

Randi Green

# A Higher Awareness Lifestyle

- Introduction to the HAL Philosophy  
& the HAL Progression Work

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*A Higher Awareness Lifestyle*  
*- Introduction to the HAL Philosophy & the HAL Progression Work*

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Website  
[www.toveje.dk](http://www.toveje.dk)  
A 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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## Educating Yourself to Live Your Life

*Is your life something that is just going to unfold and happen, or are you ready to turn it into a progression journey and a willed self-innovative project, where you become the main benefactor in all that you want to unfold?*

In this little pamphlet I will try to explain why the higher awareness lifestyle (for short HAL) is important for you achieve and why I think you should embark on the progression journey.

Due to my career, educations, and my work as a Psychotherapist for over 15 years with personal life coaching and in-depth therapeutic work, I see myself as equipped to share an approach to life that I have developed, and found to work in my clients as well as in my own life.

And I want to share that approach with you to give you success in life too. So. The first step is to acknowledge that a good life does not happen on its own. It is not a fluke of random incidents (or accidents) and destiny that make a good life. You make your life a good life. You. Nobody else. And I want to instill an approach towards a new way of being human, making you choose differently in a higher order way.

To be able to make a good life, for yourself and the ones around you, new progressive ways of perceiving others are needed. You need a new approach to society, your career and yourself as a human being wanting to take control of your life, developing it into a good one, where you – at the end of your life – can say: “Yeah, I made it into a good life. And I am proud of what I have achieved, done and given to others.” *But there is more to life, and what a human is, and this is where the HAL Philosophy, the HAL Progression Work and the HAL Project become important in generating the new approaches to life.*

## What is HAL Philosophy?

To generate new ways of being human, we need new paradigms. We need upgraded versions of anatomy, of psychology and pioneering ways of perceiving the nature of reality.

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. All of this, and more, is what I am working with and to create a framework for my material, the best approach is to call it a philosophy.

*A philosophy is, if you look it up in the google dictionary*

- 1) A theory that acts as a guiding principle for behavior.
- 2) The study of the essential nature of knowledge, reality and existence.

All of that encompasses how I work. The HAL material follows the old guidelines of philosophy, where I work with the nature of things and try to understand how reality is built, using observation and thinking, instead of computers and mathematics. Thus, the general name for the HAL material is the HAL Philosophy.

The HAL Philosophy investigates human behavior, ethics and the expanded human capacity to progress into a sentient being, living by the accord of the highest principles and progression possibilities our world offers to balance out confusion and chaos. It is a new way of perceiving the nature of things, reality, energy and consciousness.

Philosophers contemplate on how everything is built, made and created and for what purpose. Science observe, define and reduce to be able to produce valid evidence for their ideas. I cannot claim any

scientific evidence of my work. Thus, it has to be a philosophy; a way of perceiving life, so that you can choose new ways of being you and what behavior, you want to develop, by utilizing the ideas I offer of what it means to be human in this reality.

### *The Roots*

The HAL Philosophy has roots in mainstream psychology, economics, politics, ethics and science, and it combines and elevates these basic concepts into a higher order approach and system of thought – the expanded version of our lower order reality – in new profound ways to systemize what it means to be human, working under an alternate worldview governed by the Principles, the Rules and Energetic Laws. All of which generates a dissimilar foundation of the outer and inner worlds compared to what is commonly accepted by the mainstream society. *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 and self-chosen progression of consciousness, and *the Laws* teach us how to utilize the energies of the reality, we are part of.

The HAL Philosophy works with two levels of world perception:

### *The Lower Order Reality*

Contemporary sciences, ideas, etc., perceived, defined and clarified by the human lower order faculties of mind.

### *The Higher Order Reality*

Extraordinary sciences and ideas, which used to be unfolded by the advanced human races, in our solar system, of which we are the lower order manifestation.

*The HAL Philosophy* approaches all the contemporary knowledge and everyday information in a different way, because that is where most begin their journey towards the higher order sciences. Thus, my aim is not to add more distortion to the existing systems of thought, but to clear out the clutter of the lower order systems of thought and recreate the higher order systems. It is also an attempt to provide a new set of ideas of how we can interpret human history, the artifacts, and relics etc. found in archaeological excavations. The way findings have been defined so far has been from a biased point of view and because of that, human history has been kept at a halt.

