

More Concerns and Concepts

(First Edition)

By Sylvia Muiznieks



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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

HelioSol System

More Concerns and Concepts

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Introduction

Many of the concerns and concepts that are covered in this course overlap conceptually depending on the philosophy, tradition, or field of science the content comes from. The words and imagery used may be different, but what is being described is similar in many respects – you can easily recognize the similarities. For example, Shamans may talk about retrieving souls whereas psychologists will talk about bringing repressed memories up to conscious awareness – the end result is basically the same. This is not a problem! A client may resonate with the frequencies of one perspective more than another, leading their innate wisdom to direct you to the ones that will be of greatest benefit to them in their healing journey.

In the *More Concerns and Concepts* course we will be presenting the following topics:

Concerns

- Energetic: Morphogenic Fields, Subtle Bodies

- Mental: Five Senses

- Supramental: Archetypes, Atman/Soul, Karma, Soul Retrieval, Vanishing Twin

Concepts

- Historical Lifetime

- Activity, Culture, Religious

Before these topics are introduced and discussed, we will first look at some of the basic theory that demonstrates how they tie together into a bigger philosophical picture. If any of these topics are of interest to you personally, you are encouraged to research them in more depth to gain additional knowledge. In this course we are providing just enough information in each category to be useful in sessions.

Brief Philosophical Overview

We are the same as the Absolute. We refer to the aspect of us that has the same qualities of being infinite and eternal as the Atman or soul. The Atman, symbolically located in the heart, is having an experience through the five senses of the bodymind. The senses are somewhat distorted right from the beginning since at conception we bring in pre-programming from our ancestors, religions, cultures, and 'historical lives.' This inherited pre-programming or karma is recorded physically on our genetic and epigenetic material as well as energetically in the frequencies of the morphogenic field around the body and the subtle bodies that make up the aura. For simplicity, we will call the entire physical and energetic aspects of ourselves as the bodymind.

There is an analogy that we can use to demonstrate the relationship between the Atman and the bodymind. Imagine the light that is the Atman as a lightbulb shining brightly. The bodymind with its distortions is like layers of black paint covering the light bulb. The light of who we are is always on, always shining, but it cannot be seen.



The Atman does not require any healing or balancing. It is whole and complete already. The paint is the problem! Once the paint is removed and the senses of the bodymind are clear and the frequencies of the energetic fields are resonating as they are meant to – then the Atman is free to experience life within the bodymind from the perspective of the Absolute, which we call self-realization or enlightenment.



We can work with the distortions of the individual aspects that are involved – the five senses, the morphogenic field, the subtle bodies, karma, and historical lifetimes – or by working with the paint directly under 'Atman/Soul.' Two of the Supramental concerns, the Vanishing Twin and Soul Retrieval, may be interpreted as directly impacting the Atman. Whereas archetypes are a type of informational field that can be used to influence the frequencies of the morphogenic field.

Energetic Concern: Morphogenic Fields

In the east, the concept of energy fields surrounding biological organisms, variously known as auras, Wei Qi, or subtle bodies, is an ancient one. It took a much longer time for this field concept to be acknowledged and explored in the west. It was not introduced until the early 1900's by scientists who were studying embryological development in different species of animals. At that time, the term morphogenetic field was used. Since then, these energy fields have been called many other things, depending on who is researching and writing about the idea. Other terms you may come across are:

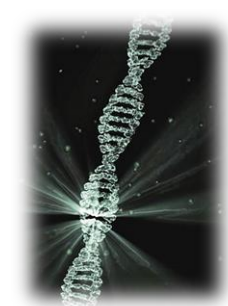
- Matrix
- M-field
- Morphic field
- Behavioural field
- Social/cultural field
- Biologic field
- Developmental field



For the purposes of HelioSol work, will use the term morphogenic field and shorten it to m-field.

M-fields are dynamic organizing energy fields that exist in Universal Consciousness or the zero-point field. They contain stored collective information that guides the formation and basic patterns of all living things – cells, organs, animals, plants, humans, and larger social groups (as well as objects such as atoms and crystals). It is a force that makes an organism take on a form that is similar to that of others in its species. It can be thought of as a collective memory from previous things of their kind.

There is a two-way communication system between m-fields and DNA based on the exchange of photons. This feedback mechanism is called morphic resonance.



On one hand, DNA responds to the information that photons from the m-field are carrying. This means that if there are any disturbances in the frequencies of the m-field, then that misinformation may be picked up by the DNA causing it to 'order' the wrong proteins to be made by the cell, leading to symptoms or illnesses. However, this also means that if an error happens at the level of DNA during replication, for example, information from the m-field can be used to make the correction. M-fields help the body recover from errors or from partial destruction because it is self-

organizing. The m-field holds the information for healing to occur by allowing the tissues to regenerate into the best possible whole from available cells. For example, if a stem cell enters the damaged area, the m-field for that area will help guide the development of the stem cell and reprogram it to become the type of cell that needs to be replaced. The m-field is one possible explanation for how plasticity operates.

On the other hand, information from DNA also acts on the m-field. So, when DNA changes, as when something new has been learned, that new information gets uploaded to the field. This allows evolution to take place. For example, all dogs have evolved from wolves. As soon as the information of one animal was changed through domestication, it created a new m-field that other wolf cubs could then benefit from. What is interesting is that m-fields can be accessed by others of the species even when the new information is not consciously known.

A famous example of a new pattern being uploaded to an m-field was when some Japanese biologists, who were tracking the Macaca Fuscata monkeys living isolated on an island, observed one of the females, known as Imo, begin washing her sweet potatoes in a nearby stream – which had never been done before by these monkeys. Within a short time, the scientists noticed that the potato washing behaviour was picked up by monkeys on other distant islands. The only explanation for this was that the new behaviour was transmitted through an m-field.



Imo demonstrated that just one member of a species can create new m-fields. Take another famous example: it was thought for a long time that it was not humanly possible to run a mile in under 4 minutes. However, once Sir Roger Bannister did it in 1954, the information was uploaded to a new m-field and then more and more people began running the mile in less than 4 minutes.

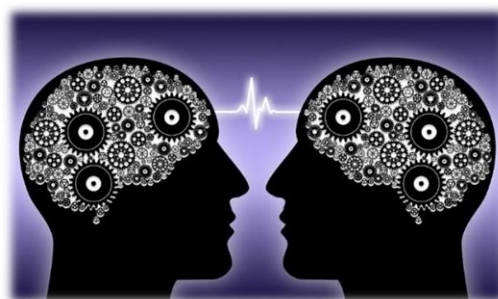
A more recent example of m-fields in operation, is the ability of HelioSol Practitioners to unconsciously tap into the information on the HelioSol Master chart, even if they have not yet studied the concepts. Although the HelioSol System is relatively new, the m-fields already exist energetically. This is why a client's innate intelligence may guide the practitioner to a concern, concept, or template listed on the chart without the practitioner knowing exactly what it represents. The client's innate will still have access to the frequencies required.

However, once m-fields have been created, repetition reinforces their power. In terms of our last example, this would mean that the more practitioners that are working with the HelioSol m-fields, the stronger the system becomes! And the stronger the system becomes, the more people will be drawn to it. And the more people who practice and receive HelioSol sessions, the stronger the influence of the HelioSol m-fields become! It is a self-organizing, self-sustaining, and self-supporting cycle.



M-fields also explain the phenomena of animals acting as one unit, such as schools of fish or flocks of birds, by connecting all members of the group. It also explains how animals communicate with each other telepathically through the field that connects them.

M-fields also connect humans together in their social groups – like work teams, athletic clubs, house of worship groups, or families (the latter can be called family dynamics, as on the Master Chart, or family matrixes). It is interesting to note that m-fields operate even if the members of the social group are separated. The benefit of this is that m-fields help keep the members in touch at a distance. (So, not only is telepathy a normal means of communication for animals – it is natural for humans too!) The downside is that even when someone leaves a group because they were ‘getting sick’ by being a part of the group, the remaining group members may still have an energetic effect on the person who left.



Working with Morphogenic Fields in a Session

There are two possibilities that you will need to explore when morphogenic fields come up as a concern in a session:

1. The client’s innate is indicating that there is a disturbance in the frequencies that make up the information contained in the field. The disturbed frequency will be sending incorrect information to the client’s DNA via the photon exchange that takes place. If this is the case, you may need to find out under “more information? what?” what aspect or specific m-field within the whole bodymind m-field to focus on. It could be the entire bodymind’s m-field that needs to be addressed, or it could be that you need to go to the m-field of something more specific – like one that is associated with an organ or other physical body part or the m-field of a chakra or other energetic system.
2. The client’s DNA has been altered through an error in replication, disease, or another factor. In this case, the relevant m-field needs to be highlighted and connected via photons to the damaged DNA to assist it in correcting the error. (The connecting photons may belong to a specific light or colour frequency.)

Continue following the normal procedure for finding the underlying attachment to a belief that caused the disturbance and the templates that will resolve the situation.

Energetic Concern: Subtle Bodies

The understanding that there are layers of vibrating energy, or energetic ‘bodies,’ that extend beyond the physical body and complete the multi-dimensional human being is not new. There are, in fact, several different systems describing subtle bodies, from ancient sources to more modern-day spiritual traditions.

For example:

- Eastern esoteric traditions talk about one single mystical or divine subtle body that contains the chakra or meridian systems
- Vedanta philosophy maintains that there are five coverings, called Koshas, that cover and hide the Atman
- Theosophy gave us four subtle bodies – the etheric, astral, mental, and causal
- The new age worldview has given us the concept of seven subtle bodies that make up the aura

It is impossible to find consistent information across all the different systems because each tradition or author has their own interpretation of what the subtle bodies are, what they do, and how to balance them when required.

In the HelioSol System, we have incorporated two different systems – one that appears as the major categories of the Concerns column on the HelioSol Master chart and the other as one of the topics under the Energetic category.

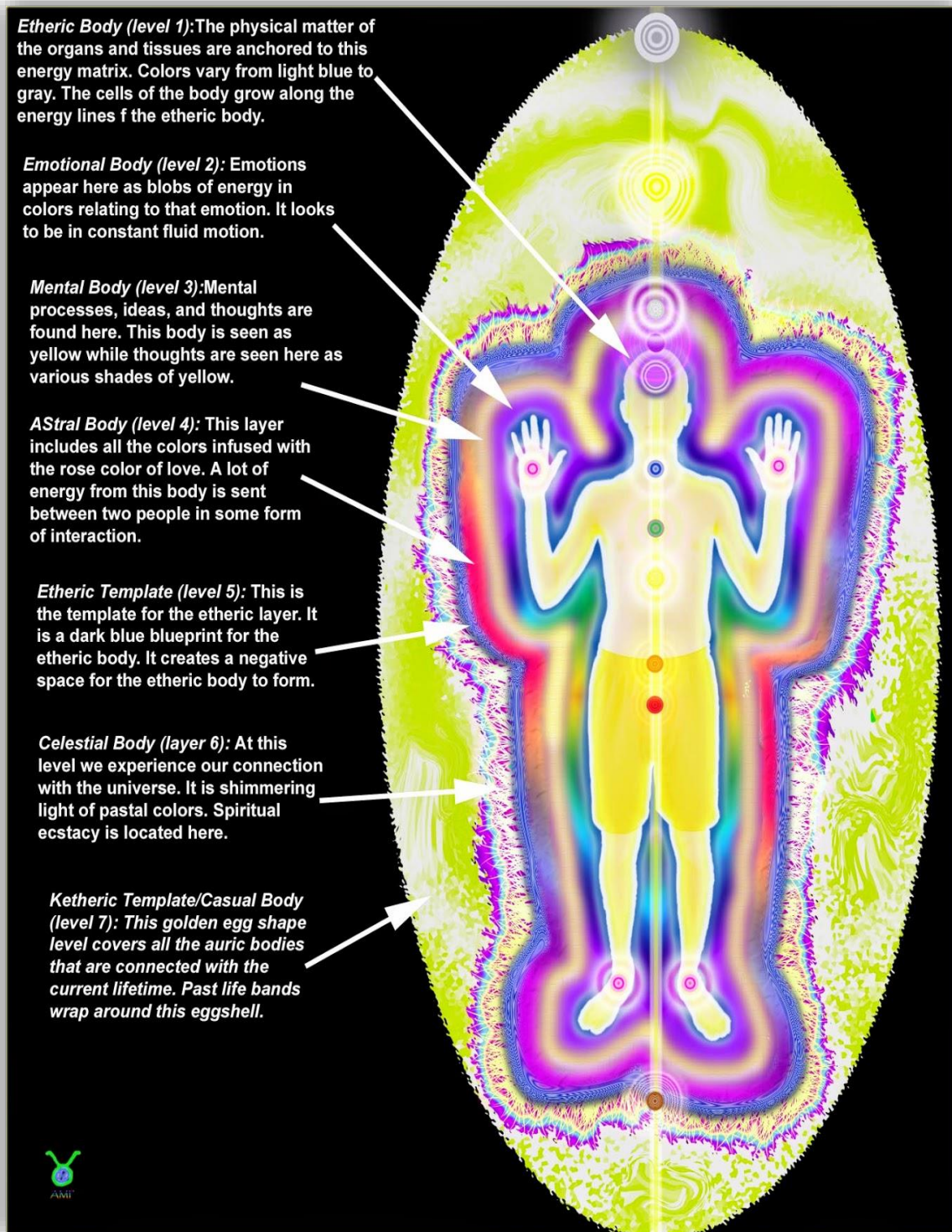
The major categories of the Concerns column most closely resemble the Vedanta Five Koshas system: there is the physical body and then three of the four subtle bodies – energetic (vital), mental, and supramental. The fourth subtle body, the Bliss body, requires no balancing and is therefore not listed on our chart.

