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A New Way of Being Human

- Upstart to the HAL Transition Science Courses

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Website
www.toveje.dk
The HAL Academy

Other Books from the same Author

The Souls of Humanity

Terralogy

Understanding the Old Stellar Souls

Reconstruction of the Planetary Soul

Modern History

The HAL Philosophy

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Learning to Live in a New World

Are you ready to turn it into a willed self-innovative project, where you work to achieve your highest potentials?

The first step is to acknowledge that a balanced way of living, in the current environment, does not happen on its own. Things are getting a bit more complicated, and we have to work in a more energetic clever way to get to where we want to go. But as always, we are the main contributors to the opportunities, we get in life. And, naturally, what we make out of these possibilities are determined by our choices and our strategies.

Our *self-innovative project* must be in alignment with these choices and strategies to really work. However, we must also learn that certain things can be modified to our personal use, other things cannot. Or, more appropriately, should not. Not all we want, is ours to pursuit.

Thus, to get anywhere, in the world now – for humans with higher order capacities – it is, more than ever, important to have a wide-ranging perspective of what it means to exist and what thriving truly is. It takes an all-inclusive ability for complexity thinking and advanced perception of reality, to choose differently in a higher order way.

To be able to live in a balanced way, for us and the ones around us, new progressive ways of perceiving society, others and reality must be implemented. The double awareness must be part of all that we do.

We need new approaches to what life is about, as living beings, and by these develop a balanced existence, where we can say, every day: “I made this day into a day, I can accept to have been used the best way possible, given the circumstances and energies of the day. And I know, I have done my best to exist in a progressive way.”

A New Way of Being Human

To generate new ways of being human, we need new paradigms. We need upgraded versions of anatomy, psychology and pioneering ways of perceiving the nature of reality. In essence, ALL systems of thought within our reality are outdated. Spiritual systems included.

Generally speaking, we need new frames of reference into which we can conceptualize our lives, who we think we are, what we want to become, and how we perceive our surroundings.

We need:

- 1) New theories that define what it means to be human.
- 2) New perceptions of inner knowledge, reality and existence.

The HAL Transition Science Courses work with new progressive ideas and processes to what it means to be an expanded human, which hold the higher order capacities, and what that means. The courses also look into what it means to progress into a sentient being, living by the accord of the highest principles and progression possibilities our world offers now.

The HAL Material propose a new way of perceiving reality. It enables us to choose new ways of standing in an authentic light, being whole and in alignment with all that we is, and from this inner knowledge, choose the conduct and actions, we want to unfold. Naturally, we also do this by utilizing the higher order ideas of what it means to be human in this reality.

The HAL Transition Sciences work with two levels of perception:

The Lower Order Reality

Who and what we are now, and what must be developed to get into the state, from where we can begin the reconstruction of our fields.

The Higher Order Reality

Who and what we used to be, and what we can aim for within this reality field, trying to live by the progressive Principles, Rules and the Energetic Laws.

The Premise

The premise of the HAL Transition Sciences is that present-day humans are the ancestors of extremely advanced human civilizations, which once inhabited our solar system. We find traces of the original solar system civilizations in mythology, religions, occult teaching systems, sciences and in the soil. It is also lodged into the human genome as cellular memories, although these levels are highly distorted due to the wrongful usage of energy and because of that, disconnecting us from the memories of our human race.

Additionally, we also suffer from the effects of the otherworldly technologies, which once were used by our ancestors in productive ways but unfortunately were turned against us in the hijacking of our solar system and by that, led to the demise of our race. The hijacking did not happen out of the blue – our ancestors laid the possibility for that in their choices and experimentation with our solar system.

Therefore, the HAL Sciences and Progression work, in general, are an attempt to generate a paradigm of what it means to be the human ancestors of these advanced races, as well as how to foresee and meet up with the incoming energies from the new grand cycle and the many waves of changes following this.

