

Randi Green

# A Short Introduction to HAL Relationships & Progression Teams

All rights reserved © Randi Green

You are not permitted to use or copy this material in any forms or ways for personal or commercial purposes without my permission.

Thank you.

Copyright © 2019 Randi Green  
Copenhagen, Denmark

Layout: Randi Green

Website  
[www.toveje.dk](http://www.toveje.dk)  
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*

# Table of Contents

- A Progression Relationship.....6
- Some Good Concepts .....9
  - Cognitive Schemata (aka thought forms or belief systems)..... 9
  - The Mind-field and the Emotional field ..... 10
  - The Mind-Field..... 11
  - The Fivefold Holographic-Organic Energy System ..... 13

## A Progression Relationship

*Relationship building is like making a garden grow. Planning, selection of seeds, thinking about where to put them, seeding them, waiting for them to grow (patience), nurturing and weeding out the unwanted wildflowers if they suffocate the original ones, or letting them be if they add more color and life to the garden. And of course, navigating through outer interference, bad weather and severe storms, repairing the garden afterwards and see where these events have taken the original plan. Then, adjusting and building up again. Perhaps re-seed.*

This little e-book is an inspiration to HAL Relationship, where the goal is to work with the steps in the progression journey as a progression team.

The team idea is important. It has to be a sort of clarification made when beginning the progression work (for short the work). Both have to agree to the work and the idea of taking the relationship one step further than ordinary relationships.

Only in full commitment and agreement, and open trust that the process will lead to a higher awareness in both, will the teamwork unfold as it is meant to. It's a sort of kick off signal to the inner human and its energy system, that a new way of living is about to unfold.

Ordinary relationships have their own challenges and the basis of the progression relationship is the ordinary relationship, where we fall in love, grow as a couple and work with whatever shows up of vulnerabilities, subconscious material etc., played out in projection-

introjection games, where hidden subconscious and psychological patterns will surface as we get to know each other, and we push each other's buttons. Patience, acceptance and understanding are three key words in the work as a couple. And a lot of mirroring, energy transfer and countertransfer of subconscious material between the emotional fields will happen, as the fields of the couple interfere and interact to balance out the energy patterns, which are distorting the emotional field, and in that prevent the heart field from activating and working correctly.

Taking the progression journey as a team is a strong approach to the work. It takes authenticity, bravery and the will to solve the risen issues, observe one self first and foremost and retain all projections so that the space in between you both does not become a battle zone for the entities you hold, using your energy patterns in the emotional and mental fields, and hidden subconscious material to gain energy by amplifying the hidden issues in a game of projection. Projection is when you see what is yours in your partner and forget that it is your perception of your partner, your created story, and probably not as he or she actually thinks or feels.

All actions can be interpreted through the lenses of the subconscious, where an innocent sentence suddenly becomes the cause of a big upheaval because it was interpreted through inner psychological content and not in the meaning and intent, it was meant.

So, communication skills are something to learn too. To observe the energy of the said. To administer the words so they are as accurate as possible (less possibility for mis-interpretation), taking the time to ensure that the other person is energetically present when the issues are addressed (or any simple thing for that matter) as well as the

listening skills of being present when the other person talks, and not wandering off into other thoughtforms, or things that suddenly feel more important to think about than listening to your partner (typical interference by parasites btw).

The relationship building is a game of detecting the interference from within, from within the other person as well as from outer sources, which happens sometimes (entities that jump from other people to your field due to energetic similarity).

And of course, the stuff in the higher levels of our energy system beyond the emotional and mental fields, i.e. the template (if needed watch the other HAL Classes to get more information about the energy system etc.).

## Some Good Concepts

### **Cognitive Schemata (aka thought forms or belief systems)**

“A schema is a cognitive framework or concept that helps organize and interpret information. Schemas can be useful because they allow us to take shortcuts in interpreting the vast amount of information that is available in our environment. However, these mental frameworks also cause us to exclude pertinent information to instead focus only on things that confirm our pre-existing beliefs and ideas. Schemas can contribute to stereotypes and make it difficult to retain new information that does not conform to our established ideas about the world.”

The above is from an internet page.

