



HelioSol News

Reweaving the Web of Life through HelioSol

At its core, the HelioSol approach is about restoring harmony, within ourselves, within others, and within the natural world. As practitioners, we are not separate from the ecosystems we support; we are threads in the very web we seek to heal. The health of a plant, the vitality of a tree, or the state of a patch of soil is not just a reflection of environmental conditions, it's also a mirror of human beliefs, emotions, and actions.

Through our work, we begin to reweave the web of life, strand by strand. Each session, each intention, each shift in awareness contributes to the repair of a relationship that has long been frayed: the relationship between humans and nature. By addressing the energetic imprints and limiting beliefs that disrupt ecological balance, we help the land remember its own intelligence and capacity to thrive.

This is sacred work. It is also deeply practical. When we remove interference - energetic or physical - life responds. Plants rebound, ecosystems begin to regenerate, and humans feel more grounded and whole. The Earth, like all living systems, wants to be in balance. Our role is to step out of dominance and into collaboration, acting as conscious participants in the great unfolding of life.

"The way we see the world shapes the way we treat it," writes David Suzuki. "If a mountain is a deity and not a pile of ore... if a forest is a sacred grove, not timber; if other species are biological kin, not resources; or if the planet is our mother, not an opportunity - then we will treat each other with respect. Thus is the challenge, to look at the world from a different perspective."

Let this be the guiding perspective of your HelioSol practice: to see the sacred in all things, to recognize your kinship with every living being, and to act with the awareness that your thoughts and beliefs ripple outward, shaping the world around you.

By Sylvia Muiznieks

Two New Frequencies for Anti-Inflammation and Anti-Aging - Sylvia Muiznieks

Exciting new research is shedding light on how we might reduce inflammation and slow down the aging process at the cellular level. Scientists at the Buck Institute for Research on Aging have discovered that an enzyme called ADAM19 plays a significant role in both cellular aging and gut inflammation. When cells become damaged or age, they stop dividing but continue to release harmful inflammatory molecules. However, when ADAM19 is deactivated, it doesn't kill these aging cells. Instead, it reduces the release of these damaging substances. This includes a group of proteins known as SASP (senescence-associated secretory phenotype), which are closely linked to inflammation, immune system activity, and tissue changes commonly seen in chronic gut conditions.

In a separate breakthrough, researchers at Osaka University have identified another key protein, AP2A1 (adaptor protein complex 2, alpha 1 subunit), which, when suppressed in older cells, appears to stimulate a rejuvenation effect. This discovery opens up promising possibilities for supporting healthy cellular function as we age.

The counter frequencies associated with these two proteins have been added to the Rejuvenation template, providing another potential option for a client's innate intelligence to choose from, helping to reverse or slow cellular aging. By cancelling out the frequencies of ADAM19 and AP2A1, they will be deactivated. This may prevent or at least delay the onset of age-related conditions, such as heart disease, osteoporosis, and certain types of cancer. Supporting youthfulness at the cellular level could ultimately lead to improved overall health and greater longevity for our clients.

Did you know?

Human skin is the body's largest organ and constantly regenerates.

In fact, you shed about 30,000 to 40,000 skin cells every minute. Over the course of a year, that adds up to nearly 9 pounds (4kg) of dead skin! Most of the dust you see in your home is actually made up of tiny flakes of shed human skin.



A giraffe's neck has the same number of neck vertebrae as humans, just seven! The difference is that each vertebra in a giraffe's neck can be over 10 inches (25cm) long, making their entire neck up to 6 feet (1.8 meters) in length.

To pump blood all the way up to their brains, giraffes have extremely high blood pressure, about twice that of humans. Their hearts are super strong (weighing up to 25 pounds or 11kg) and have thick muscular walls to handle this pressure.

"We're excited to share that the HelioSol website is being redesigned to make it easier than ever to find what you're looking for - whether that's healing, learning, or resources. Watch for our new look coming soon!"

Special AgapeMind Events

AgapeMind instructor Yuriko Onodera hosted a study group for the guided exercise "Meeting Deceased Loved Ones." The timing was especially meaningful as it coincided with Japan's August 18 celebration of ancestors returning to visit.

We also organized a special day for AgapeMind practitioners and members of our Alchemy for Life. AFL members volunteered as models for scanning exercises, sparking curiosity and interest among non-AgapeMinders to explore the course in the future.

It has been inspiring to see the creativity, and dedication within our Japanese HelioSol team.

We're looking forward to even more exciting developments in the months ahead!



Join us in Osaka, Japan November 7-10, 2025

Via Zoom (for compatible time zones)

We're thrilled to invite you to an extraordinary opportunity to dive deeper into the HelioSol System. This 4-day event in Osaka will explore the connection between personal healing and planetary health, with practical insights and transformative tools for both new and experienced HelioSol participants.

Here's what to expect:

Day 1: Healing Ourselves to Heal Nature
Explore how individual healing contributes to climate resilience through the HelioSol lens. Open to all.