### *The Premise*

The premise of the HAL Philosophy is that contemporary humans are the ancestors of extremely advanced human civilizations, which once inhabited our solar system. We find traces of the original solar system civilizations all over the world in cultural mythology, religions, occult teaching systems, sciences and in the soil. It is also lodged into the human genome as cellular memories and hidden in our subconscious mind as part of what C.G. Jung called the Collective Unconscious, although these levels are highly distorted due to the wrongful usage of energy and because of that, disconnecting us from the memories of our planetary race. Additionally, we also suffer from the effects of the reengineered advanced technologies, which once were used by our ancestors in productive ways but later took part in the hijacking of our solar system and 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, my progression work - on this timeline - is 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 from this. However, since most of the advanced technologies are in the progressive higher order levels of our reality, we cannot access these as we are at this time, but we can begin the restoration of what we are by doing the timeline and template work, and make a willed and deliberate effort to get back to what we once were, with the capacity we have now. We are to become once more, but within this reality and in ways that will allow for an adaptation to whatever might come our way.

*The premise is – listed up for further contemplation*

- 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. Technologies were developed, but in ways we are far from understanding, since they were made of mixtures of energy and consciousness.
- 2) Due to wrongful use of the advanced technologies and wars among the true human races and the otherworldly regressed races, the true human civilizations underwent a full transition from higher order worlds into lower order worlds.
- 3) The human DNA, cells and lower order energy fields still hold the memory imprints of these civilizations. We can find traces of our ancestry in the collective unconscious, on the microbial levels and in the soil.
- 4) The technologies, we used to administer, still exist in higher systemic versions of our reality, i.e. on the higher order levels and other energy bands of reality, our planet also holds.
- 5) Earth humans are bound to repeat, or play out, their hidden history in different setups until they remember and begin to restore their genetics to hold their true purpose and heritage.



### *Lots to Be Uncovered*

When that is said, there is a lot to be uncovered to get to the original versions of our ancestry and history. Science has a long way to go, and so have we, to uncover the truth about our ancestry and what we truly are. Information has been kept from us or twisted into inexact history, only holding small bits of the truth of what we are. Or, even worse, directly giving misleading information to hide the true nature of our reality and what humans are capable of in their true form.

### *Disclaimer*

In all my material, and in the here presented HAL Philosophy, I work with what I can remember of the higher order sciences, knowledge and information. What I share is not a matter of right or wrong, but of adding new levels of complexity to contemporary information and to pull forth more details of the true progressive worlds, we are part of.

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.

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 be able to function in the higher order energies and understand the higher order information structures.

I do not claim, what I know, to be science or the ultimate truth. It is what I have experienced, observed and from that I have deduced my assumptions, according to the brain capacity I had at the time and the abilities, I had developed to read the information in the different timelines, just like anybody else working with energetic information and the nature of things.

The ways I gain information is not through channeling. It stems from the timeline work and the reading of the information I get on the timelines. If there is communication with other density humans or

regressed races, it is through a direct meetup energetically, visually and auditory using my energy fields as the place for this encounter. I test the information, I receive, through the looking-glass of the higher order sciences and the higher order standards to exclude lower order distortion and subconscious material. Naturally, if this appears, I clear it out to reach the correct level of information.

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. However, the higher up we go in energy, the more correct the information will be, but *only* if the one decoding the information of the observed is equipped to do so, and *only* if the one decoding the information has developed the mandatory reading and sensing faculties to be able to use the processing abilities 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 capacity 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.

*This content is taken from the HAL Philosophy Book.*  
You can find the book under the HAL Books.

