cycle is not 'better' than the other. They are both needed to maintain balance or homeostasis in the body/mind. Different symptoms arise when they are out of balance. For example, if Wood (representing new growth) is allowed to increase without being checked by Metal, cells can continue to divide and grow resulting in tumors or cancers. Another example is when there is not enough Earth causing Water to accumulate resulting in lymph imbalances in the body.

Finding what causes the deficiencies or excesses resulting in symptoms and coming up with the appropriate remedies is a complex process. It is said that TCM doctors need to study for a minimum of 21 years before they become proficient at diagnosing and prescribing. They need to learn how to read the pulses, the tongue, eyes, skin, body odour, body temperature, and so on, to discern the underlying imbalances. For example, let us say that the symptom is an excess of Wood. Is the underlying issue a deficiency in Metal (so that it cannot 'cut down' the Wood) or too much Water (feeding the Wood)? If it is a deficiency in Metal, is that because of a deficiency in Earth (not generating enough Metal) or an excess of Fire (destroying the Metal)? Thankfully, as HelioSol practitioners, we do not need to know! We have an approach that does not require that amount of training and knowledge! Using the accompanying Summary Chart, we simply ask the client's innate wisdom what element or characteristic to focus on, what belief(s) created the imbalance, and which templates will bring it all back into balance.

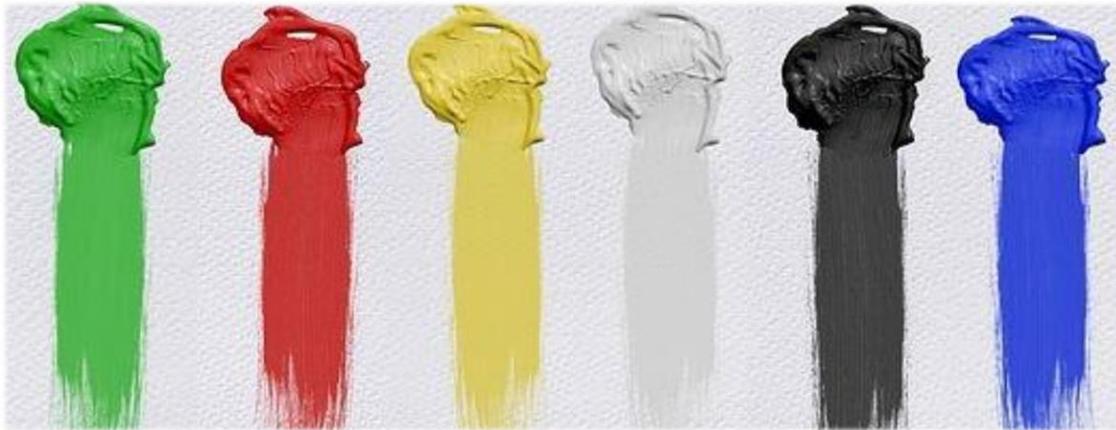
### **Summary Chart of the Five Elements**

The Summary Chart lists characteristics that are associated with each element. Some of the characteristics will come up more often than others in a session as a concern. But having knowledge of how all the characteristics are connected will provide the HelioSol practitioner with insights into the larger picture of what is going on with the client.

On the following pages is a brief description of what each characteristic represents.

## Colour

Each element is associated with a colour. These colours can be refined under ‘more information, what?’ by imagining in your mind’s eye lighter or darker shades until the client’s innate indicates a ‘yes.’ The specific shade of the colour points to some specific deficiency in the corresponding element. Fortunately, it will not be necessary to know what the specific deficiency is. (If you are curious, you can check the colour to ‘see’ if it has changed after the download has been completed.)



Green  
Wood

Red  
Fire

Yellow  
Earth

White  
Metal

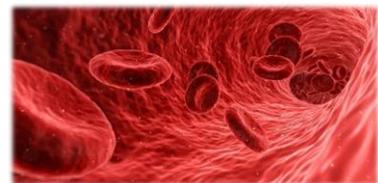
Black or Blue  
Water

## Yin/Yang Phase

One of the basic understandings in TCM is that all things, including the structures of the body/mind, are a mixture of Yin and Yang Qi and the ratio shifts continuously in a cyclical manner. For example, a red blood cell being produced in the bone marrow would be moving from the full Yin stage (Water) into the new Yang stage (Wood) – being ‘born,’ so to speak.

When it enters the blood stream and starts circulating, it would be in full Yang mode. At some point in the circulation process, the cell would be in the balanced Yin/Yang phase of Earth.

However, once it becomes damaged from being bounced about for about 90 days (red blood cells cannot repair themselves as they have no nucleus to direct the production of replacement proteins), it will enter the new Yin stage (Metal), declining in usefulness until it dies, reaching full Yin (Water) and completing the cycle.



Establishing which phase (new/full Yin, balanced, or new/full Yang) needs attention will be identified through the element highlighted as the concern.



## Climate

The climates can be external or internal. The external climates or weather conditions may give you an idea of what triggers a person's symptoms or when the symptoms are more likely to be present (or absent). For example, when it is windy outside (Wood) people tend to get more irritable and have headaches; when it is extremely hot outside (Fire), people tend to suffer heat strokes; and so on.

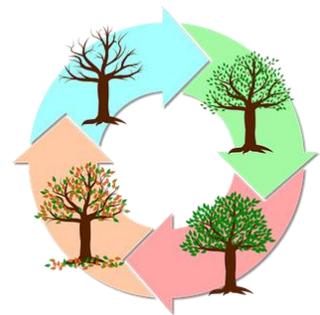
The body also has internal climates. In general, the tissues should all have an even temperature, except the head which can be warmer, and an even moisture content, except for a few areas that are covered by mucous. When body tissues get cold or hot, dry or wet, or a combination like hot and damp, the conditions are ripe for symptoms to appear. For example, infections are found in hot spots (Fire); fungal issues are found in parts of the body that are too damp (Earth); and so on.

When looking for the underlying beliefs that led to an imbalance in one of the climates, you can use the associated emotion as a clue. Take the Earth example from above – when the client is worrying about something, it will create dampness in a part of the body that symbolizes what they are worried about. Let us say a female client is worried about her self-image as a woman. This creates dampness under the breasts which then allows fungus to grow there.

When a specific climate comes up, you could be taken to the Add template to add the frequencies of another climate to counteract the priority climate. For example, if 'damp' is identified, you may be required to add heat and/or dryness.

## Season

Seasons describe a repeating cycle. There are many functions in the body that repeat in a never-ending pattern such as breathing, the heartbeat, the menstrual cycle, the digestive process, and so on. Each phase of the cycle can be likened to the characteristics associated with one of the seasons. For example, when an egg in the ovaries is stimulated by hormones, it would be considered its springtime phase – like the seed of a flower in the ground being prompted in the spring by the sun to wake up. Summer would describe the egg maturing and eventually bursting out of the ovary. Moving through the fallopian tube waiting to be fertilized could be seen as the late summer phase. If the egg is not fertilized, it enters the autumn phase and ultimately dies during the winter phase. Then the complete cycle repeats with the hormonal stimulation of another egg.



The seasons associated with the elements may also give some insight into when a person’s symptoms are triggered externally. For example, spring could be identified for someone with allergies. The concepts and templates that come up will address these triggers so that when spring arrives again, the symptoms will have been eliminated.

**Sense**

Each one of the five senses, both at the physical and subtle levels, are linked to one of the five elements. This is a more esoteric approach to working with the senses as opposed to working with them under the Mental category. The frequencies are slightly different and the client’s innate will know which approach will result in the best outcome for the client.

Element	Sense	Sensory Organ
Wood	Sight	Eyes
Fire	Touch	Hands, Tongue
Earth	Taste	Mouth
Metal	Smell	Nose
Water	Hearing	Ears

**Sensory Organ**

The five sense organs are also linked to the five elements. As with the senses, this gives the client’s innate intelligence the opportunity to address these physical structures from a different perspective other than the western approach.



Special mention needs to be made of the sensory organs associated with Fire: hands and tongue. The hands can easily be associated with the sense of touch – we use them to reach out to touch people and objects. From a TCM philosophical perspective, we also reach out and touch people with our words, which require the tongue to form



them. So, expression through speech is a function of the Fire element.

**Body Tissue**

Each element is responsible for governing some major tissues in the body:

- Wood – muscles, tendons, and ligaments
- Fire – blood vessels (arteries and veins)
- Earth – adipose (fat) and connective tissue
- Metal – skin
- Water – nerves, bones, and fluids

If the client has a symptom involving a specific body tissue, then the element responsible for it may come up to be balanced. For example, if it is a skin issue, it is very possible that the Metal element will need to be balanced.

## Taste

One renewable source of Qi is the ‘tastes’ of the food that we consume (it is the Spleen meridian that is responsible for extracting these frequencies). The five tastes are:

- Wood – sour
- Fire – bitter
- Earth – sweet
- Metal – spicy
- Water – salty



In the case where symptoms are due to deficient or insufficient Qi, the five tastes can be used to improve the quantity and/or quality of the Qi running through the meridians. For example, if the client complains of shortness of breath on exertion (Lung Qi deficiency), ‘spicy’ may be identified as the concern that needs amplifying.

On the other hand, if a person consumes too much of a specific taste, the excess can weaken the Qi and associated meridians. An example here would be someone who drinks too much beer, which is bitter, weakening the Heart meridian (Fire element). The taste of bitter could come up in a session to be balanced.

So, when a taste is identified as the concern, the rest of the questioning will reveal what beliefs are challenging the person’s attraction or rejection of the taste in their diet. The associated emotion can, once again, be used to provide a clue. Let us take the person who drinks too much beer/bitter as the example. Bitter belongs to Fire and the unbalanced emotion is sadness or depression. As the practitioner, you could ask the client what they are sad or depressed about.



Perhaps it is a romantic relationship that has ended or a promotion at work that they did not receive. The underlying belief affects the Qi running through the Fire meridians which stimulates the Spleen to want to draw in more bitter resulting in the urge to drink more beer. By neutralizing the emotional attachments to the beliefs, the desire to drink beer/bitter evaporates.

In other words, by finding the frequencies that balance the specific taste, the Qi running through the respective meridians will be balanced which in turn will balance the associated symptoms.

## Odour

When an element is out of balance within the bodymind, it causes a specific odour, or smell, to be produced. The odours are:

- Wood – rancid or stale
- Fire – burnt or scorched
- Earth – fragrant or sweet
- Metal – rotten or decayed
- Water – putrid or fetid

Nurses often report that they can tell what condition a patient has by the particular odour they encounter when they enter the hospital room. For example, if the smell is sickly sweet, then the person is suffering from diabetes, which is the inability to control blood sugar levels (sugar being *sweet*); if it is a putrid smell, the person has kidney failure as the kidneys are not able to produce urine properly (kidneys, urine, water – all connected!); and so on.

The opposite is also a possibility – that a person may become aware of an odour that no one else can smell. The person is receiving a message from their body that needs to be heeded. For example, if the person starts to smell something like burnt toast and there is no toast being made, their body is generating that ‘internal’ odour to warn them that the Fire element is excessive and that the conditions are moving towards a problem with the heart (the heart being a Fire organ). In a case such as this, the frequencies of the Water element could come up in a session to ‘put out’ the Fire.

It has been discovered (by Mathew Newell, Family Hope Centre) that children who have been diagnosed to be on the autism spectrum have poor smelling ability. Without the ability to detect odours, they are also not able to learn. This is because smell is associated with the limbic brain and the limbic brain is responsible for making short term memories – which are necessary to learn. When working with an autistic child, it may come up to add the frequency of the smells of one or all the five elements to stimulate the neurons of the limbic brain – to teach it to detect different odours.



## Voice

The quality of a person's voice is indicative of which element is not in balance. For example, if someone seems to be shouting whenever they are talking, and there is no reason to be shouting, it indicates that their Wood element is off. The accompanying attachments to beliefs will be clues as to why the person feels they need to shout to be heard. Another example would be a person who laughs after everything they say. This is a Fire imbalance – at some level this person is covering up their lack of joy in life by appearing to be jolly. Paying attention to your client's manner of speech will provide clues as to which element is out of balance.



Shouting  
Wood



Laughing  
Fire



Singing  
Earth



Weeping/Sighing  
Metal



Groaning  
Water

## Special Fluid

Although the Water element is responsible for fluids in general within the body, each element is responsible for the production of a *special* fluid. Here are the fluids associated with each element:

- Wood – tears
- Fire – sweat
- Earth – saliva
- Metal – mucous
- Water – urine

When examined closely, the relationship between the special fluid and some aspect of the element makes sense. For example, the climate of Fire is hot, so sweating being controlled by Fire makes sense. This means that someone who complains of being unable to sweat, or of sweating profusely, has a Fire imbalance, either a deficiency or an excess respectively. Another example is someone whose symptom has something to do with tears, either dry eyes or eyes that water continuously, would mean that they have a Wood imbalance – eyes and tears are both governed by Wood.

## Movement Direction

The energies of different symptoms can be described as moving in different 'directions' within the body:



A symptom, like a pimple, that starts deeper and moves towards the surface, would be considered a Wood issue.



The energy of a Fire symptom moves across the surface of a structure, leaving the deeper structures mostly unaffected.



Symptoms at any level of body that seem to remain in place, unmoving, belong to the Earth element.



If a symptom, like a bed sore, starts at the surface and moves down into the tissues, that would be considered a Metal problem.



Water symptoms, on the other hand, are found deep within structures, as water always seeks to move to the lowest point possible.

So, in observing the symptoms that a client is coming to you with, you may be able to determine if the theme is associated with one of the elements, depending in which direction their symptoms seem to be progressing.

## Energy Pattern

Energy patterns in nature follow a cycle of expansion (Wood) to maximum expansion (Fire), followed by a moment of stillness (Earth), then proceed to contract (Metal) until maximum contraction (Water) is reached. This pattern continually repeats itself. Take as an example the sprouting of a seed in springtime. It expands and grows until it reaches full expansion or maturity in the summer. It has a period of stillness, where nothing seems to be happening, during what can be called late summer. Then in the autumn, it withdraws or contracts its energy from its leaves back down to its roots until it reaches complete contraction or dormancy during the winter months.



These expansion/contraction cycles are also evident in many functions of the body – the expansion of the lungs as they fill with air, pause slightly as the oxygen and carbon dioxide exchange takes place, and then contract to expel the air; the filling of the heart with blood during expansion, pausing slightly while the valves change position, and expelling the blood through the arteries during contraction; and so on.



When an energy pattern comes up as the concern, it will highlight which phase of a cycle to focus on.

## Stage of Growth

The stage of growth can also be related to cyclical patterns. Everything that has a beginning goes through stages of maturation until decline sets in and then, whatever it is, eventually 'dies' to be reborn in another cycle.

The stages of growth are easily identified when looking at the stages of development that a human goes through from conception to physical death:

- Wood – conception, birth and early childhood
- Fire – adulthood
- Earth – middle age
- Metal – senior years
- Water – death and rebirth



Humans have many beliefs about youth and aging that will most likely be highlighted when any of the stages of growth are indicated as the concern.

## Emotion

There are five basic emotions corresponding to the five elements. These are:

- Wood – anger
- Fire – joy
- Earth – worry
- Metal – grief
- Water – fear



When an emotion comes up under *Energetic: Five Elements* on the Master Chart, you are approaching it from this eastern perspective as opposed to the more western approach under the *Mental: Emotions* category. There may not be much obvious difference between the two approaches, but the frequencies of each approach are slightly different.

## Role of Emotion

Each emotion has a role to play when it is 'used' properly. The emotion is meant to rise up, perform its function and then subside:

- Anger is meant to create movement (just like wind, its climate, creates movement!) in order to remove obstacles in life
- Joy creates a sense of harmony when it is expressed in any situation
- Worrying about something stimulates thinking about how to handle that something
- The energy of grief releases the emotional attachments to something that has been lost so that active memories are dispersed and passive memories remain

- Fear leads to action – for example, fleeing from a dangerous situation or fighting for something desired in life

### **Unbalanced Emotion**

When someone holds onto an emotion because of an attachment to a belief and stores that emotion in the body/mind somewhere, it becomes unbalanced. When that emotion becomes excessive, or is triggered to surface, it results in a harmful reaction or state of being:

- Anger leads to explosiveness
- When joy is denied, it leads to sadness and extreme lack of joy is depression
- When worry about things that cannot be controlled becomes excessive, it leads to confusion, an inability to think clearly
- Grief that is not expressed, but stored in the body, can very quickly lead to a disintegration of organs and whole physiological systems
- Instead of leading to action, excessive or stored fear leads to the inability to act, effectively collapsing the nervous system

To gain insight into how unbalanced emotions work, let us look at a specific example. Let us say that the boss is not promoting a person who believes they should be promoted. The employee gets angry at the boss. This makes sense, as, the energy of anger is meant to remove any blocks in life in some way. The anger in this case is meant to ‘remove’ the boss’s objections by stimulating the employee to approach the boss and talk about the situation. But instead of allowing the anger to do its job, we are assuming that the person suppresses it and stores the anger somewhere in the body. Then, other things the boss says or does over time will trigger more anger – because of the belief that the boss is unfair and does not value the employee – and that too gets suppressed. One day, however, the employee erupts in an explosive tirade at the boss, finally releasing the anger – but not in a useful way.