Day 2: Plant Parts and Systems & Templates for Plants and Ecosystems
Dive into the anatomy and energetic systems of plant life. Open to HelioSol students and practitioners.

Day 3: Conducting HelioSol Sessions on Plants and Ecosystems
Hands-on training for HelioSol students and practitioners to support natural systems using HelioSol tools.

Day 4: Sessions Observation
Observe Sylvia in action as she conducts live sessions and explains the subtle, powerful dynamics behind them. Open to all.

If you're interested in attending one or more days (via Zoom), please email Sylvia at sylvia@innatehealing.net to express your interest and receive direct updates as information becomes available.

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Update from Japan HelioSol Activities So Far

by Yoriko Ogura

The HelioSol community in Japan has been buzzing with activity these past few months, and we're excited to share some highlights with you.

First Public Lecture - June 29, 2025
We held our very first full public lecture on June 29th. Approximately 20 people attended the free event, and each received a complimentary session from one of 10 practitioners, including several HelioSol instructors. The results were inspiring: two attendees have already registered for the HelioSol Practitioner course, which I will be offering for the first time in Japan this September.

Ongoing Public Lectures
Our instructors continue to take turns offering online public lectures on a regular basis, making HelioSol teachings accessible to more people across Japan.

Expanding Our Market Efforts
To strengthen our outreach, our instructor group has split into two dedicated teams:
Instagram Team - Posts a new article every five days to keep our community inspired and informed.
YouTube Team - Recently launched a creative story series! The first project is a 20-episode series featuring animals giving HelioSol sessions to their friends at the zoo. The team is experimenting with AI to create both the storyline and illustrations - an exciting blend of technology and healing creativity.

Let's come together to grow, heal, and reconnect with the living world.

A small cube of bone can bear the load of five pickup trucks! Nature has an incredible ability to create lightweight yet powerful structures.

DID YOU KNOW?
Young sunflowers track the sun across the sky in a behaviour called heliotropism, facing east in the morning and west by evening. But as they mature, they settle facing east permanently to attract more pollinators

Agape is the state of love that is known as unconditional acceptance of "what is, as is." Agape love has no conditions attached.
-Sylvia Muiznieks

COMING SOON!

The Unified Web of Life: The HelioSol Guide to Plants and Ecosystems

We're thrilled that the Web of Life: A HelioSol Student's Guide to Plants and Ecosystems will soon be available. It is an illuminating new book designed specifically for HelioSol practitioners and students eager to deepen their connection with the natural world. HelioSol practitioners and students in particular will find the information and insights beneficial in their sessions with plants and ecosystems. This beautifully structured guide explores the intricate relationships between plants, fungi, soil life, pollinators, water, weather, and more revealing the intelligence, communication, and healing potential woven into every ecosystem.

Inside this downloadable book, you'll discover how to:

- *Understand plants and ecosystems from both scientific and energetic perspectives.
- *Strengthen your awareness and understanding of nature's patterns.
- *Gain a deeper appreciation for the web of life.

From the secret language of trees to the mysterious power of mushrooms and the often-overlooked role of soil microbes, *The Unified Web of Life* brings ancient wisdom and modern ecological science into one holistic, practical resource. Whether you're fascinated by sound frequencies in plant healing or the subtle influence of weather patterns, this book offers insights that are both accessible and profound. Perfect for study, reference, or inspiration, this book is a must-have for anyone seeking a greater appreciation of life's interconnectedness or exploring the HelioSol approach to working with plants and the environment.

Go to <https://www.innatehealing.net/the-web-of-life> to reserve your copy and receive a time-limited discount.

COMING SOON!

Journey Beyond the Ordinary: Healing Soul, Body and Mind the HelioSol Way

We're excited to announce the soon-to-be-released new book, *Journey Beyond the Ordinary: Healing Soul, Body and Mind the HelioSol Way*. This inspiring guide explores the HelioSol System, a unique blend of ancient wisdom and modern science designed to support deep, holistic healing. Inside, you'll discover how thoughts, emotions, and beliefs influence the body; practical tools for balancing mind and spirit; and real-life stories that bring the principles to life.

In this downloadable book, you'll find:

- *Practical explanations of how the body, mind, and spirit are deeply connected.
- *Powerful techniques to help release stress, restore balance, and activate your innate healing capacity.
- *Inspiring case studies and testimonials that bring the HelioSol System to life.
- *Reflections and actions you can apply to your own journey or for guiding others.

Whether you're new to energy-based healing or seeking to deepen your practice, this book offers insights and techniques to help you align with your innate ability to heal.

A must-read for anyone seeking holistic, transformative care.

Go to <https://www.innatehealing.net/journey-beyond-the-ordinary> to reserve your copy and receive a time-limited discount.

**If you or someone you know is passionate about growing food that is nutrient-rich and resilient in the face of a changing climate, the Plants and Ecosystems program may be the perfect addition to your HelioSol toolkit. Together, we can build stronger, more adaptable food systems and ecosystems, ensuring a healthier, more sustainable future for all.*

Stay tuned for more details on how you can get involved and start making a tangible difference today.

