

# The HAL Academy – The Psyche as Processes

*In this online course, you get a new perspective on the psychic processes in the HAL Transition Work. The idea is to work with the psychic-energetic progression processes using the higher order sciences to generate a new perception of self, others and reality, which suits the future that is being implemented around us.*

By Randi Green

Psychotherapist & BA in Theology

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## Different Approaches

For this course, which I view as a continuation of the course *The Psyche as Energy*, I recommend you also watch this Coursera.org course on *Buddhism and Psychology*

<https://www.coursera.org/learn/science-of-meditation>

### The HAL Approach on Psychic Processes

As we work with the psyche as processes, we learn that goal setting is not the only approach to the progression work. In fact, the word *progression* itself implies a developmental process. Progression unfolds within a spectrum from the inner-outer human axis and into the oppositions between subtle and more subtle forms of energy from where we develop new levels of consciousness.

What is implied in both the Buddhist approach and the HAL approach, which is why I recommend you do the suggested course about Buddhism and Psychology, is that human existence is about learning the processes which enables us to master the emotional spectrum in a balanced way, by choice, as well as the mindfulness processes of the mind, to achieve better health, better understanding of self and others as well as developing social responsibility.

*I refer to this free Coursera Course regarding psychological self-defense mechanisms:*

Know Thyself - The Value and Limits of Self-Knowledge: The Unconscious

<https://www.coursera.org/learn/know-thyself-the-unconscious>

### The HAL Transition Science on Psychic Processes

The HAL Transition Science approach is aimed at developing a larger understanding of the complexity of the inner and outer progression processes, since these are part of the opposition dynamics within the nature of our reality. By mastering these simple laws, we are better equipped to understand the advanced laws of energy applied to all higher order worlds, where consciousness and life develop into higher order organisms using the energetic laws to do so.

## The HAL Academy – The Psyche as Processes

To fully get the implications of how to dynamically develop our energy system, using the correct progression dynamics of the spiral of continued evolution (progression or regression), the deeper understanding of re-incarnation must come in play. Some of these dynamics are proposed by the Buddhist system of thought (taught in the suggested course above) and I have touched ground with them in the HAL Completed Classes 1-2, and in the NGC Transition Courses 1-2 as well.

In the HAL progression journey, which is a process of mastering all we are composed of, i.e., consciousness, energy and lifeforce, the work is not to get a better afterlife or a better next life, but to prepare for the transition of our solar system and by this, the new reality settings around us. However, in this, we are not in contradiction to the Buddhist system of thought, on the contrary; we take it to the next level. Similarly, as we saw with the work with the Alice A. Bailey material, the more angles we get on this work, the better we are at handling complex systems of information, which is a key signature of higher awareness.

### **As I wrote in another article**

*So, the first steps of the higher awareness journey have always been to master the base program, or reality as it is, and with efficacy. That is the first step in all secret societies; how well do you excel within the base program? When this is understood, you also understand why I have taken the time to make the material for the HAL Project Blue Flower – excel in life first and then see if you can embark on the real work entering the alternate realities of our world.*

*Being excellent in one modality of life, gives ground to excel in other aspects too because the dynamics are the same. Learning to master the base program with all of its emotional rollercoasters and mental deception technologies were less difficult in the ancient days, no doubt about that. In contrast the physical life was much harder and was put this way as the biggest obstacle back then.*

*Today the biggest obstacles are our emotional and mental fields and the mastering of these, which is why we so far have focused a lot on the lower fields. Clearing these old fields of their content – including past live content - is a life's work in itself, and being able to efficiently and quickly mastering these, including the physical realm, is one of the signs of mastery today, simply because it shows you have learned it already in previous lifetimes and are now just catching up, so to speak, and ready to move on.*

*If the three lower fields are difficult for you, well then this means you must put in the time and effort to master these before accessing the other realms. It has always been that way. If you cannot master the outer human realm, how are you going to master the inner true human realities? Simple as that.*

