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# Implementing a Higher Activity Level

*Learning to Live the HAL Way to Achieve Health & Vitality*

Implementing a Higher Activity Level

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## On the NGC

The new grand cycle (the NGC) unfolds over several decades to fully complete its sequences of activation and closing of the many reality fields, which are deemed failed or are too distorted to repair.

The NGC began *the activation and cleanup stages of the completion cycles* in 1999 and they will be fully completed in 2135.

### *The Activation and Cleanup Stages of the Completion Cycles*

1999-2007: Activation and cleanup of the holographic-technological segments of the minor and major grids within the 5-11 pillar.

2008-2016: Activation and cleanup of the systemic segments of the minor and major grids within the 4-10 pillar.

2017-2025: Activation and cleanup of the reality field segments of the minor and major grids within the 3-9 pillar.

2026-2034: Activation and cleanup of the racial and library segments of the minor and major grids within the 2-8 pillar.

2035-2043: Activation and cleanup of the individual segments of the minor and major grids within the 1-7 pillar.

### *The Final Stages of the Completion Cycles*

2044-2052: Completion and Choices to be Made (stay or go)

2053-2061: The Reseeding of the 6<sup>th</sup> Root Race will Begin

2062-2135: The Final Grid Shift into the Progressive Worlds

*The completion cycles run over periods of 9 years, where each period begins the activation and cleanup of the energies and genetics in the holographic grids and resonance fields connected to each of the pillars*

*of the Workstations. Then the energies enter the core of the planets in our system, and outwards into the realms of the DE1 universe.*

*The last to be activated are the DE1 organic lifeforms in the individual 1-7 pillar cycle in 2035-2043 and this process is followed by a period of 9 years in 2044-2052, where humanity – now with a very large group aware of higher order worlds - can choose to stay and do the required transition into a DE2 progressive human or choose to move into the segregated worlds under the regressed races.*

*As the galactic planes of existence within the LPU are changing and eventually the DE1 (D1-3) realities will experience the changes too and only the ones that are at the same radiation and vibration levels of the original density energies will be able to follow the changes in the years to come.*

### **Rising the Energies of Our Body**

The need for all humans to become herbivore is crucial to meet up to the criteria of the planetary activation and completion cycles. Since the sun has changed its energetic settings, and by that is no longer fueling us with its DE2 energies (prana), only humans living on a fruit and plant-based diet will be able to process the density energies of the original reality field, that is, if they are working energetically to achieve this.

The organic bio-field fueled by a pure plant-based diet will adapt and become able to process the density energies of the original networks, although high levels of clearing are needed to be able to deal with the implications of the damaged DE1 networks of our planet. However, it is possible to assimilate these original reality field network energies and by that fuel our bio-field.

## **How to Implement a Higher Activity Level**

All changes begin with a sound knowledge base of what we want to change into. And secondly, in the process of changing habits, it is also a matter of self-perception and understanding of why it is important to us.

### **The Steps of Changing Your Activity Level**

- 1) Look up information regarding the forms of exercise, you can envision yourself doing, and others forms you might not think you can do, but do it anyways, because they might give you inspiration. Use the Internet to find information regarding the accurate forms of training, how often, the basic and core exercises etc. Use websites from people who are plant-based to find the needed information and not websites endorsing protein intake from dead animals, the use of animal products or exploitation of animals in any ways.
- 2) Learn why it is important to exercise and the benefits of it.
- 3) Find easy training exercises for every day practice. It does not have to be difficult to live the healthy way.
- 4) Changing how you use your body is a matter of practice. Use YouTube to get inspiration and the visual how-to-do. Learn how to exercise from others. Later on, you become creative yourself and invent your own exercises.
- 5) Take time to meditate and envision your change of lifestyle. See how you become healthier and stronger with the daily exercises. Use the meditative enhancing work in this e-book to alter the energy patterns of who you think you are, and what you are capable of.

*Then you make the decision to begin, and you follow through. Right there. Begin with a simple training program and then build up into a more complex one. Don't give up. Stay focused.*

Changes have to be done swift and quickly, and not “when the time is right” or when you have the energy for it. You will lose momentum, if you do it this way, and there will always be interference to keep you in the old habits.

Getting out of the comfort zone and old habits demand will and an active choice. Not the “I will do it, when....” No, you do it NOW.

### **Changing into an active lifestyle has positive side effects**

The daily training will give you stamina, a stronger will and a balanced temper. The use of the body makes it happy, clears the brain and releases the toxins from your muscles and organs.