## The HAL Material So Far

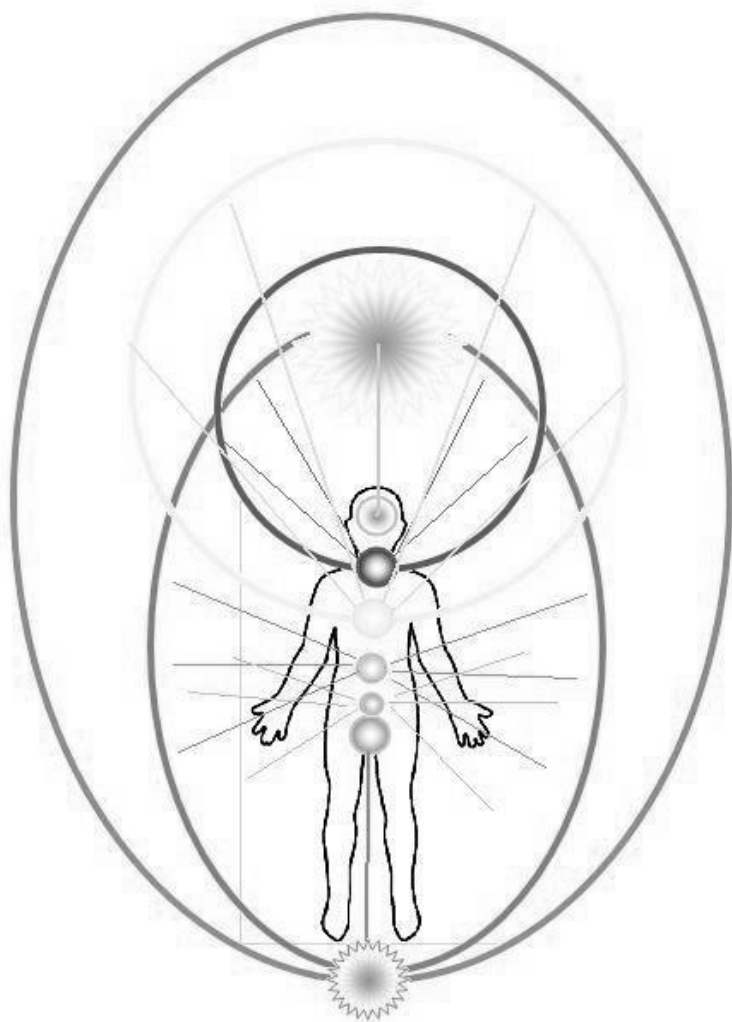
If you are new to the ideas of the HAL Material, I suggest you read my 2014-2017 books, such as *the Souls of Humanity* and *Modern History*. *Terralogy* is a good read to understand how the humanoid regressed genetics work in humans, and the book *Understanding the Old Stellar Souls* is a fine supplement to get some of the restrictions, which have been put onto our higher order energy system as the end result of the hijacking of our solar system.

I have a lot of free material on the Internet, so you can get more concepts there. Of course, I can only advice you to do my HAL Classes & Courses get the understandings taught in the HAL Basic Class with Energy Work, the HAL Advanced Classes 1-4, the HAL Advanced Energy Work, the HAL Completed Classes 1-2 and the Future Human Project Courses 1-4. The HAL Classes & Courses deliver the 2017-2019 concepts and information.

*My focus is to educate people to be able to process the higher order levels of information and to make anyone who is eager to do so, ready to think in more progressive ways. Because, as the mind expands so does the ability to adapt to changes along with the knowledge of how to face the changes, and what they bring about, in productive ways.*

*My work is also about what we can change into, if we are willing to do the needed work of clearing and transformation. But most of all, my work is about changing our world into what it is supposed to be at this time and in this universe. The latter is part of the transition work.*

The Mixed Energy System



## On the HAL Progression Work

The five HAL Books, and the twelve HAL Classes and Courses, lay the necessary foundation for the understanding of *the progression work*. They build up to the HAL Philosophy book that gives the last pieces of what the higher order progression work entails and the implications are for contemporary humans, wanting to do the progression work today and onward. And from there, hopefully they want to begin *the transition work* into the new grand cycle.

Hence, in the first section of the HAL Philosophy book we begin with the higher order levels of the progression work and the last bits of the work that can be taught. The idea is to give the information needed to set the goals of 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 humans had a chance to exercise their free will to choose, whether or not they wanted to do the 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. And

of course, then what type of organic vessel, we can expect from that. None of these understandings are new, however the HAL Philosophy is lodged into a dissimilar context compared to that of the many other teaching systems given to humanity over the ages regarding the ideas of continued existence in other dimensions.