It also means that we, at least those of us that had reached this level in the Pillar Project (5-11), are obligated to reach the highest level of awareness from where we can regain control of our system. This group must strive higher than the other segments, since most of the ancient and original technologies are positioned in the higher order levels of our reality, and we cannot access these as we are now. We must restore on all levels to get to these levels. Nonetheless, no matter

where we got to in the Pillar Project, we must do the clearing, timeline and template work, and attempt a systematic and strategic effort to get back to what we once were.

Furthermore:

- 1) The original solar system humans (also called true humans to differ from the downsized earth human, we are today) was an extremely advanced race that had a highly evolved capacity, which allowed them to work directly with all forms of energy. Technologically advanced inventions were a natural thing for these civilizations, although their advancements were beyond our contemporary understanding. Mostly because they were made of various combinations of energy and consciousness.
- 2) Due to wrongful use of the advanced technologies and wars among the true human races and other systemic races, the original human civilizations underwent a transition from being part of the higher order worlds.
- 3) The human DNA and cells hold memory imprints of who we used to be. We can find traces of our ancestry on the microbial levels and in the soil.
- 4) The advanced technologies remained in the higher energy sections of reality; our planet also holds.
- 5) Earth humans are bound to repeat, or play out, their ancient history in different setups until they remember and begin to restore their genetics to hold their true purpose and heritage.

The truth about our reality is unimaginably for most, since only a few humans hold the amount of consciousness needed to truly get the higher order technologies and how they work. Yet, if we try to grasp the higher order levels of knowledge with the current human mind, we are bound to fail. The brain must be trained to function in the higher

order energies and decode the higher order information structures. Always remember; what we see and understand fits our current brain capacity and what our lower order fields hold of distortion. The closer the brain operates to the base program level, the less valid the information becomes.

Thus, the higher the vibration we are able to build into the energy fields surrounding our body, the more correct the information will be, but *only* if we can decode the information of the observed correctly – as in on the correct energetic level - and *only* if we have developed the mandatory reading and sensing faculties of the brain and heart fields to discern from the lower order distortions as well as knowing how to work beyond the prohibiting technologies.

The reason why humanity has not cracked the case of operating at their complete capacities is simple. Humanity has forgotten how to progress and develop themselves into the higher order version, they could be and used to be. Let us change that.

The Main Goals of the Work is Twofold...

The contemporary goal of our work is to upgrade all energetic levels by achieving the highest purity rate on the bio-organic level in the ways we live, the highest standards on the energetic level in the ways we behave and the highest progression rate on the consciousness level.

The future goal of our work is to match the requirements of the NGC, so that we can activate and rebuild as much of our template as possible. We do that by clearing out all disruptive timelines and our participation in these, as well as all getting rid of all dysfunctional energies and infected consciousness units.

Revisiting the HAL Progression Work

The idea with the material is to give the information of what is needed to set the goals and what we are to strive for, and why it is important for us to do so. From this level of understanding, it will be easier to make effective choices of what to do, and how. At least then, whatever is chosen, will be from a level of understanding and then it can finally be said – at the end of this cycle – that humanity had a chance to exercise their free will to choose whether or not they wanted to do the end cycle or transition work to match the requirements of the new grand cycle.

Free will only applies, if the ones exercising it know the costs of the choices, they are to choose between – on an educated level – as in what each choice has of implications in this and the following lives, because every choice done in any lifetime affects our chiasm and our progression rate, as in what section of the progression spiral, we are emplaced into, the next time we take on an organic vessel within this system.

All choices done in a lifetime set the tone of the energies we must transform and work with, in the next life, as part of the attained energy system as well as what type of consciousness, we will get.

What must be taken into consideration is the new grand cycle (the NGC) knocking at our door and the rolling completion of the old cycles that is happening now and has been unfolding for the last 2550 years. Because of the NGC, all choices made in this lifetime will determine if we get a chance to continue an existence within the future universes that arise from the makeover done by the new grand cycle.

Remember:

- *The Rules of Engagement* teach us how to be around other humans (and races from other worlds) and how to attain the highest energetic standards.
- *The Principles* govern the self-initiated progression work to develop the higher order consciousness structure, following the viability rate of our template.
- *The Laws* teach us how to utilize the energies of the reality, we are part of, according to the level of awareness we have.