Unbalanced emotions that do not get expressed over the long term lead to chronic symptoms and illnesses.

### **Yin Meridian/Organ**

There are six Yin meridians with their associated organs plus the Conception Vessel which is also Yin. This is an alternative way to get to these meridians as a concern.

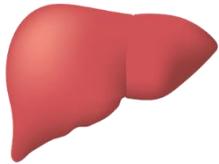
- Wood Yin – Liver
- Fire Yin – Heart, Pericardium
- Earth Yin – Spleen (which includes the Pancreas)
- Metal Yin – Lungs
- Water Yin – Kidneys, Conception Vessel

(Note: one way to remember which organ belongs to Yin as opposed to Yang is that it is more solid or dense in comparison.)

### Yin Action

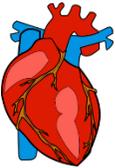
Each Yin meridian has a role to play within the body that also mirrors the role at a consciousness level.

The Liver meridian (Wood) is responsible for planning and organizing. When examined closely,



the physical liver is found to be the most metabolically active organ in the body. To accomplish all the biochemical reactions and produce all its products, the liver needs to be very organized and plan all those activities! If

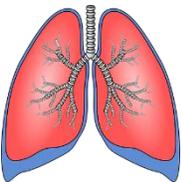
the Liver meridian is not balanced, then not only does the physical liver suffer, but the person will not be very organized with their thoughts or within their external environment (i.e., they are 'messy'), and they will be very poor planners.



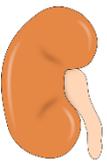
Both the Heart and Pericardium meridians (Fire) are responsible for taking the lessons learned in life and synthesizing them into wisdom, turning them into a deep knowing of life. This wisdom is stored in the Heart and protected by the Pericardium.

Another way of looking at this is that the lessons learned in life allow the Pericardium to open up and reveal the wisdom that already exists within the Heart (remember the analogy presented in the *Foundational Philosophy* course of the 'paint' being removed from the 'lightbulb'). When Fire Yin is balanced, the person lives from this state of knowingness.

The Spleen meridian (Earth) represents the activity that happens at the subconscious mind level. The 'thinking' that goes on at that level consists of our intuitive processes. If there is any subconscious worrying, intuition is blocked, and the pancreas (which is governed by the Spleen meridian) will become unbalanced. All that will result in a disconnect from approaching life from a place of knowing intuitively how to respond to make the most out of situations.



The Lung meridian (Metal) is responsible for letting go of any emotional attachments to unexpected events. Remember that breathing in represents how we take in the events in life and breathing out represents how we let go of them. It is the out-breath that is the Yin aspect and represents a release of the attachments to any beliefs around the event. In other words, the Yin action of the Lung meridian is really a non-action, or surrender, to events.



The Kidney meridian and Conception Vessel are both involved in the feminine aspect of sexual reproduction, which is what we call sensuality. It is the involvement of the senses that, when stimulated, create the sensation of pleasure that prepares the bodymind for the masculine aspect of sexual reproduction.

## Yang Meridian/Organ

There are six Yang meridians with their associated organs plus the Governing Vessel which is also Yang. This is an alternative way to get to these meridians as a concern.

- Wood Yang – Gall Bladder
- Fire Yang – Stomach, Triple Heater
- Earth Yang – Stomach
- Metal Yang – Large Intestine
- Water Yang – Bladder, Governing Vessel

(Note: one way to remember which organ belongs to Yang as opposed to Yin is that it is more hollow or tube-like in comparison.)

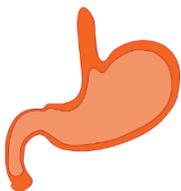
## Yang Action

As with the Yin meridians, each Yang meridian has a role to play within the body that also mirrors the role at a consciousness level.

It is the Gall Bladder(Wood) that is responsible for decision making. On a physical level, the gall bladder receives the bile (which was produced by the Liver's planning and organizing) and then it needs to decide when to release the bile into the small intestines. If the Gall Bladder meridian is unbalanced, the physical gall bladder does not function properly, either releasing bile too early or not at all. At the consciousness level, this person will be very undecisive and unable to commit to anything.



The Small Intestine and Three Heater meridians (Fire) are all about discernment. It is easiest to demonstrate this with the physical small intestine. All the food that has been consumed is directed to the small intestine. The microvilli that line the intestinal walls need to determine what will benefit the body and absorb it, while at the same time determine what to keep out (and pass on to the large intestine). This is reflected at the consciousness level by the person, who is bombarded with ideas and concepts from many sources, needing to discern what information will be useful to hold on to and what to ignore.



The Stomach meridian (Earth) represents the ability to think at a conscious level. It is well known that children cannot think clearly and therefore cannot learn effectively if they arrive at school with an empty stomach. This is the reason that many jurisdictions provide breakfast programs. On the other hand, an overly full stomach leads to over-thinking. This is the reason that eating a lot of food before bedtime keeps the mind active, 'regurgitating' the day's events.



The state of the Large Intestine meridian (Metal) reflects in the functioning of the physical large intestine. The large intestine, or colon, works properly in parasympathetic nervous system mode by releasing all the unabsorbed and undigestible food material from the body. At a consciousness level, this would

be equivalent to letting go of all the non-useful information that a person has been exposed to. However, if the person feels threatened in any way, the sympathetic nervous system kicks in and the Yang instinctive reaction is to stop, wait, and ‘hold onto’ things to first make sure that it is safe to let go. In this case, the colon also stops, waits, and ‘holds onto’ its contents, mirroring what is going on in the mind.



The Bladder meridian and Governing Vessel (Water) are both involved in the masculine aspect of sexual reproduction, which is the sexual act itself. The Yang action also includes how comfortable someone is with their sexuality.

### Concepts Represented

The words listed in this category on the Summary Chart are concepts that the elements may represent. In a session, when moving on to find the beliefs that are disrupting the element, the HelioSol practitioner may first ask if the theme can be found in this list.

### How to Use the Summary Chart of the Five Elements in a HelioSol Session

When the Five Elements are indicated as the concern in a session, the first ‘more information, what?’ will take you to finding out if you are using the elements from the Sheng or Ko cycle perspective. The next ‘more information, what?’ will take you to the element of interest. The third ‘more information, what?’ will take you to the Summary Chart so that you can find the specific characteristic that needs to be highlighted. Then you proceed with the rest of the questioning protocol to find out if more information is required (when, where, who) and the underlying attachments to the beliefs that caused the imbalance and the templates that will be required to bring back balance.

If one of the templates that comes up is *Connect and Communicate* or *Add*, you may need to find what needs to be connected or added from the Summary Chart. For example, if the concern is Wood from the perspective of the Ko cycle, you may need to connect Wood to Metal, the element that controls it; or if the concern was depression (Fire), you may be asked to add the Yang action of discernment to lift the depression (to help knowing what beliefs to keep or let go of).

In this way, the client’s innate intelligence – which has access to the intricacies of five element theory – guides the whole process.

If you are trained in TCM, please feel free to use your knowledge in conjunction with the biofeedback mechanism to establish the best possible strategy for your clients.

## Energetic: Group Dynamics

Humans are energy beings, emitting frequencies – thoughts, feelings, emotions – and receiving similar frequencies from all other energy beings (animals, plants, and other humans). Humans are social beings. We are drawn to living and working together in groups. One of the reasons is that more can be accomplished by a number of people working towards the same goals than the single person on their own. Put the energy and social aspects of two or more humans together and we get what Kurt Lewin (a social psychologist in the early 1940's) called 'group dynamics.'

It is important from a HelioSol perspective to understand how group dynamics are a function of the beliefs that the members hold about each other. Then, when group dynamics comes up in a session for a client, you will know what questions need to be asked.

In every group, the actions and behaviours of members are interpreted by every other member of the group based on their beliefs. If a member of the group believes the actions, behaviours, and energy emitted by the other members in the group are constructive, then from their perspective, the group works well together and is successful. If that member of the group believes one or more of the other members are behaving negatively, are not fulfilling their roles, or are releasing destructive energy, then that person may end up with imbalances in their physical, emotional, mental, or spiritual health to reflect those beliefs.

Some of the health issues that may be experienced because of a person's interpretation of what is happening within a group they belong to are:

- Diseases of the major organs, such as heart, lung, and liver
  - Heart issues may include increased blood pressure, increased heart rate, and irregular heartbeat
- Mood disorders, such as depression and anxiety
- Low self-esteem
- Sleep disorders
- Obesity
- Drug and alcohol abuse
- Addictions of all kinds, such as to food, sex, gambling

When someone with these complaints ends up seeking a HelioSol session, group dynamics may come up as a concern. Then it will be a matter of isolating the person or relationship that triggers the client's underlying belief(s) before finding the appropriate templates for the download.

There are many types of formal, informal, permanent, or temporary groups that humans create and belong to. Regardless of which group is identified in a session as the concern for a client, the internal dynamics are very similar and therefore the following information applies to them all.

## Internal Dynamics

The first thing that happens in any group is that one person naturally assumes the role of holding and representing the masculine energy (Yang) and another person the feminine energy (Yin) for the group. These people are respectively known as the patriarch and matriarch. They set the tone for how the group functions.

The patriarch's main role is to provide group members with a sense of physical security and protection (masculine attributes) while the matriarch provides the group with a sense of emotional security and feeling significant (feminine attributes). It is traditionally a man who is the patriarch and a woman who is the matriarch.



All groups work best if both patriarch and matriarch are present and capable of holding the energy for the group. It is possible for groups with only one person at the 'top' to be successful as long as that one person does not attempt to represent both masculine and feminine energies at the same time. Trying to be both patriarch and matriarch causes the Yin/Yang energy within the group to become confused which can then lead to disruptions in the group's dynamics.

In a family setting, the patriarch is usually the father or grandfather and the matriarch is usually the mother or grandmother. However, if any of these members are missing from the family or not able to hold the energetic space, another member of the family may hold it.

In a social group, we look to the leadership to see who is holding the masculine and feminine energy. The patriarch is usually the male leader and the matriarch the female leader.

What is most important is that all group members are clear and in agreement as to who is holding the energetic space. As long as the patriarch and matriarch are believed to be holding the energetic space willingly and the rest of the group members accept them as the energy holders, the group's dynamics will generally be maintained in a balanced way. This is because it allows all group members to be free in expressing their own roles and contributing to the group's success. However, if one or both of the energy holders is believed to be incapable of holding the space because of illness or other reason, appears to not want to hold the energy, is not respected, is being challenged, or is thought of as the wrong person to be holding the position, then the group members holding those beliefs will eventually reflect them as symptoms in their bodyminds.

An example of such a case would be a person in an organization developing a health problem right after their superior, the rightful matriarch, has been seconded to another position in the organization and the replacement was someone from outside the department who had no choice and was reluctant to take on the matriarchal leadership role. The resistance that the new 'boss' has to holding the energetic space for the members of the department creates an energetic disturbance. The employee picks up the disturbed energy and at some consciousness

level develops a belief about the new supervisor as being cold and incompetent, and the emotional attachment to that belief triggers the symptoms to develop.

Another example would be when a step-father attempts to become the patriarch of a blended family. He can hold that energetic position for his own biological children, but not for the children of his new wife, while the biological father is still alive. There cannot be two patriarchs as they would be in competition with each other, cause confusion for the children, and lead to disruptions in the relationships between the members of the blended family.

Energetically, the biological father has a stronger bond with his children, even if he is physically removed, and would continue to hold the patriarchal energy for his children (it must be remembered that time and distance are irrelevant when it comes to group dynamics because of the holographic nature of reality). This particular situation can be brought into balance if the step-dad accepts that the biological father of his wife's children still holds the patriarchal energy for them. The step-dad then takes on a 'masculine role model' for these children instead. In other words, the step-dad would not attempt to take over and try to become the father for all the children in the blended family, he would be the patriarch for just his own. Instead, his energy would provide an alternative model of masculine energy that his step-children are exposed to. However, if the biological father is deceased, he should not be holding the patriarchal energy anymore. In that case, the step-dad may take on the mantle of the patriarchal energy for his step-children, if they accept him in that role.

When the group dynamics are working well, there will be a natural, organic progression of passing on the matriarchal/patriarchal role when the original energy holder is no longer able to hold the space for the group. In a family setting, when the energy holder has passed on or is too ill to hold the space, then the next oldest person capable of becoming the matriarch or patriarch will take on that role. In a corporate setting, when the matriarch/patriarch leaves the group, the next best person will easily step into that position (sometimes from within the organization, sometimes from outside). And so it is with other types of groups as well.



It is not just the beliefs about the patriarch or matriarch that can disturb the energies of a group. If any one of the other members of the group is seen as being disruptive with their beliefs or behaviours, or if conflict exists between any other two or more members of the group, these situations can also trigger beliefs that will then cause health problems with the rest of the members.

Two other situations in a group setting that a client may be experiencing as disruptive are:

- The coming and going of members.
  - For example, a sports team is not necessarily stable in its membership – players leave and join occasionally. A client may have beliefs around who has left or joined and how that affects the success of the team.

- Another example is when a baby is born into a family – the addition can trigger beliefs and emotions in the rest of the family members. The same goes for when a family member dies and permanently leaves the family unit.
- When the client has had to join or leave a group. Examples here would be:
  - When the client themselves leaves a sports team or joins a new one. Leaving a group that is familiar for one that is unfamiliar can trigger all sorts of beliefs.
  - When the client gets married, they leave their family of origin to create their own nuclear family. This transition may stimulate the release of emotions attached to beliefs about separating permanently from the parents or having to deal with the new in-laws.

### **Categories of Groups**

For simplicity in finding the group of concern in a session, three main categories will be used: family, social, and business.

### **Family Group**

The first group that anyone is a part of is the family unit that they grew up in. Family units are meant to provide a safe and supportive environment to raise children as well as for providing stability on the emotional, physical, and economic levels for all family members. However, this is not always the experience people have as children growing up.

Human babies are reliant on the adults in the group for several years post-birth, unlike animals that can stand and run away from danger a few minutes or hours after being born. The interactions with the adults in the family create the first impressions that babies make of themselves and the world around them. These impressions impact the development of the child's patterns of thinking, behaving, feeling, and how the child interacts with others.

Young children are subconscious sponges, they do not have a conscious mind in the beginning – they have no conscious process of discerning information or behaviours that are right or wrong, useful or non-useful. Whatever they hear, see and experience goes into the subconscious mind, potentially creating what we call seed events.

Seed events are adverse childhood experiences, or active memories, that involve parents in particular, but also siblings, extended family members, and others. These seed events are often connected with abuse of some kind – sexual, physical, emotional, verbal, psychological, or financial – which is meant to control the child's behaviour. The abuse may be real or perceived. The seed events can include experiences such as sibling rivalry, intimidation, coercion, economic deprivation, isolation, and abandonment. Regardless, seed events result in the child feeling unloved, not respected or valued, having no sense of belonging, and feeling helpless – like a victim.

A different kind of experience within the family may also cause its own type of future problems: children may be over-protected by one or both parents so that they do not learn how to make

their own life choices and decisions – they do not develop life skills to handle situations that they encounter as adults, and that makes them feel helpless. The lack of life skills may lead to beliefs of dependency in later relationships.

What children learn in their families about themselves, others, and life solidifies by the age of six or seven years. They operate out of that world view for the rest of their lives, reinforcing their beliefs (whether imposed or interpreted) as these become the filters through which they judge what happens in life and then how they respond to life's situations. This explains why the cycle of learned, abusive behaviour is often continued in the families they go on to create.

In addition, if the energetic charges on the seed events are not dissipated, the methyl markers holding the themes of the beliefs created will be passed down epigenetically to the following generations. It is in this way that what happened to an ancestor can still be affecting a descendent decades later. Hopefully, the unhappiness or illnesses that are triggered by the methyl markers will prompt the person to begin the journey of healing and 'unlearning' – for themselves as well as for the generations to come.