*And you will build up a body, that can hold higher forms of energy.*

Correct knowledge, sound decisions and the appropriate choices of living are part of the foundation for a better life. This is explained in detail in the HAL Philosophy book.

Changes come from a freely made choice, based upon knowledge and understanding of what is the highest good of the many. And not just for the individual, or for the individual cause.

**The deeper work with changing all that you think you are, and how to do so, are part of the HAL Classes and Courses.**

## What Type of Training for the New Challenges?

**Walk or bike, or both, every day** (for an hour minimum).

**15 min of exercises a day** (focus on core and basic exercises).

**Run 20 minutes twice a week** (or any other high energy exercise).

**Get your sleep** (create a routine of activity and rest).

**Drink minimum 1 liter of fresh water a day** (add other liquids to this).

You must learn to listen to your body, and what your bio-chemistry prefers to fuel from. There is no “this is the best type of exercise.”

*What is working well for one person, might not be the right choice for another due to differences in energy system and inserted genetics.*

### **The most important thing is that**

- You get into a habit of doing daily exercises.
- You learn to see yourself as an active person.
- You learn how to utilize your body in a healthy way.
- You develop the will to instigate changes by doing it.
- You learn how to BREATHE again. Breathing equals circulation of energy.
- And you learn how to MOVE towards a goal by practicing it.

*Exercise is not just pain for gain. It is the best way to develop a tighter relationship to your body, where you take the leading role of what it needs to do to perform its best. Remember to be kind towards the body, when you push it beyond what it is programmed to do. This is you programming your body into new heights of what it can do.*



## Look Up Information

Take the time to study before you instigate the changes.

Find what you need for free on the Internet. The more you research, the better you will become at finding the information, you need such as the correct words for search online etc.

*You study, so that whenever the parasitic inner voice tells you not do, what you are trying to do, counter-argue with knowledge and then energetically clear the area where the “voice” comes from.*

*The clearing work with the energy parasites is taught in the HAL Basic Energy Work Class.*

Also go on the Internet to find information on the body and how it is built up, showing you the muscle groups of the body. You need the understanding of their position for the clearing work. There is plenty to pick from. Here is an example from [Wikipedia](#).

## The Hand Positions for the Energy Work

Single Hand Position – Left Hand



Double Hand Position



## **Meditative Enhancing Work**

*Creative meditation is a relaxed mental state where you work with the energies of your energy fields consciously. Everything is energy and information, including what you think, you are, and what is important to you. Habits are energy patterns. Learn about all of this in the HAL Philosophy book.*

### **An Exercise**

With the change in mind, begin the meditation:

1. Sit down in the preferred meditation position, close your eyes and focus on slowing your breathing down. Take three long inhales and exhale very slowly for each time.
2. Silence your mind by observing your inner voice and what thought patterns you have right now. Switch them off by will and determination. It takes time to learn so in the beginning focus on a golden dot in the middle of your forehead, or on the heart field, while you keep up the intention of getting the mind to slow down the ever-on-going inner chat, thoughts and whatever is controlling your thought processes.
3. Silence your emotions by putting your hands, in a double hand position, upon your heart field to calm down emotions. Soothe the ego, by talking to it, ask it to relax and know that everything is going to be all right, that everything is perfect and whatever you will meet of challenges, you are able to handle because you are a human in progress. Trust in yourself

and then let go of the emotions of low self-esteem, low self-trust and the anxiety of not being able to do it and transform into the full understanding of what you do not know now, and are able to solve now, you will learn as you go along.

4. Sit in the silence you have created for at least 15 min, slowing down your breath and kind of feeling that your body is going into a total relaxed mode, sitting upright in a sort of sleep – keep your body in that relaxed state, while you create the images of the new you. If lying down, you might fall asleep.
5. Change with the following steps:
  - Envision yourself radiating with health.
  - Envision yourself leaner, more active and happier.
  - Envision yourself saying yes to training, because you feel like it. It does feel good and makes you happy.
  - Envision yourself stronger and more determined.
  - Envision yourself doing the exercises, you have chosen.

When you have completed the envisions, you ask:

- What do I further need to create as a new blueprint to enable me to live with a higher activity level?

Write it down and reflect on where you want to go with this. Go back in meditation and envision the needed changes.

