



HelioSol News

Message from Sylvia

These are undeniably challenging times, but here's a perspective worth considering: every generation before us has faced similar uncertainty and turmoil. What sets our era apart is the overwhelming flow of information we now receive in real time from every corner of the world - mostly filled with negative news. In fact, it's easy to see why things feel particularly chaotic when we're constantly exposed to it all.

However, this constant barrage of information often leaves us questioning what's true and what's not. Social media, with its endless streams of opinions and narratives, only adds to the confusion. "Fake news" and "alternative truths" are rampant, and the algorithms that govern our feeds only serve to reinforce the viewpoints we engage with. This creates a feedback loop where we are led further into our echo chambers, and instead of hearing diverse perspectives, we're being nudged into polarized extremes.

But what if we could step back from the binary choices that social media and news outlets present us? Instead of feeling like we need to take sides, we have the opportunity to practice a more holistic approach: circle thinking. This timeless, ancient way of navigating life encourages us to listen to all sides, without getting emotionally attached to any one viewpoint. By staying centered and aware, we can gain clarity and find common ground, rather than getting swept up in the extremes.

This is more important now than ever. When we face situations that others present as "do or die" scenarios, we must remain grounded, knowing that we have the ability to respond thoughtfully rather than react impulsively. The key to finding peace and direction lies within--through self-awareness and inner peace. Only by developing our own sense of calm can we confidently navigate the noise and uncertainty of the world around us.

The HelioSol System® is designed to help us cultivate this inner peace and clarity. Through practices like the HelioSol Technique®, the AgapeMind™ process, and HelioSol sessions, we can learn to let go of emotional attachments to any belief or information, allowing us to respond to the world from a place of inner balance. The chaos may persist, but with the right tools, we can stay grounded and move forward with clarity and purpose.

HELIO SOL NEWS

Journey into the HelioSol Technique® - by Katharina Arnesen

Imagine stepping into a life where your body and mind are in perfect harmony, effortlessly alerting you when something feels off-balance. Picture a world filled with a steady flow of free energy, where the awareness of "I Am" guides your every moment. This is the essence of a radiant life, a vision that the More HelioSol Technique (MHT) and the Additional HelioSol Technique (AHT) seek to bring into reality. For me it is a very different experience teaching the MHT compared to the Fundamental HelioSol Technique (FHT). In the FHT we introduce many concepts that might be new or even seem foreign to a first time student of this kind of medicine. But in MHT we really dive deep into the experience of how energy flows in and around the body throughout the toroidal field.

I experience it as being an almost magical moment of oneness when one after the other the participants first really sense their own energy field and how it becomes stronger and more vibrant with the use of MHT. I have the privilege of getting to experience one aha-moment after the other once they see and start to relate even more warmly with more understanding and supportive of each other. It is really quite different from most other on-online courses I teach with the exception of the AHT and the HelioSol Technique - Immersive Program. Most of the seminar is like a warm, loving light-bath. While learning to follow the natural toroidal flow and increasing it through breath and focus. It is so simple, so sophisticated, so complex and so beautiful. It brings a smile to everyone's heart. Most participants are smiling all through the second part of the seminar.

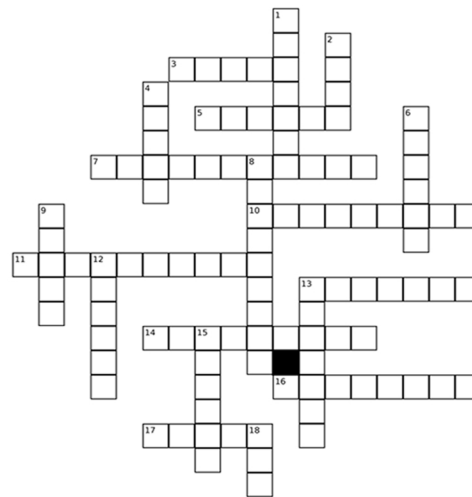
Did you know?

The largest flower in the world, *Rafflesia arnoldii*, smells like rotting meat! It can grow up to 3 feet (1 meter) in diameter and weigh over 15 pounds (7kg), emitting a foul odor to attract flies and beetles, which act as pollinators. Because of this smell, it's sometimes nicknamed the "corpse flower." Also cool: *Rafflesia* has no roots, leaves, or stems -- it's a parasitic plant that lives entirely inside its host vine, only emerging to bloom!



Bees communicate through dance! Honeybees perform a special move called the "waggle dance" to tell their hive-mates where to find food. The direction of the dance tells the angle relative to the sun, and the duration of the waggle part tells them how far away the nectar source is. So imagine a bee coming back to the hive, busting out a little dance routine, and the other bees are like, "Ah, got it - three shakes left of the sun and about 500 meters!"

