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Changing Your Eating Habits



Getting Ready for the Higher Awareness Lifestyle

Changing Your Eating Habits

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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

The HAL Philosophy

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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 down of the many reality fields, which are deemed failed or are too distorted to repair.

In 2022 the sun will initiate the transformation of its DE2 level to meet up with the energetic settings of the NGC, which will affect our solar system and us energetically. 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 6th 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. This choice will be done by the higher dimensional version connected to the human within our reality. As the years go by more humans will activate and remember what they truly are.

Naturally, a lot of relooping from the regressed has been attempted to prevent the different levels to complete their activation and clean-up processes in our system. However, the stages will be completed, slowly but surely by the continuous counter relooping by the councils.

The Last Grand Transition of the Solar System

In the year 2135 the regressed races will have been segregated from the progressive worlds. The progressive worlds will continue with the 6th dimension as the basic plane of organic-energetic existence. After this point, none of the segregated worlds can reenter, since they are all positioned within the 4th to 5th dimensions (regressed DE2). None of the regressed races want to maintain what is within dimension 1-3 (DE1), so that will fade away in their systems too. They have been constructing parallel universes outside the original 12 universal pillar project and they have retracted to their new worlds since 2007.

This means that in the year 2135 all the rings of progression in our system can be reset to default, and that is the plan.

The changes following the NGC allow for the progression work of the 12 human lineages into the 6-12 pillar, which means that the current 1-7 to 5-11 pillars will undergo transformation as well, uplifting these to new potentials and eventually reset them to a new standard as part of the new evolutionary cycles.

The DE1 (D1-3) realities will be the last to experience the changes and only the ones that are at the same radiation and vibration levels of the NGC will be able to detect these changes in the years to come. For the rest, our solar system will look as desolated as it has up until now – especially if it is perceived through the DE1 perspective.

Rising the Energies of Our Body

The need for all humans to become herbivore is crucial in this. As the sun changes its energetic settings, only humans having an organic bio-field, living on a fruit and plant-based diet, will be able to process the energies of the sun.

The organic bio-field fueled by a pure plant-based diet will adapt and become able to process the energies of the sun in a similar fashion as plants, i.e. the process of photosynthesis to assimilate the energies of the sun.

*Read more about the NGC, the shift of the sun etc.
in the HAL Project Articles on my website
or in full in the HAL Philosophy book.*

How to Change Your Diet

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 Diet

- 1) Study the ways of eating a fruit and plant-based diet. Use the Internet to find information regarding the accurate intake of protein, amino acids, etc. Use plant-based diet websites to find the needed information and not the websites endorsing the protein intake from dead animals, the use of animal products or exploitation of animals in any ways.
- 2) Learn why it is important to change diet and the benefits of it.
- 3) Find easy recipes for every day cooking. It does not have to be difficult to live the planet-based way.
- 4) Changing how you cook is a matter of practice. Use YouTube to get inspiration and the visual how-to-do. Learn how to cook plant-based from others. Later on, you become creative yourself and you can invent your own recipes.
- 5) Take time to meditate and envision your change of diet. See how you become healthier and stronger with the new diet. Use the meditative enhancing work in this e-book to alter the energy patterns of who you think you are.

Then clear the cupboards, the fridge and the freezer of dead animal and processed products based upon animal products. Give them to someone else. Buy the new food online, on a farmer's market or in a

chosen store. You make the decision, and then you follow through. Right there.

Changes have to be done swift and quickly, and not “when the time is right” or when you have eaten it all. 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 a plant-based diet has a wider perspective: It endorses an ethical and simple way of living. Just remember, not to fall into the trap of becoming a zealot and preach the gospel of veganism.

The HAL Philosophy does not endorse any ideology that supports criminal actions, going against the commonly agreed laws or harm other people (or lifeforms) to justify a cause, or instigate changes.

Vigilantism is not the way to instigate changes. Correct knowledge, sound decisions and the appropriate choices are. 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.

But you can use the exercises in this e-book to begin with.

What Type of Food for DE2?

Low Carb Diet (https://en.wikipedia.org/wiki/Low-carbohydrate_diet)

Natural Fats (seeds, nuts and to some degree oils).