The Chiasm

The chiasm is our individual timeline map and it carries the recordings of the many timelines, we have been part of. The chiasm and its perception field hold the energetic and genetic end-result of how we have utilized our consciousness units. This affects the blueprint, i.e., the template and its complex energy system, in this and all lifetimes. What is recorded into the chiasm determines the possible futures, we can expect, and it defines the pasts and also the present type of life.

The Timeline and Clearing Work empower us and give us the abilities to adjust our present circumstances by transforming the energies and genetics of the past, using the holographic projection mechanism of the chiasm. It is up to us to clear the template of its energetic imprints and genetics stuck on the timelines in long-gone worlds, unfinished play outs, not cleared properly when we lived that life, or undetected alternate possible timelines created by the choices we made and the ways, we chose to express our potentials in these worlds.

The Essence of the HAL Progression Work

Progression is about taking responsibility of what we are and change what does not work, relative to what we want to become.

It is also about facing the challenges of our lives, in this world, along with the work to reunite with the energetic standards and progression rate of our system.

The life we have, and our surroundings, show us where we are on the progression spiral and what we need to clear to gain the highest purity rate by unfolding the highest standards in what we exemplify, what we create and what we are. We do that to achieve the highest progression rate, which ensures an emplacement on the progression spiral according to our deeds, actions and achievements.

The inner and outer progression work focus on what is attainable and achievable to guarantee a better emplacement in the upcoming rounds of existence as well as the work to upgrade our current energy system and template, which will secure an even better emplacement in the next rounds, if we do both.

The HAL Progression Work is thus about making the ideal choices, following the guidelines of *the Principles of Progression*. It is about the ways we behave around other lifeforms, and how to obtain the highest standards by exercising *the Rules of Engagement* and finally the HAL Progression Work is about how we administer *the Natural Laws of Energetic Utilization* in our creations and manifestations of any form of energy.

Thus....

The HAL Transition Sciences provide ideas of how to be a new type of human, solely living by the higher order awareness. The goal of this is to consciously reunite with the progressive worlds and their advanced human civilizations.

The HAL Progression Work focus on the overall ethical and energetic behaviors we have, as contemporary humans in this world, and how to become the best version of a human we can be. It also entails the work

of preparing our energy system and consciousness units for continued existence beyond this world. The Principles of Progression, the Rules of Engagement and the Natural Laws of Energetic Utilization are our guidelines in this.

The Clearing and Timeline Work is:

- To get rid of 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 prohibiting technology in the template.

- To develop and expand hidden limiting belief systems around self and others, known and unknown emotional content and energy patterns, causing restrictions in inner and outer perception as well as lowers the correct forms of energies in the heart and brain fields.

- But most importantly: To live according to the Principles, Rules and Laws that leads to the highest purity rate, the highest standards and the highest progression rate in order to develop into the highest possibility rate the human template can unfold. When we do this, we can transform our energy system, template and the consciousness genetics into their highest potentials.

Why Do the HAL Progression Work?

The first step in the human awakening process is to accept that reality is more than just the obvious and the tangible. Then, once that is kind of accepted, the next step is the ability to discern between distortion, the interception and holographic deception technologies and the true higher order information. Sooner or later, the ones having viable consciousness units can grow into the capacities of comprehending and how to work on the other dimensions and densities in the higher and lower order realities, our solar system is part of.

Thus, the awakening process is firstly about an acceptance of the unacknowledged hidden realities and then it is about getting back to our true potentials, to be able to integrate all that we are, and then the process must move into a relearning process of what it means to be human on this planet with a higher order awareness. That is the higher order awareness way of living.

The Opening of the Heart Field

The clearing work is about accomplishing the correct vibration in our heart field to open up into our higher order sensing system. We need that sensing system to be able to work with the hidden worlds. The heart field energizes the mind-field, and change it into the brain-field, which enables us to sense, see and work on the higher order densities and sub-dimensions with the higher order perception faculties.

Consequently, the first step of the clearing work is done with the purpose of clearing out all the distortions lodged into the lower order fields, which restrict all humans from unfolding their potentials. We do that through the proper use of energy on the timelines connected to

our energy system, be it in the past, present or future by the use of the Principles, the Rules and the Laws and in the progression work.

