

# The HAL Academy – The Advanced Work with Nutrition

*In this online course, the idea is to convert what has been taught in the HAL Transition Science Courses into the work with nutrition and how to keep up the energetic properties to live our daily lives in the transition processes. The goal is implementation and a new perspective of reality, using the newly achieved tools. Here, in this course, we work from an advanced energetic-perception level, dealing with the energies from the stars, the moon, the planet and the energies of the sun, amongst many other approaches of the work.*

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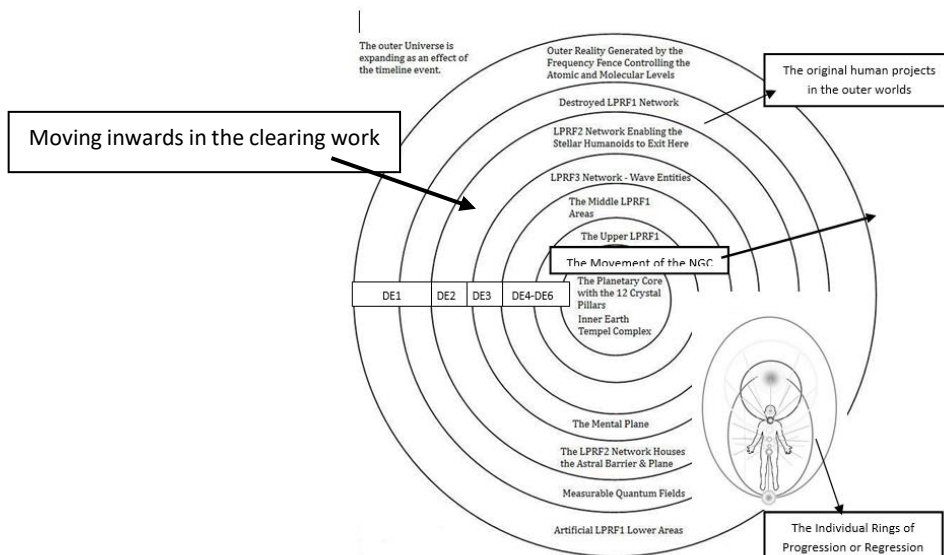
### Suggested book for the information on bio-chemistry

*Nature's Building Blocks – and A-Z Guide to the Elements* by John Emsley, Oxford University Press, 2001.

The second video in this course, (Getting Ready for 2022 from the HAL Club Cycle 2) is also giving a rough overview of the dynamics of the lower fields and their higher order energy field linkup. Here, we are going to work with the sciences below from an angle of nutrition, understanding that food is electrochemical energy and thus have an effect on the three lower fields, we are made of.

## The LPRF1 Reality Fields – the Foundation of the Energy Systems

*Our reality is surrounded by concentric circles of distorted energy. And then we have our outer world as well. From the earlier HAL material:*

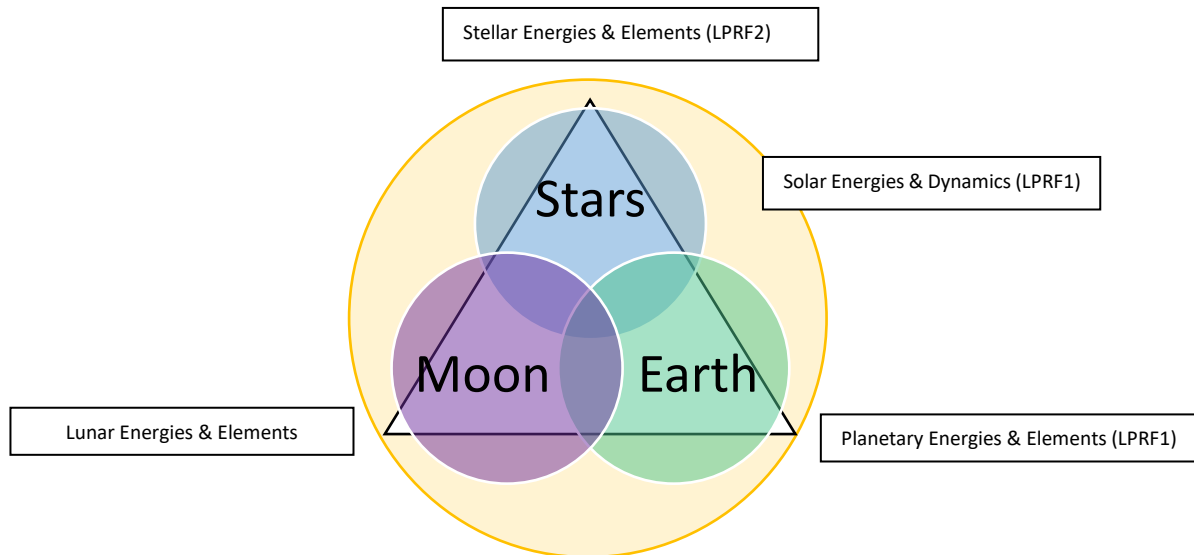


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## The 4 Foundational Groups of Energy in the Body