*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 unfolded within a vast range of universes inhabited by 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.*

*And, what also differs, in the HAL attempt to remind humanity of their eternal and true power, 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.*

### *The Chiasm*

The chiasm – as explained in the prior HAL material – is our individual timeline map and it carries the recordings of the timelines, we have participated in. The chiasm holds the energetic and genetic end-result of how we have utilized our consciousness units in the template and in our energy system, in this and all lifetimes. What is recorded into the chiasm determines the possible futures, we can expect.

*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 choose to clear our template and what it holds of energies and genetics stuck on timelines in long-gone worlds within 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 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* 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. 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. *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.

*This content is taken from  
the HAL Philosophy Book.*

You can find the book  
under the HAL Books.

## Why Do the HAL Progression Work?

Today, as I see it, most humans have lost their understanding of what life is about. The true purpose of life, so to speak. For many people, the purpose of life is to build up a family, get a fine career, get lots of money, get a high position in society, have interesting hobbies and be entertained in various forms. That is a valid choice of course, if that is what seems important, but it is not the whole story. And no, the extra we can add to life is not spirituality, religion or any beliefs in a god, or gods, or any forces outside ourselves showing us the inner worlds in an appearance pretending to be guides or angels. These are, in most cases,<sup>1</sup> holographic deception entities found in many of the ancient teaching systems. So, let us dive right into the deep end.

### *The Basic Steps*

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 derail mechanisms and the holographic deception technologies, and the precise higher order information. Eventually, the ones that are ready can grow into holding 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

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<sup>1</sup> Some of these human hybrids are middle domain avian-mammal humans stemming from 4<sup>th</sup> dimensional genetic experiments done by the Nibirians and the Sirian A infused Arcturians. They are still around along with other hybrid creatures seeded into long-gone worlds, that once existed adjacent to our reality.

able to integrate all that we are as true humans, and then the process must move into a relearning process of what it means to be human on this planet. 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 humans in this reality used to be part of a much larger project of

transforming energy and consciousness by the use of organic 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 worlds<sup>2</sup> in this universe and others, within the framework of the very advanced and ancient reality constructions made by the Ancient Ones.<sup>3</sup>

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

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<sup>2</sup> 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 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> cycles of the old worlds collapsed due to wars.

<sup>3</sup> 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.

reality into a higher order system, to meet up with the standards of the Ancient Ones. The Ancient Ones were once a highly advanced human race that existed in the very early stages of the evolutionary cycles and had completed these with valor, honor and dignity. The Ancient Ones developed from this group of universes – after having completed the universal level - into other higher order evolutionary cycles of consciousness, where they continued their progression and 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 what is stored there of memories of other lives in other systems, but also to understand that we are part of a much larger progression journey into several universes, where other human races exist and are doing their version of progressive evolution, i.e. the completed inner and outer human consciousness, mastering energy and consciousness in the reality they are part of.*

#### *The HAL Progression Goals*

- Educating humans on a psychological level to enable them to develop their consciousness potentials.
- Reaching for the highest energetic, intellectual and emotional performance in life, generating a high-performance culture with progressive attitudes to self, others and our reality.
- Educating humans to create by their own means and by their own resources to develop innovative and inventive projects to support a collective sustainable future.

*The Progression Work is the content of  
the HAL Classes & Courses.*

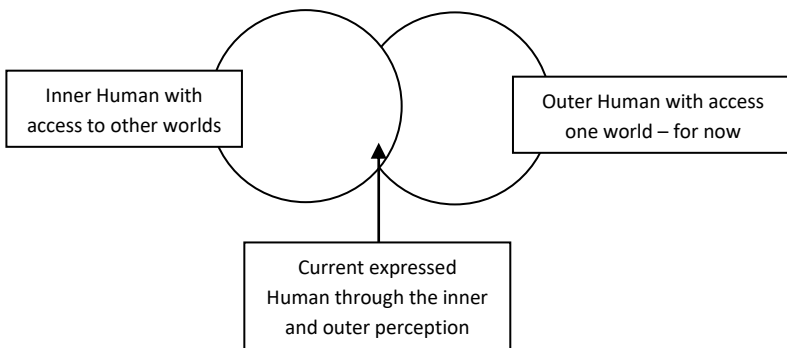
Go to the HAL Classes & Courses for further information.