The ‘Subtle Bodies’ within the Energetic category is based on the most recent interpretation of the seven subtle bodies contained in the aura. Even amongst the modern authors that write about these seven layers, there is quite a discrepancy in how they describe them. For our purposes, we are going to use the names of the layers that Barbara Brennan (one modern day expert on the aura) has made popular:

- Etheric
- Emotional
- Mental
- Astral
- Etheric Template
- Celestial
- Causal



If you have studied a different system of subtle bodies, do not hesitate to use that knowledge as we are working with a concept that has many variations and each variation will work just as well.



One thing that most descriptions of the aura agree on is that the aura is the cumulation of all subtle bodies or energy fields that are nested in each other in hierarchical fashion to create a whole system beyond and including the physical body. Each is thought to be in the basic shape of a torus and they inter-penetrate each other. The aura surrounds the physical body anywhere from 3-9 feet out. The outer most subtle body vibrates the quickest and as one moves closer to the physical, each level of subtle body vibrates slightly slower, becoming increasingly denser, until reaching the physical body which vibrates at the lowest frequency, is the densest, and hence is visible. Imbalances usually begin in the subtle bodies before finally manifesting as physical problems.

The following descriptions of each of the seven subtle bodies is a compilation from several sources and constitute only a fraction of information that is available – just enough to provide a sense of what each layer may represent.

Etheric Body

This is the subtle body that is in direct contact with the physical and sits 1-2 inches above the skin. It can be thought of as a hologram that contains an exact energetic replica of everything that exists in the physical body. The etheric body influences the structures and functions of cells, making the physical body an extension of the etheric and not the other way around.

The etheric body also contains the information for the energetic structures such as the chakras, nadis, and meridian channels.

It is like the concept of the morphogenic field in that it communicates with the DNA via biophotons. This would explain why imbalances in the etheric body mirror the physical symptoms someone has.

The etheric body is associated with the Root chakra. It can be balanced using the frequencies of colours.

Emotional Body

The emotional body is unique to each person and can extend 1-2 feet around the physical body. It holds emotions, desires, and feelings, including those unresolved emotions that have been inherited from historical lifetimes. It is associated with the Sacral chakra.

The emotional body's appearance is very colourful, as each emotion brings in a different colour, a different intensity and translucency. When emotional imbalances are experienced, they begin at this level and show up as a dynamic fluctuation in the colours.

One concept that is connected with the emotional body is that of interventions – they get attracted to this level of subtle body. Whenever someone has extraordinarily strong emotions towards someone, and it does not matter whether the emotion is positive (love) or negative (fear or hate), their energy can be unconsciously transferred to, or projected into, the other person's emotional body. Another way that interventions come into being is when someone is experiencing a certain emotion, they will attract more of that energy from other people to

themselves through resonance. To clear these emotional energies that do not belong, any one of the Frequency templates may be indicated to cancel out the vibrations of the intervasions.

Mental Body

The mental subtle body is more refined than the emotional body. It receives, stores, and transmits thought patterns as well as mental processes (like imagination, reasoning, ideas, intentions, beliefs, and memories). The waves of energy that are emitted from the mental body as biophotons are what constitute our psychic abilities. The mental body is thought to have a direct connection with the Akashic Records (also known as the information held in the Absolute or Universal Consciousness), allowing karmic patterns or historic lifetime events to come into play.

The mental subtle body is associated with the Solar Plexus chakra.

The energetic structure of negative thoughts is dissolved via Qi and light frequencies. Therefore, practicing the Foundational HelioSol Technique is one way of clearing the mental subtle body. For this reason, it may come up at the end of a session as Homework for a client to do on their own.

Astral Body

The astral body is the subtle layer between the three lower density subtle bodies and the three upper higher frequency bodies thereby acting as the transition between the more physical and more spiritual fields of energy. In other words, the higher more spiritual energies are transmuted to the lower frequencies via the astral body. In this sense, it holds a similar role to the Heart chakra, with which it is associated, in holding the purest energy in the Universe – agape love, that connects the lower and upper chakras and is able to balance them all.

The astral body has the same spectrum of colours as is found at the emotional body level, but the colours are more refined and purer rather than those representing emotions or feelings.

Etheric Template

This subtle body contains the blueprint for the etheric body. As long as the frequencies of these two subtle bodies are resonating, then the cells, organs, chakras, and meridians of the body will function at their optimum. If something goes wrong at the etheric body level, the etheric template can be used to rebalance its frequencies.

Universal light and sound keep the frequencies of the etheric template body balanced. This means that light frequencies, the Solfeggio notes, or AUM may come up in a HelioSol session if this level requires fine tuning. The Foundational or More HelioSol Technique may come up as homework as both practices focus on bringing in the light of the Universe to strengthen the physical and energetic bodies as well as the toroidal field.

The etheric template subtle body is associated with the Throat chakra.

Celestial Body

This subtle body is connected to the emotional body and represents the higher spiritual aspect. It is the source of agape love, compassion, and joy in limitless abundance. When the celestial body is vibrating at its optimum, the person experiences life from a totally elevated perspective. They will feel connected to the energy of Universal Consciousness and experience themselves as one with everything that exists. It is associated with the Brow chakra.

Causal Body

This egg-shaped subtle body represents the mental field of the spirit – our divine consciousness. It is the strongest of all the subtle bodies, engulfing them all. It holds the finest and most spiritually developed structures, connecting us to information to understand that we are one with the Divine. The light of which the causal body consists comes in through the Crown chakra (with which it is associated) as a vortex of energy. This vortex is basically the same as the vortex of the toroidal field around the bodymind and is therefore indirectly influenced by practicing both Foundational and More versions of the HelioSol Technique.

How to Work with the Subtle Bodies in a Session

The easiest way to find the specific subtle body of concern is to use the client's yes/no's to find the number from 1 (the etheric body) to 7 (the causal body). Then simply follow the normal procedure to find if a belief is causing the imbalance and then which templates will bring harmony back to the frequencies of that level of subtle body. The most common templates that will be included are the Frequencies – Light, Colour, and/or Sound.

Mental Concern: Five Senses

For there is no conception in man's mind, which hath not first been begotten upon the organs of Sense.

Thomas Hobbes, 17th Century Philosopher

All our information about reality, including what we believe about ourselves, others, and the world in general, comes to us through our five senses. The five senses are: touch, taste, smell, hearing, and sight. They are part of the nervous system and are set up to select, process and store information from the internal environment (body) and the external environment (world) in a way that allows for filtering of all the information that is around us. Imagine if this was not the case – instead you could hear your heart pumping and the blood swishing through your arteries, as well as hearing air swooshing in and out of your lungs, the molecules of oxygen bumping around in the air, your stomach churning, the crunch of the gravel as a squirrel scampers on it, the low hum of the planets orbiting the sun...and then also everything that your other senses pick up at the same time – you would be totally overwhelmed and not know what to focus on! Our senses help us to sort through the ‘chaos,’ to focus on what is important for survival, and therefore help us stay alive.

Our senses are also set up to fill in any gaps in information. Have a look at the disconnected splotches of black ink in the image below. Your eyes are picking up the information, but the filters on your sense of sight will fill in the gaps to make you believe that you are seeing a specific animal. This feature of our senses and how they work with the brain serves to make the world seem more stable, less chaotic, and logical.



It is precisely the filters on the senses that are meant to help us that also pose some of the problems in how we interpret what is happening around us and which make us miserable.

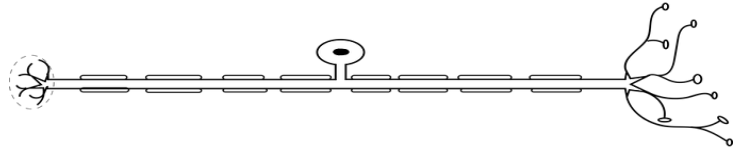
Anatomy and Physiology of the Senses

In order to understand the role that the senses play in how we create our own individual realities, we need to have a look at how they work at a physical level.

The senses are specialized endings of neurons that pick up information and transform it into an electrochemical potential that sweeps down the membranes of the neurons towards the central nervous system.

What is interesting is that the traveling message looks the same regardless of which sense stimulated it – it is just a ‘pulse.’ What determines whether you have seen,

heard, touched, smelled, or tasted something is where the message ends in the brain. The various processing centres of the brain interpret signals in different ways. So, if the impulses end in the occipital lobe’s association areas, your brain tells you that you saw something; if they end in the temporal lobe’s association areas, your brain tells you that you heard something; and so on.



What this means is that we do not actually experience reality, only our brain’s *interpretation* of it... and then only after it has happened! It takes a few milliseconds for the specialized nerve endings to convert the changes they detect into the electrochemical impulses and for those impulses to travel through the body, to the spine, to the thalamus, to the appropriate association areas, and for the association neurons to translate the information into something that we can relate to. So, our brain is basically providing us with a narration of what happened in the past. This, in turn, means that we can never be in the NOW moment with what is actually happening around us.

There is another issue that becomes apparent when you follow the signals from the sense organs to the processing centres in the brain. The signals do not go there directly along a single neuron. There are several neurons that make up the neuropathway. The pathway is interrupted



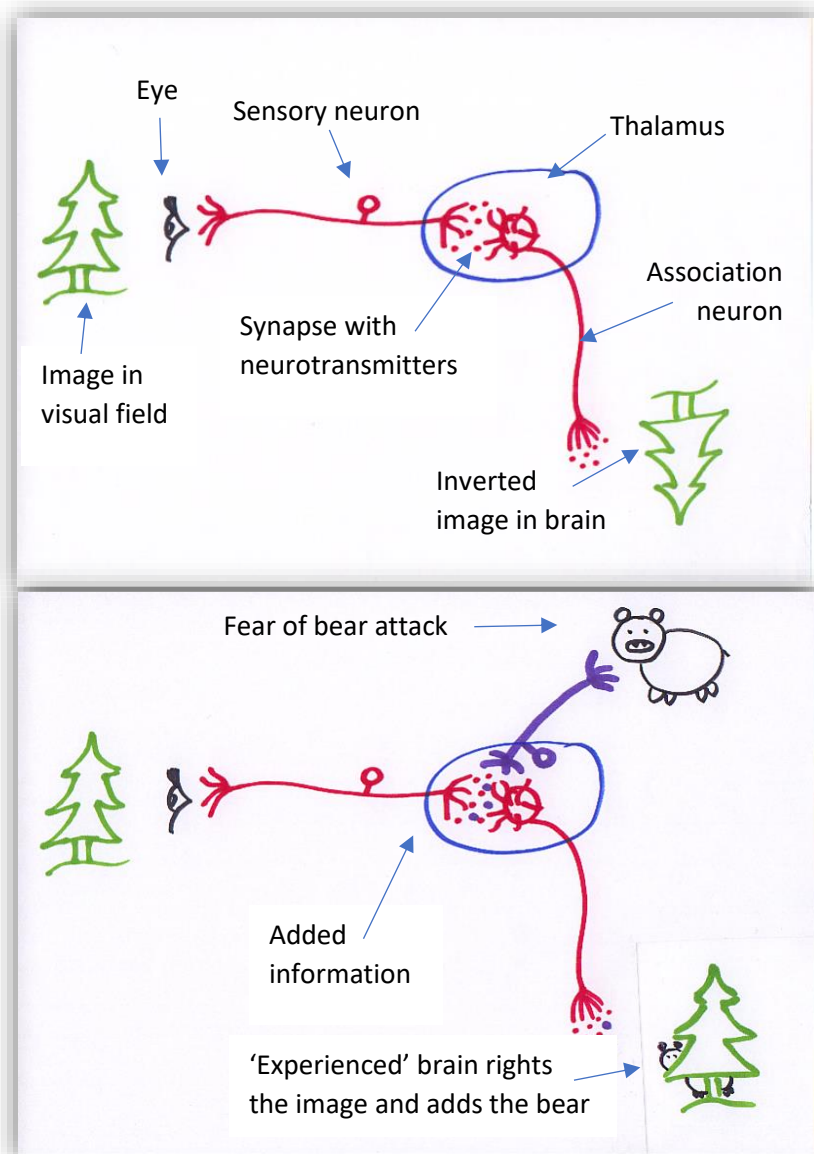
in those areas where the neurons are connected by physical gaps called synapses. It is into the synaptic spaces that one neuron releases neurotransmitters that cross the gap to stimulate the next neuron in line.

These spaces allow the opportunity for other neurons to distort the information by bringing in some other information.

Four of the five senses (not smell) send their messages to the thalamus first. Connections in the thalamus allow for thoughts and memories to influence the message that finally reaches the part of the brain that interprets it. The thalamus is hooked into the sympathetic nervous system setting off the fight or flight mechanism. This explains why and how you could be physically reacting to something in the environment without initially being fully aware of what it is.