The triangle holds 4 levels of development-to-improve in the interaction potentials affecting our fields, incapsulated by the energies of the sun. These are the 4 foundational types of energies in our body.

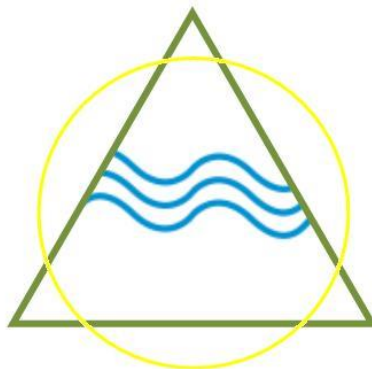
*Elements are bio-chemistry*



*The dynamics of these energies raises the question of how we respond to the synergetic challenge of:*  
What must be developed-to-improve our ability to reach the highest potentials between the 4 groups of energies that are part of our body....

*This question is to be seen in the light of:*

- The energetic aspects of energy as long- and short-term effects on an individual level.
- The individual responsibility as long- and short-term effects on the planetary level.
- The higher order action potentials between self and others, working to improve a reality as long- and short-term effects via technology, innovation and the use of higher awareness.



The Multidimensional Name of our  
OD3 Planet, EARTH is a part of.

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## The ATE Pleiadian-Sirian Project

The majority of the ATE Pleiadian Projects is part of the plant kingdom (nature) and the construction of the planetary grids, and the ATE Sirian part is the construction of the brain and the developmental programs, following the planetary networks.

### *The ATE Pleiadian Project in Overview (Organic Cellular Level - Vibrational Balance)*

1. Generating a habitat that in itself could heal and mend the racial grids (nature and our reality).
2. Generating a lifeform that in itself could heal and mend the bio-field malfunction without harming the surroundings (our organic vessel – albeit very altered now).
3. Generating field systems that could transform the bio-field and the vibrational field to original reality field settings (the emotional field – bio-field connection aka the PNS and cellular structure).

### *The ATE Sirian Project in Overview (Mental Level incl. Deep Alteration of bio-DNA)*

1. Generating a field to transmute the consciousness units, and clear them of the 3<sup>rd</sup> cycle effects, i.e., the brain field, in which the transmutation dynamics of the radiation field could be integrated.
2. Generating an alternate energy system to support the effects of the brain field and its connection to the bio-field (the brain field – bio-field connection aka the central nervous system).
3. Generating new developmental programs to support the vertical transmutation processes in the brain field.

## The Higher Order Purpose of Understanding

Now it is time to push things into the higher order science level of who and what we are as humans – as far as we can push it in this course, on the level, we are now. The information is still theoretical and not many are ready to put it into effect yet, but all new levels of living begin with theories, which we then work with, incorporate and then eventually implement as perception of reality. Once that happens, it becomes part of our daily lives.

### *The ATE Understanding of the Organic Vessel*

- Seeing it as energy and not just as bio-matter.
- Understanding the dynamics of bio-matter in its original function.
- Learning to know our body in a new way, as energetic processes.

### *The ATE Emotional Energy-Body Connection (Organic Cellular Level - Vibrational Balance)*

- The self-healing potentials to mend the bio-field malfunction without harming the surroundings (our organic vessel – albeit very altered now).
- The transformation potentials to mend the bio-field and the vibrational field to original reality field settings (the emotional field – bio-field connection aka the PNS and cellular structure).

### *The ATE Mental Energy-Body Connection (Mental Level incl. Deep Alteration of bio-DNA)*

- The transmutation potentials using the consciousness units, and to clear them of the 3<sup>rd</sup> cycle effects, i.e., the brain field, in which the transmutation dynamics of the radiation field could be integrated.
- Using the lower order energy system to support the effects of the brain field and its connection to the bio-field (the brain field – bio-field connection aka the central nervous system).
- Utilizing the original developmental programs to support the vertical transmutation processes in the brain field.