*Read up this exercise and record it on your phone or computer. Then listen to it from your recording while you do the steps. Using your own voice in the recording, will reprogram the old inner voice with new features.*

## **Meditative Clearing Work**

*Meditative clearing work is an exercise to teach you how to work with the energies of your muscles consciously. It demands hands on, and is not only done by envisioning the clearing. It has to be done through the energies of your hands.*

*As a main rule: 4D work is hands-on, 5D work is mental. Thus, clearing work is 4D and holographic rebuilding work is 5D.*

*Have a chosen muscle group ready to envision, before you begin this exercise. Use it to clear out the crystallization in the muscles, either before or after training. Remember to drink water after the clearing.*

### **An Exercise**

With the muscle group in mind, begin the clearing work:

1. Sit down in the preferred meditation position, close your eyes and focus on slowing your breathing down. Take three long inhales and exhale very slowly for each time.
2. Silence your mind by observing your inner voice and what thought patterns you have right now. Switch them off by will and determination. It takes time to learn so in the beginning focus on a golden dot in the middle of your forehead, or on the heart field, while you keep up the intention of getting the mind to slow down the ever-on-going inner chat, thoughts and whatever is controlling your thought processes.

3. Silence your emotions by putting your hands, in a double hand position, upon your heart field to calm down emotions. Soothe the ego, by talking to it, ask it to relax and know that everything is going to be all right, that everything is perfect and whatever you will meet of challenges, you are able to handle because you are a human in progress.
4. Trust in yourself and then let go of the emotions of low self-esteem, low self-trust and the anxiety of not being able to do it and transform into the full understanding of what you do not know now, and are able to solve now, you will learn as you go along.
5. Sit in the silence you have created for at least 15 min, slowing down your breath and kind of feeling that your body is going into a total relaxed mode, sitting upright in a sort of sleep – keep your body in that relaxed state.
6. The remaining section of the clearing work can be done lying down, because you are actively using your hands and mind.
7. Put one or both hands onto the chosen group of muscles, e.g. a leg. Work from the hips and towards the feet, and then push it into a bubble outside your body, between your hands, where you gather the distortion energy for clearing. You clear out the energies by seeing them evaporate into dust.
8. Amplify the muscles with energy and see them lit up with a bright yellow-golden white energy – sometimes a bright blue is needed too.

*As long as our body runs on frequencies, we use colors to upgrade, but in the new reality setup we work with the holographic grid and the code sheets behind the organs.*

9. Ask the leg to reveal to you what it needs to turn into its optimal muscular function. Tell it to give you the information for its perfect function and what needs to be cleared.
  
10. Then observe whatever shows up. Register it with your inner sight or feel it as sensations. Trust the information you get, no matter how crazy it feels or looks.
  
11. You alter the energies of the muscle group in the following steps:
  - a) Transform the color that is emitted from the leg into its highest vibration.
  - b) Change the vitality of the holographic grid in the muscle group from rigid and atrophied into flexible and vibrant. Still have your hands on the leg, while you amplify it with heart energy.
  - c) Change the feel of the emotional content in the muscle group. If the feel is sad; change it to happy etc.
  - d) Remove all the slag in the muscle group. Use the bubble method and see it turn into dust

When you have completed the changes, you ask:

- Which other type of energy is in the muscle group need to be cleared, now that I have changed it?

Go back in meditation and ask where this energy stem from and how to clear it out.

Then put your hands on the heart field and see if you can get more information to the information regarding that muscle group. Sit and observe what comes up. Work with it.

Do not do more than three rounds of this each time. If it gets too dark. Stop right away and wait an hour before continuing. There are hours during the day, which are better than others to work with energy.

*The exercise is meant for you to take control of the energetic state of your body, letting the right and left hemisphere to work together to clear the distortion energies that are in the muscles.*

Again: Read up this exercise and record it. Then listen to it from your recording while you do the steps.

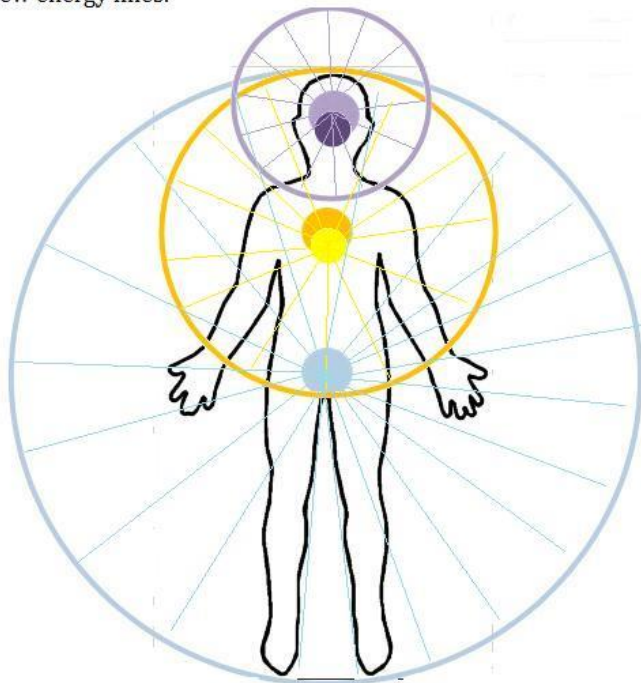
Using your own voice in the recording, will reprogram the old inner voice with new features.