## The 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.*

I work with this interface system in the HAL material, i.e. how we are 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 inner 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. The Principles and the Rules of Engagement show us how.

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.

*The Psychological Work, on the mind-field and emotional field etc. and how to transform from the normal human and into the higher awareness state are the content of the HAL Classes & Courses.*

Go to the HAL Classes & Courses for further information.

## The Mind-Field and the Emotional Field

### *Cognitive Schemata (aka thought forms or belief systems)*

“A schema is a cognitive framework or concept that helps organize and interpret information. Schemas can be useful because they allow us to take shortcuts in interpreting the vast amount of information that is available in our environment. However, these mental frameworks also cause us to exclude pertinent information to instead focus only on things that confirm our pre-existing beliefs and ideas. Schemas can contribute to stereotypes and make it difficult to retain new information that does not conform to our established ideas about the world.”

The above is from an internet page.

[http://psychology.about.com/od/sindex/g/def\\_schema.htm](http://psychology.about.com/od/sindex/g/def_schema.htm)

### *The Emotional Field*

Emotions and cognitive schemata are interlinked because what we believe to be the truth about reality controls our emotions. When we think in a certain way, our emotions respond to these thoughts, as in the firing of the neurons in the brain sends out the signals to the neurotransmitters, and from there into the periphery nervous system (the PNS), the cells, the glands and so forth, generating what we perceive as an emotional reaction. The chemical response for sure affects our physiology.

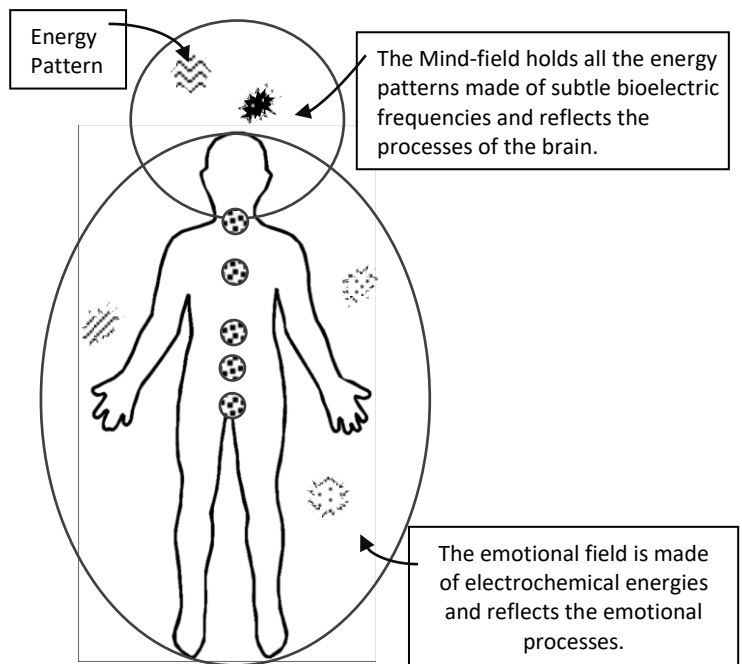
If we change the perception of reality, the emotional reactions change too and as we clear out the clogging emotional content, aka the energy patterns in our emotional field, the more in the now we become and from there we become much better at performing the



attentive observant communication, where the heart field is playing along and produces the receptive exchange-energy of interest in what the other person is saying or want to convey.

Hence it is important to see through the subtle programming of the energy patterns in our subconscious depths of our emotional field, whenever we react emotionally to outer and inner input of which some are sensed by the PNS as energy, whereas others are presented to us as information or interaction with other humans and their belief systems.

### *The Mind-field and the Emotional field*



### *The Mind-Field*

The mind-field is composed of energy patterns from thoughts and ideas implemented as truths in the mind-field (emission field of the bioelectric frequencies processed by the brain), and they hold the brain in their grip.