For example, it has been estimated that only 15-20% of what we see comes from the eyes – our organs of sight. The majority of what we think we see is filled in at the synaptic level by past experiences, beliefs, emotions, and expectations about the world that is stored in the mind.

Imagine taking a walk in the forested mountains. You have heard that there were some bear sightings in the area. You hear a rustle in the trees and feel your heart begin to race. You look over to where the sound came from. You could swear that you saw a bear – even when, in fact, there was no bear. You can never believe what you think you see – your brain creates an illusion based on your thoughts!



Hearing, touch, and taste also contribute to the illusion in this way.

Smell is slightly different in that it is routed directly into the limbic brain (to the amygdalae via the olfactory bulbs) without first going to the thalamus. There are, therefore, fewer synapses involved on the way to being interpreted by the brain meaning that there are less opportunities for distortions to be introduced.

One of the limbic brain's functions is to scan the environment for potential threats to physical survival. It sets off the fight or flight mechanism even faster than the other senses that need to go through the thalamus first. From an evolutionary perspective, smell played an important role in keeping humans alive. It was quicker and more accurate to smell the presence of a saber tooth tiger and then get away from it before it caught sense of you – because by the time you saw or felt the tiger, it would probably have been too late!

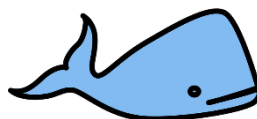


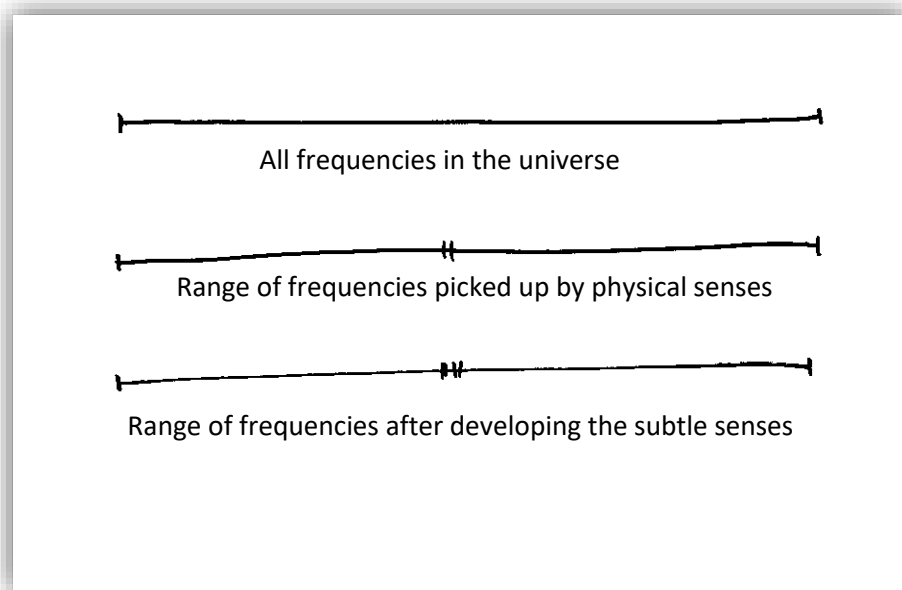
The limbic brain relies on memories stored in the hippocampus to assess whether something is dangerous or not. Smell memories tend to be stronger and more reliable than active memories associated with the other senses. And yet, because there are still a few synaptic breaks in the olfactory neuropathways, smell can still influence our reactions and 'hook' us into the illusion.

The Subtle Senses

Our physical senses limit our experience of everything possible in the universe because of the limited range of frequencies that they cover. However, each of the five physical senses has a subtle sense associated with it which acts to increase the range of frequencies that can be accessed by humans in perceiving the world around them. Subtle senses are set up to pick up non-local information that does not come in through the organs of sense. One theory is that the brain's processing areas have neuroglia associated with them that pick up the frequencies and transfer them directly to the association neurons for processing. (As a side note, we develop the subtle senses when we engage in the AgapeMind process.)

And yet, even with developed subtle senses, we are still very limited in that range, especially when we compare ourselves to that of other animals. For example, if we compare our smelling capacity with that of dogs, we find that a dog's sense of smell is anywhere from 10,000 – 100,000 stronger (depending on the breed) than ours. When we compare our sense of sight with that of eagles, we find that they can see eight times as far as us – they can detect a mouse clearly even at over 3 kilometers (or two miles) away! And think of the grater wax moth that can hear frequencies up to 300,000 Hz, which helps them steer clear of bats who themselves can hear frequencies up to 100,000 Hz. And then there are the whales that can hear infrasonic sounds as low as 7 Hz.





What all this means is that the world/universe as we know it is only the human perspective. We do not have the whole ‘truth’ of everything that exists in the universe. And on top of that, our limited perception is distorted by the set of experiences, thoughts, active memories, prejudices, belief systems, attitudes, and so on, that is associated with each of the five senses. These are what we can call the ‘filters’ that the sense operates through.

Working with the Five Senses in a Session

When Five Senses come up in a session, the first “more information? what?” will take you to which one of the five is of concern. The next “more information? what?” will take you to the physical or subtle version of that sense. After that, you continue to follow the normal questioning procedure to find the beliefs that the person is ready to release to remove the filters that were distorting their perception of the events in their life.

There is another – opposite – possibility that may present itself. Occasionally, a client may need to have a filter *added* to a sense in order to help them cope with a situation in their life. For example, you may be working with a child who has been diagnosed with a condition on the



autistic spectrum. As a result, the child may not see or hear the people around them and therefore is unable to interact appropriately with them. If this is the case, you will be taken to the Add template under the Constructive category to add a belief as a filter to the sense of sight or hearing, such as “I have a mother in my world.” This belief will

then interject itself to ‘distort’ what information the child’s brain is receiving from the eyes and ears so that it sees and hears ‘mother’ and then can interact with her.



Please note: if the concern is something associated with the physical organ of sense, for example the lens of the eye, the tympanic membrane of the ear, or the Krause's end-bulb of the skin, that will come up under the Physical category in the Concern column of the Master Chart. The five senses under the Mental category refers to resolving issues with the brain's interpretation of the information received from the physical or subtle senses as discussed above.

Supramental Concerns

The Supramental category of concerns is not the same as the other categories and therefore is worked with differently. The concepts of each topic hold within them some of their own solutions. This means that when the supramental concern is identified, the most common template(s) are also built in. However, this does not preclude the need for other concepts and templates to also come up to complete the resolution of the concern. Therefore, the regular line of questioning must still be followed before you can ask to download.

Supramental Concern: Archetypes

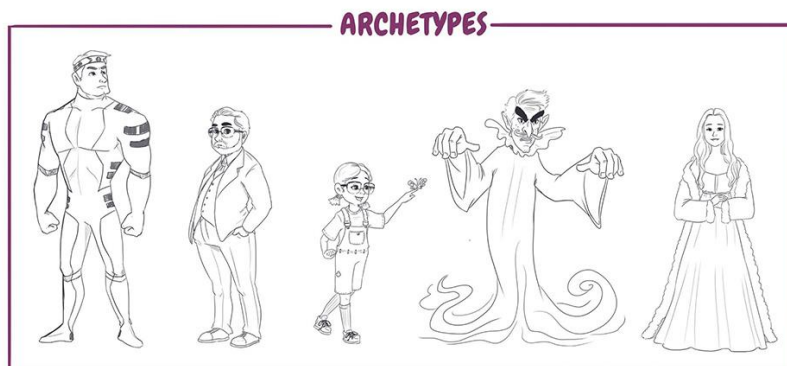
Archetypes are a type of morphogenic field in that they hold information and are a way to transmit that information for the benefit of humans in all cultures. From this perspective, although they will come up as a concern, archetypes can be seen to be their own energy templates.

There are many kinds of archetypes: human, animal, plant, god/goddess, angel, planet...and they all do the same thing, bring into conscious awareness different aspects of the human psyche. For the purpose of keeping it simple in HelioSol sessions, we will focus on working with a selection of human and animal archetypes. However, if you are familiar with more variations or another set of archetypes, you can add or substitute them if the client's innate indicates that they would be a better source for the insight that is required at that moment in time.

Human Archetypes

The concept of archetypes has been around for a long time, starting with an idea first expressed by the ancient Greek philosopher Plato and later developed by others, most notably the Swiss psychiatrist Carl Jung in the early 1900's.

Archetypes are universal, impersonal, archaic forms of innate human knowledge, themes, and psychological patterns inherited from our ancestors. Jung believed that this information was stored in what he called the Collective Unconscious and that all cultures and races contributed to it from time immemorial.



It is now believed that this symbolic information is stored in m-fields and encoded on our DNA. Archetypal information is accessed through the right hemisphere or at the reptilian brain level – that is, through the subconscious mind.

Archetypal frequencies are dynamic in that they organize and influence our thinking and behaviours. They provide the foundation for our human beliefs and actions. We are born with these archetypal energies that then play a role in our approach to how we live, work, relate to others, handle stress, overcome obstacles, and in our potential to grow spiritually.

Archetypes symbolize universal ideal examples of certain behaviours or traits. They come up when their positive attributes may be accessed by a client's hologram to either bring in a frequency that is missing, to help the client embody the empowering characteristic, or to help neutralize a frequency that is not serving the client anymore (thereby healing old traumas and wounds). Archetypes often appear in a session to guide someone through a transition in life.

Each archetype is basically neutral but does contain what are known as light and shadow characteristics, mirroring the dual nature of our being.

The shadow side is simply the opposite of the light side.

Although shadow manifestations are considered undesirable, they can alert us to what destructive behaviour pattern we may be falling into. Once a shadow pattern has been recognized, it becomes useful and helps us to change and embark on a new path of action.

From this perspective, you can think of archetypes as allies or guides when they come up for a client in a session.



It is impossible, as well as unproductive, to list all the hundreds of human archetypes that exist. Some experts have reduced these numbers to what they consider the 4 or 12 main archetypes that everyone carries. However, since we are using archetypes for their frequencies to make corrections in the client's energetic field, we need to work with an expanded list. Even so, it must be remembered that the HelioSol list is not exhaustive. If other archetypes come up that are not on the list, such as Grandmother, Venus, Midas, and so on, they can still be used as they represent universally understood characteristics.

The key words after each archetype in the HelioSol list presented in Appendix A have been collected from many sources covering various cultures. Archetypes that are closely related are grouped together, for example Magician/Shaman/Wizard. In some cases, the male/female versions have been combined because female clients may have male archetypes show up and male clients may have female archetypes come up. You can also add more descriptive words from your own culture or understanding of what the archetypes represent.



Animal Archetypes

Animals are a part of our lives whether we live with them as pets and farm animals, or they live around us in the wild. Indigenous peoples have always connected with the spirits of all animals and developed an understanding of how these spirit guides or power animals influence humans on their journey through life.

In archetypal form, animals offer us support, guidance, and powerful insight into our potential through their symbolism. They represent skills or traits that we can develop to help us engage in life more fully or to inspire us in response to a challenge. Animal archetypes can provide a new way of relating to ourselves, to nature, and to the Earth as a whole.

When an animal archetype comes up in a session, you can look up the associated key words listed in Appendix B if a deeper, more complete meaning is required. Different animal archetypes will show up depending on what is needed at that moment and then depart once their message or lesson has been received.

Working with Archetypes in a Session

When you are taken to Archetypes under Concern, you will first need to establish whether it is a human or animal archetype that is required. Turn to the appropriate list in the appendices. Then you will be taken by the client's innate intelligence to the specific archetype on the first page of the list. Each archetype has a number associated with it. If you get yes to "more information? what?" you can quickly access the key words by going to that number (which is contained in the following pages).

Archetypes will come up when the client can use the positive, light characteristics that the indicated archetype represents – particularly to counteract or cancel out any shadow characteristics that had been active.

It will be the Add template that will be used to bring the frequencies of the appropriate archetype into contact with the client's hologram. Then the Connect and Communicate template will allow the client to access the needed frequencies to either amplify or neutralize as required.

Supramental Concern: Atman/Soul

The Sanskrit term Atman comes from the Advaita Vedanta philosophy of Hinduism. It means 'breath' and became synonymous with the concept of soul. The word dates back about three thousand years. Throughout that time, other philosophies and traditions have interacted with and developed the concept which means that there is no one religious or philosophical attachment to the term. This is one benefit of using 'Atman' in the HelioSol work – most clients will not react emotionally from any preconceived beliefs when they hear the word. However, we also use the term 'soul' when it seems appropriate, or any other term depending on the circumstances. It may also be referred to as the:

- Essence
- Spirit
- Higher Self or real self
- Infinite and eternal aspect of self
- Inner immortal self
- Silent Witness or observer
- True Divine Nature
- Buddha Nature
- Christ Consciousness
- Witness Consciousness
- Pure Consciousness or Pure Awareness
- Self-existent awareness
- Fire or Light Within

Additionally, the idea is that the Atman – or soul – is an extension of the same Consciousness that underlies all creation. It is identical in every way with what we may call the:

- Absolute
- Creator
- God
- Yawey
- Allah
- Brahman
- Tao
- Source
- Universal Mind
- That Which Has No Name
- Zero-point energy field
- Primal energy
- Supreme existence

As mentioned in previous sections of this manual, the Atman, being the same as the Absolute, in that it contains all the same qualities, does not require any healing – it is already complete in every way.