Another Type of History

Now, humans on this planet have been through many different stages of advanced existence. It is not as science tells us; i.e. that we were bipedal monkeys grown out of evolutionary processes and now have turned into what we are today.

One group of the hominids were a type of failed experiment from some of the otherworldly races experimenting here and other groups were humans from the colonies that were hit by the contamination – probably due to failed genetic experiments to prolong their lifespan after the timeline event – which led to a complete genetic breakdown and subsequently turned this group into regressed human apes more animal-looking than human-looking.

We are correspondingly to grasp that humanity, in this reality, used to be part of a larger project of transforming energy and consciousness by the use of vessels and energetic forms in our system. We chose to do this to manage and develop our reality from a higher order scientific perspective, in order to progress within the construction of our solar system.

And we are to accept that the human race in its ancient version began an ambitious project a long time ago to secure a continuance of the old warring extra- and intra-systemic races by transforming all that we were into newly created organic vessels with the state-of-the-art holographic code systems and advanced genetic templates above any preceding genetic engineering. And lastly, we seeded these new types of organic vessels into highly organized progressive worlds¹ in this

¹ We chose the idea of progression contra to the warring realities we had been part of before beginning the project of the 12 human lineages. Most of the 3rd, 4th and 5th cycles of the old worlds collapsed due to wars.

universe and others, within the framework of the very advanced and ancient reality constructions made by the Ancient Ones.²

We began this ambitious project by agreeing on specific rules in our interaction with any lifeform in this and other similar worlds. The Principles, the Rules and the Laws were meant to secure peace and non-hostility amongst the races that joined the project, along with being the guidelines on how to progress for the highest good of the many, i.e., for all that joined the project. Here and in all universes.

And we agreed that any encounter between the extra- and intra-systemic human races always should be in the spirit of cooperation and looked-for teamwork with the purpose of achieving the highest order progression for all involved. The highest order progression is to attain the standards of the Ancient Ones.

We set out to progress all that we were and could become along with developing the energetic and technological resources of every reality into a higher order system, to meet up with the standards of the Ancient Ones. The Ancient Ones were a highly advanced human race that existed in the early stages of the overall evolutionary cycles and completed these with valor, honor and dignity.

The Ancient Ones developed this group of universes into their highest purity rate, the highest standards and the highest progression rate. And, after having completed the universal level, they went into other higher order cycles of consciousness, where they continued their evolution within realities beyond our current comprehension.

This means, that the awakening process, the clearing work and the progression work is not just about reconnecting to our higher order capacities and activating the correct energy system and template, with

² We got the allowances to alter some of the settings of their constructions but only because agreements were made to achieve this. These agreements stated that if we could not complete the project, the constructions would reset to default.

what is stored there of memories of other lives in other systems, but also to understand that we are part of a larger progression journey into several universes.

The HAL Progression Goals

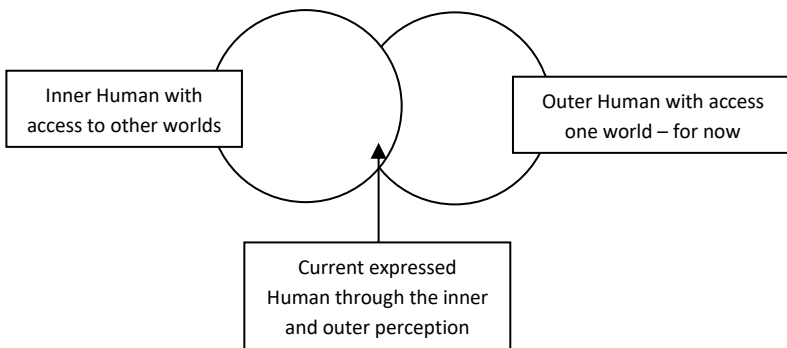
- To achieve the advanced psycho-energetic capacities needed to develop all inbuilt consciousness potentials.
- To reach for the highest energetic, intellectual and emotional performance, generating a high-performance and progressive attitude to self, others and our reality.
- To be able to create, by own means and by own resources, and to develop innovative and inventive projects to support an individual and collective regenerative future.