*It is always up to the seekers whom they join forces with, and whom they trust to lead them further down the path of liberation, i.e., working with the inner levels of reality. Some are not forerunners, others are. Most are followers and the game is to present false forerunners to these seekers to derail them. The true ancient ones that took on this ability and responsibility to themselves, as a vow, once it was clear that our solar system would enter the zones of the dark worlds and the lost worlds with their regressed and digressed races, and the fact that our human race would – due to the new reality settings – would join these. A price that the ancient human races had to pay for their own digressions and wrongful use of energy and technology. We are what we are, and we are where we are, because of our prior choices.*

*And those of us, that are doing this work, or have chosen to be forerunners - to ensure the last viability of our original race is returned to the realms where it came from - we must get up and get going. There is only one way forth and that is where we prove our resilience and efficacy. As always.*

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## The 3-Step Psychic Progression Work

When we talk about mastery of the HAL Project Blue Flower, we work with 6 angles of the base program. These can be categorized into 3 main categories:



- 1) Nutrition and Exercise (Organic Health)
- 2) Education and Work/Creatational Projects (Real Life Capacities)
- 3) Psychology and Progression Work (Psychic Capacities)

*This means that we are to master the base program according to our original faculties and state of consciousness, we had when our solar system digressed and were added 3<sup>rd</sup> cycle energies. We kind of got an addition to our original fields, that is the three lower fields, mimicking the higher original layers of consciousness, energy and lifeforce to fit into the after timeline and later on, the hijacking reality programs.*

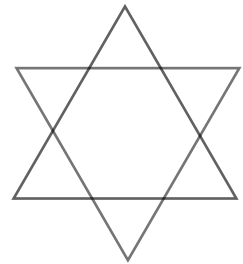
*We are to clear the lower layers to allow for the higher order levels to permeate into our present-day version of ourselves.*

### Higher Order

*Original Consciousness Field  
Energy System  
Lifeforce Code Sheets*

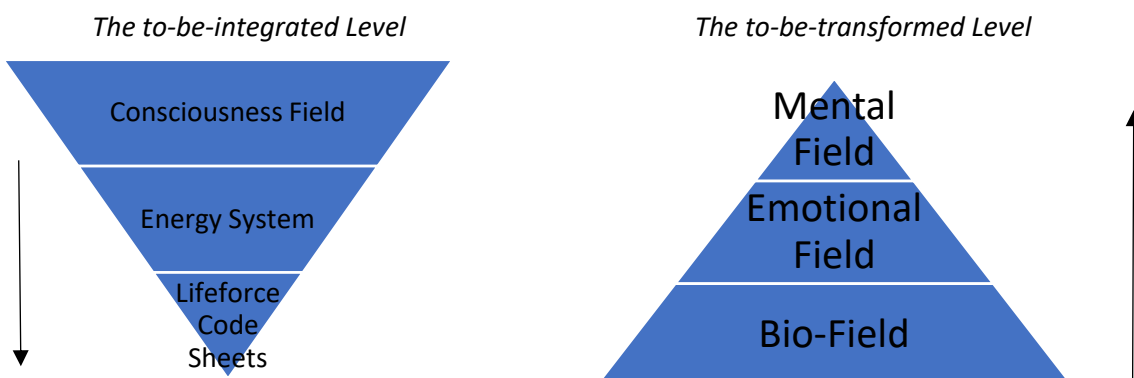
### Lower Order

*Mental Field  
Emotional Field  
Bio-field plus its DNA*



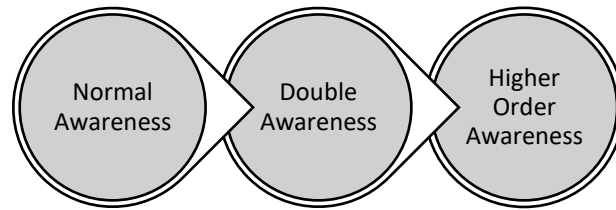
The higher and lower order fields are to be merged into a unity, called the unity consciousness field. Here the higher and lower have been altered to fit each other. This state of human existence, having obtained the unity consciousness field within this reality can be symbolized by the 6-pointed star.

