



HelioSol System

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CHEERS TO 2023

And what a year it has been!

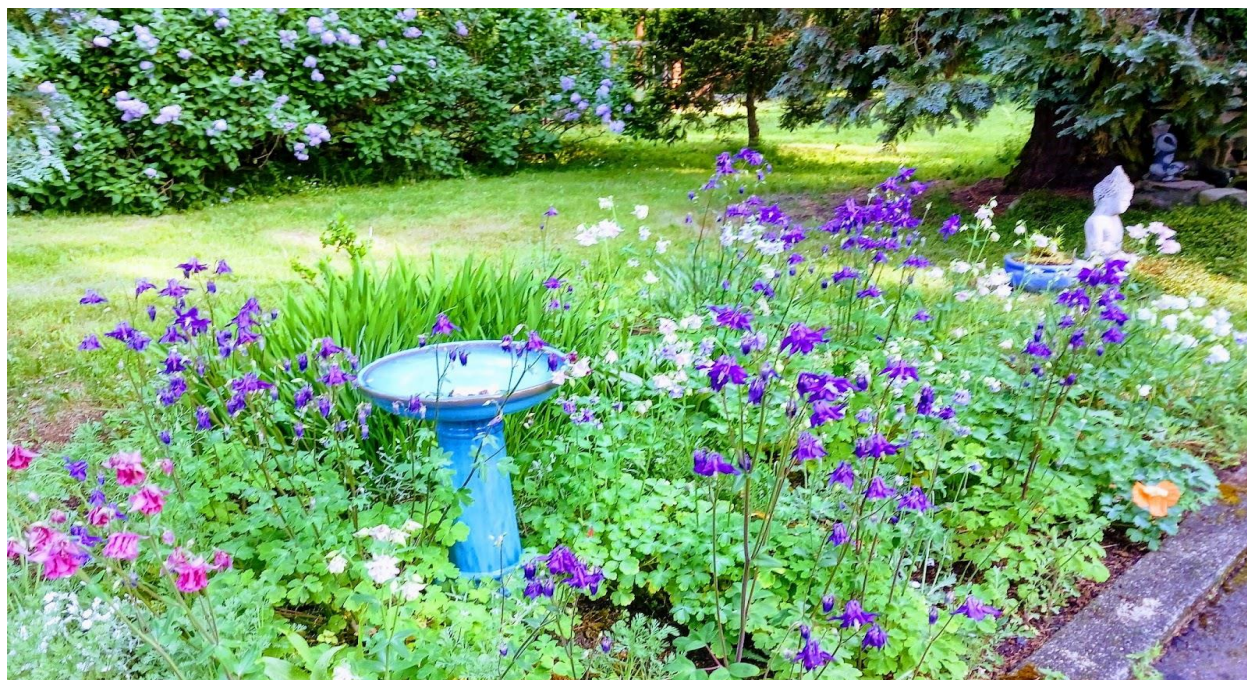


Photo of her HelioSol garden by Laura Wishart

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

The HelioSol community continues to grow steadily, in terms of practitioners, clients, and those simply pursuing self-development. We now have 82 licensed HelioSol Practitioners in 11 countries (with more students at various stages of the training). The fastest-growing country is Japan! See page 2 for some highlights.

Those of us in the English-speaking parts of the world have also been busy! We kept working towards providing items to support you as a continuous learner and help you attract clients as a HelioSol Practitioner. From soliciting your feedback via a survey to creating a new course, producing a brochure, and recording several public videos, we have strived to provide you with something valuable to use immediately and in the future. Details appear on the following pages.

We appreciate all your input during the past year and welcome more ideas anytime.

The Japanese HelioSol Team's Accomplishments

The Japanese HelioSol community has grown to 40 licensed practitioners, nine HelioSol Technique Instructors, and two AgapeMind Instructors.

One of the team's projects is to post something weekly on Instagram. This has resulted in a growing list of followers. It is a great example of cooperation amongst the group of individuals who have volunteered to manage this project.



Yoriko Ogura and her staff have translated course manuals, summary sheets, and other materials that are a part of the Zoom/in-person courses into the Japanese language. Those include the *HelioSol Technique* and *AgapeMind* courses. Most theory courses have been recorded in Japanese, and the final courses will be ready for release by mid-2024.

Two types of study groups have been established. One is for those who have taken the *Introduction to the HelioSol System for Practitioners of Other Modalities* course, and the other is for those who took any of the other courses.

The Japanese brochure is available for purchase by practitioners. The content is very similar to the English version, however, the presentation is quite different, as shown in the image.

New Course: Instructor Sessions and Group Observation

This course has been designed for some participants to receive a HelioSol session in front of the class by one of our HelioSol Instructors and for other participants to be able to observe and then engage in the ensuing discussions. This is an excellent opportunity to deepen your understanding of concerns, concepts, and templates, as the instructor will explain them in the context of what is being focused on in each session. You will also pick up new insights into how to conduct your own sessions.