### **Types of Families**

When family comes up under group dynamics in a session, 'more information, what?' will take you to a more specific type of family. The definition of family has morphed over the years, and we will use terms defined from the client's point of view. These are loose definitions in that they are only meant to point the HelioSol practitioner in the direction of where to look for the person or relationship that the client believes at some level is the 'cause' of the disruption.

*Traditional family of origin* – consists of the client's biological parents (mother and/or father) and any biological siblings; if the client was adopted, this would refer to the biological family that they are *not* a part of.

*Non-traditional family of origin* – consists of the parents/guardians who raised the client and any other people that the client considers to be a part of their family growing up, whether biological, related, or not; this category may include families that are blended, with a single parent, divorced parents, same sex parents, grandparents raising their grandchildren, adopted family, or foster families.

*Chosen nuclear family* – the client is one of the parents or a single parent with any children, whether biological or not; this category also includes the childless family, with or without pets.

*Extended family* – consists of two (or more) generations and/or aunts, uncles, cousins, and so on living together, close to each other, or at a distance.

*Ancestral family* – consists of multiple generations back on either side of the biological parents.



*Soul family* –consists of the concept that we all belong to groups of souls that have agreed to support one another throughout the experiences in this three-dimensional lifetime so that we accomplish and manifest our goals; the members of the soul family are recognized on an intuited level.

### **‘More information, who?’**

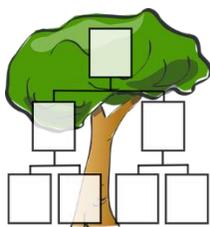
Once the type of family has been established, the next step is to move on to the question ‘more information, who?’ to find the person who is regarded as the cause of the disturbance within the family. Begin with the matriarch and patriarch and then the others that the client is aware of and mentions.

If the person you are looking for is not identified in that way, then you will need to ask about any family members who may be:

- Deceased
- Killed, murdered, miscarried, aborted
- Adopted, given up for adoption
- Missing
- Disowned, banned, cursed, not talked about
- Ex-husbands, ex-wives, ex-partners, ex-lovers, ex-boy/girlfriends

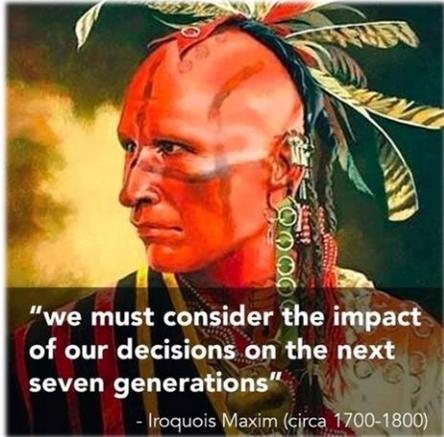
The beliefs around these types of family members can have a strong effect on a person. For example, if the client’s mother had one or more miscarriages before he/she was born, the client’s state of health may be affected by the energy of the mother’s unspoken grief. Or if the client was forced to give up a child to an institution because of an inability to take care of the child’s disabilities, the emotional charges associated with the ensuing guilt could be very disruptive to the rest of the family members.

In the case of looking for an ancestor, the name of the person may not be known. Simply trace back to the person beginning with whether the person is on the client’s mother’s or father’s



side of the family. Let us say it is mother’s side. Then ask if you need to go back further. Let us say you are taken to mother’s father (M-F). You continue to go to the next generation back until you find the person in question. Let us say you got taken back to M-F-F-M (a maternal great-great-grandmother). It is usually a belief that the ancestor held that got passed down through the family lineage and is still disrupting the family dynamics via the client.

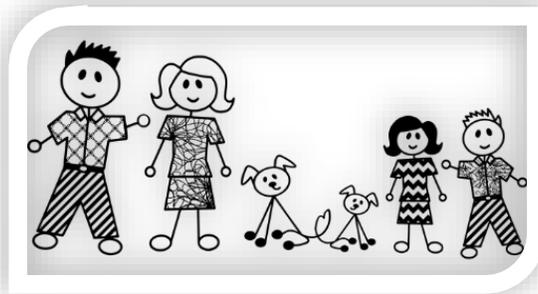
However, less common, it could also be that the client needs to be connected (via the Add template) to some ‘positive’ belief of an ancestor to help the client shift their perspective on what is going on within their family. The client’s innate will highlight what is needed.



There is one other possibility that may come up when working with a person's ancestral family: you could be taken back seven generations and forward seven generations to disentangle the dynamics, remove all negativity, and re-establish balance amongst all past and future family members. This is based on the idea that generational trauma takes seven generations to clear naturally on its own as long as no additional energetic disturbances with the same theme are introduced.

### The Role of Animals and Plants

Animals and plants play a significant role in the dynamics within a family. Pets of all kinds form relationships with every member of the family. This means that every member of the family has some sort of emotional attachment to the animal(s) which can be positive or negative, influencing the energy of the members of the group.



For example, a child may love the new puppy, but the mother believes the dog is too much work. One day the puppy is gone. This situation causes a massive energetic disruption by 'breaking the child's heart.' The ensuing beliefs and emotions about the 'mean mother' and losing the dog are carried into adulthood. When this person shows up for a HelioSol session, the puppy comes up via a family of origin group dynamics concern and triggers those beliefs and emotions that need to be neutralized.

Plants that are gifted to the family for any reason, like when a child is born, or planted in the name of a family member, like a tree as a memorial for someone who passed away, can also contribute to the energy dynamics within a family. If the beliefs towards these plants lead to their neglect, being given away, or chopped down, then those beliefs will need to be addressed to re-establish balance.

For these reasons, you may be required to find an animal or plant, either alive or deceased, when looking for a 'member' of the family that symbolizes the disruption in the family dynamics.

### **Social Group**

Social groups are formed when two or more unrelated people come together for a specific goal or cause. There are literally dozens of social groups – big and small, formal and informal – that any one person can belong to. When this category of group dynamics comes up in a session, you will need to narrow down which specific social group is the one that has the disruptive energies.

### **Types of Social Groups**

The easiest way of determining which social group to focus on is to ask the client what groups they belong to. The client may not only be quite aware of which of the groups he/she belongs to is the problem, but also who in the group is 'the problem.' However, if the client is not consciously aware of this, then you will need to explore using the following list as a starting point. Is it a:

- Work team?
- Association or charity?
- Committee of any organization?
- Study group or class?
- Sports club or team?
- Performing art? – dance company, choir, orchestra, theatre
- Personal interest club? – book club, photography, painting, quilting, hunting
- Religious group?
- Cult or gang?
- Political party?

Once the group has been found, the client may now be helpful in isolating their thoughts about what is bothering them about that group or its members.

### **Business Group**

This third category is basically a type of social group, but it has been separated out as having special significance for entrepreneurs and business owners, like HelioSol practitioners, in developing, establishing, and maintaining successful businesses. Working with the dynamics of a business is handled slightly differently than with other groups.

The difference lies in including *things and concepts* as well as people that the entrepreneur believes are missing from the business. For example, the entrepreneur may believe they are lacking:

- A partner to hold the complementary matriarch/patriarch position

- A person with a specialty – bookkeeping, accounting, marketing, tech support, and so on – no matter how loosely connected to the business
- A supply of new clients
- Enough training in their field to feel like an expert
- Sufficient start-up funds
- A suitable office space
- State-of-the-art equipment, like a computer

Not only does the belief and feeling of ‘lack’ hamper the growth of the business, but the attached emotional charges stimulate the Law of Attraction to continue to bring more ‘lack’ experiences. The entrepreneur’s innate intelligence may indicate that beliefs such as these need to be addressed in order to turn the energy of the business around.

An interesting extension of the Add template in working with something that is thought to be missing in a business (or other group, for that matter) is to create an energetic space for the missing thing or person(s) to step into. For example, if the client is building up a new business, it may come up to add the energetic space for new clients to show up.

### **Working with Group Dynamics**

Whenever group dynamics comes up as a concern for a client, the work is done from the client’s perspective. That is, it is their beliefs about what is going on in the group that is causing them their discomfort, distress, and any resultant symptoms or illnesses. Isolating the beliefs and then finding the templates that shift the client’s perspective about group members and their behaviours will release the internal stress to bring about the desired end result.

Here are a few examples:

- The client is complaining about the inability to control her child’s behaviour. Chosen nuclear family comes up as the concern. The matriarch’s position is identified as the one to explore. It is revealed that the client believes her mother-in-law is holding the matriarch’s energy instead of herself. Her belief is that the mother-in-law interferes too much, disrupting any disciplinary measures she wants to follow through with. Once the emotional charge is removed from that belief, it appears to the client that the mother-in-law’s behaviour has mellowed, and it also feels like the child is easier to manage.
- The client may say that growing up the step-father was mean and a strict disciplinarian. By being taken back to non-traditional family-of-origin and neutralizing the memory of that relationship, it will change into a passive memory for the client. The client is now able to move forward in her relationship with her step-dad and with men in general.
- Social group comes up to be addressed and it is the choir that the client belongs to that is identified. The choir master is holding the patriarch position, which is no problem. However, a tenor who has recently joined the choir is constantly making suggestions and challenging the choir master’s directions. This ‘bothers’ the client, who says that the energy of the choir is deteriorating and now she dreads going to practice. In the

session, one of the templates that comes up is Realignment – the tenor needed to be ‘aligned’ to the choir master. This does not directly shift the tenor but indirectly shifts the underlying belief that the client has about the tenor. The result is that the internal shift that the client makes is experienced outwardly as a change in the dynamics between the tenor and the choir master.

Here are the steps to follow when group dynamics comes up as a concern:

1. ‘More information, what?’ Find the specific group
  - a. Family – biological, traditional or non-traditional family of origin, chosen nuclear, extended, ancestral (specific ancestor or seven generations approach?), soul
  - b. Social – work team, association, committee, study group, sports team, performing art, personal interest, religious, cult/gang, political, etc.
  - c. Business
2. ‘More information, who?’ Find the group member or relationship that triggers the beliefs that appear to disrupt the group dynamics
  - a. Begin with the patriarch or matriarch – Who is holding the position? Is it the right person? Can they hold it? Do they want to hold it? Is the position being challenged? Does another group member need to hold it?
  - b. Someone else in the group – alive, deceased, or otherwise affecting the group; include animals or plants
  - c. A conflict between two or more members of the group
3. Continue with the rest of the questioning process

## Energetic: Kundalini

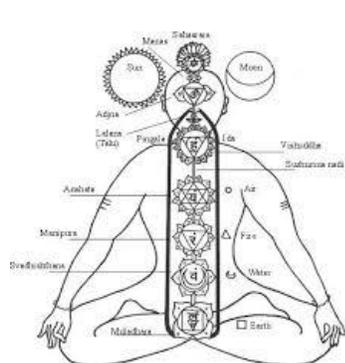
The subject of Kundalini is very complex and there are many variations of how it is understood, interpreted, and explained. We will take a simplistic approach to the topic that will give us a basic way to work with it when it comes up in a HelioSol session.

In the Hindu religious teachings, Kundalini is described as the coiled, or spiraled, life force energy that lies at the base of the spine within the Root chakra. It is an intelligent energy. That is, it takes on different forms to respond to what is needed by the bodymind at any moment in time. It has up to ten distinct functions, but we will look at only two: that aspect of the life force energy that is available to us every day which we will call 'active' and that which is held in reserve which we will call 'dormant.'

### Three Primary Channels

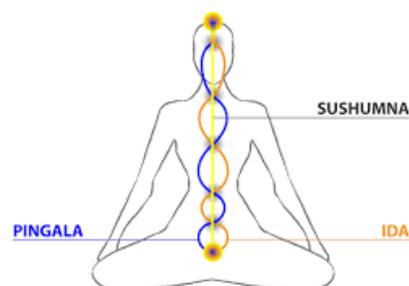
Active Kundalini flows through two primary channels, or nadis, called the Ida and Pingala. Dormant Kundalini stays in the Root chakra until needed and then uses the third primary channel, called the Shushumna, when mobilized.

The Shushumna is the central channel that runs straight, vertically along the physical spine from the Root chakra to the Crown chakra (similar to the concept of the breathing tube in HelioSol



terminology), keeping all the major chakras united. You can think of it as the 'spine' of the energetic system. It lies in between the Ida and Pingala channels. The Ida starts on the left of the Root chakra and ends on the left side of the Brow chakra; the Pingala begins on the right and ends on the right. There are two different ways of visualizing this. One

philosophy sees the Ida and Pingala channels running straight up on either side of the Shushumna, whereas the other philosophy sees the channels crisscrossing where the chakras are situated along the Shushumna. It does not matter which way it is visualized, as working with the Kundalini in a HelioSol session will remain the same.



When Kundalini comes up to be addressed in a session, it will most likely be the active function that you will be working with. The dormant Kundalini typically stays dormant in most people. However, if someone is engaged in the consciousness awakening process, they may require some support as it is the dormant Kundalini that has become active in a different way.

### Active Kundalini and the Ida and Pingala Channels

The Ida channel holds the feminine or Yin aspect of active Kundalini and the Pingala channel holds the masculine or Yang aspect. They work together to provide the energy for all the

physiological functions of the bodymind – for example, allowing the heart to beat, the nervous system to fire, the muscles to contract, digestion to take place, and so on. Active Kundalini controls what are called the ‘essential life elements’ such as vitality and strength. It also allows us to think, speak, and act.

When active Kundalini flows through both the Ida and Pingala freely, the duality that they represent work together and the bodymind is free of any psychological or physiological issues. However, this is not the case for most humans.

Most humans have blockages in the flow of Kundalini based on the theme of their beliefs (that match the chakras along the way), or they drain the energy in one of the channels because of some belief that they are attached to emotionally. For example, when a person is worried about something and it ‘consumes’ them so that they overdo things, like thinking too much or working too hard, the active Kundalini also becomes ‘consumed.’

This is because the amount of active Kundalini flowing through the channels is limited. When the active Kundalini is at a low point, the bodymind will give out signals in the form of symptoms, like feeling exhausted, lacking motivation, having memory issues, being unable to focus or concentrate. That is when the dormant Kundalini can be stimulated to provide the energy that is lacking. Dormant Kundalini is infinite and, as long as there are no blockages to accessing it, this energy can be drawn upon indefinitely.



However, when the Ida and Pingala channels cannot access the dormant Kundalini or when the blockages are in the Ida and Pingala channels themselves, especially at the level of the chakras, then those blockages need to be addressed first. Any template may be identified to accomplish the clearing of the block, but it seems that the Light Frequency template comes up most often – as even in ancient times, healers already knew that light clears these channels.

The dormant Kundalini energy itself can be called upon (usually through the Circulation template) to rise up through the Shushumna to the level of the block and dissolve it, subsiding back into the Root chakra once the blockage has been removed. Then the active Kundalini can flow unobstructed again through the Ida and Pingala.

### **Dormant Kundalini and the Shushumna**

Dormant Kundalini can also be thought of in scientific terms as zero-point energy – it is limitless light carrying universal information and wisdom. It is pulled into the Root chakra and held there until needed (as described above) or until the person is ready to begin the process of self-realization. In the latter situation, the dormant Kundalini becomes active, moving from the Root chakra up the Shushumna, passing through each major chakra, until it reaches the Crown chakra. It is said that with diligent practice, focus, and meditation on the part of the person, it takes the Kundalini approximately seven years to fully open each chakra (seven chakras times seven years is 49 years!). It is said that the person has achieved an expanded state of

consciousness, or enlightenment, once the Crown chakra has been fully opened and the light of the Kundalini is flowing back into the zero-point field.

This is a natural process. The Kundalini is intelligent and gently prods the person internally to shift, change, and ultimately release the beliefs and attachments associated with the themes of each chakra that are blocking the person. These changes will result in increased awareness and a new way of interacting with the external environment. By the time the Kundalini reaches the Crown chakra, the person has resolved the duality of their thinking and existence, has combined Yin and Yang into one whole, and is living from their authentic Self – their Light Being. They are ‘in the world, but not of the world.’

However, it is possible for dormant Kundalini to rise without the person realizing what is happening. Kundalini can be activated prematurely by a major or traumatic life event, a near-death experience, or other accident or unexpected experience. In these cases, when the dormant Kundalini begins to rise when the person is not quite prepared for it, it can throw them off balance. They may have some uncomfortable physical experiences – signs that the Kundalini is not flowing freely.

In eastern philosophy, there is a concept that the elephant god, Ganesh, sits where the spinal column enters the base of the skull. It is the protector of the Brow and Crown chakras (the holy temple) and refuses entry to the Kundalini if proper preparations have not been made. In this view, Ganesh’s blocking and redirecting of the Kundalini, then, creates the physical pain and symptoms that are experienced.