The cognitive schemata (thoughts of reality and self-perception) control the functions of the brain, such as the reaction mechanisms in the transmitters, and what type of bioelectric frequencies it is able to process and work with; i.e. what type of energy that runs in the synapses. These energies make the brain work with lower or higher forms of emotional energies stemming from the limbic system or, if really primitive, from the instinctual levels of the brain. The cognitive schemata control the processes in all electrochemical energies of the body, through their inflow into the glands and cells; hence cognitive schemata control the range of emotions utilized by the ego.

The lower forms of mental energies are processed by humans into the everyday rational mind. The middle forms of energy to the higher forms, enable the brain to go from frequency brainwaves into the density forms of energy, where the brain can process all higher scientific to otherworldly information.

### *Thus....*

“No man is an island” is truer than we prefer to think about. We are, as humans, interacting energetically with humans every day of our life in the forms of subtle input whenever we meet another person. In that meeting our energy fields merge for a short period of time, leaving emotional and mental imprints behind in both of us and affecting the already present energy patterns there.

We are also affected by movies, books, and information from the Internet making the brain vibrate in a certain ratio of specific types of

frequencies adapting our brainwaves to unfold specific neurosynaptic energies, which are housed in the mind-field as energy patterns.<sup>4</sup>

We are being programmed all of the time by everyday life events and experiences, from what other people tell us; all generating new energy patterns in the energy network of the brain, extended into the mind-field and in the emotional field as energy patterns. Or the integrated information will strengthen the existing patterns on both levels. Contrary to this, the higher awareness in the brain stem from the energies of the heart field and thus the importance of clearing out the energy patterns in the emotional and mental fields to allow for the higher forms of energy to activate in our brain and heart fields. And in that, let go of old perceptions of what a human is and can do.

Also read the blog material on the HAL Basics Blog

<https://thehalbasics.blogspot.com/>

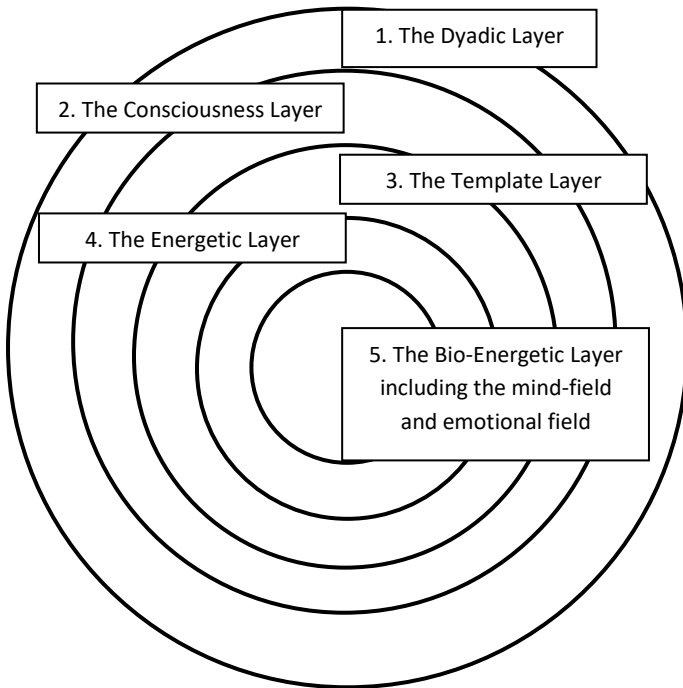
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<sup>4</sup> The energy patterns resemble fractals in structure, going from simple formation to extremely complex patterns all depending on how much the specific type of energy is being utilized.

# The Human Energy System

In the ultrashort version, we can say that our original energy system stretches beyond our physical body. The original energy system was once composed of the dyad, 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 3 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. We do that in the progression work by attaining the highest purity rate, the highest standards and the highest progression rate of this reality field.