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## The Advanced Energy Work

As always, some contemplation and creation must be done to develop the skills, and techniques, to do the needed energy work on this level of understanding:

*Step 1: The ability to self-scan your lower order emotional field – now from the new understanding*

All sorts of physical sensations (pains, heaviness, nausea etc.) are all signs of energetic unbalance or negative energetic activity. You use the 3-step ladder of perception to scan and get to the root of any physical, emotional or mental reaction.

- I. What is it from a normal awareness level?
- II. What is it from a double awareness level?
- III. What is the energetic information behind from a higher order awareness level?

*Step 2: The ability to achieve transformation processes – now with the new understanding*

Firstly, answer what you think it means **to achieve transformation using the Pleiadian Technologies**

- I. From a normal awareness level?
- II. From a double awareness level?
- III. From a higher order awareness level?

Then ponder upon how you would engineer self-healing exercises to achieve the transformational processes in your daily energy work using the Pleiadian Technologies.

*Step 3: The ability to self-scan your lower order mental field – now with the new understanding*

All sorts of physical sensations (pains, heaviness, nausea etc.) are all signs of energetic unbalance connected to the central nervous system and head. You use the 3-step ladder of perception to scan and get to the root of any physical, emotional or mental reaction.

- IV. What is it from a normal awareness level?
- V. What is it from a double awareness level?
- VI. What is the energetic information behind from a higher order awareness level?

*Step 4: The ability to achieve a higher radiation level – now with the new understanding*

Firstly, answer what you think it means to have **a higher radiation level using the Sirian Technologies**

- I. From a normal awareness level?
- II. From a double awareness level?
- III. From a higher order awareness level?

Then ponder upon how you would engineer self-healing exercises to achieve this higher radiation level in your daily energy work using the Sirian Technologies.

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*The Extras to contemplate upon and work with in the new context:*

## **1. The NGC Activation and Cleanup Stages**

*The 3-9 Pillar*

2020-2022: The Holographic Grids and Network

2023-2025: The Energetic Level of the Racial Grids

*The 2-8 Pillar*

2026-2028: The Genetic Level of the Root Races

2029-2031: The Genetic Level of the Lineages

2032-2034: The Genetic Level of the Human Projects

*The 1-7 Pillar*

2035-2037: The Radiation Fields in Humans

2038-2040: The Vibration Fields in Humans

2041-2043: The Bio-Organic Fields in Humans

## **2. The Highest Purity Level - Again**

In the Extractions from the HAL Integration Class 5, I go through the developmental levels in the progression work. Let us recap what was said there and put it into this context.

### **BIO-FIELD WORK LEVEL 1**

*Becoming a plant-fruitarian*

The first level in the bio-field work is to change the diet into a high energy diet. This involves becoming plant-fruitarian; i.e., only living of regenerative vegetables and fruit, nuts etc. The goal with this is to keep the bio-field in as high an energetic state as possible by feeding the organic vessel with easy to digest matter, holding Phyto-chemical elements generated via photosynthesis. The higher amount of energy supports the higher order energy processes of the DNA.

### **BIO-FIELD WORK LEVEL 2**

*Daily Exercise & Organ Clearing*

Keeping the body healthy and vital is key as well. The ingested energy is to be utilized correctly in both physical activity as well as self-healing work. The maintaining of the organic vessel in a prime state is required to be able to do the higher order energy work, which can be energetically straining. A strong physicality and mental strength are thus essential for the inner work. Getting to know your organic vessel is important to do the correct energetic clearing work.

## **3. The Energetic and Chemical Aspects, seen in the Light of the 4 Groups of Energy:**

1. Crystals
2. Herbs
3. Everyday Food
4. The Energy Work in this context.

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## Remember – from the HAL Philosophy book

- Some of the skills we learned in the 1-7 pillar, were all forms of template reconstruction, how to modify and upgrade the code sheets and how to program and repair our template. Along with the capacities of how to work with our energy system.
- In pillar 2-8 we learned how to develop the racial DNA, being a natural part of our template, so our alterations would be for the highest good of the many, i.e. for our race, or the race, we had chosen to be part of. In our individual progression work, we knew we affected the racial DNA too and we always developed our genetics in unity with the dynamics of interconnectedness, following *the Law of the One*, which means that if one can do it others can too, because everything we do gets implemented into the racial DNA.<sup>1</sup>
- In pillar 2-8, we also learned how to apply our knowledge and skills to accommodate for the highest progression rate of the system, we were part of. Meaning, that the main goal of our individual and collective progression work was to achieve what was for the highest good of the system, we were part of and at the same time accomplish what were looked-for to achieve our personal highest purity rate, highest standards and progression rate.