**Note:** people following eastern philosophies often engage in practices to forcefully have their Kundalini rise, for the purpose of reaching enlightenment faster, before they are ready. For example, they will bounce on their tail bones to agitate the Root chakra and artificially stimulate the Kundalini to activate. In these cases where the person has not prepared themselves properly, serious physical, energetic, or mental blockages will be encountered along the way that show up as a crisis of symptoms and illnesses. And if the Kundalini energy is forced to bypass the protection of Ganesh and reaches the brain in an untrained individual, severe mental illness can result – described as the brain being ‘fried.’

Here are some signs that someone is going through a Kundalini or spiritual ‘crisis’ referred to as the Kundalini Syndrome:

- Feeling disconnected from life
- Experiencing overwhelming emotions and mood swings
- Having intense migraine type headaches
- Having the sensation of heat or ‘electricity’ moving up the spine
- Experiencing uncontrollable body vibrations, shaking, jerking, or spasming
- Hearing or seeing things no one else can
- Experiencing sensory overload

- Having episodes of intense waves of nausea, heat, cold, or pain
- Experiencing disturbed sleep patterns

Besides following the protocol to find which templates will help ease some of these complaints – like the Emergency Care, Support, Sleep, and Anti-Inflammation templates – you will need to explain to the client that once dormant Kundalini begins to activate in this way, there is actually no way to stop it. The best approach is not to resist it, not to focus on the particular symptoms, but to follow any intuition they may have about how to release the blockages – and remind them it is intelligent energy that is working towards a higher spiritual outcome.

In addition, homework may come up for such an individual to help calm the symptoms when they occur. You can check to see if one or more of these suggestions can be made:

- Keeping the knees slightly bent and breathing deeply
- Lying down on a cold tile floor with knees bent, tongue touching the roof of the mouth, relaxing the perineum muscles
- Lying down in a similar manner on the ground outside to connect with the Earth
- Taking a salt bath or dip in the ocean
- Placing a Himalayan rock salt lamp in the room
- Frequently eating carbohydrates or food that comes from the Earth – every half hour or so (French fries or potato chips work because of the potato base and salt!)



### **The Role of the Foundational HelioSol Technique**

Doing the Foundational HelioSol Technique daily as homework may also come up and be very helpful in balancing the flow of Kundalini in all three major channels.

### **Questioning Process:**

Kundalini?

- Active Kundalini?
  - Ida channel blockage?
  - Pingala channel blockage?
- Dormant Kundalini?
  - Ganesh blockage?
  - Kundalini Syndrome?

## Mental: Mind Crystals

There are basically two categories of what we are calling mind crystals:

- Physical microcrystals found in the brain
- Conceptual mind crystals

### Physical Microcrystals

There are four types of physical crystals that may come up to be addressed in a session:

1. *Calcite* – these crystals are a combination of calcium, carbon, and oxygen (the molecular formula is  $\text{CaCO}_3$ ) that form a hexagonal lattice structure and are found in the pineal gland. They appear to act as receivers and responders to frequencies. When they are stimulated by vibrations such as sound waves, they release a blue light, making the crystals glow. This piezoelectric effect along with the neural pathways that connect the pineal gland to the visual cortex of the brain could explain the association of the pineal gland with the Brow chakra and higher consciousness.



If the lattice structure of the calcite crystals is cracked, then they are unable to perform their functions. It would be like a radio's antennae being broken so that it cannot pick up the radio broadcast. If this is the case, the calcite crystals will be identified as the concern. The most logical

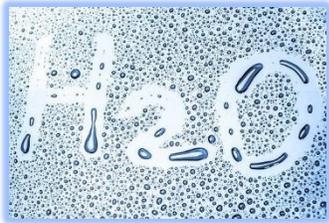
template to come up would be the repair template and the sacred geometric shape of the hexagon could be used as the holographic blueprint for that repair.

2. *Magnetite* – is a magnetic mineral synthesized by brain cells. Magnetite is found in the pineal glands or brains of many animals, including humans. Magnetite interacts with external magnetic fields. It is known to help animals navigate by using the earth's magnetic field. In humans it is thought that it might contribute to a magnetic sensory system that leads to a sense of direction. If magnetite comes up as a concern, the realignment template may come up to help the frequencies align to the earth's field.
3. *Hydroxyapatite* – these are crystals that have a hexagonal shape and are present primarily in bone and teeth to provide them with their strength. When hydroxyapatite crystals are found in the brain, they are referred to as 'brain sand.' They typically need to be removed when identified as a concern.
4. *Calcium* – can become deposited in the pineal gland leading to calcification which interferes with the production of melatonin and its other products. Decalcification will occur with a break-up of the deposits and removal of the smaller micro pieces with an increase in circulation.



## Conceptual Mind Crystals

A conceptual mind crystal is not a physical crystal. It involves the coming together of several factors that are attributed to the mind, rather than the brain. A conceptual mind crystal is the concept that inherited tendencies towards certain beliefs from historical lifetimes attract beliefs and active memories in this lifetime that have the same theme and form a complex amalgamation. The amalgamation is so complex, that the specific 'ingredients' are difficult to separate out.



An analogy that may help understand this is that of a water molecule. The chemical formulation of bulk water is  $H_2O$ . Hydrogen, H, is a gas with certain properties; oxygen, O, is also a gas with certain properties. The charges on the atoms of hydrogen and oxygen attract them to form  $H_2O$ , water, which is a liquid with its own properties. It is easier to work with the water molecule than separately with the hydrogen or oxygen contained within it.

Conceptual mind crystals are usually found at the subsubconscious mind level. For this reason, when under Concepts you are taken to subsubconscious, you can ask if you are working with this type of mind crystal.

Conceptual mind crystals distort information coming from the superconscious and subsuperconscious mind levels of the Atman or Higher Self. Once the theme has been identified, conceptual mind crystals are broken up and dispersed on an energetic level. This is a quick way to dissolve a complex group of similarly themed beliefs all at once, including the genetic anchors, that will clear the Atman/Higher Self to reveal more of itself.

### Questioning Process:

- Mind Crystal?
  - Physical? Calcite, magnetite, hydroxyapatite, calcium?
  - Conceptual? Theme?

## Supramental: Intervasion

'Intervasion' is a military term describing the situation when the armed forces of one country invade another country – they do not belong there. In a HelioSol session, we use the term to describe an energy or frequency that has 'invaded' the bodymind and does not belong. The undesired energy can be generated from two sources: internal and external.

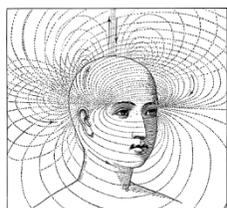
### Internally Generated

People generate emotional charges whenever one of their belief systems is challenged. If not processed and released, this energy will be stored somewhere in the mind or in the connective tissue of the body. More energy with the same theme and emotional charge will be added over time by the person from the challenges to their beliefs.

From this perspective, the process is similar to someone creating active memories that are also stored in the bodymind. The difference is that an intervasion eventually anchors itself into place, as an army would claim a geographical position and operate from there with the intent of controlling more and more of the foreign territory.



This anchoring can be visualized as the intervasion being a ball of energy that takes root and extends the roots into different areas of the bodymind to keep itself in place. When this happens, the belief system the intervasion is based on becomes solidified and becomes the basis for someone's 'truth.'



There is a special form of internally generated intervasion that comes from a person's own beliefs about how information is picked up with the subtle senses. If someone believes that they are naturally empathic or telepathic, they can pick up on someone else's negative thoughts, emotions, physical pain, or illnesses. If they do not realize that they are simply picking up information and let it go once received, they may end up accepting that information as their own and have it settle somewhere in their own body as an intervasion.

### Externally Generated

Intervasions can be created when a person is exposed to the belief systems of someone else and then is controlled by those beliefs. For example, a young child whose mother has a germ phobia may be forced to constantly wash their hands, not be allowed to play in the dirt nor have any pets, and so on. The energy of the mother's fear-based beliefs is picked up by the child and anchors in as an intervasion. Then, even as an adult later on, this person's behaviour will reflect the mother's 'truth,' even though the person understands intellectually that not all microorganisms are bad. The intervasion from the mother is still in control.

A person may also take on a more generalized fear by learning what others think about things in the external environment and have that turn into an intervention. For example, in reading people's opinions on social media about the potential health hazards of 5G networks, a person may adopt those fear-based 'facts' as true and allow those energies to take hold somewhere in their bodyminds.

There is a special version of an externally acquired intervention that needs to be discussed. That is, when someone purposefully directs negative thoughts at someone else and those external thoughts are received by and anchor into the intended 'victim.' In some cultures and religions this situation is referred to as being cursed, under a spell or black magic, or being haunted or possessed.



It must first be re-emphasized that energy is just energy – it is neither good nor bad. It is what we believe about the energy that we then attract and experience. So, if someone fears a form of energy that has been given a certain name with certain properties, then that someone will experience the negative effects that are expected – the negative effects will be true for them. People born into certain cultures and/or religions that teach about these negative energies, will attest to the power of curses, spells, black magic, possessions, ghosts, and so on, having personally experienced them or have known individuals who have been affected by them. For instance, there are many examples of people who have died as a result of being cursed. However, this situation is not so different than the case of someone who was locked up in a freezer and died of hypothermia even though the freezer was not plugged in. It was the belief that they would freeze to death that caused their body to reflect the belief and go into the same reactions as if it was being frozen.

As HelioSol practitioners, we need to understand this when working with a client who believes that they or their family have been cursed or possessed or afflicted with any other kind of malevolent energy. To help everyone remain calm, we do not use words such as 'entities' or 'disembodied spirits' or other such emotionally charged terms as they conjure up imagery that, by themselves, cause the fear response – and then the fear response causes more problems. Instead, we always use the more neutral term 'intervention' when referring to these types of unwanted energies and educate the client to help them reframe what they are experiencing.

There is another important issue that you as a HelioSol practitioner need to take note of: if you have been raised with any beliefs that malevolent energies exist, or if you have even the slightest doubt, make sure that you receive sessions yourself to move you past those fear-based beliefs. Otherwise, you could fall into the unfortunate situation where you attract the interventions that your clients are coming to you for removal. Understanding energy and how consciousness shapes our experience of it is vital to working with it.

## The Energetic 'Immune System'

Just like the physical immune system is set up to keep out things that do not belong in the body, so too do we have an energetic immune system to keep out higher frequencies that do not belong. In eastern philosophy, this energetic immune system is called the Wei Qi or



Protective Qi. This level of Qi is thought to cover all surfaces of the body that have contact with the external environment. This includes not only the skin, but the tissues that line all openings that lead inwards: from the nose to the lungs, the mouth to the anus, the urethra to the bladder, the outer ear to the middle ear, over the eyes, and in the female from the vagina to the fallopian tubes. With practice, the Wei Qi is visible as a light haze around the body.

Just as beliefs about 'self' affect the physical immune system, either weakening or strengthening it, beliefs also affect the Wei Qi. When someone has beliefs that they are unsafe, that there are harmful negative frequencies such as microwaves or 5G, that they are vulnerable to curses, and so on, then their Wei Qi will be weakened to reflect these beliefs and they will make themselves susceptible to allowing these frequencies to enter their bodies and affect them.

An alternative theory that may explain the role of beliefs in capturing energies is that beliefs are 'sticky.' The emotional charge on a belief makes it sticky like a spider's web. And just like a leaf gets stuck to the web by a gust of wind, any energy directed at a person that resonates with the 'stickiness' of the belief will get caught. The undesired energy then causes problems in the form of symptoms to bring to attention the attachment to the underlying belief.



When a person releases the belief, there is nothing for negative thoughts or other energies to stick to – the malevolent frequencies then travel right through the body.

## Working with Intervasions

Intervasions are always dissolved or removed, regardless of how and where they were generated. The HelioSol approach is to:

- Find out where the invasion is stored in the bodymind – could be in a physical part of the body like an organ, endocrine, or body part, or an energetic part of the body like a chakra, meridian, subtle body, or even in a level of mind – on the conscious, subconscious or subsubconscious level
- If indicated by the client's innate intelligence, find the theme of the underlying belief(s)
- Then find the templates to remove the invasion and clear the area (as well as strengthen the Wei Qi, or bring the person closer to operating out of agape love)

Light and love frequencies cancel out frequencies that do not belong or can be used to 'fill in' the area after an intervention has been dissolved (sometimes that makes a person feel better that no 'hole' has been left).



The concept that love neutralizes all charges on all energies explains why someone operating in the world from unconditional love can be exposed to any situation in life and not be detrimentally affected.

## Supramental: Sacred Geometry

*No words can express my love for thee,  
So I will use geometry.*  
Unknown

Everything that exists in the universe is based on mathematical ratios and proportions. Aboriginal peoples became aware of this as they studied the natural environment around them – the symmetry of flowers and plants, the perfect spirals of seashells, the lattice structures of crystals and minerals, and so on. The ancients began to understand that the world consisted of certain patterns of geometrical designs that were repeated at different scales. We see the use of mathematics and geometry in prehistoric artifacts by all cultures as well as historically in the architecture of the pyramids, temples, mosques, and other buildings. Two-dimensional representations of three-dimensional geometrical shapes are consistently found in artwork all over the world. Geometry, harmonics, and proportion are also found in the music and cosmology of all cultures. It can be said that sacred geometry is a powerful universal language.

*“Mathematics is the alphabet with which God has written the universe.” Galileo*

The knowledge of geometry was kept secret for thousands of years as it was considered too sacred and powerful for just anyone to have access to it. The teaching of sacred geometry was restricted to select people chosen to take part in the mystery schools of Egypt and Greece and, in the west, it was limited to Gnostic circles and the secret societies of Free Masonry. Now, however, the secrecy has been lifted and the knowledge associated with sacred geometry is being revealed:

*“Modern scientists are reaffirming what the ancients observed in their world and taught in their myths: that a consistent language of geometric design underpins every level of the universe, from atoms through galaxies.” Michael Schneider*

Whether sub-quantum, small, or large, all of creation contains the same mathematical proportions – the spiral pattern of your DNA, is the same as your fingertip, is the same as the spiral pattern of our galaxy! The Hermetic saying “As above, so below; as below, so above” from the Kybalion reflects the fractal nature of the microcosm in relation to the macrocosm.

Sacred geometry explains how matter is created from the zero-point field (Absolute, Universal Consciousness, etc.). It explains how the energy of creation organizes itself – that is, how the exchanges of energy and frequencies of light, colour, sound, and movement occur within our three-dimensional existence. It shows up in the angles of the bonds that hold atoms together in the molecules of matter. It shows up in the structures of the human body as well as the structures of all living things on Earth.

This is one of the reasons why we can make use of the high frequencies embodied by each geometric shape to benefit the health of our clients. At a subconscious level, we innately recognize these perfect shapes and patterns, each with their own vibrations, turning them into powerful tools that can activate, heal, awaken, transform, harmonize, rebalance, and expand the consciousness of whomever and whatever they are applied to.

All structures in the universe, including our bodies, are three-dimensional in nature. And so too are most of the sacred geometrical shapes that explain how these structures are organized from the field of zero-point energy. The ancients attempted to convey their understanding of this relationship through a system of drawings, but it was difficult to take three-dimensional concepts and record them on the wall of caves, clay, papyrus, or paper. The sphere, for example, became a circle, the cube became a square, and so on. Our forebearers had to be creative in coming up with symbols that could be written in two-dimensions.

The basic elements of points, lines, and angles create the shapes of all geometrical shapes. Once you begin to study sacred geometry, you realize that the shapes are all interconnected, not only by how they build upon each other but also by how some of their meanings overlap.

There are two possible interpretations for when sacred geometry comes up in a session:

1. the client's innate is indicating that there is a disturbance in the part of the bodymind that the shape symbolizes or represents. For example, if the star tetrahedron (aka the Merkabah, double tetrahedron, or hexagram), surrounding the client's bodymind is identified, it could be that either the left spinning or right spinning one is out of alignment causing imbalances with either the feminine or masculine aspects of the bodymind. Applying the alignment template to the star tetrahedron would correct the associated imbalances in the client's bodymind.
2. more frequently, when any specific shape is identified, it acts as a pointer to what is out of balance while at the same time acting as the template to make the correction. For example, if the hexagon is identified, it means that all things it governs, such as the Root chakra, the Earth element, and EZ water, are not working properly. By bringing the energy and vibration of the hexagon into the frequencies that are being downloaded, fundamental shifts to all those areas of the bodymind will occur.