The chosen lifestyle and energy work should honor the higher consciousness-genetic composition in the template, to avoid creating further distortion energies in the lower fields, which means that the genetic lineage should be known and from that understanding, adapt the energy work and expressed lifestyle according to the composition to outlive the potentials of the consciousness units in the template into physical form and its lower order fields to clear these of their distortions. Or, if needed to delete and erase the consciousness units in our energy system to allow for a functional bio-DNA 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 for creating and honoring life in this solar system and allow our template to be able to unfold potential life, energy and consciousness in the correct progression cycle as manifest or expressed life.

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).

The progression cycle of life goes from potential life, to expressed life, using energy and consciousness in a moving forward progression, leading to higher potential expressed 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 and the consciousness that is developed from that use into our brain, expanding its perception sphere into higher ordered systems. These range from personal, to others, to societal, to systemic, to universal and so forth.

The goal of the clearing work is to:

- 1) 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.
- 2) Get rid of all 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.
- 3) But most important: 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.

*The Timeline and Template Work with the Human Energy System  
is part of the HAL Classes & Courses.*

Go to the HAL Classes & Courses for further information.

## The Partnership Work

Partnerships have many forms. They can be as very close partners or as professional partners. The common thing in the progression work is the new ways of interaction that arises when we begin the higher awareness lifestyle and decide to live in a higher energy, and by that are setting a new agenda for what it means to be human. Along with new ways of what can be tolerated and preferred energetically.

Our important relations and how they grow are not just a series of events happening outside our control. They are very often based upon an attraction stemming from subconscious psychological issues from childhood, where we do the projection-introjection dynamics in our relationships as an attempt to solve unsolved energetic themes of our lives. And these dynamics will surface as we change who we are.

Additionally, as we begin the progression work, our partnerships will be forced into a new setting once we understand that the people in our lives are the ones, we most likely have unfinished business with from this or other systems. For good and for ill.

Our partnerships will take a new turn and become the dramatic scene between two or more humans, trying to activate and integrate the inner-outer human modalities, and the difficult task of developing trust, acceptance and understanding since all of the old ways of being around each other are changing. This can be challenging and what can unfold is often way beyond what most people experience their relations.

It will take time and effort from both involved in that partnership, the knowledge of how to work psychologically as well as to work in a progressive way to achieve the higher order partnership, where being or working together is not about expressing kindness and acceptance,

but also about developing together to create for the highest good of the many.

Partnerships, be it in private or in business, will unfold from the activated energies of the progression journey and will express what needs to be completed to reach a higher progression rate in the joint work, or agreed creational project.

It is so because all partnerships are mirrors of what we need to work with to achieve a higher state of energy and consciousness. And what we need to learn to honor the correct use of the life force, how to progress with another person and the challenging part of accepting the progression journey of that person and what the other person needs to learn – which is not always where we are at. And then the very difficult acceptance of the genetic and energetic affinity, which will tear apart all unproductive forms of partnerships.

A partnership is only a purposeful progressive partnership if the people involved evolve in the same manner and on the same level. Otherwise it is mentorship or parenting. That can be chosen too, but then it's not a partnership between equals, and other rules apply for such arrangements.

All in all, partnerships are the perfect place to learn to administer our energy so we can optimize, progress and develop ourselves in this reality and work with the other person as a team of equals doing the progression journey together as a conscious choice.

*More will come on this later on. If not as a class, then as part of some other material.*



## A Progression Relationship

*Relationship building is like making a garden grow. Planning, selection of seeds, thinking about where to put them, seeding them, waiting for them to grow with patience, nurturing and weeding out the unwanted wildflowers if they suffocate the original ones, or letting them be if they add more color and life to the garden. And of course, navigating through outer interference, bad weather and severe storms, repairing the garden afterwards and see where these events have taken the original plan. Then, adjusting and building up again. Perhaps re-seed.*

The team idea in a progressive relationship is important. It has to be a sort of clarification made when beginning the progression work. Both have to agree to the progression work and be in the relationship with a higher awareness approach. The idea is to take the relationship to new levels beyond any ordinary relationship. Only in the completely accepted commitment and joint agreement, along with the trust that the process will lead to a higher awareness in both, can the teamwork unfold as it is meant to. The agreement and accepted commitment are the kick-off signal to the inner human and the energy system, that a new way of living is about to unfold.

