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A Higher Awareness Lifestyle

- Introduction to A New Approach to Life

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Website
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A Higher Awareness Lifestyle

Other Books from the same Author

The Souls of Humanity

Terralogy

Understanding the Old Stellar Souls

Reconstruction of the Planetary Soul

Modern History

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Educating Yourself to Live Your Life

Is your life something that is just going to unfold and happen, or are you ready to turn it into a progression journey and a project, where you become the main benefactor in all that you want to unfold?

In this e-book I want to explain what my HAL approach to life, and why I think you should embark on the progression journey.

[Due to my career, educations](#), and my work as a Psychotherapist for over 15 years now where I have done personal life coaching and in depth therapeutic work, I see myself equipped to share an approach to life that I have developed and found to work in my clients as well as in my own life.

And I want to share that approach with you to give you success in life too.

So. The first step is to acknowledge that a good life does not happen on its own. It is not a fluke of accidents and destiny that makes a good life. You make your life a good life. You. Nobody else.

And to be able to make a good life, for yourself and the ones around you, you need progressive ways of perceiving others, society, your carrier and yourself, as a person wanting to take control of your life, develop it into a good one, where you – at the end of your life – can say: “Yeah, I made it into a good life. And I am proud of what I have achieved, done and given to others.”

That is our goal and to get to that moment of self-respect, you need new tools to do so. And this is where the HAL Classes can come into use as well as my Psychology Classes & Courses and whatever I will come up with over the years, making my own life worthwhile, so I can say the exact same thing.

The Progression Journey

What is a progression journey? Today, as I see it, most humans have lost their understanding of what life is about. The meaning of life, so to speak.

For many people, the meaning of life is family, career, money, position in society, hobbies and entertainment in various forms. That is part of life too but not the whole story.

And, as I see it, the extra we add to life is not religion either or the belief in a god, or gods, or forces outside ourselves showing us the inner worlds as guides or angels, as we have learned from ancient times. So, let us dive right into the deep end.

For me, the angels are identified as distortions of the emotional field and the subconscious layers of it, created over time by many people developing these energetic creatures by worshipping them, or literally humans that have not dissolved after death and lingers on, attempting to do what they did not do in life – and both are not really giving us much to work with since the distortion level of our reality is a mix of fantasy and collective energy, or – in its more advanced forms - holographic imprints from the vast and many old otherworldly races, who have been part of our world in the 4th to 6th dimension.

And gods, or god, are mainly invented distortions from lesser developed humans ready to give away their empowerment to some imaginative higher force – and again, in the more advanced levels to 4th dimensionals or distortions creatures.

Thus, the first part of our progression journey is to understand reality as being more than just the obvious. It is also to learn the discernment and understanding of other dimensions and energetic densities, in total other realities, our solar system is part of.

Of course, in due time and when you are ready to face these things and have learned to accomplish the right type of vibration in your mind and body to be able to sense, see and work with the 4th to 6th density energies and their dimensions to clear out the distortions, you hold, preventing you from unfolding your true potentials.

Therefore, progression work is about awakening and getting back to your true potentials and capacity you have as a human and what it means to be human on this planet. What we, as a collective race, have totally and utterly forgotten.

Now, humanity on this planet have been through many changes and many stages of advanced existence. It is not as science tells us that we were bipedal monkeys to begin with. These were a type of failed experiment from some of the otherworldly races experimenting here.

No, humans on this planet are part of a much larger project of creating energy and consciousness in the physical and energetic forms to be able to administer their reality by the use of direct interaction, cooperation and teamwork, as a race, to develop the planet, its resources and fellow humans into the same level as the other full human races that have gone before us and developed from our solar system and into other completed human parallel universes of energy and consciousness, where they chose to work with other forms of solar systems and galactic forces.

This means, that progression is not just about reconnecting to the inner human, your soul if you like, and all that is stored there of memories of other lives in other systems and as other forms of human energy and consciousness, but also to understand that we are part of a much larger progression journey into other universes where other races exist and are doing their version of the full human, i.e. the completed developed inner and outer human of consciousness, mastering energy and the reality they are part of.