[http://psychology.about.com/od/sindex/g/def\\_schema.htm](http://psychology.about.com/od/sindex/g/def_schema.htm)

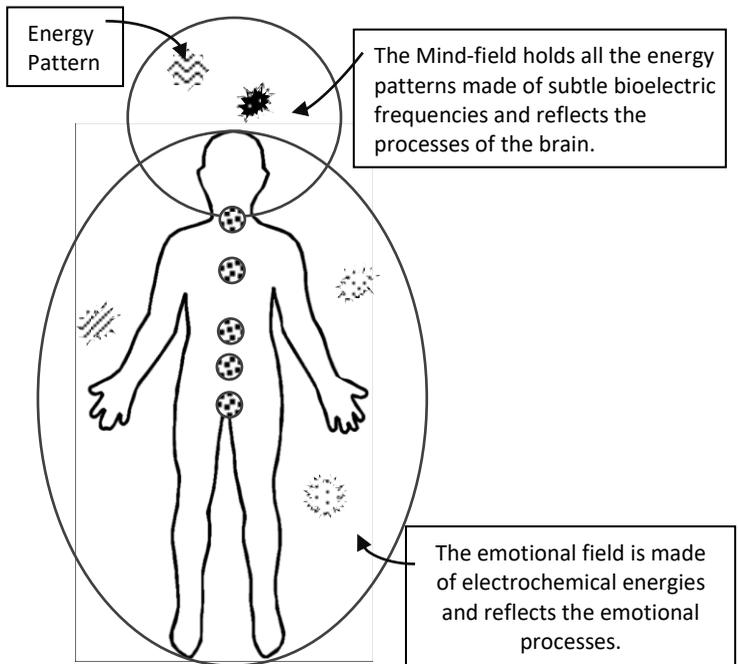
Emotions and cognitive schemata are interlinked because what we believe to be the truth about reality controls our emotions. When we think in a certain way, our emotions respond to these thoughts, as in the firing of the neurons in the brain sends out the signals to the neurotransmitters, and from there into the periphery nervous system (the PNS), the cells, the glands and so forth, generating what we perceive as an emotional reaction. The chemical response for sure affects our physiology.

If we change the perception of reality, the emotional reactions change too and as we clear out the clogging emotional content, aka the energy patterns in our emotional field, the more in the now we

become and from there, we become better at performing the attentive observant communication, where the heart field is playing along, setting the receptive, exchange-energy of sincere interest in what the other person is saying or want to convey.

Hence it is important to see through the subtle programming of the energy patterns in our subconscious depths of our emotional field, whenever we react emotionally to outer and inner input of which some are sensed by the PNS as energy, whereas others are presented to us as information or interaction with other humans and their belief systems.

### The Mind-field and the Emotional field



## **The Mind-Field**

The mind-field is composed of energy patterns from thoughts and ideas implemented as truths in the mind-field (emission field of the bioelectric frequencies processed by the brain), and they hold the brain in their grip.

The cognitive schemata (thoughts of reality and self-perception) control the functions of the brain, such as the reaction mechanisms in the transmitters, and what type of bioelectric frequencies it is able to process and work with; i.e. what type of energy that runs in the synapses, making the brain work with lower or higher levels of emotional energies from the limbic system or, if really primitive, from the instinctual levels of the brain.

The cognitive schemata control the processes in all electrochemical energies of the body, through their inflow into the glands and cells; hence cognitive schemata control the range of emotions utilized by the ego.

The lower levels of mental energies are processed by humans into every day “rational mind”. The higher levels link up to ideas of reality, of which only few are utilized. The middle levels to the higher levels, where the brain goes from frequency setting into density realities enabling the brain to process all higher scientific to otherworldly information.

### **Thus....**

“No man is an island” is truer than we prefer to think about. We are, as humans, interacting energetically with humans every day of our life in forms of subtle input whenever we meet another person. In that meeting our energy fields merge for a short period of time,

leaving emotional and mental imprints behind in both of us and affecting the already present energy patterns there.

We are also affected by movies, books, and information from the Internet making the brain vibrate in a certain ratio of specific types of frequencies adapting our brainwaves to unfold specific neurosynaptic energies, which are housed in the mind-field as energy patterns.<sup>1</sup>

We are being programmed all of the time by everyday life events and experiences, from what other people tell us; all generating new energy patterns in the energy network of the brain, extended into the mind-field and in the emotional field as energy patterns. Or the integrated information will strengthen the existing patterns on both levels.

The higher awareness in the brain stem from the energies of the heart field, and thus the importance of clearing out the energy patterns in the emotional and mental fields to allow for the higher forms of energy to activate in our brain and hearts. And in that, let go of all old perceptions of what a human is, and should do.