**The deeper clearing work on the body and energy system is part of**

- The HAL Basic Energy Work Class.
- The HAL Transition Science Courses.
- *The HAL Philosophy* book.



When cleansing the three fields; follow the energy grids to their end of the sphere. Observe their color and then detach the energy lines from the sphere. Pull them into the core of the three main centre and throw the little dot of old energy lines out. Then create new energy lines.



Expand the new energy lines, one sphere at a time, until their color vibrates in the frequency that is needed. Expand, throw out from the core, expand etc until their vibration is perfect.

## What World Do We Want?

What type of world do we want? We must begin to build our matrix of change and develop a higher order perspective of our reality. We need this to truly get the full implications of what is going on here. We must learn about energy and how to develop all that we are into a higher awareness human. We are not just up against a human world gone wrong here - it stretches far beyond into other systems and their eagerness to get access to our world.

We can only change the world, if humanity changes too. Being what we are now will not face up to what is brewing. We need people educated into the higher order sciences. We need aware humans knowing about energy and consciousnesses. People who can work with the holographic grids and not by mechanical or technological means, but by the holographic ways the original human knowledge works. To name a few of the needed acquirements (requirements).

The world needs new ways of being human. At the end of the day, we must focus on one line of thought to achieve results and by not taking part in all the different teaching systems, we can think of sojourning through in our curiosity to reach our fullest potentials. The Law of Participation ensures that, including the law of energetic and genetic affinity. We must work with the information suitable for our energy system.

So, that is another one for us to take a stand on - which higher dimensional future do we believe in? And which factions do we want to invite into our world by the teaching systems, we are part of?

From the HAL Perspective - none of the current systems. The goals it to change a portion of humanity into what they once were, i.e., the 6Ds - and what we tried to accomplish here before the ones, we tried to help began to think it was their solar system to take. That was their way of giving thanks. So, no thanks to them and their agendas. They should all leave.

The HAL Academy Material and Changemaker Projects facilitate the information needed to activate the original purpose of human capacities, on the individual level if we do the progression work, and on the collective level if we learn to master the energies of our reality. We must move beyond the downsized version, we have now, and develop into a future humanity ready to enter the 5<sup>th</sup> cycle. We can achieve that when we progress utilizing the Principles, Rules and energetic Laws of our reality field.

### **What Can We Do?**

Educate ourselves, via formal and via self-study, and become a higher order human, functional to meet the new reality challenges. The HAL Academy Courses work from the perception of other worlds and is funded within the higher order sciences. The goal is to find solutions and methods to deal with the changes in a higher order progressive way.

## The Essence of the HAL Progression Work

Progression is about taking full responsibility for all that 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, to get to where we are supposed to be and in that, 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 clearing work and the 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 & Clearing Work is 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*

Finally, the HAL Progression Work is about how we administer *the Natural Laws of Energetic Utilization* in our outer and inner creations and manifestations of any form of energy. All sections are needed to reach the highest goals of progression.

*To Summarize*

- 1) *The HAL Philosophy* provides ideas of how to live a human life unfolding and living by the higher order awareness, all aimed at reuniting consciously with the progressive worlds and their advanced human civilizations.
- 2) *The HAL Progression Work* focus on the ethical and energetic behaviors we have, as contemporary humans in this world, 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. The Principles of Progression, the Rules of Engagement and the Natural Laws of Energetic Utilization are our guidelines in this.
- 3) *The Timeline and Clearing Work* transform our energy system, template, and the consciousness genetics. *The contemporary goal* is to upgrade these 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.
- 4) *The future goal* of our work is to match the requirements of the future realities. We do that by clearing out all disruptive timelines and our participation in these, as well as all dysfunctional energies and infected consciousness units.