What is unique about this course, is that people who are not HelioSol students or practitioners will also be eligible for receiving a session and then complementing it with seeing how the HelioSol System is applied to reach and eliminate the root of all dis-ease and unhappiness in life. This course can potentially benefit everyone!

The instructor will offer a set number of sessions in each course. The first people to register will receive a personal one-on-one session until the set number of sessions has been filled. At a reduced fee, all others are invited to attend as observers.

It is recommended to take this course with various instructors, as each instructor has their own personal way of conducting sessions. You will learn different things from different instructors. The schedule of when this course is offered and by whom is found on the HelioSol website: <https://www.heliosolsystem.org/course-schedule>.

2023 Free Public Videos

The videos that were recorded during 2023 are intended to help HelioSol Practitioners market the work that they do. Five lectures are available in the *Exploring HelioSol for Health and Happiness* series (see the list below). Sylvia was interviewed twice, once by Sarah Chave under the title *'The Light that We Are'* and once by our own instructor Lisa Powers - both recordings are found on YouTube. Sylvia and Charlotte Jukes collaborated to present *Celebrate the Equinox with HelioSol* - the content of which also applies to the rest of the year.

You can guide people to the HelioSol website to watch these free videos as an easy way to introduce them to the many aspects of this valuable work. The link to the webpage is <https://www.heliosolsystem.org/public-videos>.

Exploring HelioSol for Health and Happiness Lecture Series

Introduction by Sylvia Muiznieks

The HelioSol Technique by Cheryl Ramsay

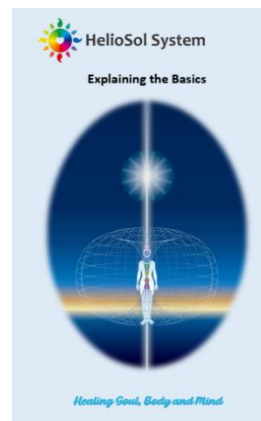
AgapeMind by Charlotte Jukes

Application to Animals by Sacha Maxwell

Application to Plants and Ecosystems by Katharina Arnesen

English HelioSol Brochure

Another marketing tool available to all HelioSol Practitioners is the new *Explaining the Basics* brochure, which can be handed out to interested, potential, and existing clients. You can print the pdf file on letter-sized or A4 paper (simply request which version you need). Contact Sylvia, and she will send you the pdf at no charge.



HelioSol Business Card Template



If you want to print your business cards using the HelioSol branding, contact Sylvia; she will email you the template. You can add your name and contact details on the front, and QR codes on the back for potential clients to go directly to the official HelioSol website, your own personal website (if you have one), or both. The image depicts what the business card looks like. It was printed through VistaPrint, which is operational in 25 countries.

Practitioner Survey

A big thank you to those who responded to the survey sent out in June. Your feedback guides some of the Instructor Advisory Committee members' decisions for future improvements to the delivery of our services. Even if you could not respond to the survey, we invite you to share with us at any time your ideas for what could make your 'job' easier. All feedback is welcome!

Let's now look forward to 2024...

Focus on Self-Help - Everyone knows that the years of Covid lockdown have affected people negatively on the physical, mental and emotional levels. We have the tools to help them. The *HelioSol Technique* is a simple and effective tool for people to do for a few minutes daily to improve their health in a general way. The *AgapeMind* process is ideal for recreating a more fulfilling life in all areas, from relationships to careers. We will work to let more people know that these self-help tools are available to them.

Transitional Program Officially Ending - The final offerings of the *Introduction to the HelioSol System for Practitioners of Other Practitioners* course will be in April. In the future, anyone with an energy therapy background must follow the regular curriculum. They can be exempted from some courses depending on their past studies.

For those of you who have already taken this course in the past, don't miss the opportunity to monitor this course one last time! (Check the Course Schedule for the dates best suited for your time zone.)

New Plant and Ecosystems Courses - We are currently compiling the supplemental courses for applying the HelioSol System to plants and ecosystems. These will be available starting in the latter half of 2024.

Training More Instructors - Are you interested in teaching? It's a great way to advance your career! To begin with, you can apply to train for the *Foundational HelioSol Technique* and/or the *Foundational AgapeMind* courses. Then, you can expand to the other courses intended for working with humans, animals, plants, and ecosystems. If interested, please contact Sylvia for the instructor prerequisites and application form.

More Marketing Tools - and a Book! - During 2024, we will focus on increasing public awareness of the HelioSol System and its benefits, including the value of receiving sessions from qualified licensed HelioSol Practitioners. We will explore using social media and traditional marketing strategies to reach more people with our message of how they can help themselves by receiving HelioSol sessions or learning a few simple techniques they can do themselves. And look out for the first book on HelioSol to be published!

HAVE A WONDERFUL HOLIDAY SEASON

WISHING YOU HEALTH, HAPPINESS, AND SUCCESS IN 2024



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