### Or to visualize it another way:



# The HAL Academy – The Psyche as Processes

The process of mastery can be worked with in a 3-Step manner to achieve the correct psychic powers, within the base program and beyond, where we are to adapt and transform our perception field to entertain three reality levels:



## *On the normal awareness level*

The psychic processes can be worked with as electrochemical energy and bio-processes aka the normal emotional response mechanisms. Here the Buddhist approach can come into play in mindfulness and meditation as well as via psychotherapeutic work. Change of diet, exercise, meditation and self-healing alter the electrochemical energies within the lower order fields. Most of this has been covered in the Basic HAL Ideas Courses and the free HAL Project material. However, we can say - to sum it up - that mastery of the base program inner and outer level is about:

- a) Organizing food and exercise to be a daily task where the highest purity rate is the goal. How this is achieved depends on the higher order capacities. If there is none or little original understanding of how to work with energy in plants and bio-forms, then general sciences on the topic is to be chosen and utilized to generate a daily program.
- b) Arranging for continued education to upgrade brain capacity and the abilities to work with information (and energy) is to be sought for in the daily discipline. This includes the work, we attend, to pay for living as humans in whatever part of the world, we exist in. What we have set as standards for our livelihood, must be paid for and we must master the challenges of arranging for work and situations that ensure the standard we have chosen. This means not to generate debt or to cheat to get what we need, but to honestly and impeccably earn the money we need.
- c) In daily observance and inner work to gain the best psychic balance and allow for the continued developmental process of integrating the higher order energy fields into our lower order capacities.

## *On the double awareness level*

The psychic processes of lower and higher energetic perception and adaptation can be worked with to understand the inner and outer circumstances. This work is an ongoing process because it changes according to what level of reality, we work on, and what timelines we are getting energy and consciousness units from.

As we are situated in the higher awareness, as well as observing and experiencing the outer reality circumstances, we are viewing (seeing, sensing) and perceiving (energetic understanding) both levels at the same time, and from that double awareness understanding the correct choice of action to be taken following the Principles, Rules and Laws on the higher order level and acting within all best human ways within the base program. We do that in all circumstances of life. Inner and outer in joint work to achieve the highest purity rate, the highest standards and the highest progression rate.

# The HAL Academy – The Psyche as Processes

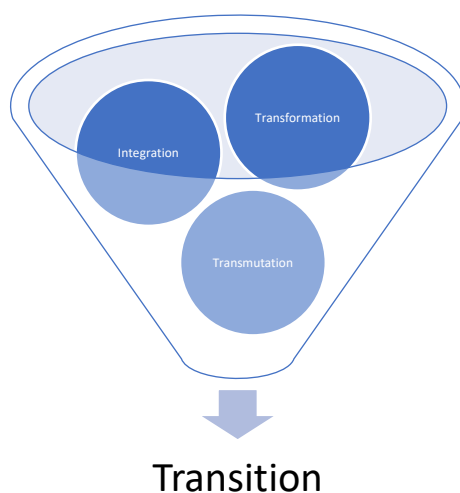
## *On the higher order awareness level*

The psychic processes are viewed as a spectrum from the normal psychological level to the highest progression rate. We understand this awareness or consciousness spectrum and how to operate within all spectra of energy; from the frequency level, to the electrochemical and enzymic level, and into the higher order density levels, aka the holographic, radiation and vibration levels (the HRV energies) of the original and true human progression cycles.

## **The Psychic-Energetic Progression Processes**

Let us investigate the transformation, integration, transmutation and transition processes from a more basic level. These 4 are the foundation of the psychic-energetic progression (PEP) processes.

### *Illustrating the PEP Processes*



1) *The transformation processes* are part of the emotional-vibration field and work within the horizontal spectra of energetic processes. It is the inner-outer work and how to balance the two oppositions of self and others, whether it is on a personal level (1-7 pillar) or racial level (2-8 pillar) or reality level (3-9 pillar). Here we learn to utilize our energy system according to the “other players” in the same reality field and how to still reach our highest purity rate, the highest standards and the highest progression rate. We utilize all that we have learned in the Pillar Project in this work, all depending on what level we were on.