Although the Atman animates every aspect of the bodymind, it is thought to have its central location in the heart (although ancient philosophers also identified the Sacred Heart, the lungs, or the pineal gland as seats of this consciousness). The Atman can be blocked from expressing itself because of all the beliefs and emotions a person comes into this lifetime with or develops in this lifetime that act like a covering (refer to the paint over the lightbulb analogy).

The covering of active memories, emotions, beliefs, and so on can be imagined encasing the heart so that the Atman's light is unable to shine through.



When the Atman is blocked from being expressed, clients may complain that they do not know what their purpose in life is, that they feel stuck in life, that they do not know which direction to take, that they are unhappy – or even that they feel 'dead' inside.

When 'Atman/Soul' comes up as a concern, it is a specific way of visualizing and working directly with this covering of paint that the client's innate is indicating – the Atman itself is not the target for balancing.

The client may not be ready to release the entire covering at once, (indeed it is highly unlikely that they are!), but they may be ready to 'shatter some pieces' of it. The break-up template will most likely come up for this purpose. Then the remove and circulation templates can be used to bring the 'broken fragments' to the organs of elimination for release out of the bodymind. A few other templates may also be indicated, such as the neutralize or zero-point zipper, so you will still need to follow the normal questioning procedure.



Once all this has been downloaded, more light of the Atman will be able to shine through so that the client feels more in touch with their soul or Higher Self again. It may feel as if a burden has been lifted off their chest and that there is more joy in life while accepting what is as is.



Supramental Concern: Karma

One source of 'pain' is known as karma. The concept of karma is often misunderstood as a system of punishment for something that one did in a past lifetime. This is not karma!

Karma is an impersonal, non-judgmental system of cause and effect. We create karma all the time. We say, do, or think something that then sets into motion an effect. It can be something positive or negative that we say, do, or think – it does not matter. There will be an effect that comes back to us in the future.

Here are some examples of karma (taken from <https://examples.yourdictionary.com/examples-of-karma.html>) to illustrate the cause-and-effect nature of karma that basically acts as an 'like attracts like' energy in life.

Positive or 'good' karma:

- Putting money in a church collection plate and coming home from that day's service to find some money you had forgotten you had.
- Sharing extra produce from your vegetable garden with a local food bank only to have your garden become even more productive and bountiful.
- A businessperson volunteers their time and talent with a local nonprofit organization. The director of the organization later purchases goods or services from the individual.
- A music teacher goes out of their way to help students succeed. A successful student later joins an orchestra and recommends the teacher for a job with the orchestra.
- After a power outage related to severe weather, a homeowner lets a neighbor connect to their generator. That homeowner does not lose power in the next similar storm.
- A team member who admits and corrects their mistakes is up for a promotion against someone who blames others for their mistakes. The honest person gets the job.

Negative or 'bad' karma:

- A co-worker steals a cell phone from someone in the office. Later on, the cell phone is stolen from them.
- While driving along at a speed below the speed limit, you notice someone riding your bumper and gesturing. They roar past you, then get pulled over by the police for speeding.
- A person makes fun of elderly people who have to get around using scooters. Later in life, that person develops very bad arthritis and is confined to a scooter.
- A kid bullies a schoolmate and later on, winds up working for the victim's father. Soon, the victim becomes the bully's boss.
- A greedy businessperson cheats people, lies on taxes, and engages in insider trading. They get caught, go to jail, and lose all their wealth.
- A person tells their boss they need to be off from work because their mother is in the hospital, but the boss refuses to grant the time off. The boss ends up having to take their mother to the emergency room that evening.

One interesting fact to note is that karma can be transmitted through organ transplants. This means that if someone died as a result of unresolved karma, then that charge is still attached to their organs. The immune system of the recipient of one of those organs will attempt to remove the charge resulting in an attack on the tissues of the transplant. It is possible to work with this concern in a HelioSol session and not only clear up the charges, but also lessen the client's rejection of the transplanted organ.



The balancing of karma is usually accomplished in the same lifetime as it is created. However, in cultures that believe in personal reincarnation, it is said that karma can follow someone from one lifetime into the next lifetime. We need to look at the concept of 'past lives' as the HelioSol perspective is slightly different than those philosophies that include the process of reincarnation. This is not to say that reincarnation does not exist, but in a HelioSol session it is more practical to work with a person by looking at the way karma is passed on in a more impersonal way.

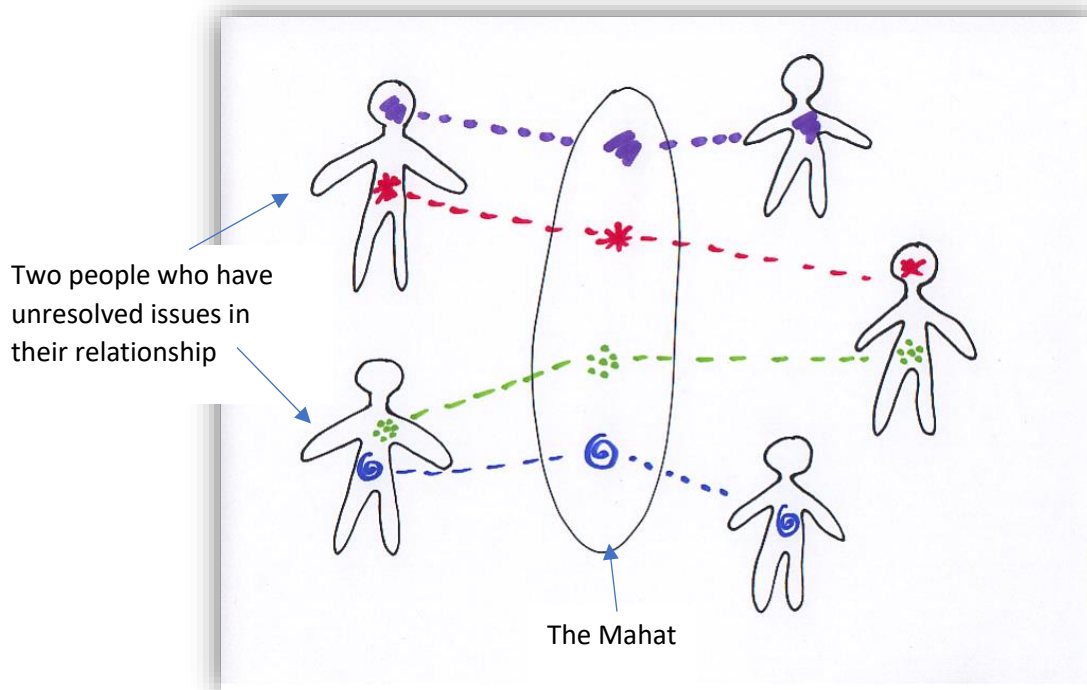
This alternative viewpoint can be summed up by expanding the lightbulb/paint analogy in this way:

- We have not lived before – each bodymind complex (the paint part covering the lightbulb) has only one life
- People act, think, or do things that attract emotionally charged experiences in their lives that they either resolve or do not resolve
- If a person does not use the charged experience to learn the intended lesson, they will experience a health issue or life circumstance that reflects the underlying belief that they are holding on to
 - Can show up as repeated self-defeating patterns, unfounded fears, drug and alcohol dependencies, illnesses, eating disorders, learning problems, violence, abusive relationships, problems with work, etc.
- If they resolve the charged experience, then the wisdom revealed is like scratching some paint off the lightbulb, allowing more of the Atman's light to come through (some refer to this as beginning to remember who we truly are)
- If, however, upon death these charges are still not resolved, the charged energies go into a 'pool of unresolved emotional issues' (known as the Mahat in Advaita Vedanta)
- In HelioSol terminology, the unresolved fragments are imagined as 'marbles of paint'
- The marbles hold the karma that needs to be neutralized
- Karma is the impersonal law relating to the Absolute (how charged energies get balanced overall in the universe)
- Since energy can neither be created nor destroyed, only transformed from one form into another, the charged marbles need to be transformed into neutral energy or Qi
- The Absolute uses humans as part of this universal process



- When a new human is conceived, the Atman 'dips a bucket into the pool and scoops up some of the marbles,' thereby taking on some of the unresolved, charged fragments from the Mahat
- Now, the new person has the opportunity to resolve the charged issue that has been 'inherited'
- If the person in this lifetime uses the resultant symptoms and undesirable life circumstances (that have a similar theme as the marble of paint) to clear the issue, it does not go back into the Mahat upon death – it has been neutralized for subsequent generations to come
- However, if the person does not clear the issue, it goes back into the Mahat for another human to pick up at conception
- This is how an unresolved emotional issue that is hundreds of years 'old' can still be found needing to be neutralized by a present-day client

From this perspective, we can use the following image to explain how the various charged marbles of paint are distributed from one generation to the next.



Marbles are holographic in nature. This means that people who undergo hypnosis can unfold the complete picture of the past person's life from the fragment they have inherited. This experience feels so real, and the details are so vivid, that the hypnotised person believes the only explanation is that they have lived that life before. This may be one reason why the concept of reincarnation has evolved in some areas of the world.

Notice in the above illustration that the distribution of marbles from one generation to the next is not 1:1. This may explain the phenomenon of multiple people believing that they are the reincarnation of a famous person like Marilyn Monroe, Elvis, Cleopatra, or Jesus and are carrying their positive karma.

Sometimes sensitive people pick up on the frequencies of another person's marble that they share with and it feels like they have an instant connection with that person, even if they have only just met. The connection can be a positive one, as if you feel an immediate kinship and it feels like you are old and intimate friends, or a negative one – that there is an immediate dislike for 'no reason.' If the marble of paint involves a specific place, it may be triggered by travelling to some strange city or country only to find that it is familiar, there is a feeling of having been there before.

Because marbles are holographic, when you neutralize the charge for one person (your client), anyone who is carrying the same information in their hologram will also have it neutralized within them.

An alternative explanation can be provided for how unresolved issues may be taken on based on a more energetic, quantum physics perspective. If there is no spacetime and all information is available in the zero-point field – which can be thought of as the equivalent to the Mahat or the Absolute – then the morphogenic fields of people can pick up on some of the discordant frequencies left over from other people's lifetimes.

Regardless of the actual mechanism for how karma is passed down, we are able to help our clients to neutralize the inherited memories and to let go of the underlying beliefs (that did not even belong to them in the first place!) so that some more paint is scratched off the covering of their Atman and the marbles are not sent back into the Mahat upon death. This will, then, not only affect their own life experiences, but also affect the information held in the holograms of their ancestors as well as in the holograms of their descendants (all holograms already exist and are eternal), effectively shutting down the cycle of karma for that issue.

Working with Karma in a Session

From the HelioSol perspective, when karma comes up as a concern, we first need to determine if it was created in the client's current lifetime or brought in as something from a historical lifetime (see the section on Historical Lifetime for clues). That will help you when you are looking for the theme of the karma. Another question that will assist you is to ask if you are looking for an instance of positive or negative karma. This will provide clues as to whether the karma will be amplified to become more prominent in the client's awareness, or it will be cancelled out as the client has learned the lesson intended from the consequences.

Once the karmic marble of paint has been found, continue with finding the appropriate templates.

Supramental Concern: Soul Retrieval

As already mentioned, from the HelioSol perspective, the soul or Atman is always whole and does not need direct balancing or healing. However, there is a concept that parts of the soul/Atman will attempt to protect someone by taking the pain of a traumatic incident or life period and submerging it until the person is ready to let the pain and the memory go.



The term 'soul retrieval' comes from the Shamanistic tradition where it is believed that the soul 'splits' and takes some of the pain with it to another dimension, somewhere in the collective unconscious, allowing the person to cope in life until it is time for the segments to reunite. In western psychological terms, this process is called 'dissociation.' This is described as the person repressing the memory along with a part of the psyche in order to survive.

Although this concern has been labelled as a 'soul retrieval,' we will be treating it more from the western point of view. That is, it will be considered a natural protective mechanism used by the soul when it knows the mind will not be able to handle the pain. The incident along with the underlying beliefs and emotions are suppressed to be held in an inaccessible part of the mind – in our terminology, in the subsubconscious mind level – or stored in other dimensional spaces such as the subtle bodies.

There are many physical, emotional, mental, spiritual events or experiences that can potentially lead to this survival mechanism kicking in. For example:

- Having experienced a traumatic birth
- Growing up in a toxic family environment
- Experiencing abuse of any kind at any stage of life
- Having a serious illness or accident
- Being unable to resolve an emotion like fear, grief, or anger
- Witnessing an unexpected sudden or shocking event
- Having a near-death experience
- Being forced to act against one's values

There are many ways in which the soul/Atman tries to catch your attention when it has buried the painful event or experience in an attempt to let you know that there is something that needs to be resolved eventually. It could show up as feeling:

- Empty, incomplete, as if some part of you is missing
- Disconnected from who you are
- Anxious
- Depressed
- Suicidal

Or it could also result in conditions such as:

- Being diagnosed with a mental illness (e.g., multiple personality disorder)
- Addictions or compulsions of all sorts (e.g., food, sex, money, work)
- Immune deficiency
- Chronic fatigue
- Fibromyalgia
- Chronic degenerative illnesses of any kind
- Post-traumatic stress disorder

The good news is that all the suppressed traumatic situations and resulting disturbances have the potential of being healed at the vibrational level when 'soul retrieval' comes up in a session.