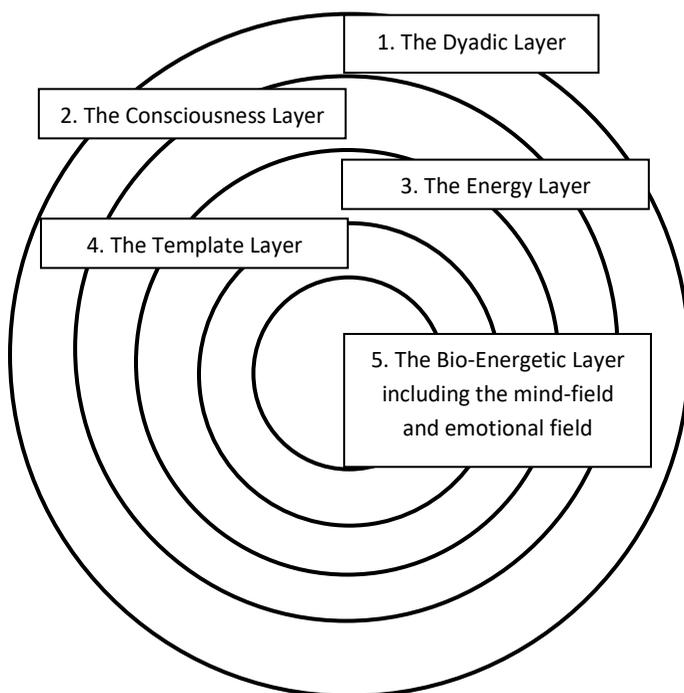
Learn about the emotions (of course old material but it still holds levels of information we can use) from these videos on Vimeo

<https://vimeo.com/user40156198>

---

<sup>1</sup> The energy patterns resemble fractals in structure, going from simple formation to extremely complex patterns all depending on how much the specific type of energy is being utilized.

## An illustration of the Fields, or layers, a Full Human is composed of



### **The Fivefold Holographic-Organic Energy System**

Your fivefold holographic-organic energy system stretches beyond your physical body. The original fivefold energy system once was composed of the dyad, the consciousness layer, the energetic layer, the template layer and the holographic-organic field with its heart and brain fields. Today our energy system has been downgraded into the lower fields composed of the distorted mental field, emotional field and the bio-molecular electromagnetic field; all generating the physical body with its mental and emotional processes. The goal is to transform these to their original version and in that regain the access

to our highest potentials, and with that the ability to do the progression work to realign with the highest energetic standards, the highest principles and the highest progression rate of the original humanities of this reality field.

The chosen lifestyle and energy work should honor the higher consciousness-genetic composition in the template, to avoid creating further distortion energies in the lower fields, which means that the consciousness and energy genetic lineage and heritage should be known and from that understanding, adapt the energy work and expressed lifestyle according to the composition to outlive the potentials of the consciousness-genetic in the template into physical form and its three fields to clear these of their distortions. Or, if needed to delete and erase the template consciousness-genetic to allow for a fuller functional bio-DNA structure, using the resurfacing – via the clearing work - original human consciousness-genetic to build up a new holographic template.

The work with the template is taking back your responsibility for creating and honoring life in this solar system and allow your template to be able to unfold potential life, energy and consciousness in the correct progression cycle as manifest or expressed life. We are to go for the highest progression rate (consciousness integration via the brain field), the highest principles (correct interaction potentials with our system via the sensing level aka the heart field) and the highest energetic standards (expressed manifest form from the other two – energy and consciousness – creating our physical form), our system offers.

The progression cycle of life goes from potential life, to expressed life, using energy and consciousness in a moving forward progression,

leading to higher potential expressed life of consciousness and energy. That is the outgoing spiral, generating more life, energy and consciousness as the potential life is pulled into our physical form by the different forms of energy we use (developmental programs in our system interpreted as perception of our reality inner and outer), and the consciousness that is developed from that use into our brain expanding its perception sphere into higher ordered systems, ranging from personal, to others, to societal, to systemic, to universal and so forth.

**The goal of the clearing work – alone or as a couple - is to get rid of**

- 1) All prohibitors i.e. energy web, snakes and parasites in the heart field and organ area bringing the energy production down. These mainly originates from wrongful use of emotions as well as wrong diet, including attached technology in the template.
- 2) All limited belief systems and emotional settings, causing restrictions in perception and lowers the correct forms of energies in the heart and brain fields.
- 3) But most important: Go for the activation of your original energy system that leads to the highest progression, highest principles and the highest energetic standards of the full human template. These will push out all the other stuff.