Lots of Green Vegetables (broccoli, spinach, kale, palm leaves, savoy, cabbage, sprouts, leeks etc.) and other vegetables to your liking.

Fruits and Berries (preferably dark red and blue berries).

Lentils, Beans and Chickpeas.

Choice of Food

Must contain high amounts of nutrients.

High levels of essential amino acids and protein.

} Found in all plants and
} fruit, seeds, nuts etc.

Little to none intake of processed food. What you can make yourself, you do. The Internet is swamped with recipes for everything.

Maximum 2 slices of bread with yeast or sourdough a day. Yeast and the microbes in sourdough are bacteria and technically an animal. Besides, as taught in the HAL Philosophy the microbes in our body are linked to a larger 4D counterpart and part of the energetic parasites enabling the Greys to access our body. Learn to make flat bread or pancakes without yeast or sourdough.

The Total NO GO

- No processed sugar.
- No alcohol.
- No drugs.
- No cigarettes.
- No cannabis or cannabis oils.

The individual Choices

- Tea
- Coffee
- Which type of flour, nuts, seeds, fruits, vegetables etc.
- Vitamins (recommended) – use a vitamin complex made for vegans. The ordinary vitamins contain animal products such as [gelatin](#).

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 food.”

What is healthy for one person, might not be healthy for another due to differences in energy system and inserted genetics.

And also learn the ratio of the amounts of nuts, seeds, vegetables and fruits that suits your body best. But ensure you vary your food each day so you get a bit of everything.

Create a visual palette of your daily diet, to get an overview of what it contains. Combine in different ways to get all groups of vitamins and minerals. Hence, the self-study of the nutrients in the food, so you know where to get what.

4-6 small meals a day is a good start to fuel over the day, and not just in 3 large meals. You burn off energy faster in the higher progressive state. When you have cleared your energy fields, you will need less food. The energetic parasites demand a lot of fuel.

So, eat when you are hungry – and not as comfort food. Hunger-food, when your body needs it and not comfort-food when your emotions need it.

What to Eat?

If you have a high brain capacity and do a lot of energy work in the other dimensions, a diet based upon fruits is the best choice. Your brain will burn of the glucose in the work. However, the glucose must stem from natural sources, and fruit is the best source (fructose).

But, if you are more of a physical type, and need to burn off a lot of muscular energy, vegetables are the better option. If you do both; then the fruit and plant-based diet in a ratio that suits you.

When you decide, what is best for you, do not outline and base your understandings from mainstream science describing all the negative side effects of a plant-based or a fruitarian diet. Just ensure your daily intake contains all groups of vitamins and minerals etc.

Find the sources on what to eat, and how much, that have solid and sound information from newer research, of which *the Game Changers* is a good source for inspiration and what to look for.

Raw or Cooked?

This depends on your energy system, and where you live. In hot areas it is more natural to eat raw (also depends on the types of plants in the area) and in cold areas, it is more natural to eat cooked (again, the local environment determines types of plants that are available).

Some vegetables are uneatable unless they get cooked and others are better raw. Find your own way in this by experimenting. But, the more a plant is cooked or boiled, the greater the loss of nutrients is. Thus, the longer the veggies are cooked, the less nutrition they will provide and therefore [blanching](#) is the best way to handle leaf and

thin vegetables and the thicker ones, such as roots and potatoes, they must be cooked or roasted to be eatable.

Also investigate which vegetables that hold natural poison, such as rice (can contain [arsenic](#)) or too high levels of heavy metals, e.g. cadmium. There are heavy metals in all that we eat due to pollution and the chemtrailing, but there is no need to take more in than we have to.

Potatoes, peppers, tomatoes are [night shade plants](#) and so on.

Plants and herbs (the origin of medicine) handled in the wrong way, or in over-excessive amounts can become poisonous. All of which are reasons for variation in what you eat.

The deeper energetic work with food is part of

- The HAL Advanced Class 3.

The full scope of the DE2 food will be part of

- The HAL Educations.

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.