Working with Soul Retrieval in a Session

In a session when Soul Retrieval comes up, it is common for the repressed active memories to be first disentangled from where they are stored, then the emotional charges to be neutralized, the underlying attachments to the beliefs that were created to be removed, a light/colour/or sound frequency to be applied, and the entire bodymind to be realigned and brought back into wholeness. Of course, the normal questioning procedure is followed to ensure that the client's innate has the freedom to pull together whatever the client needs to heal their unique set of circumstances.

Once the details for a soul retrieval have been downloaded, the client may report feeling:

- More whole, present, awake, and centred
- More energy and joyfulness for living life
- An increase in mental clarity and self-confidence
- A sense of purpose in life
- An inner peace and sense of hope and harmony
- Less illnesses and symptoms on all levels of being
- A sense of overall well-being
- A freedom from addictions and compulsions
- Sleeping better

Supramental Concern: Vanishing Twin

The condition known as the vanishing twin syndrome is the loss of one twin or a multiple during the first trimester of a pregnancy, often before there is any evidence of the mother carrying two or more embryos. It is estimated that it can happen in up to 36-50% of multiple fertilizations. It could be even more common, precisely because women do not realize that they have more than one fertilized egg developing. So, when they experience some bleeding at the time that one fetus dies, they are not aware of it.

One theory is that the DNA is replicating so rapidly at the beginning that something goes wrong, and the affected embryo stops developing. Another theory is that the twins compete for nutrition and space in the uterus with one of them losing the competition. The one that does not develop into a fetus is the 'vanishing twin.'

It appears that the fetal tissue of the twin that stops growing is then fully or partially reabsorbed by the surviving embryo, the mother, or the placenta so that there is no physical evidence of the lost twin at the time of delivery. And the baby that is born appears normal and healthy.

Another version of this is when two identical, or mirror, embryos do not separate in the beginning phases of development and then one of them stops developing. In this case, some of the tissue from the undeveloped embryo, like teeth or hair, may be embedded in the surviving baby and is referred to as a teratoma tumor. One survivor described her physical state this way: '...my left side had little feeling, was weaker and I had little control of it... I have... a tooth in my sinus. My heart is normal but the arteries are turned backward...One day a nurse said that I might want to read up on vanishing twins. Finally it all made sense...' (taken from wombtwin.com).

If the mother was aware of carrying twins or triplets and then one of them dies, she may go through a very emotionally difficult time. She may be experiencing deep grief at losing the one while at the same time happiness and relief at continuing the pregnancy with the other. The flood of these mixed molecules of emotion cross over into the remaining fetus via the umbilical cord and affect its continuing development.

Even after the surviving twin has been born, the mother and father may affect the family dynamics by simultaneously expressing joy and sorrow.

Even when the mother is unaware that she lost a baby, and the twin who is born appears normal, the surviving twin may have what could be described as 'strange symptoms' as a result of the death of its 'wombtwin.' Because these symptoms seem inexplicable, the survivor may think they are losing their mind, that they are in some way crazy.

The surviving twin may feel like they always knew they were a twin and are missing something. There is a feeling of incompleteness or loss. Or a feeling of alone-ness. As a small child, a

vanishing twin survivor may be searching for something and they do not know what it is that they are searching for. Or they may feel like their twin is a part of them, their 'other half' – even the 'better' part of themselves. They may feel the spiritual presence of the lost twin. Sometimes there is survivor guilt – a feeling like they should have been the one to die – or an unexplainable wish to die. They can feel grief, anger, and even rage at the lost twin. Many surviving twins have dreams about having a brother or sister, or about the one who 'gave up their life,' or even nightmares about trying to save someone, but unable to do so.

If your client is a vanishing twin survivor, you may want to investigate some of these possible feelings and experiences with them. They need to know that they are not crazy! It is all explainable by the vanishing twin syndrome.



Working with the Vanishing Twin Syndrome in a Session

What beliefs and templates come up will depend on whether you are working with the mother (or father!), who is aware of having lost a twin or multiple, or with the surviving twin. Then you simply follow the regular questioning procedure.

If you are working with the survivor, it is common for the disentanglement template to come up first to separate the energy frequencies of the twin who is not physically present so that it can 'depart.' And then you will be able to help the client release their attachments and find the templates that will allow them to feel whole within themselves.

Concepts: Historical Lifetime

When you are taken to Historical Lifetime to find an underlying set of beliefs for a concern, the client's innate is letting you know that the person has come into this lifetime with the beliefs already encoded on their DNA or in their holographic morphogenic field. This pre-programming may be directly inherited from ancestors, or it could have been 'randomly' picked up to help the universe disperse charges that have been built up by others in past lifetimes. In either case, the mechanisms involved are the same.

Inheriting predispositions as passed down by our direct ancestors is easily understood because the science behind the genetic mechanisms has been worked out. In the 1990's, known as the decade of the Human Genome Project, geneticists around the world focussed on decoding human DNA. At the end of those 10 years, they collectively found that 10% of the DNA contributed to the characteristics of humans. The rest of it made no sense as the purpose could not be determined. So, 90% of DNA was labelled as 'junk.'

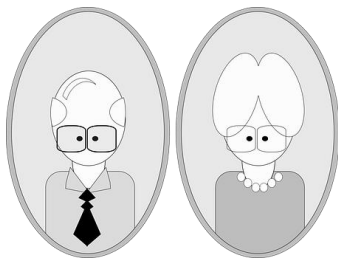
Since then, research has continued, and geneticists have changed their views on what the unknown sequences of DNA are for. They realized that they had studied the (approximately) six feet of DNA found in each cell stretched out to access and read the genes. However, DNA is curled up tightly inside the cell which means that non-coding segments of DNA touch coding segments. It is now understood that the non-coding segments act as switches – turning genes on and off – or instruct RNA where the gene starts and ends. So, it is not junk!

From an energetic perspective, we can imagine that the 90% of non-coding DNA is also where the information from ancestors or others is located, that if triggered, can affect the functioning of the genes, potentially turning good genes off or bad genes on, causing symptoms and illnesses to develop.

It is not necessary to find the specific genes that are affected to change how they are being expressed. Once the theme or specific beliefs that were inherited are identified in a session, their frequencies are altered, in turn altering the non-coding segments of the genetic material. This is what will change how the genes are accessed or shut down.

How to Work with Historical Time in a Session

The first thing to find out under Historical Time is the theme of the inherited belief by going down the concepts in the third section of the column. Once you know what the theme is, then you ask whether you need more information. If not, then you continue with your regular questioning. However, if you get yes to "more information? who?" then you are looking for either a specific ancestor or ancestral generation, or for an unrelated person or persons who left a charged fragment in the Mahat that was picked up by the client (refer to the section on Karma).



Finding a specific ancestor: ask if the person is on the client's mother's or father's side of the family. Then start tracing back. For example, let us say that the client's mother's side of the family is identified. Going back further, you would ask "is it the mother's mother? The mother's father?" Let us assume it is the mother's father – that is the client's maternal grandfather. Next you would ask whether you need to go back further. If yes, then "is it the maternal grandfather's mother? Or the maternal grandfather's father?" Then, if you get yes to "further back?" you would continue in the same manner. "Is it the great-grandfather's mother? Or father?" You keep going back until you have pinpointed the specific ancestor who had something happen in their lifetime that was not resolved and got passed down the generations until it showed up in the client you are working with.

Finding a specific generation: it is possible that the client is carrying an unresolved issue that is related to something that happened historically to a generation of people from both sides of the family – like a famine, war, or other trauma. In that case, you need to ask how many generations back to go. Then, to find the approximate era in which the historical incident you are looking for occurred, you need to do a slight mathematical calculation.



Once you know how many generations back, you multiply that number times 20 – 25. That gives you the approximate years between the births of each successive generation. After that, you add the age of the client you are working with. For example, let us say you are to go back 5 generations and the client is 50 years old. $5 \times 20 = 100$ and $5 \times 25 = 125$. $100 + 50 = 150$ and $125 + 50 = 175$. This means that you are going to look for something major that happened to the client's ancestors that were living about 150 – 175 years ago.



It may be helpful at this point to ask the client if they know what part of the world their family came from that long ago. If the client does not know, you can ask their innate wisdom by going through the continents to give you a rough idea. It is very likely that you will need to research what happened in that area during the indicated time period (unless you are a historian or history buff!). Use the yes/no feedback to confirm the incident that left the unresolved emotionally charged memory.

To make it easier for you, here is the number of years going back 12 generations – you simply need to add the age of the client:

- 1st generation, 20-25 years (2 parents)
- 2nd generation, 40-50 years (4 grandparents)
- 3rd generation, 60-75 years (8 great-grandparents)
- 4th generation, 80-100 years (16 great-great-grandparents)
- 5th generation, 100-125 years (32 third great-grandparents)
- 6th generation, 120-150 years (64 fourth great-grandparents)
- 7th generation, 140-175 years (128 fifth great-grandparents)
- 8th generation, 160-200 years (256 sixth great-grandparents)
- 9th generation, 180-225 years (512 seventh great-grandparents)
- 10th generation, 200-250 years (1,024 eighth great-grandparents)
- 11th generation, 220-275 years (2,048 ninth great-grandparents)
- 12th generation, 240 – 300 years (4,096 tenth great-grandparents)

As you can see, with each generation, there are more and more people who may have contributed to the charged memories, emotions, or beliefs that still need to be neutralized.

Finding an unrelated person: here, you need to use the “what, where, when, who” questioning to find as much information about a life event that went unresolved for someone in a past lifetime.

The easiest place to begin with is “when.” It is suggested that you go back in time by century – 1900’s, 1800’s, 1700’s, and so on. Once you get to a specific century and you need to refine the time, begin by asking if it is in the first or second half of the century. If more information is required, go by month, then week, day of week, am or pm, to a specific time of day if necessary.



“Where” will take you to a particular part of the world and “who” will at least narrow it down to whether it was a man, woman, or child who created the belief.

Use the categories in the third section of the Concepts column to provide clues for “what.” For example, let us say that the category that came up was experience, “where” took you to North America, and “when” went to the late 1600’s. “Who” revealed that it was a woman. In looking up this information, you would find that the Salem witch trials were taking place then. The charged experience may subsequently be identified as an innocent woman being accused of witchcraft and being put to death.



What is interesting is that whatever you come up with will somehow indirectly mirror the client’s experiences in this lifetime. In our example, the client may find that she is constantly being blamed for something that she did not do or is repeatedly fired from the jobs that she manages to get.

A very good tool to use in getting the information on any historical lifetime issue is the AgapeMind Retreat – ask to have the person, incident, or situation shown to you. Your Retreat will connect you to the hologram containing the pertinent information.

After accumulating all the information required for isolating the frequencies of the inherited non-coding DNA fragments that need to be highlighted, you move to finding the templates that will neutralize the charges so that they no longer affect your client in this lifetime.

Third Section in the Concepts Column

The categories of themes listed in the third section of the Concepts column on the Master Chart are intended to help you with your detective work in finding the belief(s) that is influencing your client and their concerns. You may find that there is quite a lot of overlap with the categories – and that is natural. The categories are simply starting points for your questioning. In the end, it does not matter how you got to the belief – as long as you got to it! For example, you could be taken to Culture and when you go a bit deeper, you might get to something like ‘Hispanic, needs of the family take precedence over the needs of the individual.’ You may wonder why that did not come up under Family. The client’s innate seems to know the best way to get you to find what it wants to highlight.

Note: all categories will require the practitioner to use their imagination or to do some research if more information is required. It is not possible to provide anything more than some examples in each category to give an idea of what type of information to be looking for. As mentioned earlier, the use of the AgapeMind Retreat and its tools is encouraged to help with finding whatever it is that the client’s innate wants to highlight.

Activity

Activity can refer to a behaviour that happens more than once over time or to a single event. That would be the first distinction to make under “more information? what?”

Some examples of repeated activities are:

- Sleeping
- Cooking
- Eating
- Parenting
- Driving
- Communicating
- Having sexual relations
- Exercising
- Shopping
- Going to school
- Playing



People either engage in or avoid certain repeated activities because of their beliefs, so identifying the type of activity can lead to finding the underlying belief. And there are literally hundreds of repeated activities that are possible. Use the client’s concern to help narrow down what possibilities to ask for. For example, if one of their complaints was that they have difficulty sleeping and it comes up under ‘activity,’ you can explore beliefs such as “there are monsters under the bed,” or “I’m afraid I may die and not wake up again,” or “something bad happened to me in bed when I was three years old,” and so on.

A single event can lead to the adoption of a belief depending on how the event was interpreted. Or it can be an anticipated event that is triggering a belief to surface as evidenced by the emotional reaction that is being experienced.

