

The HAL Basic Energy Work Course

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The HAL Basic Energy Work is a good place to start the HAL Academy Online Courses. The how to transform the emotional and mental energies with hands on healing are presented in this course and thus the HAL Basic Energy Work Course lays the foundation for the HAL Progression work.

Overview of the Content

The course consists of 12 videos and text material.

The HAL Basic Energy Class material covers the following:

- The fundamental understanding of what progression work is.
- The reasons why we should do it.
- A new way of learning.
- What is HAL Philosophy?
- The HAL Material so far.
- On the HAL Progression Work.
- The unfolding of the NGC into our solar system.
- The individual challenges.
- Understanding the images of the psyche.
- The daily meditation.
- Creative meditation.

In the videos, the basic concepts of the 4D clearing and energy work are explained, inclusive inspiration on how to clear energetic patterns from our emotional fields and remove energetic distortions etc.

- The basic understanding of the clearing work and the distortion fields.
- Ideas to the work with the emotional patterns, and how to clear them.

The 2 Email Q&As

It is possible to write **two** email questions to me, while you are doing this course. *This option lasts for two months after the purchase of the course.* I will answer your questions in the manner that is suitable.

However, most will be understood as the classes proceed, and therefore you are to write down all of your questions in a notebook, when you do the classes, and you will discover that most have been answered in the later videos.

HAL Coaching – Strongly Recommended

I recommend that you after, or during, the course do HAL Coaching. You find this option at randigreen.one (HAL Coaching).

The Terms for the Payment

You enroll by paying 145 EUR for the HAL Basic Energy Work Course via PayPal.

The Text Material and Videos

The text material will be sent to you in the welcome to the course email. The videos can be accessed on Vimeo after having accepted the invite to the private group, I will do once you have sent your account name to me. You will therefore need to create a free Vimeo Account to get access to the videos. See more below.

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The Steps

- 1) You pay the fee on PayPal.
- 2) Then, when I get the notification from PayPal, the material is sent to you on the email address, you have used on PayPal.
- 3) In the email, I give instructions on how to get access to the videos on Vimeo, but in essence, you need a free account on Vimeo.
- 4) Once I get your Vimeo account name – you will send that to me – I will follow you and then I can invite you to the videos. As I write in the welcome email:

How to Get Access to the Videos

- 1) You sign up for Vimeo <https://vimeo.com/>
- 2) Choose the basic and for free membership.
- 3) Find my account and follow me. Click here: <https://vimeo.com/user40156198>
- 4) *Please let me know when you have followed me by sending me an email with your Vimeo name.*
- 5) I will then invite you to the first class and you will get an email from Vimeo, inviting you into the group with the videos, either in the message box on Vimeo or directly to the email, you signed up with on Vimeo.