The Advanced Psychological Work

Becoming a higher awareness human has many steps. One of them is to learn to master inner and holographic energy in our clearing and 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 BIG time. And old forms of what we used to be will have to change. But first we are to look deep into our self-perception and narrative of our life, and observe what works and what does not.

The Inner-Outer Human

A human is the manifested energy shown on three levels:



The inner-outer human is an expression of the interaction potentials governed by the Principles, the Rules of Engagement and the Natural Laws of Energetic Utilization. These are the dynamics that ensure the highest purity rate, the highest standards and the highest progression rate, from which we rebuild our progressive energy system.

That is needed for the higher awareness to develop in us.

The advanced psycho-dynamics teach us how to be progressive humans among other humans and how we deal with our emotions, thoughts and reactions in our encounters with whatever we face. And then how we can develop new tools to administer our personality, as energetic and higher awareness humans.

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

Knowing about energy states and the other-dimensional human and humanoid races etc. is good, but we also need to learn to function among our own kind 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 and living in ways that are not harmful, but energetically neutral, when we interact with others.

We have much to learn to achieve the most optimal outcome for all involved, in every interaction we have, including how to administer our energy fields, i.e., our influential sphere, when we are amongst others and in the world as a whole.

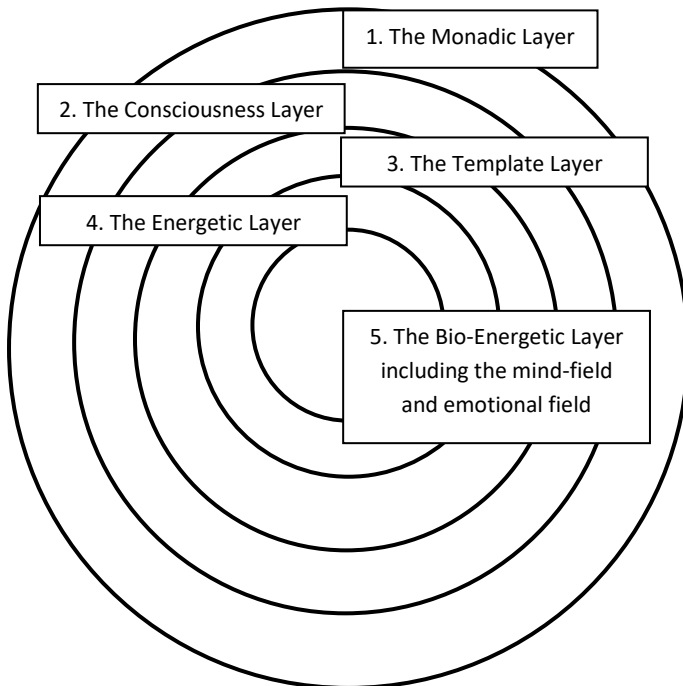
I do recommend to complete the Future Human Project Courses 1-4 to get the basic understanding of the psychological work. Actually, all of the HAL Basic Ideas Classes & Courses.

Even if the HAL Transition Science Courses work with the psychological abilities, the template and the processes of developing our skillsets, it is on a higher level and without the HAL Basic Idea Classes, there is no foundation for this information. Impatience and wanting to skip steps are not a good thing in this work.

The Human Energy System

In the ultrashort version, we can say that our energy system stretches beyond our physical body. The true human energy system was once composed of the monad, the consciousness layer, the template layer, the energetic layer and the holographic-organic field.

A Schematic Illustration of the Five-Fold Energy System



Today our original energy system has been downgraded into the lower fields composed of the distorted mental field, emotional field and the

bio-molecular electromagnetic field; all of which generate the physical body with its mental and emotional processes. The goal is to transform these into the vibrational field and the radiation field, and in that regain the access to our highest potentials.

The chosen lifestyle and energy work should honor the genetic compositions in the template to avoid generate more distortion in the lower fields, which means that the genetic lineage should be known and from that understanding, adapt the energy work and expressed lifestyle to unfold these potentials into physical form and its lower order fields, which will begin to clear these of old distortions.