Examples to look up

Learn about the chemical components in vegetables

https://www.researchgate.net/publication/302493121_Chemical_Composition_of_Vegetables_and_Their_Products

The Essential Amino Acids

https://en.wikipedia.org/wiki/Essential_amino_acid

Get inspiration from this playlist on the HAL Perspectives Channel

<https://www.youtube.com/playlist?list=PLB9qrIhWWKc5c9i5N7cm5tkvZBE2o4dpr>

On Cortisol

<https://en.wikipedia.org/wiki/Cortisol>

On Glucose

<https://en.wikipedia.org/wiki/Glucose>

On Fructose

<https://en.wikipedia.org/wiki/Fructose>

Get Inspired – the Game Changers

<https://gamechangersmovie.com/>

Sustainable Living

https://en.wikipedia.org/wiki/Sustainable_living

Simple Living

https://en.wikipedia.org/wiki/Simple_living

And so on. The more you read into the links on e.g. Wikipedia, the more you get to the details of what you need to know.

The Hand Positions for the Energy Work

Single Hand Position – Left Hand



Double Hand Position



Meditative Enhancing Work

Creative meditation is a relaxed 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.

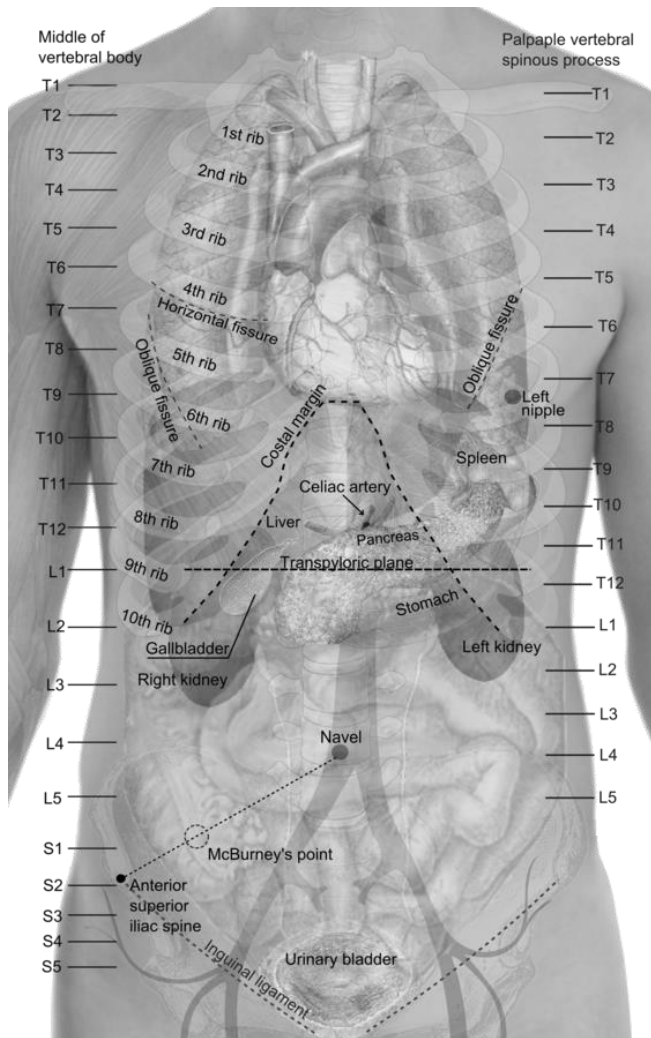
4. Sit in the silence you have created for at least 15 min, slowing down your breath and kind of feeling that your body is going into a total relaxed mode, sitting upright in a sort of sleep – keep your body in that relaxed state, while you create the images of the new you. If you do it lying down, you will fall asleep.
5. Change with the following steps:
 - Envision yourself radiating with health.
 - Envision yourself leaner, more active and happier.
 - Envision yourself saying no to all animal products because you do not feel like it. It does not feel good anymore.
 - Envision yourself stronger and more determined.
 - Envision yourself cook proper meals with vegetables.

When you have completed the envisions, you ask:

- What do I further need to create as a new version of myself, living entirely by the fruit and plant-based diet?

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.



Go on the Internet to find a picture or a YouTube video showing you the internal organs and their positions. You need the understanding of their position for the clearing work. This one is from [Wikipedia](https://en.wikipedia.org/wiki/Anatomical_plane).

Meditative Clearing Work

Meditative clearing work is an exercise to teach you how to work with the energies of your organs 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 organ ready to envision, before you begin this exercise. Use it to clear out the crystallization in the organs, either before or after eating. Remember to drink water after the clearing work.