Some examples of a specific event, whether in the past or anticipated in the future, that could come up are:

- A specific birthday
- The wedding day
- An accident
- The birth of a child
- An argument
- The shock of being fired
- The death of someone



Let us take a specific birthday – turning 50 – to demonstrate what sorts of beliefs may be associated with it: “I’m getting old and that scares me,” or “my dad died of a heart attack when he was 50,” or “the road behind me is now longer than the road in front of me,” and so on.

Culture

Different cultures and races have different values, rules, assumptions, attitudes, and other belief systems that are integral to their worldview and are passed down generationally within families and geographical areas as traditions. Cultural beliefs are learned through socialization and are meant to act as a guideline for behaviour that is or is not acceptable in that social group or society.



Here are some examples to illustrate:

1. In Africa there is a tribe of pigmies that have no concept of possessions. They believe that everything that exists is meant to be used by whoever needs it at the time. Then after the need is no longer there, the object is released for someone else to use. Hence, there is no concept of stealing. So, if a client of yours holds this specific cultural belief, but is living in, say, North America or Europe, it would explain the shoplifting behaviour, but not be culturally appropriate.
2. Aboriginal peoples around the world were conquered and subjugated by various European countries in the past. The defeatist attitude that is carried by many First

Nations people seems to be propagated from within, and by the prejudices from others, through continuing the belief that as a social group, they are inferior. Holding that type of belief makes it almost impossible for a client to succeed in their life since another culture's belief structure is still dominant.

3. Some German descendants of Nazi forbearers carry the guilt of the horrible crimes that were carried out against the people of Jewish faith. The belief that they are somehow still responsible affects them at a deep level and contributes to their unhappiness in life. Some children are now being born with an extreme phobia of showers, indicating a passing on of the unresolved panic and fears of victims who were gassed to death in concentration camps.
4. The Japanese value 'blending in' or 'not being singled out.' The Japanese culture is more about the group and working as a team to accomplish something. With that mental approach, it would be difficult for someone to personally take credit for creating something new and exceptional and marketing it as such. The internal conflict is between wanting to bring something useful to the world and yet not standing out.

If culture comes up as the category to help you identify the attachment your client has to a belief, the first question would be which specific culture or race is the source. To narrow it down, you can ask if it is a culture or race that exists in the client's background. If it is, you can engage the client who may be able to give you the starting point. However, the cultural belief may not have been something that was passed down through ancestors, but rather picked up as a random one (to help the universe neutralize charges overall).

Use the awareness of what a client is struggling with to help guide you to find the cultural belief. Your AgapeMind Retreat is also an excellent tool to connect you to the information available in the zero-point field/Absolute.

Religious



Many major religions and smaller sects are practiced around the world. Religions are a chief means whereby a worldview is transmitted from generation to generation. Each religion has its own dogma – its established authoritative set of beliefs – that followers are meant to adopt and live by. It is when a person's personal religious beliefs are challenged by what is being experienced in their life that internal conflict arises.

For example, imagine a client coming to you who was raised in a Catholic family. The concern that comes up is to address the difficulties she is having with her husband. Under Concepts, you get taken to a religious belief, Catholic, and specifically to the idea that divorce is sinful and

marrying a divorced person is adultery. The client now shares with you that her husband was married before and even had two children with his ex-wife. The client continues to share with you that she feels very guilty about “breaking that family apart” and believes that she is now being punished for her sin.

There are also religions that are no longer practiced, but they have left charges that are still being played out in modern times. An example of this would be working with a client who complains about being betrayed at work by her subordinates (they go over her head to complain about her to the CEO of the company). You are taken to a religious belief and it comes up as the ritual practice of human sacrifice in the Aztec religion of bygone days. Humans were regularly killed in ceremonies to “feed the sun god” so that life for the masses would continue. The similarities of being “fed to the CEO” by the subordinates now become clear.

One of the first bits of information you will need when you are looking for a religious belief, is from which religion it comes. Here is a list of modern and ancient religions to assist with this:

- | | |
|----------------------------------|-------------------------|
| 1. Agnosticism | 27. Islam: Sunnis |
| 2. Amish | 28. Islam: Shi’as |
| 3. Ainu | 29. Jainism |
| 4. Ancient Celtic | 30. Judaism: Orthodox |
| 5. Ancient Greek | 31. Judaism: Reform |
| 6. Ancient Roman | 32. Mennonite |
| 7. Ancient Semitic | 33. Mithraism |
| 8. Anglo-Saxon Paganism | 34. New Age |
| 9. Atheism | 35. Old Norse |
| 10. Aztec Mythology | 36. Paganism |
| 11. Baha’i Faith | 37. Rastafarianism |
| 12. Baltic Mythology | 38. Satanism |
| 13. Buddhism | 39. Scientology |
| 14. Confucianism | 40. Shamanism |
| 15. Christian: Catholic | 41. Shinto |
| 16. Christian: Protestant | 42. Sikhism |
| 17. Christian: Methodist | 43. Sufism |
| 18. Christian: Jehovah’s Witness | 44. Taoism |
| 19. Druidism | 45. Theosophy |
| 20. Druze | 46. Tonga |
| 21. Gnosticism | 47. Traditional African |
| 22. Heathenism | 48. Unification Church |
| 23. Hinduism | 49. Voodoo |
| 24. Humanism | 50. Wicca |
| 25. Inca Mythology | 51. Zoroastrianism |
| 26. Indigenous American | |

As it is impossible to include all beliefs that these various religions embody, it will be necessary to do some on-line research to find which aspect of the religion needs to be isolated and highlighted if you are meant to gather more information.

Work

There are a few ways that the category of work may come up to assist in uncovering the beliefs that they are attached to.

First: people are attracted to the type of work that they do or the profession they are in because of something that needs to be resolved within them from their experience in their own lifetime. Here are some examples to illustrate this:

- Teachers of young children may have a belief that they themselves missed out on a creative learning experience when they were children
- Spiritual leaders may be sharing their philosophy with others in the process of searching for their own inner peace
- Social workers may come from ‘broken’ homes and are motivated by a wish to support and heal the families of others
- Doctors may have had something or someone in their life they wish they could have healed
- Actors may not know “who they are,” be uncomfortable in their own skin, and so turn to pretending to be someone else whose character is well defined
- People in the police force often have issues with authority because of the strict family environment that they grew up in



Second: most jobs and careers have some stress associated with them that could lead to emotionally charged situations that are created in this lifetime or ones that were passed down historically. The underlying beliefs can be found by examining how the work itself is inherently stressful or how the position of the person in the job is judged by others. Here are some examples:



- Very few people enjoy going to the dentist. In the past, it was the blacksmith or barber who would extract teeth without anaesthetic using crude implements. You can imagine the pain that came along with the tooth coming out – often still attached to bone and gum tissue – or the broken jaw that commonly occurred. Even today, the stress of being a modern dentist results in members of that profession experiencing a fairly high rate of depression.

- Politicians are rarely liked by most of the population once in power. There are many beliefs about how politicians are “crooked” and never live up to their promises.
- Door-to-door salesmen of the past and telemarketers of today are considered by many to be a nuisance, interrupting people at home during dinner time.
- Farmers experience stress every year with the uncertainty of the weather and disease affecting their crops and animals. The worry could be about a loss of financial investment, a lack of food for themselves (famine), or a loss of animals because there is not enough water or fodder for them.
- Human computers were women who worked in teams to calculate mathematical equations before the existence of mechanical computers. They were hardly ever given credit for their work in solving difficult problems in the sciences, such as astronomy or trigonometry.



Third: there are other unpaid activities that some clients may consider work and may need to be explored. For example, people engaged in volunteer work may develop beliefs such as “I’m so great because I’m helping the poor,” or “I never get any credit for what I contribute,” or “everything gets dumped onto me,” or “I should be getting paid for this type of work.” Women or men who are stay-at-home parents may feel “saddled with all the housework,” or “I am nothing but a glorified childcare provider,” or think “I am not valued for what I do around the house.” Another example is when people talk about their spiritual work – “I seem to be going around in circles,” or “I’m never going to reach enlightenment,” or “I am a realized person.”

Final Word

As a HelioSol Practitioner, it is important to be open and creative when looking for any information that will help the client shift into a better state of health, a better frame of mind, and a more joyful life.

Suggested Reading

Brennan, Barbara Ann, *Hands of Light: A Guide to Healing Through the Human Energy Field*

Brennan, Barbara Ann, *Light Emerging: The Journal of Personal Healing*

Dale, Cyndi, *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*

Ingerman, Sandra, *Soul Retrieval: Mending the Fragmented Self*

Keyes, Ken Jr., *The Hundredth Monkey*

McTaggart, Lynne, *The Field: The Quest for the Secret Force of the Universe*

Ostrom, Joseph, *Understanding Auras: A Contemporary Overview of the Human Aura*

Sheldrake, Rupert, *A New Science of Life*

Sheldrake, Rupert, *The Presence of the Past: Morphic Resonance and the Memory of Nature*

Sheldrake, Rupert, *The Sense of Being Stared At: And Other Unexplained Powers of Human Minds*

Sheldrake, Rupert, *Morphic Resonance: The Nature of Formative Causation*

Toy, Fiona, *Auras and Chakras: Harnessing the Energy Within*

Appendix A

Human Archetypes

1. Alchemist
2. Artist/Actor
3. Bureaucrat
4. Caregiver
5. Child
6. Clown
7. Companion
8. Creator
9. Crone
10. Crusader
11. Destroyer
12. Detective
13. Devotee/Disciple
14. Diva
15. Explorer/Pioneer
16. Father
17. Femme Fatale
18. Fool/Jester/Joker
19. Gambler
20. God/Goddess
21. Gossip
22. Healer
23. Hermit
24. Hero/Heroine
25. Historian
26. Individualist
27. Judge
28. King/Emperor/Ruler
29. Knight
30. Liberator
31. Lover
32. Maiden/Bachelor
33. Magician/Shaman/Wizard
34. Martyr/Saint
35. Mediator
36. Mentor/Sage/Teacher

37. Monk/Nun
38. Mother
39. Muse
40. Mystic
41. Observer
42. Olympian
43. Orphan
44. Perfectionist
45. Poet
46. Priest/Priestess
47. Prince/Princess
48. Prostitute
49. Provocateur/Trickster
50. Puritan
51. Queen/Empress
52. Rebel
53. Rescuer
54. Robot
55. Saviour
56. Seeker
57. Servant
58. Sidekick
59. Slave
60. Storyteller
61. Student
62. Thief
63. Visionary
64. Warrior
65. Witch

The following lists of archetypal characteristics have been compiled from several online sources including: myss.com, scottjefrey.com, brandsbyovo.com, Wikipedia.org, dictionary.com

1. **Alchemist** – spiritual transformation, transmutation, power, knowledge
2. **Artist/Actor** – performer, storyteller, manifesting the extraordinary, beyond the five senses, creativity, inspiration from other dimensions, eccentric, abstract and symbolic, imagination
3. **Bureaucrat** – public servant, procedural correctness, power, administrative details, routine
4. **Caregiver** – compassion, nurturing, generous, service, sacrifice
5. **Child** – loves adventure, wonder, delight, divine innocence, seeing sacred beauty in all things, wisdom, courage, imagination, tenderness, communication with animals, young at heart
6. **Clown** – serious humour, satire, masking emotions, crossing boundary of social acceptance
7. **Companion** – loyalty, tenacity, unselfishness, service, emotional support, platonic friendship
8. **Creator** – imaginative, inventive, driven to build
9. **Crone** – spiritual teacher, spiritual awareness, humility, wisdom with age, insight, acceptance of what is
10. **Crusader** – campaigner, social or political change, advocate
11. **Destroyer** – death and rebirth, resurrection, creation, annihilating ignorance, maintaining order, release of destructive emotions/behaviours, liberation, healing
12. **Detective** – observation, intuition, power of deduction, gathering knowledge/information
13. **Devotee/Disciple** – enthusiastic, a fan of something/someone, admirer, worshiper, supporter, follower
14. **Diva** – regal presence, glamour, outstanding talent
15. **Explorer/Pioneer** – travel, risk-taker, discovery, open to new experiences, freedom, going beyond the unknown, pushing boundaries, spiritual exploration, innovation, creativity, taking initiative, acting on intuition, fearless
16. **Father** – authority, over-seeing others, courage, protection, guide, sacrifice, care
17. **Femme Fatale** – unbridled erotic energy, attractive, temptress, beautiful, mischievous, power, skilled, sexual, survival, opening of the heart
18. **Fool/Jester/Joker** – humour, fun, irreverent, mischief, wisdom, communicating messages, innocence, harmless, able to laugh at self, happy wanderer
19. **Gambler** – risk-taker, intuition, following hunches, inner guidance
20. **God/Goddess** – other-worldly, all powerful, masculine/feminine power, benevolent, compassion, love for humanity, fertility, sexuality/sensuality, wisdom, guidance, grace
21. **Gossip** – communication, information, power
22. **Healer** – service, transform pain/hardship into healing, strength, channel energy for change, alleviating anguish, spiritual healing, intermediary
23. **Hermit** – solitude, reclusive, far removed from everyday life, focus on spiritual concerns, carries the light of wisdom
24. **Hero/Heroine** – courageous, bold, inspirational, protector, mastery, rising to the challenge, strength, skill, male/female power, survival, inner knowing, passion for journey of personal power, success despite resistance