To assist with finding the specific geometrical shape that is needed by a client, the information has been structured and set up in seven categories as follows:

1. Point
2. Phi, Golden Mean, Spiral
3. Circle, Circumpoint, Vesica Piscis, Infinity Symbol
4. Line, Cross, Triangle, Square, Pentagram
5. Platonic Solids, Heptagon, Star Tetrahedron, Metatron's Cube, Torus
6. 64 Tetrahedron/Flower of Life
7. Other

When being taken to Sacred Geometry in a session, you can use the numbers to find the category that contains the required shape. Then, under ‘more information? what?’ you will be taken to the specific geometric shape if there are several options within the category.

Please note that there are more shapes (such as the 13 Archimedean solids, the 13 Catalan solids, Dr. Ibrahim Karim’s BioGeometry, etc.) that we are not including in this manual. However, if you are familiar with other shapes and have studied their significance, you can add them under the *Other* category to allow them to come up in your sessions.

## 1. The Point

The point is a mathematical construct in geometry. A point has no size – no volume, area, or length – hence it symbolizes no dimension. But it has a position in time and space. To gain some understanding of this, imagine taking a blank piece of paper to represent the infinite and eternal light of the zero-point field or Universal Consciousness. Then touch it with a pen without actually making a mark on the paper. That is the equivalent of knowing where and when the point is, even though it has no size.

In mathematics, the point is represented by a small dot. In sacred geometry, the dot represents the beginning or genesis of our being.

As soon as a dot is made on the blank page in our analogy, all the possibilities that exist in Universal Consciousness begin to collapse into something specific being created starting from that point. The point, then, represents the origin, the source of everything, including the ‘I am’ of our personal consciousness and, indeed, the consciousness of all life.

The point also represents the opposite. It can represent the transcending of the illusion of time and space by collapsing all back down to no dimension – returning to the blank page, so to speak. When a person reaches this point, they are living in the point of the here and now.

It has been reported by people who have had near-death experiences, that they see a point of light at the end of a tunnel they are moving through. This point of light has been described as the most primal light of consciousness and once reached feels like agape love. So, it would seem that the point, when it comes up in a session, could represent bringing the client back to the essence of their Being, the authentic nature of Self, which is agape love.

### Possible Indications

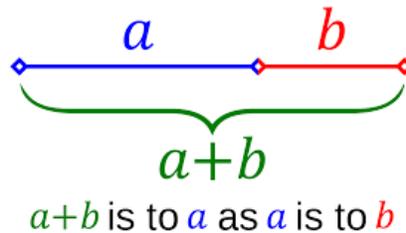
- To take a person’s consciousness back to the beginning of infinite possibilities, should they feel stuck in their life’s circumstances
- To take a part of the bodymind complex back to the beginning of infinite possibilities, should it have been compromised

- To bring a person back to living in the point of the here and now
- To bring the client back to the essence of their Being, the authentic nature of Self, agape love

## Φ 2. Phi, Golden Mean, Spiral ⌀

Phi (not to be confused with Pi) is a ratio of proportions.

It is typically explained by using a line and dividing it in such a way that the ratio of the whole line to the larger segment equals the ratio of the larger segment to the smaller segment:

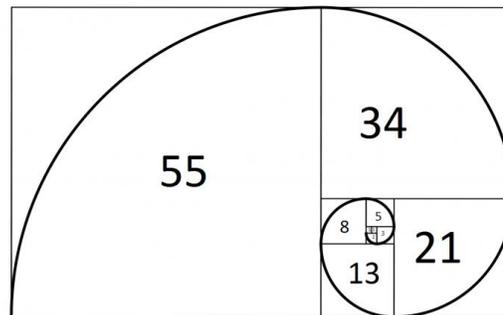


Mathematically, this ratio is calculated to be approximately 1.618 (but it goes on to infinity!). Expressed as a number, it is also known as the Golden Mean, Golden Ratio, Golden Section, or Divine Proportion.

Leonardo Pisano Fibonacci is credited with discovering a set of numbers that begins with 0 and goes on forever: 0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, and so on. It is known as the Fibonacci sequence. It is created by adding the two previous numbers together. For example, the next number after 55 would be  $55 + 34 = 89$ .

There is a relationship between the Fibonacci sequence and the Golden Mean in that when you multiply one of the Fibonacci numbers by 1.618, you get the next number. Keeping to the same example,  $55 \times 1.618 = 88.99$ , and when rounded up, is 89.

Further, when you use the proportions of Phi to make a rectangle, it is called a golden rectangle. Each golden rectangle is made up of a square and another golden rectangle.



These golden rectangles can be subdivided infinitely in this way. When The Fibonacci sequence is applied to each square, a spiral is formed.

So, the concept of Phi is at the root of the Golden Mean, the Fibonacci sequence, and the spiral – basically everything that is fractal in nature. Why is this important? Because the Golden Mean and the spiral are found everywhere in the universe from the sub-atomic to galactic scales.

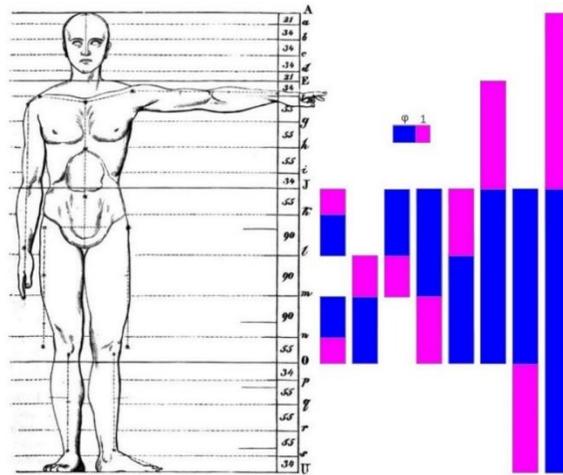
Spirals are the configuration that stimulates vortices to form which in turn draw energy from the zero-point field. This is why bumble bees, whose bodies are not built aerodynamically, are able to fly – the spiral movement of their wings create vortices that draw in the energy to provide the lift they require. This is the same principle that allows dragon flies and hummingbirds to hover.

All scalar wave structures are spirals. Photons of light, as well as sounds such as the human voice and music, are all scalar waves. And since the double helix of DNA is also a scalar wave, DNA will respond to light and sound, allowing both types of frequencies to be used in HelioSol sessions for healing.

Other aspects of the physical and energetic body are also based on the spiral. For example:

- collagen (triple spiral)
- muscle fibres in the heart
- the twist of tendons over joints
- the cochlea of the inner ear
- the stoma of the cornea
- fingerprints
- EZ water molecules
- chakras
- Kundalini (double spiral of the Ida and Pingala channels; ‘Kundalini’ means spiral in Sanskrit!)

The human body demonstrates the Golden Mean proportions between the various parts of the body. The measurement of the navel to the floor and the top of the head to the navel is the Golden Mean. Adolph Zeising in 1854 demonstrated the proportions of the human body this way:



Here are some other examples in nature that are based on Phi, the Golden Mean, or the spiral:

- the Golden Mean can be seen in animal bodies - the position of eyes, fins and tail on dolphins all fall on Golden Mean sections, as do the heads and body sections of insects, and the wing dimensions of moths, and so on



- different flowers have a different number of petals, but they usually follow the numbers within the Fibonacci sequence. Lilies have 3 petals, buttercups have 5, chicory has 21, daisies have 34, and so on



- the Fibonacci spiral pattern is evident in the spirals of seashells, tusks of elephants and warthogs, the horns of sheep, claws of cats, beaks of birds and even in their flight patterns



- the Fibonacci double spiral patterns can be seen in various plants such as pinecones, the seeds of a sunflower, and on cauliflower and pineapple



- Spirals can be observed in other aspects of nature, such as in whirlpools of water, waves on the ocean, and the swirling of tornados, hurricanes, and jet streams

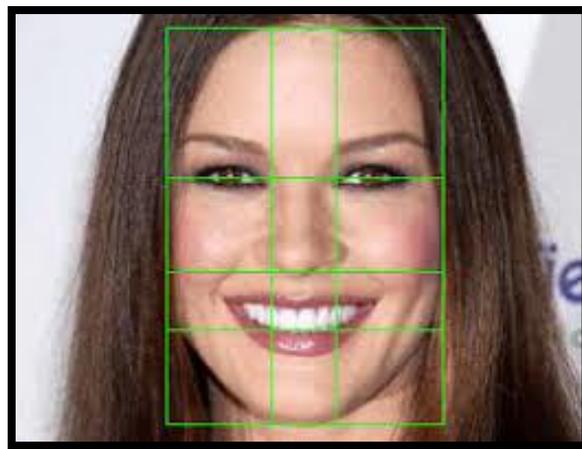


- spirals are evident on a larger scale in the movement of stars, planets, and whole galaxies



It seems that our brains are wired to recognize Phi and the Golden Mean, and when something follows this ratio, we interpret that as pleasing or beautiful. For example, visually appealing combinations of colours can be achieved by using frequencies on the colour spectrum that are related to distances based on the Golden Mean; music is also considered more pleasing to listen to when the frequencies used are based on this ratio.

People are considered to be more beautiful when their facial features come closer to Phi. Therefore, the understanding of Phi and the Golden Mean is used by facial plastic surgeons and cosmetic dentists in their reconstruction work.



### **Spiritual Meanings of the Spiral**

The spiral also has some ancient spiritual meanings. As a matter of fact, the words 'spiritual' and 'spirit' have the same Latin root as 'spiral' – 'spirare' – which means 'to breathe.'

Breathing involves 'inspiration' (expansion) and 'expiration' (contraction). Spirals expand and contract at the same time, depending on how you view them. Spirals that seem to expand by 'spiraling' upwards in larger and larger cycles are interpreted as the evolution and growth of the human spirit, connecting our physical bodyminds to the infinity of our Higher Selves. This may be why the spiral is often used to symbolize change, metamorphosis, and our spiritual journey (it is interesting to note that when you omit the 'itu' in 'spiritual' you end up with 'spiral!').

On the other hand, spirals that seem to contract by 'spiraling' downwards ground us to the Earth. From this perspective, the spiral can represent our human role of connecting heaven and earth. This is reflected in the Hermetic saying "as above, so below; as below, so above."



### **The Triple Spiral**

The triple spiral is an ancient symbol dating back 5,000 years or more. It is also known as the triskele or triskelion meaning ‘three legs.’ The symbol of three human legs joined together in the centre has been found on Greek pottery and on artifacts created by Europeans, particularly by the Celtic people of old Ireland. The triple legs are usually represented by triple spirals in more modern times.

The triskele has been adopted by many cultures across the globe including those in the Americas and therefore the symbol has been infused with a variety of meanings from each of those cultures. One of the strongest meanings goes back to the symbolism of the three legs – the continuous, rotational movement forward until understanding and enlightenment have been reached.

The triskele is associated most with the early Celtic people. The number three was of major significance to them in that they believed everything happened in groups of three (even today the Irish have a saying that “the third time’s the charm!”). Groups of three have been associated with concepts that range anywhere from:

- Birth, death, rebirth
- Physical, mental, spiritual self
- Power, intellect, love
- Maiden, mother, wise woman (the Triple Goddess)
- Celestial, physical, spiritual worlds
- Creation, protection, destruction
- Land, sea, sky

### **Possible Indications**

- Golden Mean
  - To assist the body’s repair systems in laying down the correct amount of new tissue so that a healing structure keeps to the proper proportions for that individual
  - To help the development of external or internal physical structures in a growing child
- Fibonacci spiral
  - To recalibrate the spin of one of the chakras (major, minor, or extra)
  - To correct an inherited structural defect in the double spiral of the DNA or any other molecule or structure
  - To form vortices that extract energy from the zero-point field
- Triple spiral
  - To unite groups of three into oneness
  - To aid in the forward movement of consciousness to enlightenment

### 3. Circle, Circumpoint, Vesica Piscis, Infinity Symbol



#### Circle

The circle is the two-dimensional representation of the three-dimensional sphere. This means that the circle and the sphere share the same characteristics.

It has been said that the first thought that Universal Consciousness – or God, Allah, the Creator, etc. – had was a sphere.

*“The laws of nature are but the mathematical thoughts of God.”* Euclid

The first thought was therefore totally complete, with no divisions, containing the whole of all information that has ever been made manifest. This explains why the circle and sphere have been associated with these types of concepts over the ages:

- Wholeness, oneness, unity, inclusiveness, completeness
- The eternal constant
- Perfection
- Perfect balance
- Order from chaos

After the first circular thought, it replicated itself, just like a cell replicates itself, bringing some other meanings to the circle:

- The cycle of life
- Never ending cycles of change
- Motion

In a circle or sphere, all the points on its circumference are equidistant from the centre. From this perspective, all points are equal – one point is not better or worse than another. This concept can be transferred to humans. If a person is able to observe all points-of-view as equal, that one opinion is not better or worse than someone else’s, then that person is also operating out of circle thinking – just like Universal Consciousness! The circle can therefore also represent:

- Truth and self-awareness
- Integrity
- Total acceptance
- Agape love

And since there is no beginning point or end point on a circle or sphere, it also represents the 'no beginning or ending' of time (eternity) and 'no beginning or ending' of space (infinity). The zero-point field (Absolute, Universal Consciousness, etc.) is eternal and infinite, hence can be represented by the circle containing all time and space and all light and information.

**Possible Indications**

- To act as a reminder that everything that exists is a part of the whole
- To act as a reminder that everything is in perfect balance as it is
- To support the concept of 'circle thinking' – the non-attachment to any opinions or beliefs
- To bring in the infinite energy of the zero-point field for support
- To act as a type of 'spiritual glue' to bring perceived 'broken' aspects of life together in wholeness
- To help align and balance every area of a person's life, that is, bring order to what appears chaotic
- To aid someone moving through a difficult period or cycle of change, that is, to remind someone that 'this too shall pass'



**Circumpoint**

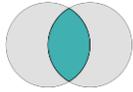
When a point is circumducted by a circle, you end up with the circumpoint (or circumpunct). Now we have a bringing together of what the point and the circle represent:

Point	Circle	Meaning
Here and now	Infinite and eternal	Who we are!
Personal consciousness	Universal consciousness	Who we are!
Source of creation	All of creation	Who we are!
Potential	Wholeness	Who we are!

The circumpoint is also the astrological symbol for the sun. This adds another layer of clarity as to why the sun and its light have been used to describe the true nature of humankind. So, we can also say that the circumpoint is the symbol for the enlightened individual.

**Possible Indications**

- To help embrace the totality of our being, accepting all aspects of who we are
- To help someone become the observer of the illusion by placing them in the centre of all concepts and beliefs
- To bring a person closer to the state of living from the perspective of enlightenment



### Vesica Piscis

The vesica piscis is formed when two circles (2-dimensional) or two spheres (3-dimensional) intersect and form a third. The ancients used this symbol to represent the masculine and feminine coming together to create new life. Hence the third shape was often considered to represent the womb of creation or manifestation.

In modern times, this symbol has been used to represent the coming to a mutual understanding or two diverse perspectives finding common ground.

Spiritually, the vesica piscis has been used to represent:

- the sacred trinity
- the duality within unity
- the connection between the spiritual and physical worlds



When rotated 90°, the area that is common to both circles, plus a small extension to symbolize the tail of a fish, has been used for millennia by Christians to represent Jesus. There are several reasons why this symbol was chosen, one of which was as a sign to others that it was safe to meet in times when it was illegal for Christians to gather. Another reason was that Jesus chose several fishermen as disciples to be “fishers of men,” to help spread the message of agape love.

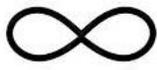
The rotated vesica piscis also resembles the shape of the eye. This shape is evident in the symbol for the Eye of Horus. Horus was an ancient Egyptian god whose right eye represented the sun and left eye represented the moon. The Eye of Horus also represented the all-seeing eye (Brow chakra), as well as the process of healing and restoring wholeness.



In modern times, the eye shape has given rise to the use of the vesica piscis to mean two differing perspectives seeing eye-to-eye or sharing a common vision.