An Exercise

With the organ 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. 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.
5. The remaining section of the clearing work can be done lying down, because you are actively using your hands and mind.
6. Then put one or both hands onto the chosen organ. Amplify it with energy and see it 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 DE2 we work with the holographic grid and the code sheets behind the organs.

7. Ask it to reveal to you what it needs to turn into its correct function. Remove what does not work, and position it into a bubble outside your body, between your hands, where you then make it turn into dust.

8. Then tell the organ to give you the information for its perfect function and what needs to be cleared.
9. 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.
10. You alter the energies of the organ in the following steps:
 - a) Transform the color that is emitted from the organ into its highest vibration.
 - b) Change the vitality of the holographic grid in the organ from rigid and atrophied into flexible and vibrant. Still have your hands on the organ, while you amplify it with heart energy.
 - c) Change the feel of the emotional content in the organ. If the feel is sad; change it to happy etc.
 - d) Remove all the slag in the organ. See it turn into dust.

When you have completed the changes, you ask:

- Which type of energy is now in the organ 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 organ. 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.

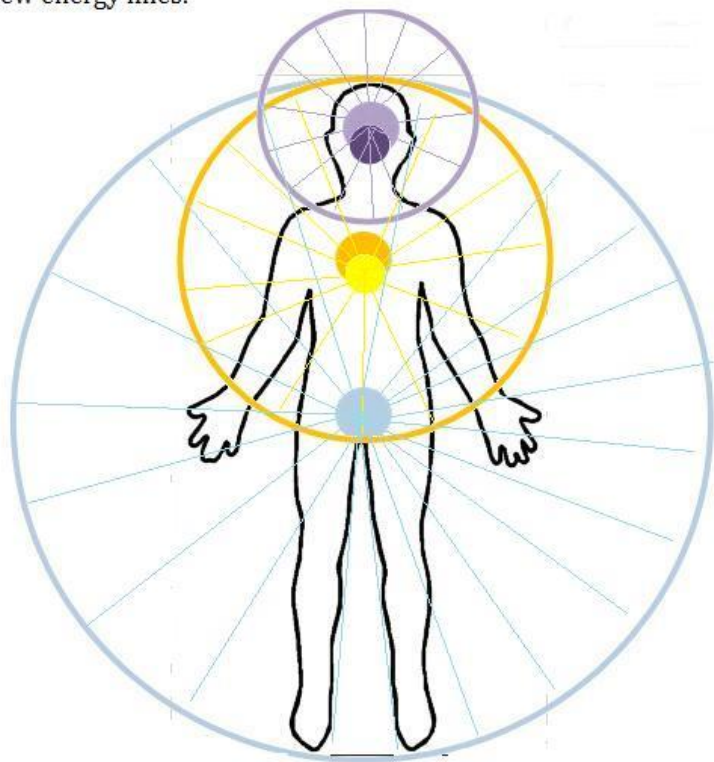
The exercise is meant for you to take control of the energetic state of your organs, letting the right and left hemisphere to work together to clear the distortion energies that are in the organs.

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 Advanced Energy Work Class.
- The book *Terralogy*.
- *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 (how to do this is part of [the NGC Transition Courses 1-4](#)) 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 have to 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. Aware humans knowing about energy and consciousnesses. People who are able to work with the holographic grids and not just by mechanical means. but by the use of original human knowledge. To name a few of the needed acquiresments.

The world needs new ways of being human. At the end of the day, we will all have to focus on one line of thought and not taking part in all of the systems out there. The Law of Participation ensures that, including the law of energetic and genetic affinity.

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 Project fight for the original progressive world, we once were part of and can get back to again, if we do the progression work. Not the downsized version, we have now but the one we can develop into, i.e. a future 6D world run by the original progressive Principles, Rules and energetic Laws. I do not fight for some flimsy other world in another system, or endorsing any ideas that make our solar system a new other-dimensional colony for races from other systems.

What Can We Do?

Educate ourselves and become a higher order human, functional in the DE2. The HAL Philosophy book and the NGC Transition Courses 1-4 will give further information regarding what can be done. Then, the HAL Educations will work with the DE2 topics to find solutions and methods to work with the changes. And naturally, the HAL Classes & Courses to get started. How to get started – [click here](#).