Crossword Puzzle



Down:

1. a template that reminds receiver to be open and courageous in loving acceptance of support
2. a colour frequency that resonates within SoS = 741Hz
4. Chakra that resonates within SoS = 639Hz
6. a colour frequency that supports nourishment & intellect
8. heart and mind over matter
9. an extended definition emotion of Joy
12. a template that stimulates the self-healing mechanisms to the bodymind part that it is being applied
13. the start of the Healing Wheel
15. a colour frequency that helps restore equilibrium & purifies

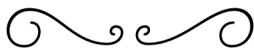
Across:

3. a template that aids in making the available hours of sleep feel like 8 hours.
5. a Deconstructive Template
7. a template that keeps Qi and Prana/Kundalini unimpeded in their respective channels
10. a Transcendence Template
11. a Constructive Template
13. in a HelioSol session this generally follows a concern
14. when one thing vibrates at the same rate as another object nearby
16. in 2017 this system was created
17. balancing of brain, heart brain, enteric brain, mind, and Absolute/Atman

Exploring the Light

by Katharina Arnesen

Can life truly be too bright? As we venture further into Additional HelioSol Technique (AHT), we discover that a high level of energy smooths out life’s journey, fostering enthusiasm, curiosity, and satisfaction both in the moment and as a long-term trend. Together, we explore how the flow of light in our own toroidal field resonates with the duality of the universe. Just as solar panels harness sunlight, our bodies function as living solar panels, ready to absorb the energy of light. AHT steps up your possibilities of harnessing this energy of light, even in the middle of the night or winter. Light is all around you all the time and flows smoothly into your vital systems while you focus on your stories when using AHT. I have witnessed participants undergo remarkable transformations -- issues that had seemed insurmountable melted away. The course became a catalyst for change, a bridge to a life filled with vibrancy and joy.



ARE YOU READY TO EMBARK
ON YOUR JOURNEY TOWARD
HEALING & CHANGE?



A Path to Transformation

by Katharina Arnesen

The journey through Foundational HelioSol Technique (FHT), More HelioSol Technique (MHT) and Additional HelioSol Technique (AHT), is more than just a series of courses; it is a pathway to disentanglement. With over 30 years as a practitioner and teacher in energy medicine, I have never experienced such a smooth and effective method. Inspired by the potential for growth, I approached Sylvia and proposed turning these techniques into a cohesive course series, designed for ongoing support and ease of integration into daily life. We decided to call it the HelioSol Technique - Immersive Program. The Immersive Journey starts with FHT, followed by MHT three weeks later, and then AHT three weeks after that. Each course builds upon the last, complemented on week days by short daily online check-ins to practice and clarify any questions. This allows for deeper understanding, turning each participant’s journey into a transformative experience. The HelioSol Technique is simple - but also complex - which makes it only natural to understand it more deeply after awhile. In a world filled with chaos, a unique opportunity for transformation awaits you. This is more than just a treatment; it’s a chance to gain a new perspective on life, find inner peace, and rediscover your true potential.

THE NEXT IMMERSIVE JOURNEY THROUGH THE HELIOSOL TECHNIQUE STARTS SEPTEMBER 7TH, 2025.

I am not just an optimist. I am an opti-mystic who sees the world through the eyes of possibility.

-Edie Weinstein

DID YOU KNOW?

The name “HelioSol” comes from two words: ‘Helios’ from Greek mythology - the god of the sun, sunlight, all seeing sight, and the Latin word ‘Sol’ meaning - sun. When combined, “HelioSol” symbolizes the process of bringing duality into wholeness.

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

HELIO SOL NEWS

Introducing the Plants & Ecosystems Program: A Path to Resilient Food Systems and Healthier Ecosystems - by Sylvia Muiznieks

We are thrilled to announce the upcoming launch of our Plants and Ecosystems program, designed to empower individuals and communities in navigating the increasingly unpredictable challenges posed by climate change.

As we witness the rising frequency and severity of natural disasters worldwide, it's clear that climate change is no longer a distant concern--it's happening right now. Our food systems and water resources are facing unprecedented stress as shifting climates disrupt growing seasons, water availability, and biodiversity. The global food supply is under threat, and the fear of crop failures, disease outbreaks, and even starvation is real. On top of this, we face the growing dangers of extreme weather events such as floods, droughts, and wildfires. Human survival, quite frankly, is at risk. While halting climate change altogether may seem impossible -- since it's part of Earth's natural cycles -- the current pace of change is exacerbated by human activities. Greenhouse gases such as carbon dioxide, methane, and nitrous oxide are rapidly increasing, trapping heat in the atmosphere and accelerating global warming. The question is: how can we adapt to this new reality and continue to produce food for a growing global population under increasingly hostile conditions?

The answer lies in working with nature. While we may not be able to stop the rise in global temperatures, we **can** focus on the resilience of plants, crops, animals, and ecosystems. Imagine if we could help these systems not only survive but thrive, even in the face of natural disasters and extreme weather events. What if we could enable crops to better withstand heat waves, pests, or flooding? Or improve the health and resilience of local ecosystems so they could bounce back from climate disruptions more effectively?


The exciting truth is that we **can** make a difference. The key lies in how we work with the frequencies of belief systems -- because human actions, driven by beliefs, are at the core of the challenges we face today. By using the HelioSol techniques, we can directly influence the energies that affect plants, micro-ecosystems, and the environments in which they exist. Through our work, we can help reduce the negative impact of harmful human activities and help these systems cope with the effects of climate change. Our approach works most effectively with smaller, localized ecosystems -- such as vegetable gardens, crop fields, and farms (dairy, beef, hog, sheep, and even fish farms). By addressing the beliefs of those tending to these systems, we can create profound shifts. Even better, these changes ripple out, benefiting the broader ecosystem. Nature has an incredible ability to communicate across the vast networks -- through underground fungal networks, airborne chemical signals, sound frequencies, and more. The positive effects from a localized intervention can spread across the entire ecosystem, creating a much broader impact.

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.

Attention: HelioSol Practitioners

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MAC users - Option+R, or type "(r)" and hit Enter.

Windows PC users - Alt+0174



Thank you for your attention to this matter and for helping us maintain the integrity of the HelioSol brand.