### Possible Indications

- To help heal a person’s physical reproductive issues
- To bring in more creativity to problem solving by getting the two hemispheres of the brain cooperating
- To assist the person in moving away from any friction or strife within a relationship or group situation and towards mutual understanding, finding common ground, seeing eye-to-eye, or sharing a common vision
- To help the person understand that duality is an illusion and all exists within unity
- To help integrate the physical aspects of the bodymind with the spiritual
- To support the client in feeling safe and/or protected in this 3-D world
- To support the Brow chakra and everything it represents – intuition, creativity, harmony, and so on
- To bring in the energy of healing to restore wholeness to the bodymind



### **Infinity Symbol**

The word 'infinity' has its root in the Latin word 'infinitas' which means endless or without any bounds. The symbol is a curved line that overlaps upon itself which gives the illusion of an infinite loop. Like the circle, the infinity symbol seems to have no beginning and no end. Hence, this symbol has been used for hundreds of years by different cultures to represent:

- The unending cycle of life
- Rebirth
- Never-ending love, especially between two people
- The true eternal nature of the Soul
- The simplicity of balance and harmony

The infinity symbol also looks like a horizontal number 8. The number eight in numerology has many symbolic meanings that have been assigned to it by various groups of people, both ancient and more modern:

- The dualism in unity
- Peace
- Hope
- New beginnings and a bright future
- The source of individual power and strength

There are variations of the infinity symbol, such as the double infinity or the more complex Tibetan or Celtic Knots – all of which have their own meanings, but whose primary symbolism has something to do with eternity and infinity.

### **Possible Indications**

- To remind someone that they have unlimited potential, and that life is full of infinite possibilities for new beginnings
- To provide the energetic boost to operate in life from a higher level of consciousness
- To bring in the frequency of never-ending love
- To bring balance and harmony to the person's relationships
- To amplify the individual's sense of power and strength
- To inject hope through connecting with the eternal nature of the Soul

#### 4. Line, Cross, Triangle, Square, Pentagram



##### \_\_\_\_\_ Line

In mathematics, there is a distinction between a line and a line segment. A line is a long collection of points (it has length but no width, i.e., it is one-dimensional) that extends in two opposite directions to infinity; a line segment is the finite part of a line between two defined end points.

*“A line is a dot out for a walk.”* Paul Klee

In drawing and art, a line is also thought of as a point that moves, although it will have a beginning and an end along with width because of the pencil or brush that is used to create the line. Since we are working with drawn geometric symbols, that are made up of lines with definite lengths that are connected, we will be referring to line segments, but using the word ‘line’ in the sense that artists do.

From this perspective, there are straight horizontal, straight vertical, straight diagonal lines as well as curved lines – each with their own frequencies and symbolism. In general, straight lines have a more masculine or Yang energy to them whereas curved lines express fluid movement, feel softer, and are imbued with feminine or Yin energy.

In sacred geometry, curved lines can be as simple as bending a straight line so that the end points meet to create the circle; or they can sweep and turn over on themselves creating more complex shapes, such as the infinity symbol or the Tibetan or Celtic Knots. Since we have grouped the geometric shapes based on curved lines in the previous section, in this section we will focus solely on the three types of straight lines:

- *Straight horizontal* – they are named after the horizon because they appear to be lying parallel to it. This connection with the horizon associates horizontal lines with the Earth and the stability and security that the Earth represents. Because they appear to be lying down, horizontal lines also represent calmness, relaxation, rest, and peace. From another perspective, horizontal lines represent linear time from birth/beginning to death/end.
- *Straight vertical* – these lines mimic a position that is perpendicular to the horizon. In many spiritual philosophies, a vertical line symbolizes the path from the Earth to the heavens. Because humans (the only animal with an upright posture) are thought to be the vehicle that makes this connection, the vertical line represents the physical and divine nature of mankind. In their upright direction, vertical lines also represent strength and stillness (no movement).

- *Straight diagonal* – because of their inclined direction, they can be interpreted as raising energy up or allowing energy to run down. Hence, they indicate action, motion, dynamic movement, and even excitement.

All the other geometric shapes that are a part of this section are created using a different number of straight lines, from two to five equal lengths of lines.

### **Possible Indications**

- *Straight horizontal line*
  - To bring in the stability and security that the Earth represents
  - To bring in calmness, relaxation, rest, and peace
- *Straight vertical line*
  - To remind someone of their physical and divine nature
  - To bring in strength and stillness
- *Straight diagonal line*
  - To bring in the energy of action, dynamic movement, and excitement to life



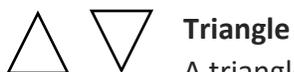
### **Cross**

A cross is formed when two lines intersect each other at right angles. The vertical line represents the upright posture of the human connecting Earth and heaven and, hence, the divine nature of humans. The horizontal line represents chronological time, the path from a person's birth to death on the physical plane. From a traditional spiritual perspective then, the cross is a symbol for the dual nature of humans, the divine and the earthly. (An interesting sidenote: 'Hu' is one name for 'God' in Sufism and the word 'man' originally meant 'one who has intelligence' and referred to both males and females.)

Another interpretation of the two intersecting lines is that the vertical one represents the masculine principle and the horizontal one the feminine. This makes the cross a symbol of the coming together of duality: male and female, right and left, upper and lower, matter and spirit, good and evil, and so on.

### **Possible Indications**

- To remind a person of their dual nature, the earthly and the divine
- To bring duality together into the oneness



## Triangle

A triangle is formed when three straight lines are joined together. The triangle is the oldest and simplest two-dimensional geometric shape and in three-dimensions gives rise to the tetrahedron – one of the Platonic Solids. The triangle can be pointing upwards or downwards and direct energy in the direction that it points.

The triangle represents a few different concepts:

- Historically, the connection of the three points symbolizes the trinity, or the three elements that have a significant relationship with each other that need to be balanced in order to reach enlightenment: in Christianity it is the Father, Son, and Holy Spirit; in Egyptian mythology it is Isis, Osiris, and Horus; in Buddhism it is the three bodies of 'knowledge,' 'heaven,' and 'earth;,' in science it is Light, Time, and Space. In more modern terms we can add: 'body, mind, and spirit,' 'physical, mental, and emotional,' 'past, present, and future,' 'mother, father, and child,' 'birth, growth, and death,' and so on.
- The triangle with its three sides supporting each other can represent balance, harmony, and completion.
- In ancient Egypt, the triangle represented the Third Eye (often depicted with an eye in the triangle). From this perspective, the triangle can be used to stimulate and open up a person's ability to have insights, use their intuition, and reach higher states of consciousness.
- The triangle is central to the Sanskrit symbols of five of the seven chakras (only the Crown and Sacral chakra symbols do not contain the triangle). Therefore, the triangle carries the subtle energies and meanings of those chakras and their effects on the bodymind.
- The triangle with the upwards point represents the male principle and the Fire element. It symbolizes rising energy, aspiration, evolution, and a path towards enlightenment.
- The upwards pointing triangle, with its base, also represents solid foundations and manifestation.
- The triangle with the downwards point represents the female principle and the Water element. It symbolizes feminine divinity, the womb, creativity, and the grace of heaven.

### Possible Indications

- To balance all three elements (regardless of which historical or modern perspective) that lead to enlightenment
- To support and restore balance, harmony, and completion within the bodymind and on all levels of being
- To bring in the subtle energies of the chakra system (in particular, five of the seven)
- To elevate someone to higher consciousness
- To bring balance to any masculine/Yang or Fire element imbalances in the bodymind
- To bring balance to any feminine/Yin or Water element imbalances in the bodymind

- To bring in the energies for creating solid foundations and allowing manifestation to occur
- To stimulate creativity (as in starting up a new project)
- To open up the Brow chakra and stimulate its abilities (insight, intuition, reaching higher states of consciousness, etc.)



### **Square**

A square is formed when four equal length straight lines are connected at right angles to each other. They form the base of the cube and four-sided pyramid structure – both of which are three-dimensional solids.

The four sides of the square are associated with the Earth – the four ‘corners’ of the Earth, the four directions, and the four aboriginal elements of earth, air, water, and fire. This association leads to the square representing the laws of nature, the structure in physical reality, and solid foundations of life leading to strong roots, feeling grounded and secure in the physical world.

Some other characteristics that the square resonates with are:

- Balance
- Survival
- Protection from chaos
- Stability
- Strength
- Knowledge
- Loyalty
- Dependability
- Intelligence
- Boundaries or limits
- Practicality

In Medieval times, the square was connected to the human body, particularly representing the concept of ‘man.’ And that is still another meaning assigned to the square to this day.

In Buddhism, the square is the foundational structure, made up of the four noble truths, on which the enlightenment of the mind is maintained while in the physical body.

### **Possible Indications**

- To bring in the frequencies of the Earth to feel more grounded and secure in the physical world
- To bring in the frequencies of balance, strength, and stability to a person’s life
- To protect from perceived chaos in life
- To put some boundaries or limits around a certain situation in life
- To support such characteristics as loyalty, dependability, and practicality



## **Pentagram**

The pentagram is a five-pointed star polygon. It is sometimes referred to as a pentalpha, pentangle, pentacle, or star pentagon. It represents various concepts based on the number five:

- five Chinese elements – Wood, Fire, Earth, Metal, Water
- five Buddhist elements – Fire, Earth, Water, Air (Wind), Aether (Space)
- five vowels in the English alphabet – a, e, i, o, u
- five Platonic solids
- five rings of the Olympics (representing five continents)
- five pillars of Islam
- five virtues in Sikhism
- five virtues of Confucius
- five wounds of Christ in Christianity

The number five also represents the human form in that we have:

- four limbs and a head that controls them
- five senses – sight, hearing, smell, taste, and touch
- five sensory organs – eyes, ears, nose, tongue, and skin
- five fingers on each hand and five toes on each foot
- five major internal organ systems – lungs, heart, liver, spleen, kidneys – according to Chinese medicine

In the Wicca faith, the top point of the pentagram represents the element of Spirit and the other four points represent the elements of nature – Earth, Fire, Water, and Air. Hence, it symbolizes the Spirit ascending above physical matter.

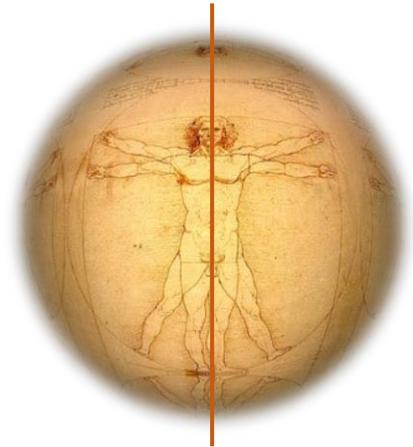
### **Possible Indications**

- To bring together the energies of anything that is based on the number five
- To support the musculoskeletal system of the human body
- To support the five senses and five sensory organs
- To support the five major internal organ systems according to Chinese medicine (lungs, heart, liver, spleen, kidneys)

## 5. Platonic Solids, Heptagon, Star Tetrahedron, Metatron's Cube, Torus

This section consists of sacred geometry that takes on three-dimensional form. The human body sits inside the energy fields that these shapes create. Each energy field represents a different level of consciousness. Even though there is only one whole Universal Consciousness, these energy fields interact with each other, providing different experiences of the One.

These three-dimensional shapes can be pictured surrounding the human body symmetrically around the axis running through the centre of the body (what we refer to as the breathing tube in HelioSol terminology). The image to the right gives an idea of how to visualize the sphere around the body as an example. You can imagine all the shapes discussed in this section encompassing the body in this same way.



Another feature to keep in mind is that each of the three-dimensional shapes consists of three identical shapes of exactly the same size, superimposed on each other. From the perspective of the person inside the shape, one shape spins to the left, one to the right, and one is stationary. Because they sit on top of each other, it appears that there is only one shape, but there are three. Each one of the three has its own polarity. In all philosophies providing explanations, the stationary shape is neutral, whereas there are opposite views as to the nature of the left and right spinning ones – one view is that the left is feminine and the right is masculine, while another view says the left spinning one is masculine and the right is feminine. From the HelioSol perspective, we will assume that the correct polarity for the client is known by their innate intelligence and will guide us to what is required.

There are a few common problems that all superimposed shapes are prone to. Trauma of any kind (inherited or experienced in this lifetime) can contract any energy field or cause havoc with one of the spins. When looking for a concern under any one of the three-dimensional geometric shapes described in this section, begin by asking if it is one of the common issues. If it is, then the next question will be to determine if it is one of these:

- The sizes of the three shapes are not identical, one may be bigger or smaller than the others
- The spin of one of the shapes is too slow or too fast
- The spin is opposite to its intended direction
- The three superimposed shapes are out of alignment with each other

Whichever concern is identified, the next step is to continue with the questioning process to find the underlying beliefs that caused the disturbance and the templates that will help bring the three shapes back into integrity.

## Platonic Solids

The ancient Greek philosopher Plato believed that all elements were formed from five basic, stable shapes: the tetrahedron, cube or hexahedron, octahedron, dodecahedron, and icosahedron. These even-sided polygons are named after the number of faces they have and as a group they were named after Plato as he had written about them in his work entitled *'Timaeus.'*

The five Platonic solids were taught in the Greek Mystery Schools over 2,500 years ago as the building blocks of the universe. And even today, all five solids are found to be associated with nature and its different patterns.

### Tetrahedron

The tetrahedron is made up of four triangular sides and is sometimes referred to as a triangular-based pyramid. It is the strongest and most stable of all the shapes. In the Platonic tradition, it is viewed with its point up and represents the element of fire. Then it is known as the sun tetrahedron and represents masculine characteristics – like the upward pointing triangle (discussed earlier).



However, the point can be down, for example when it combines with the sun tetrahedron to create the star tetrahedron (which will be discussed later). When the point is down, it is known as the moon tetrahedron and represents feminine characteristics – like the downward pointing triangle (also discussed earlier).



Although we present the single tetrahedron as one of the five Platonic solids, it is the least likely one to come up by itself in a HelioSol session. Of all the Platonic solids that surround the human body, the tetrahedron is the only shape that does so only when both the upward and downward ones are combined as the star tetrahedron



### Cube or Hexahedron

The cube has six faces and is therefore a hexahedron. As it is based on the square, the cube is often associated with similar characteristics as the square. For example, the cube is associated with the physical structures found in nature and so is strongly connected with the earth element. When working with the cube, it can represent issues with the physical body, releasing stress, our rational mind, having a solid foundation in life, survival in the material world, and practicality.



### Octahedron

The octahedron has eight faces and is basically a double prism. It represents the element of air. It also has an association with the Heart chakra, representing agape love. Therefore, when balancing the octahedron all aspects that the emotional heart represents will be strengthened, such as accepting all aspects of

ourselves and others, forgiving ourselves and others, embracing our inner worlds, and nurturing our authentic Selves.



### **Dodecahedron**

This Platonic solid has twelve faces. It is said to represent the universe and in 2003 NASA released findings that indicated our universe was indeed in the shape of a dodecahedron! There is also an energy field in the shape of a dodecahedron surrounding the Earth as well as our body. On the other end of the size spectrum, the double spiral of DNA, when viewed from a specific angle, is in the shape of a dodecahedron – it takes ten Fibonacci spirals to produce the shape. The dodecahedron appearing on all these scales of reference demonstrates again “as above, so below.” Some other characteristics associated with this shape are life force and higher knowledge – both useful in raising our vibration in moving towards universal truths and in raising the vibration of the space around us.



### **Icosahedron**

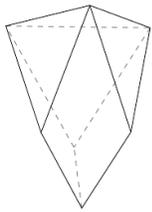
An icosahedron has 20 faces. It encloses the largest volume of space of all the Platonic solids and it contains all of them within itself. Plato associated it with the water element because to him it looked like a drop of water. Many of the characteristics attributed to the icosahedron come from this association with water. For example, when the energy field of the icosahedron is balanced, it helps a person go with the ebb and flow of life, with the comings and goings of people, places, and things; it provides the energy to transform from one state of being to another, raising a lower state of consciousness to a higher state, as water can transform from a solid (ice) to liquid to gas (steam). This also fits in with the philosophical analogy that we are but drops of water on a journey of remembering that we are the Ocean.

An interesting side note: when you keep adding angles to the icosahedron, you get an infinite polygon – which in three dimensions is a sphere. It is this sphere that encapsulates all the energy fields around a person that are created by the spinning Platonic solids.

### **Possible Indications**

- *Tetrahedron*
  - Upwards pointing – to strengthen masculine characteristics
  - Downwards pointing – to strengthen feminine characteristics
- *Cube*
  - To strengthen the physical body, rational mind, foundations in life, survival, practicality
  - To help reconnect to nature and the Earth

- *Octahedron*
  - To strengthen the emotional body and everything the heart represents – accepting all aspects of ourselves and others, forgiving ourselves and others, embracing our inner worlds, and nurturing our authentic Selves
- *Dodecahedron*
  - To align the human dodecahedron to the Earth's
  - To support life force energy
  - To raise the vibration of Self towards universal truths
  - To raise the vibration of the space around us
- *Icosahedron*
  - To help go with the ebb and flow of life
  - To assist in the transformation of a lower state of consciousness to a higher state



### **Heptahedron**

This seven-sided form is not one of the Platonic solids. One of the reasons is that the heptahedron does not have equal faces – it has four equilateral triangular and three quadrilateral kite-shaped sides. This form is also known as the Chestahedron because it is the shape of the heart which is located in the chest. It

may also have been named after Frank Chester, who was instrumental in demonstrating how the heptahedron explains how the heart functions in boosting the spiraling movement of the blood through the blood vessels.