Introduction to the HAL Project Worldwide

In the big perspective of things, we need to change the ways we have arranged ourselves and the ways we utilize our planetary and natural resources. Science anticipate that all energetic changes in our reality run in a linear fashion, probably because they view our planet as a closed environmental system with few and limited feed-back dynamics, and they have in-calculated that in their prognosis of the changes to come and how much time humans have got to do the transition.

However, the energetic changes do not run in a linear fashion, given that they are the manifestation of extra-systemic energies from other-dimensional realities. All of which are levels of reality, science do not understand yet, let alone that these dimensions affect our world in higher order scientific ways. Hence, every single calculation done by sciences, building upon a worldview of few dimensions of reality, are more or less incorrect.

All energetic changes, such as erratic weather patterns, the ebbs and flows of the water tides, the energies in volcanic activity, the movement of the tectonic plates, the subduction mechanics, the possibility and probability rates in the quantum fields, the magnetic polar shifts, the solar cycles, the virtual discharges in atomic fields and appearances of new clusters, the cyclic changes in nature, the development and mutations in lifeforms, the opening and closing of dormant DNA, the bacterial and microbial activation and similar micro and macro energetic systems, are all governed by the extra-systemic cycles of change.

The extra-systemic cycles of change originate from realities beyond present-day understanding. Realities composed of other-dimensional

worlds and large density systems inhabited by advanced progressive human and the humanoid races, living in highly advanced systems beyond the accepted level of science. Our universe might look depleted and devoid of any forms of life, but only in the atomic section of it, i.e. the accepted 3rd dimension with the dynamics of space-time, relativity and the speed of light as the ruling vectors of change.

The extra-systemic cycles of change run exponentially and cycle in and out of our field and matter reality,¹ amplifying each other when they enter. And this time around, they carry with them the energies of the NGC. *The extra-systemic energies*, behind and driving the cycles, build up and reinforce similar energies in other sections of the fields, be it on a quantum, atomic or molecular level. In the beginning, the extra-systemic energy appears with unnoticeable changes in selected nodal points within the minor grids, in a series of smaller cyclic changes, and later on with major cyclic energies into the main grids.

The extra-systemic energies can be alleviated and implemented to generate productive changes, and allow for higher order levels of reality unfold. This is the natural way in all progressive systems. Progressive systems are built upon changes, and the willingness to instigate changes. Contrary to our current world setup that is built upon status quo systems to keep our solar system stuck in the density

¹ Our reality is made up of fields of energy, which are holographic in nature. The holographic resonance fields hold the possibilities to unfold as energetic waves or particles, i.e. the code systems to generate light and matter. Change the code systems and the properties of waves and particles will change from their density 1 version (D1-3) into a density 2 (D4-6) version, where waves and particles can take on 4th dimensional features. Once that happens, the human consciousness-energy interaction potentials will be restored.

1 (D1-3). Therefore, if the smaller cycles of change are not met in the accurate manner and implemented into the energetic fields governing our reality and additionally integrated into the human energy system, the incoming energies of the major cycles will build up to disruptive heights and instead of instigating the long-needed changes, they generate disaster. It is also important that a portion of humanity can utilize the extra-systemic cyclic energies for individual and collective progression.² And, there are several cycles of change to be completed in our solar system in this present age, given that the old systemic cycles are coming to an end.

Subsequently, our reality and all that is in it do not change in a step by step manner, where humans can do what they need to do in the slow pace, they prefer. It changes accordingly to the larger extra-systemic changes beyond our human control. The only thing humans can control, is to follow the great leaps of change or to resist them.

Nonetheless, as we know, selected groups of humanity have been in for a rough awakening for some time now, although any attempted implementation of the extra-systemic energies are moving far too slow to meet up with the systemic changes. Mainly because most of these good-intended groups were used by the extra-systemic races in our system, which are not really in for the changes, but knew they had to face up to some of them to keep status quo and to be able to control the incoming energies.³

² All of my work is an attempt to teach these sciences.