2) When we transform energy in the correct manner, using the Principles and Rules of Engagement and what we work with using the Pillar Sciences, then we integrate this knowledge as code systems. All types of information are in essence holographic code systems and *the integration process* is to build in new higher order code sequences to be worked with on the timelines, the holographic features and the reality settings. From that we build a more complex energy system which will then reach a high vibrational state from which it can process many forms of energy – via influx and outflux – and we learn to be in constant energetic processes and progression. Hence, the Buddhist approach to never cling on to ideas, emotions etc. but learning to view them as developmental processes and in the end, leading to mastery of energy.

3) *The transmutation processes* are part of the brain-radiation field to be utilized on the highest levels in the deconstruction or reconstruction work. Transmutation is a form of energetic alchemy where the developed energy units are amalgamated into higher order code systems. It is a method of rescaling the existing energy units, especially on the individual timelines.

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Transmutation of energy units is an important concept in the understanding of the correct use of the brain-radiation field. It relates to the polarity settings of all energies that arose ATE. In contrast, the true humans worked with unity fields and thus we progressed in a different manner, but now we must work with the opposition-polarity dynamics until we can unify them using the original HRV energies.

However, we must remember to work with order and balance dynamics to create harmony or progression in unity for all – as the individuals we are – and we will use the dynamics and processes of transformation, integration, transmutation and transition within the energetic settings of diversity and change in our reality, in order to propagate the current form of evolutionary scheme that is part of our world now.

4) *The transition processes*, on any and all levels, will be the end-result of the previous processes. It is the goal to reach, through the PEP Processes, to transform what we were, to become part of what we are and transition it into what we can become. Here and in the here-after.....

THUS....

## *The Vibrational Level of the PEP Processes*

Alteration of the emotional-distortion energies into a higher state of vibrational energy (light) to encompass the higher order energy system and the chiasm, via the dynamics of opposition within the same scale of energy. This work enables you to work on the past-present-future timelines by vibrating up (or down) the holographic energies of the reality field, these timelines are part of.

## *The Unification of the Inner and the Outer into a Wholeness in the PEP Processes*

Changing and expanding the ego structure to be able to hold the higher order shifting personality traits and imprinted memory units from the higher order energy system. The higher order complex personality structure is to be embedded and merged into the ego structure of this life, using the code systems.

## *The Radiation Level of the PEP Processes*

Alteration of the mental-ATE energies into a higher state of radiation energy to encompass the holographic-code layers of the higher order consciousness level and information systems in all layers of reality. This level goes hand in hand with an activated and altered bio-field holding the code sheets of the vital force layer of the template. All in all, the true usage of our brain field.

## **LOOK AGAIN AT THE ILLUSTRATIONS ON THE NEXT PAGE .....**

1. What do you see now? Do you understand it in a new way?
2. Take what you feel holds energy and contemplate upon it to see if you can pull in more information regarding this, using the idea of information systems. All information has multiple layers to it, and contemplation and meditation is a tool to unlock these layers. Hence information is not one line of text but a system of thought (thought forms) as explained in *the HAL Philosophy book*.
3. Work with this new levels of information by seeing these in all things around you – unlock their information system by using 1) the normal awareness, then 2) the double awareness and via the PEP Processes, train your brain to process the higher order sciences by experiencing life, others, reality in this manner.

*And go back and read the HAL Philosophy book again and work your way through the two courses:*

- The Completed Classes 1-2.
- The NGC Transition Courses 1-2.