The heart is not a hydraulic pump as is taught in traditional anatomy and physiology classes. This is based on the observation that before the heart is formed and functioning in an embryo, blood is already circulating in the tissues in a spiraling motion. This means that blood is self-propelled – it uses the energy drawn in from the zero-point field by the spiral to move.

Then, once the heart has been formed, it acts to boost the self-propelled blood. It does this because of its structure. It has eight layers of muscle fibres laid out in a spiral, four in one direction and four in the opposite direction, and the differing thickness of the walls due to the heptahedron shape of the left ventricle means that the heart twists when it contracts. This twisting movement creates a suction and amplifies the oxygenated blood's counterclockwise spiraling motion out into the aorta. The aorta (with its three ridges) and the arteries continue this boosting of the spiraling blood with their contractions.

Spiraling blood creates a vacuum in its centre. It is this vacuum that explains how the energy is drawn from the zero-point field to keep blood moving through the ever-narrowing arteries until it moves through the microscopic capillaries that are distant from the heart.

There is another feature of the heart's action that explains one of the ways that blood is brought back to the heart through the venous system. Veins have no pressure in them. The

return of blood is dependent on the contraction of skeletal muscles around the veins, one-way valves in the veins, the draw of the negative pressure in the lungs during breathing, and the suction created by the vortex's vacuum within the heart when it twists upon contraction as well as the vacuum of the vortices within the spiraling blood itself.

It is interesting to note that deoxygenated blood returning to the heart is spiraling clockwise. Once it enters the left ventricle, the heart's contraction forces the spiraling to momentarily pause and then reverse into an anticlockwise spiral.



A third feature created by the heptahedron's twisting movement is that the vortex releases ions that, in turn, create the heart's electrical field. This electrical field becomes the 'heart-generated' toroidal field around the body, carrying the information of who we are to each cell of the body and into the immediate environment around us. (This is the field that we can consciously amplify with the practice of the *More* and *Additional HelioSol* techniques.)

It is interesting to note that the Earth's toroidal field is also governed by the heptahedron and that we humans are connected in resonance to that energy.

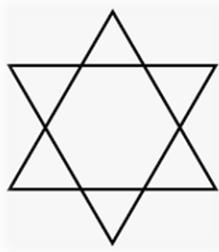
### **Possible Indications**

- To act as the geometric template for the human heart, both on the physical level and symbolically
- To provide the framework for reshaping a heart that has gone into congestive heart failure
- To support the spiraling flow of blood throughout the arterial and venous systems
- To strengthen the toroidal field around the body by improving the release of ions
- To help someone connect their toroidal field in resonance to the energy of the Earth's toroidal field

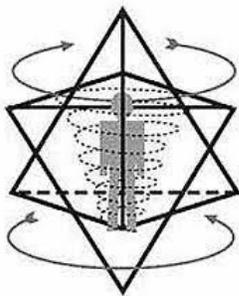
### **Star Tetrahedron**

The star tetrahedron has been known throughout history as the double tetrahedron, Star of David, Seal of Solomon, or the Merkabah (also sometimes spelled Merkaba). When we breakdown the ancient Egyptian term Merkabah, we get an inkling of what this sacred geometric shape means: 'Mer' is interpreted as 'light,' 'Ka' as 'spirit,' and 'Bah' as 'body.' Therefore, the star tetrahedron is believed to be the representation of the energetic and geometric shape of the light body connecting with the physical body. Another way of imagining this is that the star tetrahedron is a pattern of light and geometry that connects all levels of being – physical, energetic, emotional, mental, and spiritual – hence symbolizing completeness or the perfection of Divine harmony.

The star tetrahedron can be imagined in two- or three-dimensions.



In two dimensions, the star tetrahedron combines two equally sized triangles, bringing together the masculine (upwards pointing triangle) and the feminine (downwards pointing triangle) in perfect balance. From this perspective, it represents the divine union of Yang/male and Yin/female energies that each human being consists of within the world of duality. It demonstrates that polar opposites are not mutually exclusive, but can and do coexist.



In three dimensions, a single star tetrahedron is made up of two tetrahedrons, one pointing up and one pointing down, that are fused together. Recall that there are three superimposed star tetrahedrons that encompass the human figure – one spinning left, one spinning right, and one stationary. How balanced the three star tetrahedrons are defines a person's state of health on all levels – physical, emotional, energetic, mental, and spiritual.

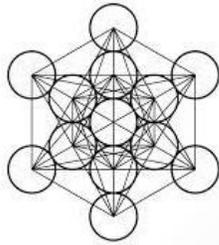
The energy field that is created by the two spinning star tetrahedrons is considered to be the 'motor' that activates the light body and helps the mind and soul expand to overcome any feelings of limitation, being trapped, or stuck in life.

Either one of the spinning star tetrahedrons may be identified as requiring balancing under 'more information, what?' to make corrections to issues showing up on the right (masculine) or left (feminine) side of the body.

The stationary star tetrahedron is one way to connect the human bodymind to the fifth dimensional unity consciousness. It is a reminder that all is One, that we are in harmony with our true nature of non-duality and agape love.

### **Possible Indications**

- To bring balance to the Yang and Yin energy systems
- To align all three star tetrahedrons around the bodymind so they are once again superimposed on each other
- To activate the light body and unite it with the spirit and physical body, stimulating personal growth and unity consciousness
- To remind us that we are multidimensional beings without limits
- To offer protection through the energy field created by the spinning tetrahedrons
- To correct any imbalances on the right side of the body (masculine) or left side (feminine)



### **Metatron's Cube**

Metatron is the name given to an archangel who is supposedly responsible for making sure that the energy of heaven (Universal Consciousness, the zero-point field) flows in proper balance to manifest all things in the universe. Metatron's Cube, therefore, symbolizes the creation of physical reality from the 'spiritual' realm and makes sure that all aspects of creation are in harmony.

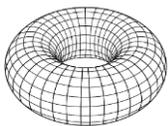
Metatron's Cube is a complex sacred geometrical shape. All five Platonic solids, the building blocks of the universe, are found in Metatron's Cube. The Cube is also found at the top of the Kabbalistic Tree of Life which describes a model of reality.

This three-dimensional form consists of 13 spheres connected with many straight lines. The spheres represent the feminine or Yin energies and the straight lines the masculine or Yang energies. They work together to create all things within the unified whole. With Metatron's Cube we can also observe that everything is connected to everything else, that everything is in tensegrity – if one aspect is disturbed, that disturbance resonates throughout the entire structure.

Another interpretation is that the straight lines represent the physical body and the spheres the consciousness that infuses the physical. Metatron's Cube, therefore, represents the whole person on all levels. Additionally, by spinning, Metatron's Cube forces non-useful energies to return to the zero-point field and pulls in energies that are useful. This helps us to let go of any negative charges that have accumulated through the experiences of life, such as limiting beliefs, patterns, and emotions, and to move forward by bringing in 'positive' energy.

### **Possible Indications**

- To support manifestation and making sure it is in harmony with all
- To bring tensegrity to all of manifestation
- To return non-useful energies to the zero-point field and pull in useful energies
- To help release limiting beliefs, patterns, and emotions



### **Torus**

The torus is a type of vortex. It has the shape of a doughnut with the energy continuously spiraling from the surface to inside the core and back out again.

This movement is based on the Fibonacci spiral pattern and the Phi spirals are what create the torsion waves or fields that release the energy from the zero-point field to create physical matter. We call this energy by various names, such as free energy, subtle energy, Qi, Prana, or life force energy. The torsion waves are the carrier waves for consciousness and are found associated with everything in the universe from atoms to life forms to stars and galaxies.

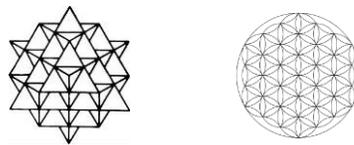
A lot of energy is used by the immune system and other repair systems to counteract any imbalances in the bodymind that a person may be struggling with. So, in a HelioSol session, it is possible for the torus around any physical or energetic structure in the bodymind to be highlighted for strengthening and expanding, or even to be added, in order to bring in more energy from the zero-point field for healing to take place.

(Note: strengthening and expanding the torus around the whole human body is the focus when practicing the *More* and *Additional* HelioSol techniques.)

### **Possible Indications**

- To strengthen and expand the torus around any physical or energetic structure in the bodymind
- To bring in more zero-point energy for any physical or energetic structure in the bodymind to rebalance or heal itself
- To add the extra energy required by the DNA to create any proteins that are deficient or missing (e.g., a hormone or neurotransmitter)

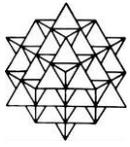
## **6. 64 Tetrahedron/Flower of Life**



The 64 tetrahedron (64T) is made up of eight interlocking star tetrahedrons. When a circle is drawn around the points, it becomes the Flower of Life (FOL). The 64T and the FOL basically represent the same structure and therefore represent the same characteristics. They are both considered to be the blueprint of the universe, the foundational shape of spacetime, the shape that holds zero-point field information, and the shape of Universal Consciousness. Both geometrical shapes represent the basic design of all atoms and molecules. The 64T with all its straight lines is considered the masculine aspect and the FOL with its circles is then the feminine aspect.

Both the 64T and FOL are now included in the Emergency Care template as they provide all the frequencies the bodymind requires to self-regulate and self-heal.

## The 64 Tetrahedron



The 64T is an energetically inert or stable solid because it is a tensegrity structure – all the inward forces (contraction) are counterbalanced by the outward forces (expansion). The 64T is the source of all zero-point field energy. For this reason, the torus and 64T are often indicated together as it is the torus that is able to draw out the energy from the 64T.

The number 64 is significant. There are 64 different types of codons in human DNA and there are 64 identical cells before differentiation occurs in an embryo. Therefore, the 64T can be used in a HelioSol session to bring a cell back to its undifferentiated state and affect the functioning of the cell at the genetic level.

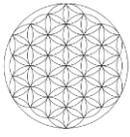
The 64T is fractal in nature which also means it is holographic. The 64T can hold all zero-point field information – past, present, future – in holographic, neutral form in space or three dimensions. This leads to a theory that severe traumatic active memories are stored in 64 tetrahedrons that are held in the spacetime locations where and when they were created. This leaves behind a trail of a person's active memories throughout the universe as the Earth spirals around the galaxy with the sun. HelioSol practitioners may be led to finding the 64T holding a particular traumatic memory to apply the appropriate template for changing the information so that it is transformed into a passive memory.

The 64T has a sphere of energy around it which creates the point at which information can be accessed from it or added to it. The scientific name for this point is the event horizon. It acts as a gateway. The point in the universe where this inert/stable energy/information can be most easily changed from outer information (Newtonian) to inner information (quantum) and vice versa is the genetically healthy human cell membrane vibrating at  $10^{11}$  ergs – which represents the sphere of energy around the 64T. When a cell membrane is clear of all blockages and is vibrating at the  $10^{11}$  frequency, we call that enlightenment; that is, where it can know all information that exists in Universal Consciousness that came from the initial light-state of all possibilities (the zero-point field). This is another way of describing what happens in a HelioSol session – the focus is to get cell membranes vibrating as close to  $10^{11}$  as possible using consciousness.

### Possible Indications

- To bring tensegrity into all aspects of life
- To bring a cell back to its undifferentiated state and affect its functioning at the genetic level
- To isolate a traumatic memory in spacetime (for the purpose of transforming it into a passive memory)
- To highlight the event horizon of a cell (its membrane) and get it to vibrate closer to  $10^{11}$  ergs

## The Flower of Life



The FOL symbol begins with a dot in the centre, representing the beginning or genesis. *All* other sacred geometrical shapes, not only those included in this manual, progress outward from the dot (for example, the Seed of Life, the Egg of Life, the Fruit of Life, the Tree of Life, Jacob’s Ladder, and so on). The FOL is, therefore, the symbol that represents the source of frequencies from which everything is created.

The FOL symbol is usually depicted as being enclosed in a circle. This outer circle represents the event horizon, just as the 64T is encircled by an energy sphere.

The FOL symbol has been found in sacred sites, on ancient artifacts, churches, mosques, temples, and in literature in countries all over the world. The oldest known examples of the FOL were in Egypt, but were also found in European countries like England, Ireland, Sweden, Italy, Spain, Denmark, Germany, and Austria, as well as in Israel, Tibet, Turkey, India, Japan, and China – indicating that the knowledge that the symbol contains – the divine, mathematical order in all life – was understood by those ancient peoples.

One lesson to be extracted from the fact that all sacred geometry is contained in the FOL is that everything is connected and part of the whole. Humans are of the same blueprint as all other creations in the universe. Nothing is separate from everything else. This allows the FOL to bring a sense of inner knowing that all is One when it is applied in a session.

### Possible Indications

- As part of the Emergency Care template to bring about self-regulation and self-healing
- To support creativity, conceiving thoughts and ideas that allow life to ‘flower’
- To correct any issues of fertilization of an egg and cellular replication
- To understand the nature of the universe
- To bring a sense of inner knowing that all is One

## Concern: Preparation, Future Event

As HelioSol practitioners, we understand that time is not linear, that chronological time is an illusion that we have created with our left, logical minds. However, our clients' belief in horizontal time leads them to believe that their unhappiness and health struggles originated in what they think of as their past. So, for the most part, HelioSol practitioners appear to be working primarily in unravelling the issues of the past using the information supplied by the clients' innate intelligence.

The Preparation category of concern is one place where we are directed to work with getting a client to be in optimum condition to deal with something that has not yet manifested in their life. This approach is very useful for several different scenarios that may happen as 'future' events. The following are some examples. If the client is:

- An athlete – they can be prepared for an upcoming competitive game or other event. A preparation session will allow them to be at their personal best for peak performance at the right moment in time.
- A performing artist – any stage fright can be mitigated so that they can perform at peak performance level.
- A student – to help them deal with exam anxiety and do well on the exam.
- A businessperson – to help them with any business presentations or coping with a crisis looming in the future.
- A patient awaiting surgery – can have their physical body prepared to accept the invasive procedure, avoid complications during the surgery, and heal in about one third of the estimated time.
- Anyone anticipating an uncomfortable event based on a fear or phobia (such as going to the dentist, flying, attending a family reunion, having to give a public talk – this list is endless!) – to be able to participate in the event without any emotional disturbances.



Of course, it is preferable to address these types of challenges and fears of future events in regular sessions so that they become non-issues. However, preparing someone for something specific that they will be experiencing helps to support them in creating a happier, healthier life for themselves.

### How to Approach a Preparation Concern

1. Find the future event by asking the client what they are anticipating. The client is often consciously aware of something looming in the near future that they would like to have support with. If they are not able to think of something, go through the next steps anyway, as the event may not be known except by the innate intelligence that has access to all information.

2. Determine whether the client needs the preparation to kick in before the event, during the event, and/or after the event .
3. Find the time or trigger that will be used to release the frequencies at the appropriate moment. Timing is always figured out as a certain amount before, during, or after the event takes place, rather than a specific time. For example, a runner may need to be in peak performance 10 minutes into the race, not at 9:10 am. This approach allows for postponements of the event for any reason. The frequencies will not be downloaded until the person is 10 minutes into the race, even if it was supposed to start at 9:00 am, but was then delayed until the next afternoon. Alternatively, it may be a trigger that is required. For example, a student's preparation frequencies may begin downloading the moment they enter the examination hall.
4. Continue with the normal questioning procedure to find the underlying beliefs and templates for each of the formulas that will be downloaded.

When downloading, the frequencies and the timing or trigger(s) will be held by the hippocampus until required. The client does not need to 'do' anything to release the frequencies – they will automatically release, create the intended shifts, and then if they are to be repeated, go back into the hippocampus for storage until the next time they are to be activated.

## Concepts: Environment

From our understanding of the relationship between our consciousness and the external environment, we know that ‘physical’ things ‘out there’ are in and of themselves not a problem – it is our beliefs about those things that cause us to be vulnerable that then get transformed into symptoms or unhappiness. For example, let us say under Concepts: Environment you are taken to an object in the workplace and isolate the computer on the client’s desk. It is not the computer that is causing the symptoms of eye strain and migraines that the client complained of, but rather what it symbolizes. Sitting in front of the computer may trigger the person’s “I hate my job” belief and the associated emotions cause havoc at the physical level. The eye strain stops the person from seeing the work that needs to be done and the migraines stops them from being able to work at all.