³ The anti-progression races could control the extra-systemic energies when these entered into the minor grids. A delay that was done by relooping the reality grids into a previous probability rate of energy (a previous branch of the timeline). But when the energies will hit the major grids in the years of 2020-2025, it will not be possible to halt the dynamics or delay any further. As the major grids begin to activate and reset, all of the nodal points in the timelines belonging to the old cycles will dissipate,

We are seeing the effects of the none to incorrect implementation now – and more disruptive occurrences will arise within our reality as the extra-systemic energies of change escalate exponentially to complete their cycles, especially as long as there are no humans to implement the energies correctly. This is how it works.

At the same time, we are struggling with the lesser forces operating within politics, economics and the administration of planetary resources. All of these areas have been governed from a perspective of restricting any forms of real progress to maintain status quo and the power systems of the leading factions. They would rather let our world run to point zero than given over their power.

However, none of this takes away the individual responsibility of every man and woman, having accepted the circumstances and what was offered to them from the human lineages in power. Humans have willingly participated in the world show, enjoyed the ride and willingly given away their power of influence.

Nevertheless, all things must come to an end or change, and so must the merry-go-round of the anti-progressive world leadership, the greed run big businesses and the comfort zone ways of living, humans have accepted so far. All of which are the essence of humans living with their head in the sand, or as we say it in Denmark; with their head under the arm.

including all branches of alternate realities. A fact that has led to a huge withdrawal of the other extra-systemic races, taking off while they could. However, since our universe is part of a very big universal community of races, there are still many of the lesser progressive races left in our system doing business as usual as long as they can.

About the HAL Project

Our world is bigger than we think and we need to incorporate that into our world perception to truly grasp the higher order sciences such as the understanding of our reality field, including the many energetic laws governing us and our world, unfolding the full version of our reality. If we continue to exclude these levels of our reality from our perception and understanding of our solar system, we will exclude our chances of new perspectives, alternatives and solutions to a better future for us all.

The contemporary human perception will not give us the needed solutions to the transition challenges, we are to face in the upcoming years within all levels of society. Solutions to generate the higher order sciences, in order to solve all health issues, the climate changes, and the environmental challenges along with the transition challenges, instigated by the new grand cycle, within all areas of human systems and structures. The years to come will alter all aspects of what it means to be human in this world.

The Changes to Come

Humanity are to adapt to the energetic changes and learn to live in energetic flux as the other dimensions become an integral part of our perception of reality. We are also to learn to administer the effects of the past, the present and the future in our daily efforts to follow the Principles, Laws and Rules, which originally governed our world.

With the HAL Project, we will learn to focus on the world we have vs. the world we want and how to build it using the Principles, the Rules of Engagement and the Natural Laws of Energetic Utilization to do so.

Humanity has to develop a new awareness based upon an interactive reality, with new sciences, with new concepts of energy and matter, and the awareness of higher order realities. With the higher awareness lifestyle (HAL), changes are bound to unfold in the human inner and outer perception field and develop the psychological faculties, altering what it means to be human.

The Vision for a Better Future

The goal of the HAL Project is to inspire and to develop the higher order awareness in those who are interested. The HAL Project aim to develop a higher awareness, which means an actively integrated and exemplified, communicative, developmental and environmental awareness, enabling humans to do their own creational projects or create new business projects to manifest the possible highest order reality into our world, for the highest good of the many.

The Inner-Outer Human Evolution

1. The understanding of self and our reality must change to be able to follow the incoming energies of the new grand cycle.
2. New perspectives have to be offered so new purposes for the continued evolution of humanity can unfold, into which new business, creational and personal projects take part, together with a future vision from where the strategies can be defined to reach the goals.
3. Productive solutions and adaptable new ways of being human have to be offered, showing humans as part of a higher order human race in a joint evolution towards a new reality, we will build using these new sciences and understandings.

The How

- 1) The offered possibility to do the human transition by changing the bio-field, the emotional and mental fields into the higher order energy system, composed of the vibration and the radiation fields.

- 2) Developing new forms of energy work to reconnect to the original progressive ways, using the Principles, the Rules of Engagement and the Natural Laws of Energy Utilization.

- 3) Develop creational projects and produce small businesses where the HAL Project can be unfolded into manifested reality with the goal of generating a higher order society, based upon higher awareness. This includes generating a better environment for the future humanities and their evolutions, expressing this into a purposeful life, while working with consciousness and energy.