25. **Historian** – analytic, communication, problem solving, research, application of lessons from the past
26. **Individualist** – independent, self-reliant, freedom of action
27. **Judge** – balancing justice and compassion, fair distribution of power, mediator, arbiter, high standards, wisdom, giver and enforcer of laws
28. **King/Emperor/Ruler** – wise, noble, authoritative, irresistible power, benevolent, fearless, control, protector and provider, father figure, bringing order out of chaos, material wealth, intellectual prominence, emotional restraint, decisive action, responsible, assertive
29. **Knight** – noble, chivalry, courtly romance, protection, service, loyalty, devotion, self-sacrifice, honour, advancement
30. **Liberator** – freedom from: oppression, injustice, adversity, negative thoughts and beliefs, misconceptions
31. **Lover** – intimacy, love, passion, romance, commitment, emotion, devotion, self-esteem
32. **Maiden/Bachelor** – innocent, pure, naïve, single lifestyle, wholesome
33. **Magician/Shaman/Wizard** – visionary, spiritual, insight, mystical powers, use of universal forces, in control of life's tools and techniques, skilled, clever, surpasses the plausible
34. **Martyr/Saint** – service, courage, suffering for a cause, sacrifice
35. **Mediator** – patience, skill, resolving disputes, seeing both sides, reconciling adversaries, voice of reason, negotiator
36. **Mentor/Sage/Teacher** – advisor, intelligent, expert, teacher, communicating knowledge or skills, imparting wisdom, guide, insight, understanding
37. **Monk/Nun** – spiritual intensity, devotion, dedication, persistence, wisdom, industrious, focus, teacher
38. **Mother** – nurturing, comfort, heart centred, life-giver, giving birth, unconditional love, patience, devotion, unselfish, caring, protection, forgiveness
39. **Muse** – artistic inspiration, creative influence, consider things thoughtfully, lover
40. **Mystic** – service, mystical consciousness, precognition, bilocation, physical and spiritual suffering, hard work, divine inspiration, visionary
41. **Observer** – witness, calm, philosophical
42. **Olympian** – strength of spirit, physical strength, morality, transcending limits, willpower
43. **Orphan** – survival, independence, family, tribe
44. **Perfectionist** – high standards, idealist, flawlessness, noble principles
45. **Poet** – lyrical, sharp insight, beauty, truth
46. **Priest/Priestess** – commitment to the divine, spiritual channel, sacred teachings and rituals, spiritual vows, morality, ethics, ordained authority, keeper of spiritual secrets, hidden influence
47. **Prince/Princess** – romance, power, abundance, protection, resourceful, clever, generous, service, youthful royalty, aspiration to superior spiritual states
48. **Prostitute** – survival, integrity, control, power, seduction, self-esteem, self-respect
49. **Provocateur/Trickster** – shapeshifter, divine helper or messenger, agitate for change, supernatural powers
50. **Puritan** – simplification, discipline, morality

51. **Queen/Empress** – gentle power, authority, protection, leadership, personal development, mother figure
52. **Rebel** – rebellion, revolution, growth and development, breaking old patterns, nonconformity, freedom, rejecting tradition
53. **Rescuer** – assistance, strength, support
54. **Robot** – routine, task oriented, strength, intelligence, calculate, powerful, self-sufficient, adaptable
55. **Saviour** – balancing the scales of justice, righteousness, defend, divine power, spiritual purpose
56. **Seeker** – quest for wisdom and truth, uncovering deception, search for enlightenment, goal-oriented
57. **Servant** – service to others, service to self, spiritual path, money
58. **Sidekick** – close friend, companion, supporter, the helper behind the scene
59. **Slave** – personal transformation, releasing will power, divine surrender, freedom by surrendering power of choice to the divine
60. **Storyteller** – communication, entertaining, delivering information, exaggeration beyond ordinary life, contact with inner being, teaching metaphorically
61. **Student** – constant learning, openness to new information, intellectual development
62. **Thief** – intelligence, strategy, learning self-respect and generating power from within, wealth within that can never be stolen
63. **Visionary** – imagination, possibilities, benefits to society, divine messenger, seer
64. **Warrior** – physical strength, protection, fight for rights, invincibility, loyalty, virility, fierce independence, spiritual
65. **Witch** – natural healer, herbalist, magical practitioner, shaman, walker between the worlds, kindred spirit, intelligence, wisdom

Appendix B

Animal Archetypes

1. Alligator/Crocodile
2. Ant
3. Anteater
4. Antelope
5. Armadillo
6. Badger
7. Bat
8. Bear
9. Beaver
10. Bee
11. Buffalo/Bison
12. Bull/Ox
13. Butterfly
14. Camel
15. Caribou
16. Cat
17. Cheetah
18. Cougar
19. Cow
20. Coyote
21. Cobra
22. Crab
23. Crane
24. Crow
25. Deer
26. Dog
27. Dolphin
28. Dove
29. Dragon
30. Dragonfly
31. Duck
32. Eagle
33. Elephant
34. Elk
35. Falcon
36. Fish
37. Flamingo
38. Fox
39. Frog

40. Gazelle
41. Giraffe
42. Goat
43. Goose
44. Gorilla
45. Grasshopper
46. Grouse
47. Hare
48. Hawk
49. Heron/Egret
50. Hippopotamus
51. Horse
52. Hummingbird
53. Jaguar
54. Kangaroo
55. Lark
56. Lion
57. Lizard
58. Llama
59. Lynx
60. Meerkat
61. Mole
62. Mongoose
63. Monkey
64. Moose
65. Mouse
66. Octopus
67. Opossum
68. Ostrich
69. Otter
70. Owl
71. Panther
72. Parrot
73. Peacock
74. Pelican
75. Penguin
76. Porcupine
77. Prairie Dog
78. Puma

79. Quail
80. Rabbit
81. Raccoon
82. Ram
83. Rat
84. Raven
85. Reindeer
86. Rhinoceros
87. Roadrunner
88. Rooster
89. Salmon
90. Scorpion
91. Seagull
92. Seahorse
93. Seal
94. Shark
95. Skunk
96. Snail
97. Snake
98. Spider
99. Squirrel
100. Stag
101. Swan
102. Tiger
103. Toad
104. Turkey
105. Turtle
106. Unicorn
107. Walrus
108. Weasel
109. Whale
110. Wolf
111. Woodpecker
112. Zebra

The following lists of archetypal characteristics have been compiled from several online sources including:

whatismyspiritanimal.com,
thesecretofthetarot.com,
worldbirds.org,
dreamingandsleeping.com,
spirit-animals.com, whats-your-sign.com,
dreamsastromeanings.com,
sunsigns.org, and Wikipedia.org

1. **Alligator/Crocodile** – basic survival instincts, efficiency, stealth, stamina, fierceness, fearless, quick, patient, frugal, clairvoyant, new opportunities, ancient transformational knowledge, emotional, maternal nurturing
2. **Ant** – industrious, unity, community, strength, perseverance, adaptability, willpower, tenacity, cooperation, power, trailblazer, guide, prosperity, duty, honour, preparation, focus
3. **Anteater** – reclusive, curious, clairalience, smell out trouble, divine justice, territorial, strength, protective, independent, diligent, bravery, adaptability, emotional, resourceful
4. **Antelope** – active, agile, determination, survival instincts, protective, perceptive, graceful, flexible, endurance, quick, mental clarity, intuitive, pure heart

5. **Armadillo** – protection, safety, grounded, reclusive, retreat, personal boundaries, ability to say ‘no,’ peace, kindness, hope, fairness, empathy, compassion, curiosity, unearthing truth, stillness
6. **Badger** – patience, fortitude, courage, healing powers, determined, focus, confident, self-reliant, enthusiasm, resolve, strategic planning, safety, enlightenment, storytelling
7. **Bat** – long life, illusion, secrecy, rebirth, good listener, clairaudence, perception of things others cannot see, diligence, wisdom, transition, new beginnings
8. **Bear** – primal instincts, power, courage, will power, strength, introspective, observant, independent, perfectionist, intelligence, methodical, hardworking, generous, shy, modest, warrior spirit, prosperity
9. **Beaver** – determined, builder, subconscious, dreamer, protector, adaptability, patience, eternity, hard worker, resourceful, intelligence, strategic
10. **Bee** – industrious, productive, community, sweetness, fertility, defensive, feminine, motherhood, obedience, wealth, creativity, personal

power, power of service, celebration

11. **Buffalo/Bison** – life’s sacredness, strength, stability, abundance, gratitude, blessings, manifestation, hope, power, safety, unity, positive transformation, bravery, respect, gratitude, wellness, grounded, community, humility
12. **Bull/Ox** – fertility, confidence, strength, stability, determination, masculinity, leadership, power, renewal, provider, bridge between intuition and reason, dependable, teamwork, endurance, sacrifice, chaste, faithful, self-denial, magical
13. **Butterfly** – self-transformation, resurrection, graceful, soul, vulnerability, joy, the ability to change one’s mind,
14. **Camel** – endurance, survival, adaptability, humble, travel, spiritual pilgrimage, metaphysical journeying, conservation of resources, obedience, stamina, self-sufficiency, safety, persistence
15. **Caribou** – nomadic, adaptability, sensitive, guide, endurance, determination, community, duality, perseverance, balanced masculine and feminine, faith, trust, intuition

16. **Cat** – detached, sensual, mysterious, magical, independent, astute, watchful, curiosity, clever, powerful magic, female medicine, rebirth, resurrection, unpredictability

17. **Cheetah** – focus, elusive, fast action, insight, self-esteem, patience, opportunity, flexibility, intensity, progress, intelligence, curiosity, unconventional love

18. **Cougar** – leader, loyal, courageous, responsible, awareness, solitary, hunter, territorial, power, the feminine, intuition, patience, strength, decisiveness, resolve, perseverance, assertiveness

19. **Cow** – contentment, joy, patient, grounded, fertility, community, sacrifice, abundance, growth, femininity, self-nurturing, spiritual nourishment, mothering, immortal energy of life, sacredness

20. **Coyote** – intelligence, stealth, skilled, trickster, wise, mischievous, cunning, mediator between worlds, catalyst for new ideas, brings humour into the world

21. **Cobra** – transformation, energy, power of life and death, rebirth, immortality, swift, decisive, seeing the possibilities in situations,

fertility, connection to the Earth, guardian of the sacred, protection

22. **Crab** – self-protection, defense, moving sideways, unorthodox, good luck, emotions, trust, life cycles, rebirth, self-sufficient, shy, sensitive, intuitive,

tenacious, perseverance
23. **Crane** – longevity, eternal youth, independent, intelligence, focus, solitude, happiness, good fortune, peace, mystical, vigilance, love of joy, celebration of life

24. **Crow** – magical, change, higher perspective, foresight, spiritual strength, creative, social, intuitive, clever, guardian

25. **Deer** – graceful, gentle, innocent, femininity, compassion, peace, kind, instinctual energy, intelligence, social, independence, regeneration, powerful, feisty, cautious, protective

26. **Dog** – unconditional love, faithful, loyal, protection, guidance, obedience, noble, steadfast, friendship, companionship, alertness, playful, bravery, clairvoyance, powerful, divine messenger, ability to ‘sniff’ out problems

27. **Dolphin** – harmony, balance, wise, happiness and joy in life, playful, emotional, kind, protection, resurrection, peaceful,

gentle, deep inner strength, cooperation

28. **Dove** – deep peace, love, gentle, spirit messenger, communication, motherhood, self-sacrifice, balance between thought and matter, release of cellular trauma, inner peace

29. **Dragon** – magical, powerful, fiery, wisdom, hidden knowledge, infinity, longevity, supernatural power, guardian of life, good fortune, health, luck

30. **Dragonfly** – higher aspirations, new joy, transformation, carefree, imagination, illusion, spiritual energy, magical, travel between dimensions

31. **Duck** – community, affection, emotional, awakening, clarity, family, love, intuition, adaptability, self-expression, balance, graceful, strength

32. **Eagle** – connection to Creator, divine spirit, freedom, courage, renewal, healing powers, stretching the limits, hope, strength, salvation, greater sight, perception, spirit messenger, new beginnings, victory

33. **Elephant** – power, family, affection, intelligence, memory, strength, loyal, wise, good luck, prosperity, destroyer of evil, remover of obstacles

34. **Elk** – majestic, independent, noble,

sensual, strength, agile, pride, stamina, patience, relationships with others, community, courage, self-confidence

35. **Falcon** – rising above, guardian, superiority, adventure, passion, leader, new beginnings, victory, overcoming, connection to Higher Self, purpose, protection

36. **Fish** – good luck, happiness, graceful, quick to change one's mind, faithful, unemotional, saviour, immortality, resurrection, wisdom, wholeness, marriage, baptism

37. **Flamingo** – psychic, colourful, open, heart healing, serenity, contentment, social, community, gentleness, exquisite, femininity, innocence, graceful, balance, beauty, confidence

