

# **HAL Advanced Class 2**

## **Text Material**

Randi Green

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Layout: Randi Green

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*For the completely updated version of this material,  
and for the adding of the last pieces of the progression work,  
read the HAL Philosophy.*

*The material is still valid due to the dynamics of relative reality,  
and how each and one of us proceed in different tempi.*

## The Three Highest Ps

### ***The Highest Purity Standards, the Highest Principles & the Highest Progression Rate of the Original Full Human Template***

Your holographic-organic energy system goes beyond the current body, and it must be modified to bridge with the template behind your physical form, as well as with the human mind and heart field (positioned around the thymus), to be able to transform the unwanted or less functional forms of genetics in the template.

The goal is to transform these to their highest potentials of the original humanities of this reality field, all in all the work to realign with the highest energetic standards, the highest principles and the highest progression rate.

The chosen life should honor the genetic composition in the template, to avoid creating distortion energies which means that the consciousness genetic lineage should be known and from that understanding adapt the energy work and expressed life according to the composition to outlive the potentials of the genetics in the template into the physical form.

The work with the template is a matter of taking responsibility for creating and honoring life in this solar system, and bringing your body-template connection back to be able to unfold potential life, energy and consciousness in the current progression cycle as manifest or expressed life.

We are to go for the highest progression rate (consciousness integration via the brain field), the highest principles (correct interaction potentials with our system via the sensing level in the heart field) and the highest energetic standards (expressed manifest form from the other two – energy and consciousness – creating our

physical form), our system offers. The progression cycle of life goes from potential life, to expressed life, using energy and consciousness to do so in a moving forward progression, leading to higher potential expressed life of consciousness and energy.

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

## The Purity Standards

The purity standards are aimed at the physical body and its particle and wave aspects and how to obtain these.

In the cleansing of the three main fields of the body, i.e. the particle or manifest form, and the emotional and mental fields, i.e. the lower wave fields of our composition, we are to begin with the simple basic choice of what to eat, feel and think:

### **Regarding Food**

Lots of people think that becoming vegan is enough to support the progression work and to gain the correct type of energy in our cells. Well, vegans can be very unhealthy eating lots of sugar, bread and processed food based upon sources of soy, mimicking vegan food.

Now, advanced humans are not just vegans.

We are plant-fruitarians and we do not intake sugar, bread and processed food from stores, and we do not intake alcohol, smoke or use any forms of mind-altering drugs – be they natural or not.

Bread holds yeast, or similar cultures, based upon microscopic lifeforms. These lifeforms hold bio-DNA and are per definition the forestages of the higher lifeforms. In that, if we intake all sorts of microbiology, we eat another lifeform, and that is the same as eating meat. Thus, pancakes based upon water and flour are the solution to get our daily bread.

Sugar adds to an unbalanced environment in the guts, generating the fauna for energetic parasites as well as distorting the energies of the brain, which we know from sciences, is linked to the culture in the intestines. The more unbalanced the food, using too much sugar, salt and strong spices, the more unbalanced the energies of the body

becomes. The cells develop their basic energy deposits from what we eat. A correct emotional and brain function begins with what we eat.

If we do our daily water-based fruities – I use bananas, berries, apples, leaves, cooked chickpeas – we get all the sugar the cells need for their glucose processes. I drink two of these per day, intaking up to 6 pieces of fruit, every day.

And in the evening, we make our own vegetable supper, using the natural abundance our world has to offer of greens, nuts and all sorts of plant food.

Yes, tea and coffee can be part of your life too. However, cacao is a no go due to the old shamanistic properties of the bean, used in ceremonies and the like. We do not want to connect, and participate in the old ways of magic, by the things we eat.

Of course, chocolate is a goner too, unless it is based upon the carob bean. Carob is a splendid alternative to cacao and it is sustaining our environment too, contradictory to cacao that is draining the soil, it grows on.

Well, it is all about generating the highest energetic standards in the body, to allow for the higher order consciousness to be able to intersect and work through our manifest form. Which is energy. And if that energy is not working correctly, due to too low frequency or polluted food, our consciousness genetics have no environment to work through.

We remain a frequency-based human with little to none higher awareness.

Thus, we accept the premises of the higher order dynamics in our progression work. Besides, it is all a matter of habit. And once the body gets used to the high energy food, it will not crave anything else. It will repel the food that most humans eat and demand the pure plant and fruit sustenance

Of course, all we eat, we energize further by adding in more energy to the dishes, we have made. Be it our pancakes, fruities or supper. We add energy by amplifying the existing vitamins, minerals and properties of the food with our hands, heart field and intention to sustain our special and unique cellular structure. And in that, we honor the food we eat.

### **The emotions and the thoughts in our daily awareness**

A good idea is to rebuild the energy system every day beginning with the heart energy and the cellular energy, healing and mending ourselves from the things that we have been through in this life first.

We are first and foremost to rebuild our energies and get our personal lives, health, etc in order and focus on our progression work.

Energy work is the cleansing of your emotional patterns, and their web and parasites again leading to more energy and a better health. Becoming the new improved version of you in your energy work.

Observance of thinking processes and how they set the tone of your emotions and energy. Learn to delete unproductive thoughts and allow for higher energy from your highest level of your template to come in. Rewatch my videos and reread material to get what you did not get the first time around.