The HAL Project in Australia, Europe and America

As the extra-systemic energies hit the major grids in the 3-9 pillar final activation stages, along with the following completion cycles of the racial and individual levels of our reality in the years to come, active transition work is demanded to alleviate *the activation and cleanup processes* of the reality grids all over the world and the subsequent effects on humans, nature and all lifeforms.

This work is not only from a tangible mechanical perspective, but also from an energetic level enabling all lifeforms to be able to contain the new energies and what to do with the new ways of being human and the new ways of being bug, bird and animal⁴ etc. And we can lessen

⁴ Since all animals are built more or less similar to the human organic form, the energies of the NGC will also invoke changes in them. This means more advanced brain capacity and emotional upgrading. Not that animals will talk

the effects of the racial and individual activation and cleanup cycles, if we educate ourselves into how to do this work.

The alleviation and transition work can only be done by educated progressive humans having the highest purity rate (a transformed high-energy organic vessel), the highest standards (transformed and upgraded vibrational field to match the standards of the progressive worlds and how they interact energetically with self, others and reality) and the highest progression rate (transformed and upgraded radiation field to grasp the higher order holographic-technological sciences and how to govern reality, develop grids and administer consciousness genetics in all lifeforms, including how to transform nature into holographic-density settings).

Thus, there is a need for people who are willing to do *the HAL Progression Work* to develop themselves into a new type of human. Or more correctly, return to their true human self. As long as humans are having the incorrect understanding of who and what they are, including the deceptive and incorrect ways of working with consciousness and energy, they will have a useless understanding of self, others and of reality.

We need humans that are willing to exercise the progressive ways. And who are willing to do the years of education it takes, the years of timeline and clearing work it takes, and the years it takes to change their ways of being human on all levels of their being. That includes the work with themselves, others and reality.

– but they are telepathic and it is just a matter of taking the time to work with them, before they will develop these abilities. Following that, the consummation of animals will end. Finally.

The HAL Philosophy

The HAL Philosophy is generated to create the information needed to understand the new ways of being human – as far as it is possible with our contemporary belief systems and scientific comprehension level. Including pushing to the surface the collective notion of the times, we were part of the Workstations and how we all used to do the universal pillar work.

If a group of people would join *the HAL Educations*, after having done the HAL Progression Work, that portion of humans would be able to educate other humans in their surroundings to follow the energies of change.

Important about the HAL Philosophy

The HAL Philosophy is not in any ways or forms, a continuation of any preceding philosophical, spiritual or religious systems. In most cases the HAL Philosophy disregards these systems.

But the essence in the ideas of moral and ethics are similar to that of other teaching systems, since all information given to humanity stem from the same concepts of the most optimal inter-relational human behavior that stretches back to the original humanities living in our solar system and how they arranged their civilizations, living amongst other human races and humanoid species to ensure common grounds.

Conversely, the HAL Philosophy is not just about inter-human relations or about humans living in an isolated environment as the only living species in our system, but about how humans are to behave in a solar system inhabited by other-dimensional humanities and humanoids as well as being energetically connected to worlds beyond contemporary human understanding.

Therefore, the HAL Philosophy and the HAL Progression Work diverge from other, or similar, teaching systems due to the other-dimensional understanding, what a human is and how we can choose to progress all that we are, on an energetic level and on a consciousness level.

What is also to be noticed, is that the HAL Philosophy does not include any divine powers or godly creators in any ways or forms. Most of the old systems involve a cosmos founded by deities or a singular deity, from which humans are a creation to serve some sort of function of these creators. In fact, none of the old teaching systems incorporate a scientific conceptualization of higher order realities incorporated into a vast range of universes housing other human civilizations. On the contrary.

The HAL Philosophy approaches all ancient ideologies as constructions made by other-reality human races, living in adjacent worlds vibrating energetically unlike our world, or humanoid species having produced similar teaching systems as the means of control of humanity.

Because of this, the HAL Philosophy explanations, ideas and concepts, of why humanity should embark on a willed progression journey, are vastly different from that of other teaching systems.

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 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*

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 NGC. We do that by clearing out all disruptive timelines and our participation in these, as well as all dysfunctional energies and infected consciousness units.