When the environment category comes up, you are looking for what in the person’s surroundings is the trigger for the emotional attachment to the belief that needs to be addressed. Here are some questions to help you find the environmental factor:

- Is it an object?
  - On the person? Clothing? Jewelry?
  - Something owned? Car? House? Boat?
  - In the home? Which room? Which appliance? Which piece of furniture?
  - Is the object outside or inside?
  - In the neighbourhood? Or city?
  - At the workplace? On the desk? A piece of equipment?
- Is it a place?
  - Home?
  - Work?
  - Place of worship?
  - Public space? Confined space?
- Is it a person?
  - Self?
  - Is it a male or female?
  - Family member? Mother? Father? Sibling? Grandparent?
  - Someone the client knows personally? A friend? A neighbour? A coworker?
  - Someone the client does not know personally? A politician? A religious leader?
- Is it an animal?
  - The client’s pet? Alive or deceased?
  - Someone else’s pet?
  - An animal in the neighborhood?

- A wild animal?
- An animal spirit guide?
- Is it a plant?
  - Real or artificial?
  - In the house? Which room?
  - On the property? In the front, side, or backyard?
  - A crop in the field?
  - A bush or tree?
  - A forest?

Remember that these questions are only a starting point and you may need to keep asking more refining questions to get to what the client's innate intelligence wants you to find.

You can engage the client, if possible, to help find the environmental factor and then ask them what their feelings are about it. This will speed up the process of finding the underlying beliefs. Then, of course, you continue with looking for the templates.

### **Concepts: Family**

All cultures have very strong, and often common, beliefs around the concept of family. Most cultures, but not all, value family above all else. This leads to sayings that are reinforced in the family that are some variation of:

- Honour thy mother and father; do not disrespect your elders; do as you are told
- Children are to be seen and not heard; boys are more valued than girls
- Blood is thicker than water; family always sticks together; as long as you are part of the family, you will be protected
- Family secrets stay within the family; only family can be trusted; do not talk to strangers

When family comes up to be explored, you can ask the client what they heard as children about being a part of the family.



## Concepts: Relationship

Relationships with other people are another rich source of beliefs. It starts with our relationships within the family, but extends to all other relationships that are developed in a person's lifetime. For example, if a child at an early age experiences the death of a parent, the child may believe that they have been abandoned. That theme of abandonment may be repeated unconsciously in future relationships. In a session, you may be taken back to the parent/child relationship or to another situation where the client felt abandoned, such as with a business partner who left them stranded. The client's innate intelligence will lead you to whatever relationship will highlight the underlying belief that gets triggered.

Here are some questions that will help you find the relationship that needs to be explored:

- How many people involved? Two, three, ...?
- Between adult/child, adults, male/female?
- What type of relationship?
  - Romantic
  - Family
  - Religious
  - Business
  - Social
- What happened?
  - Abuse of some kind? (sexual, physical, emotional, mental, financial)
  - Control issues?
  - Abandonment?
  - Betrayal?
  - Power struggle?
  - Loss/death?

Again, remember that these are starting points for your detective work. Engage the client, if possible, since they may be able to bring their underlying beliefs to the surface. Or you may need to rely on your intuition when connected with the client's hologram to find the associated belief.

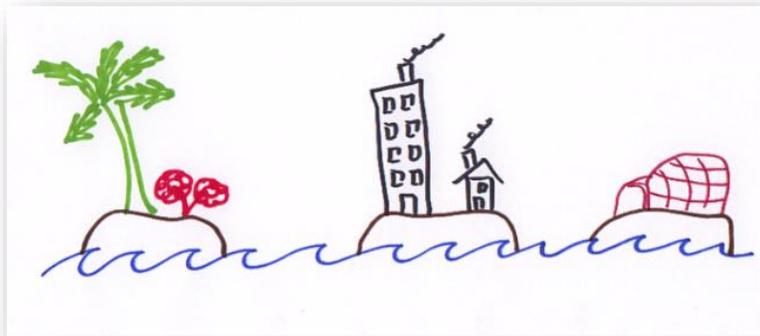
## Concepts: Space

As presented in the *More Philosophy* course, we understand that spacetime is a continuum, infinite and eternal. Yet, the human brain is not able to fully comprehend spacetime and so we have broken down this whole concept into the two 'illusions,' the two polarities we call space and time. The belief that space and time are separate and are real, leads to other beliefs that cause people to be unhappy and can lead to symptoms and illnesses.

First, we will review the implications of believing that space exists and then, in the next section, that time exists.

Because humans cannot see the energetic connections that exist between the denser vibrations that we call physical matter, we believe that things we can see take up space and that there is empty space between them. We create the delusion that 'I take up this space,' 'you take up that space,' and 'there is empty space separating us.' We think of ourselves as separate from everything 'out there' and interpret it as 'not me' – other people, animals and plants in nature, the objects in the environment around us, the universe, and most importantly Universal Consciousness (or the Absolute, Creator, God, and so on). When our ego does not see itself as part of everything, it leads us to make comparisons and form judgements. We tend to judge ourselves against the other that we are separate from. If we understood that all is One, there would be no need to make these comparisons.

The analogy of looking at three islands all 'separated' by water demonstrates this.



The three islands appear quite different from each other. We might judge one as better than the others depending on our beliefs. Someone may say the one with the lush exotic plants is the best, whereas someone else may say it is not a desirable place to be because of the heat and humidity – that the island with the igloo is more to their liking. The island with the buildings on it may or may not appeal for different 'reasons.' Seeing the three islands as separate entities causes comparisons and emotional arguments.

However, if you could see below the 'sea' level, it would become obvious that all three islands are connected, they are part of the whole – the one Earth. With this change in perspective, the illusion of separateness disappears. You would see that the continuous land that the Earth consists of is simply covered by water creating the illusion that there are three separated,



isolated land masses. And just because they are connected does not mean that they have to be the same. What is the point of arguing which one is best when they serve various functions and appeal to different people for different reasons? Unity does not require uniformity. Diversity coexists with unity.

And so it is with everything else. If we could see the unseen, we would realize that everything is part of the One whole. Everything and everyone have their differences and serve different roles in the wholeness of the universe and Universal Consciousness and energetically all of nature is entangled in the one web. There is no need for humans to judge and act on that judgement – for when we do, the effects and consequences not only show up as symptoms in the bodymind, but also ripple throughout the entire web of life.

Because of our early exposure to beliefs about ourselves and the world around us, we are *taught* to believe that there is space between us and others, that we are separate from everything else that exists on Earth. Beliefs, then, can be categorized into those that address self and those that address the rest of humanity and the world, what we can label as the 'other.' This, then, is the first question to ask when 'more information? what' comes up when you are taken to 'space:.' Self? or Other?

### **Beliefs that Address Self**

Most people tend to judge themselves negatively in comparison to other people. This can lead to issues of low self-esteem, low self-confidence, and low self-worth. On the other hand, the opposite may also occur, that the person develops beliefs of superiority when they compare themselves to others.

When space comes up under Concepts in a session, ask if it is an “I am...” or “I am not...” statement that you are looking for to find the beliefs the client attributes to themselves when they compare themselves to others:

- I am not enough
- I am not lovable
- I am stupid
- I am ugly
- I am too fat
- I am weak
- I am unworthy
- I am not a good person
- I am being punished
- I am better than everyone else

### **Beliefs that Address the “Other”**

Here are some examples of other possible beliefs originating from the concept that we are separate from everyone and everything else in the universe:

- People are stupid and incompetent
- Whatever happens in other countries does not affect me
- Climate change, air/water/earth pollution are not my problems
- It is OK to make money by any means
- I can buy whatever I want, no matter where it comes from
- The earth’s resources are there for us to use
- I am not responsible for the extinction of animal species
- We can colonize other planets and mine them for what we need
- God/Allah/the Creator, etc., has forsaken us

The ultimate goal of releasing any attachments to the belief that space is real and we are separate from all else in the universe is to bring us closer to our true nature.

*“As the rivers flowing east and west merge in the sea and become one with it, forgetting they were ever separate streams, so do all creatures lose their separateness when they merge at last into pure Being.” Chandogya Upanishad*

## Concepts: Time

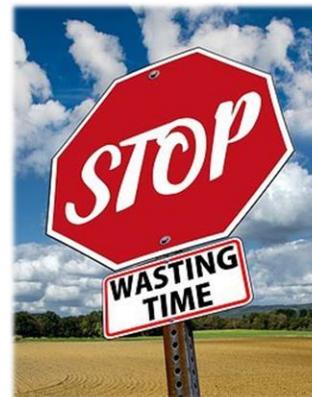
Time is the other polarity that spacetime is broken down into to make sense of what we are experiencing. Time is further broken down into the polarities of past and future – both of which are ‘illusions’ as time is not linear in that way. Beliefs about what happened in the past trigger emotions like regret and guilt; the belief that the future is unknown and uncertain triggers emotions like fear and anxiety. Believing that whatever happened in the past is going to affect the future also leads to many disruptions in the bodymind.

The reality is that there is only the Now or present moment. It is only the mind that travels ‘back’ or ‘forward’ in time, obsessing over things that happened or will happen. The body is always in the Now moment.



Animals naturally live in the present. Although they may have a sense of when they are dying, humans appear to be the only species that have a conscious knowing that life on Earth does not go on forever, that death is inevitable. Believing that our time on Earth is limited, that we do not know when it will end, generates a lot of fear leading to beliefs of what we should and should not be doing with our time. Look for some of these types of beliefs when time comes up under Concepts:

- Time is precious
- Time should not be wasted
- There is not enough time
- Life is short
- I need a purpose and goals in my life
- I should achieve something worthwhile in my life
- I need to succeed
- I need to grow and evolve
- I have lost control of my time
- I need to change my life
- I must work hard



It is interesting that many of these types of beliefs are valued by our society because of the false notion of time.

Another concept associated with time is aging. There is a lot of cultural pressure on people around the world on looking young and remaining youthful. There are not many role models – especially for women – on how to age gracefully. There is a fear of growing old, not just in developing wrinkles and hair turning gray, but in losing physical and mental functions –

especially if someone has observed their own aging parents struggle with declining physical and mental health.

So, when ‘more information? what’ comes up under ‘time,’ you can explore the beliefs associated with the:

- Past?
  - Regrets or guilt?
- Future?
  - What should be doing?
  - Fear or anxiety?
    - Of aging?
    - Of death or dying?

### Concepts: Work

There are many beliefs that people are subjected to when it comes to work. In many cultures, a person’s worth and identity is equated with what type of work they do and how much money they make. If a person is identified with their work or their financial wealth, it could lead to any number of physical, emotional, or mental issues. An extreme example would be someone who dies shortly after retiring from the work that they identified themselves with. Once the job or career has ended, the person believes they are now useless, they have no purpose left in life, and they lose their sense of who they are. The bodymind reflects this ‘uselessness’ by shutting down its systems leading to death.

From the Heliosol perspective, work may entail anything that the client defines as work – it can be paid or unpaid. Here is a list of different types of work you can explore in looking for the associated belief:

- School work
- Homework
- Volunteer work
- Career/job
- Community work
- Housework
- Yard work
- Spiritual work



Here is a list of a few beliefs around money, should it come up under 'more information? what' under 'work:'

- I am only as good as the amount of money I make
- Money does not grow on trees
- Money does not buy happiness
- Rich people are crooks
- You cannot reach spiritual realization unless you give up all your worldly possessions
- Money slips through my fingers like water
- Money is for spending, not saving



## Suggested Reading

Cartagena-Collazo, Jose, *Clinical Parapsychology: Scientific Techniques to Remove Spiritual Entities* (in Spanish)

Cowan, Thomas, *Human Heart, Cosmic Heart*

Linstead, Stephen, *Scalar Heart Connection*

Marinelli, Ralph, et al., *The Heart is Not a Pump: A Refutation of the Pressure Propulsion Premise of Heart Function*

Miller, Seth T., *A New Sacred Geometry: The Art and Science of Frank Chester*

Pollack, Gerald, *Cells, Gells and The Engines of Life*

Rawles, Bruce, *Sacred Geometry Introductory Tutorial*

Schneider, Michael S., *A Beginners Guide to Constructing the Universe*

Shepherd, Ralph, *Beautiful Schools*

VanDen Eynden, Rose, *Metatron: Invoking the Angel of God's Presence*

Veltheim, John, *Eastern Medicine*

Ward, Geoff, *Spirals: The Pattern of Existence*

Williams, Kathy (Kay), *Remarkable Seven Sided Form, Part 1: The Magical Heart*

Zeising, Adolf: *New theory of the proportions of the human body, developed from a basic morphological law which stayed hitherto unknown, and which permeates the whole nature and art, accompanied by a complete summary of the prevailing systems* (in German)

## Appendix A

This quote is attributed to Sir Anthony Hopkins:

*"Let go the people who are not prepared to love you. This is the hardest thing you will have to do in your life and it will also be the most important thing. Stop having hard conversations with people who don't want change.*

*Stop showing up for people who have no interest in your presence. I know your instinct is to do everything to earn the appreciation of those around you, but it's a boost that steals your time, energy, mental and physical health.*

*When you begin to fight for a life with joy, interest and commitment, not everyone will be ready to follow you in this place. This doesn't mean you need to change what you are, it means you should let go of the people who aren't ready to accompany you.*

*If you are excluded, insulted, forgotten or ignored by the people you give your time to, you don't do yourself a favor by continuing to offer your energy and your life. The truth is that you are not for everyone and not everyone is for you.*

*That's what makes it so special when you meet people who reciprocate love. You will know how precious you are.*

*The more time you spend trying to make yourself loved by someone who is unable to, the more time you waste depriving yourself of the possibility of this connection to someone else.*

*There are billions of people on this planet and many of them will meet with you at your level of interest and commitment.*

*The more you stay involved with people who use you as a pillow, a background option or a therapist for emotional healing, the longer you stay away from the community you want.*

*Maybe if you stop showing up, you won't be wanted. Maybe if you stop trying, the relationship will end. Maybe if you stop texting your phone will stay dark for weeks. That doesn't mean you ruined the relationship, it means the only thing holding it back was the energy that only you gave to keep it. This is not love, it's attachment. It's wanting to give a chance to those who don't deserve it. You deserve so much, there are people who should not be in your life.*

*The most valuable thing you have in your life is your time and energy, and both are limited. When you give your time and energy, it will define your existence.*

*When you realize this, you begin to understand why you are so anxious when you spend time with people, in activities, places or situations that don't suit you and shouldn't be around you, your energy is stolen.*

*You will begin to realize that the most important thing you can do for yourself and for everyone around you is to protect your energy more fiercely than anything else. Make your life a safe haven, in which only "compatible" people are allowed.*

*You are not responsible for saving anyone. You are not responsible for convincing them to improve. It's not your work to exist for people and give your life to them! If you feel bad, if you*

*feel compelled, you will be the root of all your problems, fearing that they will not return the favours you have granted. It's your only obligation to realize that you are the love of your destiny and accept the love you deserve.*

*Decide that you deserve true friendship, commitment, true and complete love with healthy and prosperous people. Then wait and see how much everything begins to change. Don't waste time with people who are not worth it. Change will give you the love, the esteem, happiness and the protection you deserve."*

## About Sylvia Muiznieks



For almost three decades, Sylvia Muiznieks has had extensive experience in the complementary health field as a practitioner, educator, and administrator.

Sylvia earned a BSc in Kinesiology and Health Studies from the University of Waterloo in Ontario, Canada. Sylvia taught anatomy & physiology and advanced massage technique courses in the Mount Royal University massage therapy program in Calgary and she subsequently was the Administrator of the Centre for Complementary Health Education at Mount Royal University for 9 years. Sylvia became a Certified BodyTalk Instructor in 2002 and a

MindScape Instructor in 2003. She has taught extensively throughout Canada and the world. She retired from teaching IBA courses in January of 2021.

In 2017, Sylvia developed the HelioSol Technique and then the HelioSol System. She continues to expand the courses for the HelioSol work to make the information available to practitioners of other alternative health care modalities as well as to people with no health background.

Sylvia maintains a busy clinical practice in Cochrane, Alberta, and has many distance clients throughout the world.

### Contact Information

Phone           +1.403.981,5613

Email            [sylvia@innatehealing.net](mailto:sylvia@innatehealing.net)

Websites        [www.heliosolsystem.org](http://www.heliosolsystem.org)  
[www.innatehealing.net](http://www.innatehealing.net)