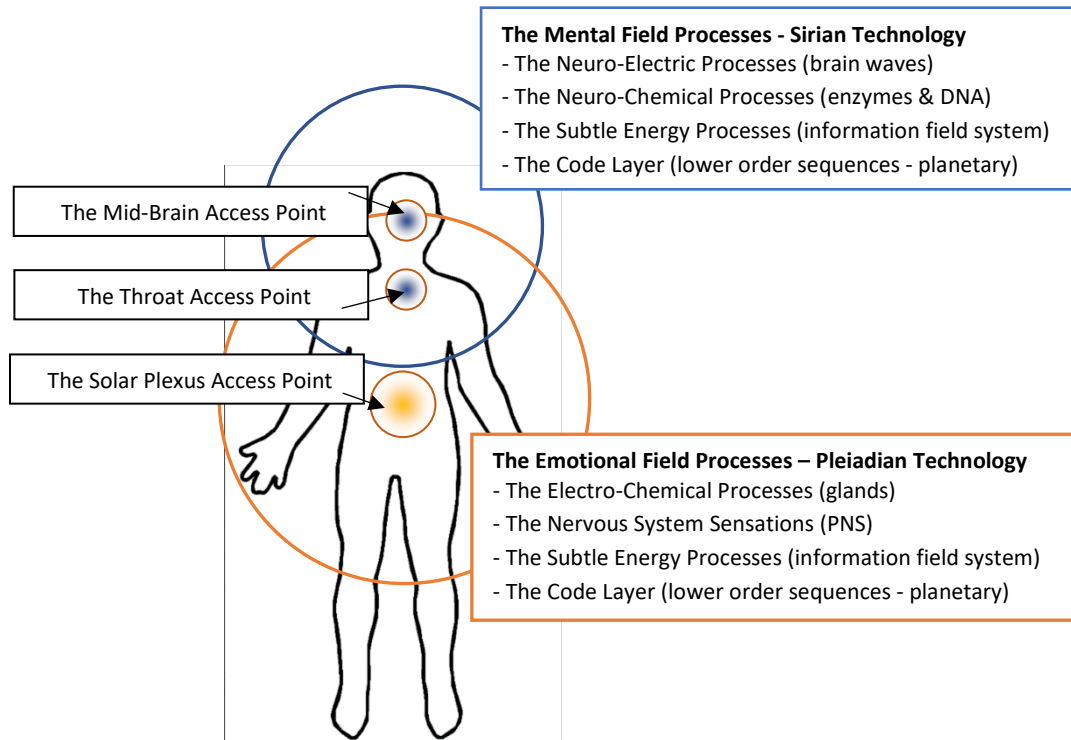
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## The Architecture of the Psyche – from the Psyche as Energy....

The lower order energy system is the sum of multiple processes expressed into two main sections of fields, which are composed of different forms of energy. The two main fields operate within various processes from which the different forms of energies are experienced, transformed and expressed into reality setting and perception.

### *The Lower Order Ego Structure & its Processes*

Two forms of energetic processes:



*The lower order ego structure can be viewed as a composition of two energy fields (the mental and emotional) with different access points, energetic orientation and processes of mind and emotions.*

*The lower order ego structure is a composition of the mental and emotional field processes, experienced via inner sensations and thought processes, transformed into constructions defining self, others and reality.*

*These constructions are articulated into verbal expressions or inner belief systems.*

