

# The HAL Academy Courses – Keeping the Psychic-Energetic Balance

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## **Overview of the Course Keeping the Psychic-Energetic Balance**

In this online course, you get a new perspective on the psychic-energetic balance and how your energies influence others and the reality, we are part of. The idea is to work with what we have learned in the previous two courses, the Psyche as Energy and the Psyche as Processes, and then add the next level of the progression ideas. Following this course, the subsequent steps are to be found in the advanced courses on the emotional and mental fields. Here all will be tied together.

Included in the course material are 10 videos, of which 3 work with energetic balance seen from the angle of other philosophies, and 7 videos explain the text material in details. The course material will be sent to you in the welcome email, along with access to the private Vimeo Group holding the videos.

## **Keeping the Psychic-Energetic Balance**

*Holds 10 videos and text material:*

### *Content*

- Fundamental Ideas Explained.
- The Construction of the Cell.
- Keeping the Psychic-Energetic Balance.
- The Architecture of the Two Energy Systems.

The duration of all videos is between 35-55 min each.

## **Important**

To get the full use of course material it is a good idea to have completed:

- The Basic HAL Psychology Classes & Courses.
- Have access to the other HAL Books.
- Having done the free HAL Project Material.

The course starts out with 3 introductory videos and then enters into the HAL Science approach to the psychic-energetic balance along with the work we need to do to maintain this balance, which is important in our progression work.

## **The 2 Email Questions**

You have the possibility to write 2 email questions to me regarding the text material or the content of the videos, while you do the Psyche as Energy course. Naturally, the questions are ONLY to the material of the course and not any personal issues. For this you are to do a HAL Session with me.

## **The Terms of Payment**

You get access to the courses by paying the fee of 125 EUR. The fee covers the course material and the 2 email Q&As.

## **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, etc.

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If you are new to the HAL Academy Online Courses, 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 course and you will get an email from Vimeo, inviting you into the group (there is only one group this time) with the videos, either in the message box on Vimeo or directly to the email, you signed up with on Vimeo.