

On the HAL Basic Energy Work Class

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Overview of the HAL Basic Energy Work Class

The HAL Basic Energy Work Class covers the first steps of the progression and energy clearing work. The 12 explanatory videos show the basic energy clearing exercises as well as the fundamental emotional clearing techniques.

The more advanced holographic-technological clearing work is shown in the HAL Advanced Energy Work. However, the HAL Advanced Energy Work will only make sense, if the HAL Basic Energy Work Class has been completed.

The Content of the HAL Basic Energy Work Class

The HAL Basic Energy Work Class covers the following (12 videos and text):

- The fundamental understanding of what progression work is.
- The reasons why we should do it.
- The basic understanding of the clearing work and the distortion fields.
- Ideas to the work with the emotional patterns, and how to clear them.

The Headlines of the Text

- A new way of learning.
- What is HAL Philosophy?
- The HAL Material so Far.
- On the HAL Progression Work.
- The unfolding of the NGC into our solar system.
- The individual challenges.
- Understanding the images of the psyche.
- The daily meditation.
- Creative meditation.

Most of the text material is taken from *the HAL Philosophy* book. A good read to do as well is *the Souls of Humanity* and *Modern History*. These books give the background of the clearing work. You find them all under HAL Books.

The HAL Basic Energy Work videos cover the following

- Energy work exercises taught and shown in the 9 videos.
- Video 1-3 from the HAL Club explaining some important concepts.
- Removal of holographic inserts allowing for field intrusion.
- Removal of the snakes in the spine and heart field.
- And other important levels of energy work to clear the humanoid and dysfunctional genetics.

The included *Terralogy* Book

The book *Terralogy* is included in the class. It will be sent to you in PDF. *Terralogy* gives additional exercises in how to activate the regressed genetics, in order to clear them out.

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The 4 Email Questions

You have the possibility to write 4 email questions to me regarding the text material or the content of the videos, while you do the HAL Basic Energy Work Class. But remember; as you go through the HAL Classes & Courses, most of what you can think of regarding the progression work, will be answered. The HAL Material is built up to ensure no stone is left unturned.

Please notice the email Q&A is NOT for any personal questions - only to the HAL material.

The Terms of Payment

You sign up by paying the fee of 165 EUR. The signup fee covers email Q&As, text material and 12 videos.

How to Do This

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

How to Get Access to the Videos

1) You sign up for Vimeo <https://vimeo.com/>

2) Choose the basic and for free membership.

3) Find my account and follow me. Click here: <https://vimeo.com/user40156198>

4) *Please let me know when you have followed me by sending me an email with your Vimeo name.*

5) I will then invite you to the HAL Basic Energy Work Class and you will get an email from Vimeo, inviting you into the group with the videos, either in the message box on Vimeo or directly to the email, you signed up with on Vimeo.

Also

Remember to investigate the free material.