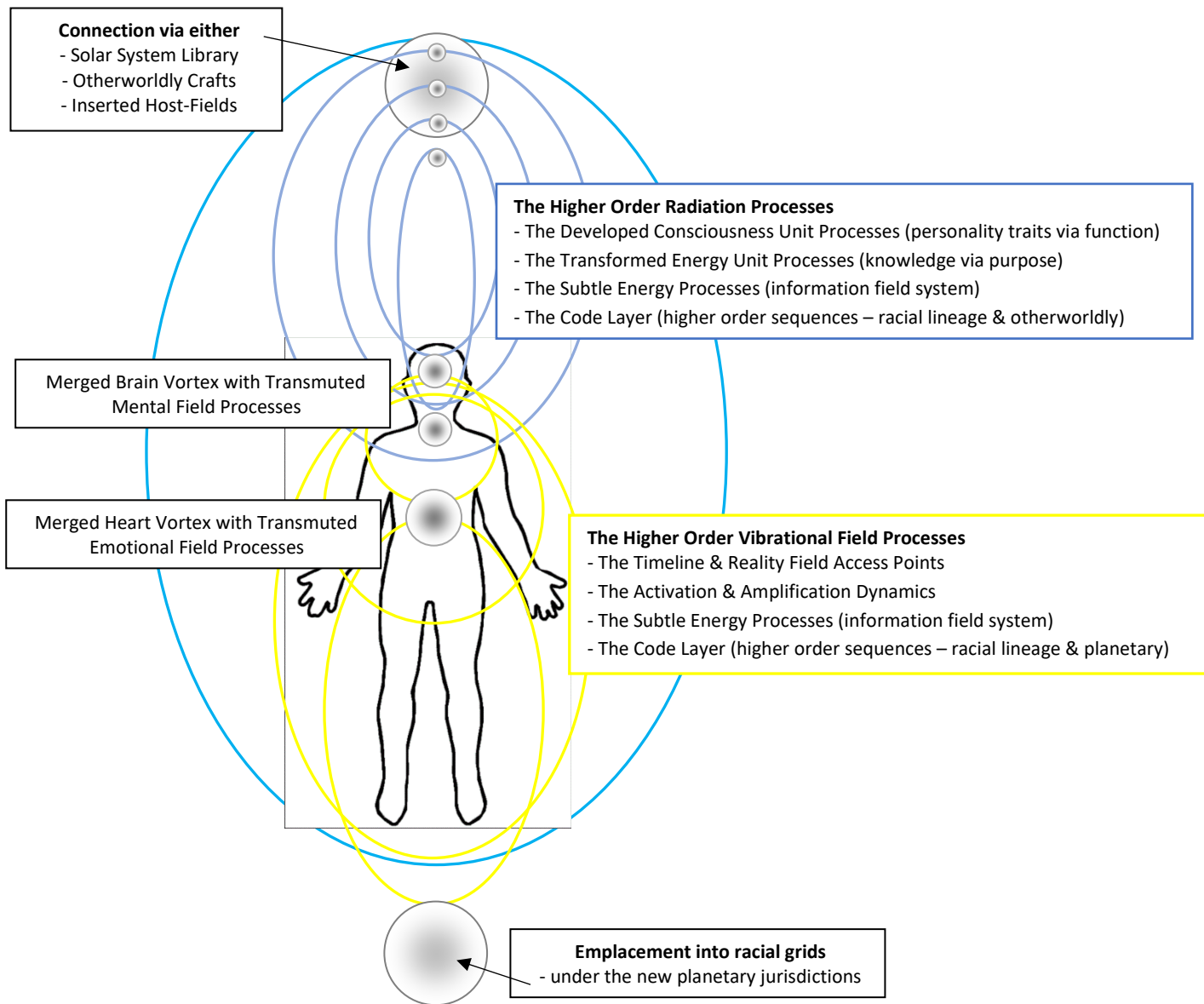
*Thus, the psychic processes define the concepts of self, other and reality.*

The lower order energy system can be worked with via three access points, from which we can access the different processes:

- 1) The Mid-Brain Access Point gives access to the mental field and its four layered processes, in combination with the Throat and Solar Plexus Access Points.
- 2) The Throat Access Point gives access to the “expression mechanism” of our psyche – it is our voice and the place where the inner and outer human processes can be expressed.
- 3) The Solar Plexus Access Point gives access to the “sensation mechanism” of our psyche – it is the process unit of the emotional and mental field kinetic processes.

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## *The Higher Order Personality Processes in Human Form – After the Transition*



*The higher order personality can be viewed as multilayered composition of several energy fields with different access points, energetic orientation and processes of consciousness and energy. It expands from the personal experiences into the reality fields of similar forms of energy fields and consciousness processes.*

*The higher order personality is thus a composition of the processes of raw consciousness and energy units to be developed and already transformed consciousness units (the CUs) and energy units. The goal of these processes is to develop new forms of life.*



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## The Unity Consciousness Field

### *The Merged Lower Order Brain & Higher Order Radiation Processes*

- Transmuted Neuro-Electric Processes (biological and otherworldly) into expressing the functional CUs adapted to ego structure.
- Transmuted Neuro-Chemical Processes (biological and otherworldly) into expressing the lower and higher order knowledge.
- Transmuted Subtle Energy Processes (biological and otherworldly) into expressing the dual information systems.
- Transmuted Code Layer (lower order planetary and higher order otherworldly) into expressing the dual code layer systems.

### *The Merged Lower Order Emotional & Higher Order Vibration Processes*

- Transmuted Electro-Chemical Processes (biological and otherworldly) into incorporating timeline & reality field dynamics.
- Transmuted Nervous System Sensations (biological and otherworldly) into incorporating activation & amplification dynamics.
- Transmuted Subtle Energy Processes (biological and otherworldly) into expressing the dual information systems.
- Transmuted Code Layer (lower order planetary and higher order otherworldly) into expressing the dual code layer systems.