Ordinary relationships have their own challenges and the initial setting of the progression relationship is as an ordinary relationship, where two people fall in love, under the laws of attraction, and then grow into a couple in a process of dealing with whatever surfaces of vulnerabilities, subconscious material and so forth, all of which are played out in a projection-introjection game where all known and lesser known psychological material will rise to be seen as it happens when two people get to know each other better.

Patience, acceptance and understanding are three key words in developing as a couple.

In a progression relationship it is adding in energetic mirroring, emotional and mental energy transfer and counter-transfer of all sorts of energetic material between the energy systems of the two. The transfer happens as the fields of the couple interfere and interact to balance out the energy patterns and the distortions in the emotional field and mind-field. In the transfer the content of one of the partners can be projected into the field of the other partner, and vice versa, to be resolved. Thus, in a progression team both have to understand that the relationship is to be seen as *one space*, where both contribute to create the drama. It is never just the one or the other that is to blame, so to speak. Both add in with their emotional and mental content and both are responsible for the best resolution. Using the Principles, the Rules of Engagement and the Energetic Laws will help clarify how to solve all surfaced issues.

Taking the progression journey as a team is a strong approach to the work. It takes authenticity, bravery and the will to solve the risen issues, observe oneself first and foremost and retain all projections so that the joint space in between does not become a battle zone for the entities both hold. Entities that are using the energy patterns in the emotional and mental fields of both partners involved by amplifying the subconscious material to gain energy in a game of projection.

Projection is when we see what is ours in our partner and forget that it is our perception, our created story, and probably not as he or she actually thinks or feels.

All actions and reactions can be interpreted through the lenses of the subconscious, where an innocent sentence suddenly becomes the cause of a big upheaval because it was interpreted through immature psychological content and not within the meaning and intent, it was said.

So, communication skills are something to learn too. To observe the energy of the said and the intent of what was said. To administer the words so they are as accurate as possible (less possibility for misinterpretation), taking the time to ensure that the other person is energetically present when the issues are addressed (or any other simple thing for that matter) as well as the listening skills of being present when the other person speaks, and not wandering off into other thoughtforms or things that suddenly feel more important to think about than listening to our partner (typical interference by the energetic parasites btw).

The relationship building is a game of detecting the interference from within ourselves, from within the other person as well as from outer and inner energetic sources, which happens sometimes as the entities can jump from another person (or animal) and into our field due to energetic similarity.

And of course, the stuff in the higher levels of our energy system beyond the emotional and mental fields, i.e. the template. All of this can be learned in the HAL Classes & Courses.

## The Parenting Work

Children today are not just children. At least not if we are doing the progression work and having the new approach of life.

In the work with the other dimensions of our world, we obtain the knowledge of the diversity of races that have worked here, and we discover that our children are part of these realities in some form or another. This has become so because our world is getting ready to open back up to the other dimensions our solar system is part of.

So, the otherworldly races have prepared for this – for better or worse all depending on how we approach it – and our children are the carriers of these genetic structures, which allow for these races to link up, participate or fully integrate, their energetic structures and consciousnesses into the children of the next generations.

Many hidden genetic human projects have been played out since the 1950's from the intra-systemic groups working to either face up to that challenge or to counteract it. And these projects are part of our children too – and most of the time, us as well.

Our responsibility as a parent is to educate ourselves so we can face up to the challenges these children will give us, in many different ways be it their alien abilities, higher knowledge and different ways of viewing reality or the otherworldly energy system they carry in them, awaiting to be activated once they get older.

But first they have to learn to be human on this planet and that is our main responsibility to teach them to become the best version of a human of this world, just as we educate ourselves to become exactly that too.

*Much more can be said, but that will come on a later date, once it is known how these children will unfold.*

## All in All

*The question I asked you in the beginning has now been unfolded into suggestions and ideas of what it means to take control of your life and what it means to do it the higher awareness way of living.*

I hope you will find these pages inspiring and that they have given you some insights into what I work with and what I teach.

So, all in all.

Welcome to the HAL Philosophy, the HAL Progression Work and the HAL Project of changing humanity into the highest version, they can be.

[www.toveje.dk](http://www.toveje.dk)