Rebuild your mental energies with this to allow for a calmer brain function. Focus on getting the technologies out and rebuild the cellular structure of the brain.

The goal is to get us to where we can focus on the advanced human energy system (the higher order version of your template that is still there in the potential state) and the energies in your body have to be built from scratch to be able to connect to this template level, beginning with having the human life, human emotions and human ways of thinking in order. The higher template level cannot connect as long as you use human energies in your fields.

Peace and calm. Slow days to be mindful and observant of our energies so we can act correctly and not as a reaction to some interference or whatever comes our way. Learning the ways of full awareness in the now and from that all the time choose the energy that will rebuild and elevate our state of consciousness.

Then we are ready to add the energies from our reality field into our lives, living according to the cycles of progression: the Rotundum.

## The Highest Principles

The Highest Principles are unfolded in our daily work with the cycle of progression, which is inbuilt into our main reality system in a sort of program that follows the 30-31 days of the month.

The building of your heart fields goes with that, naturally after you have done the preliminaries in the HAL Basic energy work and the daily effort to build more energy into it in observance and clearance of what stands in the way, and here the rotundum, as I call the 31 days of progression program, will assist you in the understanding of the energies in the surroundings of our reality.

From the use of the rotundum the individual understanding of the principles will arise, as you learn to observe how the energies of the day affect your experiences and what you feel and think regarding that.

It would be a good idea to reflect on the events to deepen the understandings in the evening and write down what was observed of dynamics of the day, because a principle is a sort of inner energetic dynamic to build your heart field and the higher energetic state of your template into which your consciousness units can unfold.

As you use the rotundum and understand the principles of the 12 rays of energy our reality is built of, the highest principles will be built in as well, as you process the principles from their lower energetic forms, using your lower fields to understand and work with them, into their higher order versions, as you get more skilled in the energy work, understanding and energy perception of the days working with the rotundum. And the work with the rotundum will provide you with a higher purity rate, as your understanding of reality, yourself, the ways you think and feel progresses along with the principles.

## **The 31 Days of the Rotundum**

- Day 1: The Seeding
- Day 2: The Currents
- Day 3: The Form
- Day 4: The Forces
- Day 5: The Knowledge and Discernment
- Day 6: The Expression and the Choices
- Day 7: The Setting in Motion
- Day 8: Testing it in Reality
- Day 9: The Feedback and Reflection
- Day 10: The Manifestation
- Day 11: The Weighing of the Manifestation
- Day 12: The State between the Old and the New
- Day 13: The Death of the Old
- Day 14: Shifting into the New
- Day 15: Letting go of Restrictions
- Day 16: The Change of the Personality Structure
- Day 17: The New Clarity and Insights
- Day 18: Leaving behind all old concepts and ideas
- Day 19: The Renewal of the energy system
- Day 20: The Rebirth
- Day 21: The Achieving of the New Progression Rate

Days 22-31: Higher versions of day 4-13 after the new progression rate has been achieved. Are to be seen as an integration period of what was developed in the prior 21 days, adding and catching up with the things that were not fully completed, but now get a sort of mini rotundum to do it in.

## **Observances**

The hours of the day and night, all in all 24 hours follow the rotundum from 1am to 12am, and not 1pm to 12pm but instead of 1pm you see 13, and then go from 2pm as 14 until 12pm as 24.

The 24 hours of the day and night express the progression cycle of each day, beginning at 1am.

The hours 1-7am of the night are the ones where we are to create the new day and that is done in an unconscious state.

Using the progression cycle leads to the highest purity standards, if unfolded correctly, because every day we work to achieve a higher awareness understanding the energies of the day, cleansing and doing emotional and mental upgrading in doing so.

Using the progression cycle leads to the highest principles because we use every day to achieve the energetic standard of the day, of our reality and ourselves, to complete the cycle of the month.

All events of the day are a reflection of the energies of the month, the day and the hour, e.g.:

- Month 2: The currents of the year to be built with
- Day 3 in Month 2: The way, the currents are taking form
- Hour 14, day 3, month 2: Shifting into the new using the form of the day, and the currents of the month.

Every month, day and hour are energies that can be used to built the correct energy system in observance and unfolding of the threefold energies (month, day, hour) leading to a completed year, which is also a number, carrying energy the main theme of the progression cycle, again using the rotundum to find the correct energy, e.g. 2018 is a 20-18 year.

## **The Highest Progression Rate**

The hours of the day and night, all following the rotundum lead to the highest purity standards, but also the highest progression rate, expressing the achieved energies in understanding and progression of every day, leading to new knowledge and awareness, having reflected upon the days to understand what unfolded, will lead to a higher progression rate and in that build the brain field.

To further the development of the brain field, aside from the ongoing observances and reflections during the day, the meditation and energy work are to be placed in the hour where that specific energy is to be worked with to progress the energy system and its feedback to a higher level of clarity and understanding.

The focus in that type of energy work, following the hour to meditate on a specific type of energy, and the communication with the energy system to process that in feedback and insights, build the brain field.

### **Example**

Meditation to understand hour 7:

What does it mean to set the energies built in hour 1-6 into motion?

The intention with meditation in hour 7 is to understand the principle of hour 7 as it unfolds in that meditation, letting the information from the energy system surface into the brain as insights. The energetic state of hour 7 will provide the needed energy to allow the energy system and brain field to work as a unit in such an exercise.