The Psychological Work

Becoming a full human has many steps. One of them is to learn to master inner and holographic energy in our progression work, and when that is obtained, to convert this into a new form of life, lived in this reality with the energetic understanding, we have developed.

This alters how we perceive ourselves and others in a huge way. And old forms of relationships have to change too.

But first we have to look deep into our human self and observe what works and what does not.

I work a bit with that in the HAL Classes but I want to dive deeper into the full psychological side of it, i.e. how we are humans among other humans and how we deal with our emotions, reactions and the tools we develop to administer our personality as energetic and conscious humans.

Our personality is the interface system we use, when we are around other humans. We use it when we interact with outer and inner circumstances, often activated by other fellow beings.

Knowing inner energy states and 4th and 5th density races etc. is good but we also need to learn to administer and function among our own species and begin the big changes of how we interact, treat and are around others. Our race is indeed far behind in working for the highest good of the many as well as living in ways that are not harmful and energetically neutral when we interact with others.

We have much to learn to achieve the most optimal outcome in every interaction we have for all involved, as well as learning to administer our energy fields, aka our influential sphere, when we are among others and in the world as a whole.

The Partnership Work

Partnerships have many forms. They can be as friends, lovers or business partners. The common thing for partnerships is the new ways of interaction, which arises when we begin the progression work and begin to live in energy or vibration, setting a new agenda for what it means to be human.

Our deep relationships will not just be a fluke of accidental forces, or attraction due to hidden and undeveloped psychological issues from our childhood, doing the projection-introjection in our relationships as an attempt to solve unsolved energetic themes of our lives but also a progression journey, where we are pulled to the people we have unfinished business with from this or other planets.

Life, and relationships, will take a new turn in this since the partnership work and the development of trust, acceptance and love in such a progression relationship will be challenging and way above the usual ways most people perform their relations.

It will take time and effort from both parties in that relationship, the knowledge of how to work psychologically as well as to work in a progressive way to achieve the really good relationship where living together is not just about expressing love but also to live for the creation of the highest good for the many, for you and your partner, and what you decide to create together in this life as a pair.

Partnerships, be it private or business, will unfold from the activated energies of the progression journey and will express what needs to be completed for both of you to reach a higher progression rate. The progression rate is what you build into your soul, unfolded as the consciousness, which you achieve from the energetic work you do on this planet. So, all partnerships are mirrors of what you need to

work with to achieve a higher state of energy and consciousness, and in that honoring life, the other person and the progression journey of that person, again whether he or she is your partner, a friend or in business.

And of course, all partnerships are the perfect place to learn to administer our energy so we can optimize, progress and develop ourselves in this reality and work with the other person as a team of equals doing the progression journey together by conscious choice.

The Parenting Work

Children today are not just children. At least not if we are doing the progression work and having the new approach of life.

In the work with the other dimensions of our world, we obtain the knowledge of the diversity of races that have worked here, and we discover that our children are part of these realities in some form or another.

This has become so because our world is getting ready to open back up to the other dimensions our solar system is part of.

So, the otherworldly races have prepared for this – for better or worse all depending on how you see it – and our children are the carriers of these genetic structures, which will allow for these races to link up, participate or fully integrate, their energetic structures and consciousnesses into the children of the next generations.

Many hidden projects have been played out since the 1950's from secret human groups working to either face up to that challenge or to counteract it. And these projects are part of our children too – and most of the time, us as well.

Our responsibility as a parent is to educate ourselves so we can face up to the challenges these children will give us, in many different ways be it their abilities, higher knowledge and different ways of viewing reality or the otherworldly soul they carry in them, awaiting to be activated once they get older.

But first they have to learn to be human on this planet and that is our main responsibility to teach them to become the best version of a human of this world, just as we educate ourselves to become exactly that too.

All in All

The question I asked you in the beginning has now been unfolded into suggestions and ideas of what it means to take control of your life and what it means to do it the HAL way.

I hope you will find these pages inspiring and that they have given you some insights into what I work with and what I teach.

So, all in all.

I hope to see you in the HAL Basic & HAL Advanced Classes and all of the other offerings, I have on my website

www.toveje.dk

[The HAL Basics & Advanced Classes](#)

[The HAL Sessions](#)

[And Of course, the HAL Club](#)

And much much more.... Check it out