38. **Fox** – quick-witted, keen, wild, cunning, shape-shifter, invisibility, scrutiny, creation, broad perspective, adaptability, helper, guide, wisdom, good fortune, messenger

39. **Frog** – hidden beauty, peace, adaptability, rebirth, purifying the soul, cleansing, coming into power, detoxification, healing, intermediary, luck, metamorphosis, opportunity

40. **Gazelle** – speed, graceful, graceful under pressure, eager, alertness, awareness, agility, consciousness, beauty, elegance, efficiency, optimism, opportunity, instinct, spiritual encouragement

41. **Giraffe** – attaining the unreachable, elegant, clever, intuitive, sees the future, sexuality, uniqueness, pride, spiritual awakening, new perspectives, standing tall, power, introspection

42. **Goat** – determination, independent, diligent, aloof, sturdy, surefooted, new endeavours, reach for higher goals, trust, leap of faith, landing on your feet, fearless, adventuresome

43. **Goose** – reliable, rigid, productive, teamwork, self-demanding, parenting, ambition, hard working, driven, introvert, humour, generous

44. **Gorilla** – intelligence, strength, peace through assertiveness, protector of the environment, family, communication, loyalty, connection, leadership, compassion, dignity

45. **Grasshopper** – good luck, abundance, prosperity, forward thinking, creative, virtuous, inner voice, leap of faith, bravery, impulsive, freedom, enlightenment

46. **Grouse** – enlightenment, personal power, energy, liveliness, protector of the inner child, keeper of the sacred spiral, humility, self-sacrifice, bravery, courage, transcendence

47. **Hare** – solitary, procreation, swift, diligence, artistic, ambitious, clever, jokester, leaping forward, clairaudience

48. **Hawk** – passion, independence, loyalty, intuition, messenger, noble, guardianship, messenger, victory, healing powers, leader, spontaneous, impulsive, confidence, adaptability, compassionate

49. **Heron** – beauty, abundance, self-reliant, multi-tasker, calm, peace, sacred serenity, present moment, independent, patient, tranquility, stillness, self-determination, good luck

50. **Hippopotamus** – power, imagination, creation, birth, protector of family, maternal instincts, emotional, strength, courage, calmness during crisis, creativity, practicality, stability

51. **Horse** – power, freedom, graceful, noble, freedom, stamina, travel, wisdom, desire, wealth, good luck, spirit

52. **Hummingbird** – joy, happiness, messenger, energy, vitality, affection, love, playful, infinity, healing powers, rebirth, simple pleasures, endurance, adaptability, perseverance, eternity, continuity, good luck, purity

53. **Jaguar** – power, confidence, manifestation, shape-shifter, chaos, aggression, ferocity, valour, prescience, subconscious abilities

54. **Kangaroo** – balance, stamina, leaping from danger, generous, nurturing, gratitude, abundance, family, power, strength, foundations, social

55. **Lark** – cheerfulness, joy, spiritual messengers, women’s medicine, fertility, abundance, fidelity, inward journey, self-discovery, singing out loud

56. **Lion** – strength, courage, guardian, authority, protector, fertility, family, energy, majesty, justice, might, proud, material wealth

57. **Lizard** - self-protection, hidden defenses, shrewd, vision, regeneration, renewal, patience, determination, camouflage, divine wisdom, good fortune, self-sacrifice, rebirth

58. **Llama** – strength, adaptability, hard work,

curiosity, comforting, secure, responsible, confidence, perseverance, communication, success, calm, easy going

59. **Lynx** – guide, awareness, intuition, unconventional, listener, guardian, keeper of secrets, caution, vigilance, skepticism, solitude, divine feminine, quiet observance

60. **Meerkat** – vision, courageous, intuition, community, heart energy, awareness, social, friendship, unity, group effort, quick thinking, sentinel

61. **Mole** – guide, hidden treasure, sensitivity, underworld, clairsentience, faith, letting go of doubt, solitary

62. **Mongoose** – defensive, courageous, rebellious, impulsive, authentic, boundaries, adventuresome, leadership

63. **Monkey** – success, communication, energy, swift, health, inventive, curious, entertainment, joy, playfulness, deep knowledge, intelligence, resourceful, trickster, mischievous, community

64. **Moose** – longevity, wisdom, self-esteem, self-confidence, headstrong, feminine energy, graceful, adaptability, strength, independence, imposing, dignity, family, protection

65. **Mouse** – organize, details, grounded, awareness, innocence, boldness, accomplishments, adaptability, spirit messenger, courage, persistence, fertility, cunning, intelligence

66. **Octopus** – camouflage, intelligence, flexibility, creativity, expansion, unpredictability, emotions, romance, potential, logical thinking, artistic, success

67. **Opossum** – clever, grounded, community, sensible, strategic, patience, trust, passivity, guidance, surprise, talent, wisdom

68. **Ostrich** – grounded, practical, spiritual truth, justice, avoidance, community, spiritual truth, justice, letting go, standing tall, invisibility

69. **Otter** – friendship, playful, joyful, sharing, love of young, intelligence, quirky, imagination, devotion, family, peace, social, graceful, curiosity

70. **Owl** – vision, wisdom of the soul, intellectual wisdom, intuitive, insightful, messenger, mysterious, ancient knowledge, freedom, stealth, the feminine, fertility, renewal ,

71. **Panther** – caution, introspection, protection, multi-dimensional, hidden emotions, valour, determination, courage, maternal protection,

guardian, awareness,
strength, power

72. **Parrot** – beauty, guide,
communication, mockery,
style, high class, royalty,
nobility, well-being,
attraction, self-confidence,
pride, exotic, eccentricity,
luxury, intelligence,
resourceful, imitation,
social, playful

73. **Peacock** – immortality,
resurrection, beauty, pride,
sexuality, self-confidence,
refined, protection, healing
powers, guardian,
transcendence, freedom,
liberation of the soul,
luxury, wealth

74. **Pelican** – abundance,
caution, nobility,
responsible, safety,
friendship, resilience,
unselfish, love, self-
sacrifice, motherhood,
discernment, insight, great
truth, opportunity,
community, teamwork

75. **Penguin** – community,
graceful, purpose, self-
discipline, order,
spirituality, dreams, dual
nature, contradictions,
adaptability, family,
closeness, camouflage,
paternal instincts, patience,
determination, renewal

76. **Porcupine** – trust,
curious, good-natured,
innocent, companionship,
respect, love, positive heart
energy, peace, ancestral
knowledge, good luck

77. **Prairie Dog** – prepared,
retreat, swift, industrious,
family, peace, well-being,
equilibrium, self-worth,
contribution, community,
cooperation, participation,
social

78. **Puma** – graceful, silent
power, journey to other
worlds, vitality, energy, skill,
patience, protective,
strength, decisive, instincts,
capable

79. **Quail** – protection,
harmony, community,
social, group tolerance,
group work, family, humble
life, awareness,
dependence, intelligence,
communication, good luck

80. **Rabbit** – fertility, joyful,
hyper vigilance, artistic,
hopping forward in life,
prosperity, abundance,
good luck, renewal,
cleverness, devotion to self-
improvement, trickster

81. **Raccoon** – curious,
disguise, cleanliness,
dexterity, secretive,
explorer, cleverness,
magical powers, guardian,
trickster, protection,
mysterious, playful, solitary

82. **Ram** – life force, new
beginnings, change, curious,
perseverance, sensitive,
stoic, leadership, rulership,
authority, action, initiative,
determination, virility, inner
strength, confidence

83. **Rat** – fertility, stealth,
intelligence, quick-witted,
wealth, success, good

fortune, scavenger, survival,
resourceful, opportunistic,
adaptability, vitality,
alertness, clairience,
inventive, confident

84. **Raven** – magical,
messenger, psychic,
precognition,
transformation,
introspective, solitude, self-
realized, courageous,
balance, equality, peace,
intelligence, charming,
beauty, diplomacy,
energetic, easygoing

85. **Reindeer** – wandering,
strength, journeying,
endurance, adaptability,
freedom, wisdom,
resourceful, clever,
inventive, noble, worthy,
survival instincts, social,
family, perseverance

86. **Rhinoceros** – solitary,
stamina, freedom,
longevity, wise, insightful,
sturdy, substance, strength,
resilience, non-violence,
gentle spirit, solitude,
inspiration from the
environment, protection

87. **Roadrunner** – energy,
multi-tasking, mental
agility, speed, opportunistic,
accomplishment,
inquisitive, fearless, funny,
magic, good luck, strength,
endurance, good omens,
happiness

88. **Rooster** – flamboyant,
eager, cocky, honest,
persistent, hope, good luck,
wealth, vigilance,
masculinity, warrior, good

luck, self-confidence, love, life, fertility

89. **Salmon** – determined, proud, confidence, inspirational, swimming upstream, rebirth, eternal life, leader, energetic, enthusiastic, happiness, femininity, adaptability, change, infinite wisdom

90. **Scorpion** – death and rebirth, inspirational, transformation, change, strength, protection, respect, spiritual messenger, guidance, adaptability, ancient wisdom, resilience, passion

91. **Seagull** – resourceful, opportunistic, freedom, versatile, communication, easy-going, survival, attitude, perseverance, adaptability, perspective, stamina, creative, joy

92. **Seahorse** – graceful, confidence, good luck, strength, power, patience, protection, persistence, contentment, magical powers, uniqueness, sharing responsibility, clairvoyance

93. **Seal** – good luck, dreamer, love, creative, playful, balance, imagination, emotions, inner guidance, strength, power, faith, curiosity, flexibility, success, adaptability, understanding

94. **Shark** – survival, protection, superiority, authority, prowess,

perpetual motion, guardian, efficiency, curiosity, mystery, self-defence, knowledge, inner strength, clairience, observation

95. **Skunk** – respect, patience, reputation, strength, sensuality, defense, protection, prudence, valour, awareness, judgement, balance, courageous, assertive, justice, confidence, passivism

96. **Snail** – solitary, androgynous, sensitive, awareness, protective, home, time (slow down), patience, progress, self-reliance, healing, grounded, humour, mobility, fertility

97. **Snake** – transformation, initiation, wisdom, primal energy, creative life force, mysterious, secretive, intuition, spiritual, passion, fertility, immortality, eternity, healing, guardian

98. **Spider** – networker, crafty, fate, balance, wise, creative force, invisible, reverence, feminine wisdom, control, communication, infinity, renewal, web of life, maintaining balance, assertive

99. **Squirrel** – preparedness, playful, sociable, energy, resourceful, planner, practicality, work-life balance, multi-tasking, abundance, determination,

wisdom, devotion, spiritual messenger

100. **Stag** – masculine power, regeneration, majesty, mysterious, fertility, divine male and female, purity, spiritual authority, intuition, gentleness, sensitive, vigilance, magical, graceful, swift, self-realization

101. **Swan** – beauty, elegance, transformation, graceful, balance, love, soul, innocence, peace, tranquility, messenger of faith, loyalty, strength, royalty, chastity, fidelity, longevity

102. **Tiger** – strength, power, unpredictable, energy, valour, devotion, courage, ambition, releasing fear, truth, justice, integrity, leadership, graceful, clairaudience, clairvoyance, spirit keeper

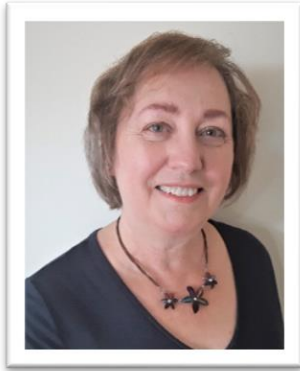
103. **Toad** – good luck, magical powers, mystery, self-examination, inner strength, guardian of treasures, resurrection, rebirth, transformation, fertility, camouflage, patience, observance

104. **Turkey** – life-giver, abundance, blessings, sacrifice, generosity, celebration, awareness, focus, nourishment, sharing, honouring, energy, happiness, satisfaction, harmonious relationships

105. **Turtle** – shy, patience, strength, protection, endurance, longevity, persistence, determination, survival, solace, ‘slow and steady,’ steadfast, innocence, tolerance, fearless, femininity
106. **Unicorn** – gentle, other realms, purity, innocence, personal power, healing powers, freedom, magical powers, positivity, joy, hope, diversity, elusiveness, solitary, majestic, intelligent
107. **Walrus** – clever-minded adaptation, clairsentience, social, hardy, friendly, trickster, ancient knowledge and wisdom,

seeing the bigger picture, motherhood, family, follower, change, spiritual growth
108. **Weasel** – strength, stealth, ferocious, commanding, ingenuity, skilled, clever, observant, intuitive, lucky, playful, opportunistic, focus, intuition, clairance
109. **Whale** – intelligence, kindness, communication, wise, provider, deep awareness, good luck, compassion, solitude, knowledge of life and death, creative force
110. **Wolf** – success, spirit, freedom, solitary, perseverance, wise,

teacher, generous, passion, emotional, independent, community, affectionate, friendly, guardian, trust, control
111. **Woodpecker** – balance, communication, protection, devoted, determination, sensitive, nurturing, home, empathy, resourceful
112. **Zebra** – individuality, uniqueness, illusion, instinct, freedom, playful, social, clarity, community, family, protection, balance, blend of opposites, duality, free spirit



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 and 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 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.

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