Or, if needed to delete and erase the consciousness units in our energy system to allow for a functional energy structure. If we do that, we can use original human consciousness units in our template to build up a new holographic energy system.

The work with the template is taking back our responsibility of creating and honoring life in this solar system and allow our template to be able to unfold its potential lifeforce, energy and consciousness as manifested or expressed true way of living.

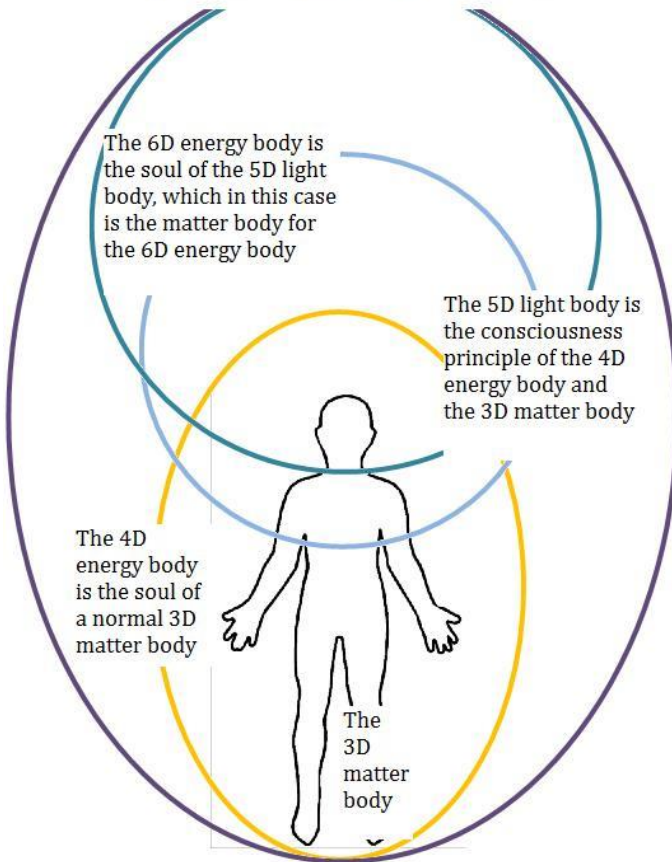
In the progression work, we strive for:

- 1) The highest progression rate (consciousness integration into the brain field).
- 2) The highest standards (correct interaction potentials and energy building into the heart field).
- 3) The highest purity rate (the way we live, what we eat, how we conduct ourselves etc. in the physical world).

We work with energy to generate lifeforce by the use of consciousness, pulled into our physical form by the different forms of energy we use and the knowledge that is developed into our brain and hear fields, expanding the perception spheres of these two into the higher order

systems. The expansion spectrum ranges from personal development, to interaction with others, to the reality we are part of, to the systemic levels, to the universal levels and so forth.

The 7D light body, on the soul group level, is the consciousness principle of the 6D energy body and the 5D matter body



The Support and Advice Sessions

The goals with the HAL Support and Advice Sessions are to attain efficiency in your daily work, to generate new ideas of how to cope with the challenges of the HAL life and to give structured feed-back in your processes towards a new way of being human.

Life is a Lot to Take on

In the HAL Support & Advice Sessions we work with the every-day issues from a double perspective:

- 1) Working from a psycho-dynamic angle, i.e., with the issues from a current reality perspective.
- 2) Working from a higher order perspective, seeing the issues from the perspective of your higher order progression work and higher order personality structure.

The HAL Support & Advice integrates all aspects of the HAL material to get a fuller understanding of the issue at hand. The goal is to integrate the higher order learning process and the implications of this on the ego-structure.

The Main Focus in the Sessions

The main focus are the cognitive narratives from the various inner-outer conditionings, we have been exposed to. The limitations of mind are mostly self-created constructions and these affect our psycho-dynamic processes and what our emotional and cognitive responses

will be to new outer and inner events. We can change these self-imposed restrictions if we have the correct tools, into a progressive perspective of who we think we are, and by that develop our psycho-dynamic capacities into new heights.

