VOL.1
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HelioSol System

CHEERS TO 2021

and what a year it has been!



Let's take a look over the last year...

Despite the current global climate, (or perhaps because of it!) our HelioSol community has grown substantially over the last year. As a collective, we noticed more people wanting to shift, grow, and heal which ultimately led to our continued expansion. Our first anniversary is quickly approaching as the HelioSol System was officially launched on January 20, 2021. With only a small handful of practitioners when we started, we have quickly expanded to 37 practitioners across 8 countries. Additionally, now that our foundational and supplemental courses are up and running for our animal program, we had the wonderful privilege of adding 4 animal practitioners across 4 countries!

The animal courses are not the only ones that were added in 2021. We added a couple of other levels for some of the existing courses. For example, we now have the More and Additional HelioSol Technique courses that build upon the Foundational HelioSol Technique course. The More and Additional levels focus on expanding and strengthening the heart generated toroidal field around the body and raising personal consciousness. To see the whole slate of courses now offered, you can access them here.

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EXPANDING PRACTITIONERS ACROSS MANY COUNTRIES

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BEHIND THE SCENES

If you have family or friends asking "what is this HelioSol work that you do?" you can direct them to take a look at the Introduction to the HelioSol System video on the landing page of our website that was added earlier this year. And if someone doesn't understand English, no problem! This video is also available with subtitles in 5 different languages (Swedish, German, Italian, French, and Spanish). We will be adding Japanese subtitles in the coming New Year. This video is a handy tool to help with the job of explaining the HelioSol System to those who are curious.

One relaxing thing you can do for yourself is to sit back and listen to a prerecorded HelioSol session conducted by the founder, Sylvia. The video recorded group sessions have as many healing benefits as real time sessions, and there happen to be two group sessions available on our website as well as on our Facebook page. These videos are another great way to introduce family and friends to the work - just get them to dip their toes into a recorded group session!

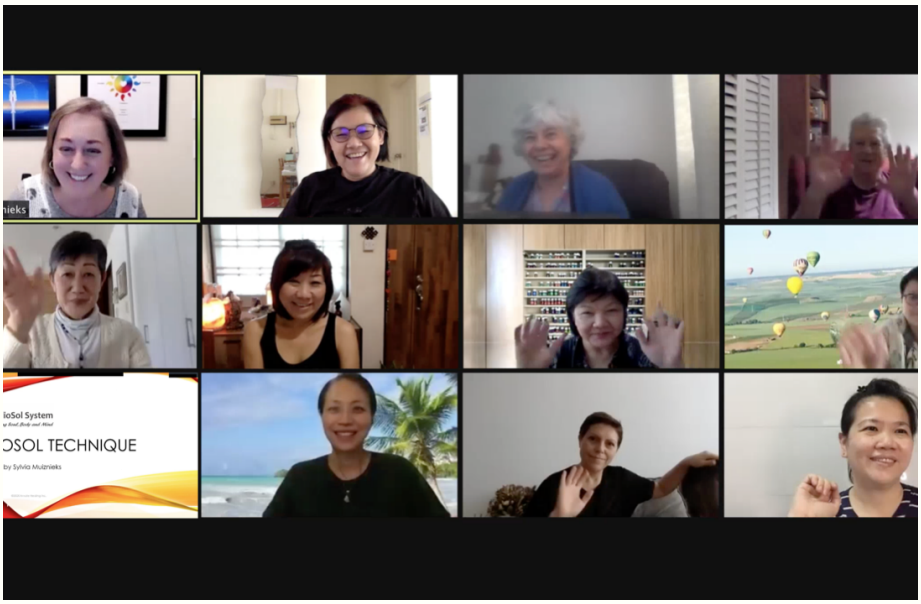
2021: behind the scenes

If you were to take a look behind the scenes, we have been busy strengthening our instructor matrix as well. We held 3 Instructor Advisory Committee meetings in 2021. Not only did we share a few laughs, our thoughtful discussions helped move the system forward. Our group of instructors also worked together on monthly exchange sessions. These sessions offer an opportunity to have our team get to know one another, share information, bounce ideas, and practice their skills through giving and receiving HelioSol sessions.



Of course, where would we be without our students? We continue to appreciate the feedback and suggestions you make to improve the way we present information and do things. Your contributions have made the system stronger. Thank you.

In response to a popular request, we made the HelioSol Master Chart available as a poster, to go along with the Healing Wheel and the HelioSol Technique image (the one with the person within their toroidal field) for practitioners to put up on their clinic walls. All three posters make excellent conversation starters and are available through the instructors.



In 2021 we launched a mentorship program where students (and new practitioners) received support in learning the material or in building their practices by connecting with experienced practitioners who volunteered to share their knowledge and insights. We are so thankful to this group of volunteers who were so generous with their time and expertise!

One of our experienced instructors, Cheryl, hosted monthly gatherings (Night of HelioSol), and Study Groups were held by our founder, Sylvia. Whether you are a new student or a seasoned practitioner, you are always welcome to attend these - there are more scheduled for 2022!

We are excited about the expanding opportunities and possibilities that 2022 will be bringing our way - for everyone involved in the HelioSol journey - clients, students, practitioners, and instructors.

Here's wishing you contentment, joy, and peace this holiday season and throughout the coming year!



TO SEE WHAT PEOPLE ARE SAYING ABOUT THE WORK AND THE COURSE CLICK HERE

"The Heliosol Technique developed by Sylvia Muiznieks is a concise and powerful modality. My Naturopathic medical practice now spans over thirty five years. My curiosity has lead me to explore many different healing modalities most recently into what Deepak Chopra, M.D. calls "quantum healing." I am going to place HelioSol in this lofty category.

HelioSol is beautiful in its simplicity and magical in its ability to deeply heal. I use it a lot in my practice.

The HelioSol Technique effectively helps restore homeostasis to individuals at a time in human history where there is so much confusion. What a gift!

AgapeMind I use personally, which adds a lot of colour to my chi gong sessions."

Doug Kuramoto, N.D., Canada