HAL Support & Advice is about making things simple. In a complex world of choices, a good talk about the HAL Values and Goals makes it easier to choose the best direction of life.....

The Psycho-Dynamic Work is a Process

In the work on the psycho-dynamic patterns of our ego structure, the most important thing is to acknowledge that the psyche is a many layered fields holding many self-created energy patterns. The patterns define our emotional state and how we respond to circumstances. To enable us to be in-the-now, so we can respond correctly via correct perception of what is going on, these emotional patterns must be cleared and transmuted.

Behind the first layers in the emotional field are the deeper layers of subconscious material. These layers cover all from suppressed material of this life to past lives and the residual patterns from these pasts affecting our energetic state in this life. The deeper layers must be cleared and the content of the ancient patterns must be activated and transformed for us to be able to dig deeper and enter into the true dimensions of our world. What stands in the way must be removed for this.

The purified emotional energies are key to transform the deeper distorted energy layers, because the purification process meet the properties of the distorted energies with the proper counter-procedures. Being light, compassionate or all good does not transform distortion energies - on the contrary; all human emotions push the

higher order layers of our energy system away from our original awareness capacities.

Only with the accurate knowledge of how to do the clearing work, and the willed approach to work with energy, can we clear out the impurities and distortions in any of our fields. We must learn the dynamics of transformation to get rid of all distortion, and from that learn to use the emotional field in its vibrational functionality to access the various reality fields and timelines.

Remember all inner work is a process and each step is to be seen as part of a scale of the progression work.

The Inner Work Sessions

The goals with the HAL Inner Work Sessions are to attain efficiency in your inner work, to generate new ideas of how to cope with the challenges of the higher order lifestyle and to give structured feed-back in your higher order consciousness activation processes.

About the Structure in the Sessions

In the HAL Inner Work Sessions, we work with your higher order capacities from a double awareness perspective:

- 1) We look at the issue from a process-oriented perspective in order to achieve efficiency and growth.
- 2) We also work from a higher order progression perspective, seeing the current issue within the frame work of your past and future lives.

The HAL Inner Work aim at integrating the looked for and required levels of your inner, as well as otherworldly, levels to get a fuller understanding of your progression work.

The developmental focus follows the higher order process and what goals to set in the clearing and transition work.

The Focus of the Inner Work Sessions

The HAL Inner Work Sessions focus on the combination of the higher order personality structure and why you are here. Naturally, that can only be seen if you have cleared enough of your emotional and mental

fields to allow for the higher order energies and genetic markers to reveal their content. Thus, the HAL Inner Work Sessions will only pay off when you have done the clearing and progression work for a while and have begun, on your own, to get glimpses of other reality and/or timelines.

The HAL Inner Work Sessions are about deconstructing your perception of self, and who you think you are. Once that is done, the work is about integrating new perspectives of who you have been and who you can become.....

Rediscovering your True Self Takes Time

The individual challenges involve the work with the lower order fields and how we can clear these to get to the point, where we can rebuild our higher order constitution. As long as we are trotting along in our human form, exercising our human will, mind and emotions, we will not get to the higher order levels in us.

The higher order levels of us contain the consciousness genetics, the original template and higher order energy system. These parts have been hidden from us. We are to figure out how to reconnect to the true parts of us and then put in the needed work to activate them.

The knowledge of how to work appropriately with all energies, reality and our higher order genetics, to follow the true purpose of our entirety, are encoded into our template. We learn how to reconstruct our true energy system by our repeated work on the timelines, as they unfold their content to us within the holographic projections our perception field produces for us.

This is the for-the-rest-of-our-life work where the goal is to regain as much as possible of our original purpose and function within this reality. We will need this to aim at the correct reality grids from where we can reconnect to our original racial lineage.

In other words: Our lack of understanding of what we are and can do, will hold us back, until we have understood all the information hidden in the many timelines connected to our template and energy system.

And with that said, you can begin the HAL Transition Science Courses to develop new skills in the processes towards the higher awareness.