In pillar 3-9, we learned how to apply the Natural Laws of Energetic Utilization into our progression work.

*The Natural Laws administer the accurate use of the diverse forms of energy a world is composed of. This includes the Rules of Engagement to ensure the appropriate energetic exchange in all interaction in any inter-racial behavior, since every and all interactions are an exchange of information, energy and consciousness and thus a utilization of reality energy or human energy. How to do this in the accurate ways were merged into all progressive developmental programs.*

The inter-racial communication and interaction programs from the 2-8 pillar work<sup>2</sup> were combined with the 3-9 pillar developmental work *with the detailed use of reality energy and human energy*, given that both centered around how to progress as part of a community, or within a group of humans, and how to perform creational projects that supported the furtherment of that group within a segment of reality.

After completing the 2-8 programs and their cross-programs into the community work, the next stages of the progression work were exclusively within the 3-9 pillar, where the main focus was on how to manage the governance programs administering our reality field, how to adjust the grids and how to maintain the resonance fields.

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<sup>1</sup> That goes with the personal responsibility of always choosing what serves the highest good of the many, in our personal choices. What we do have an effect on the entire race. A progressive human is not local. He or she is global.

<sup>2</sup> Each reality field has its own racial differences and thus dissimilar ways of behaving and being around each other. Diplomatic assessment and learning suitable ways of acting, when visiting another world, were part of the 2-8 pillar work.

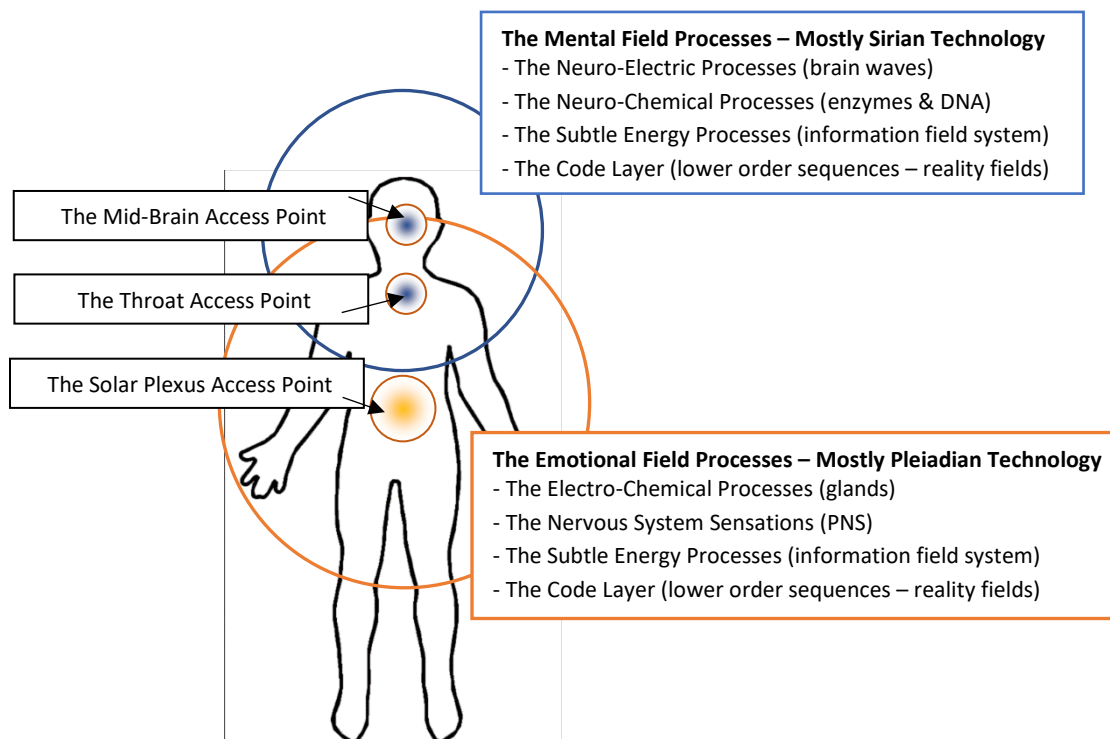
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## The Two Energy Systems in this Context

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 Energy System & its Processes*

Two forms of energetic processes:



*The lower order energy system 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 energy system 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.*

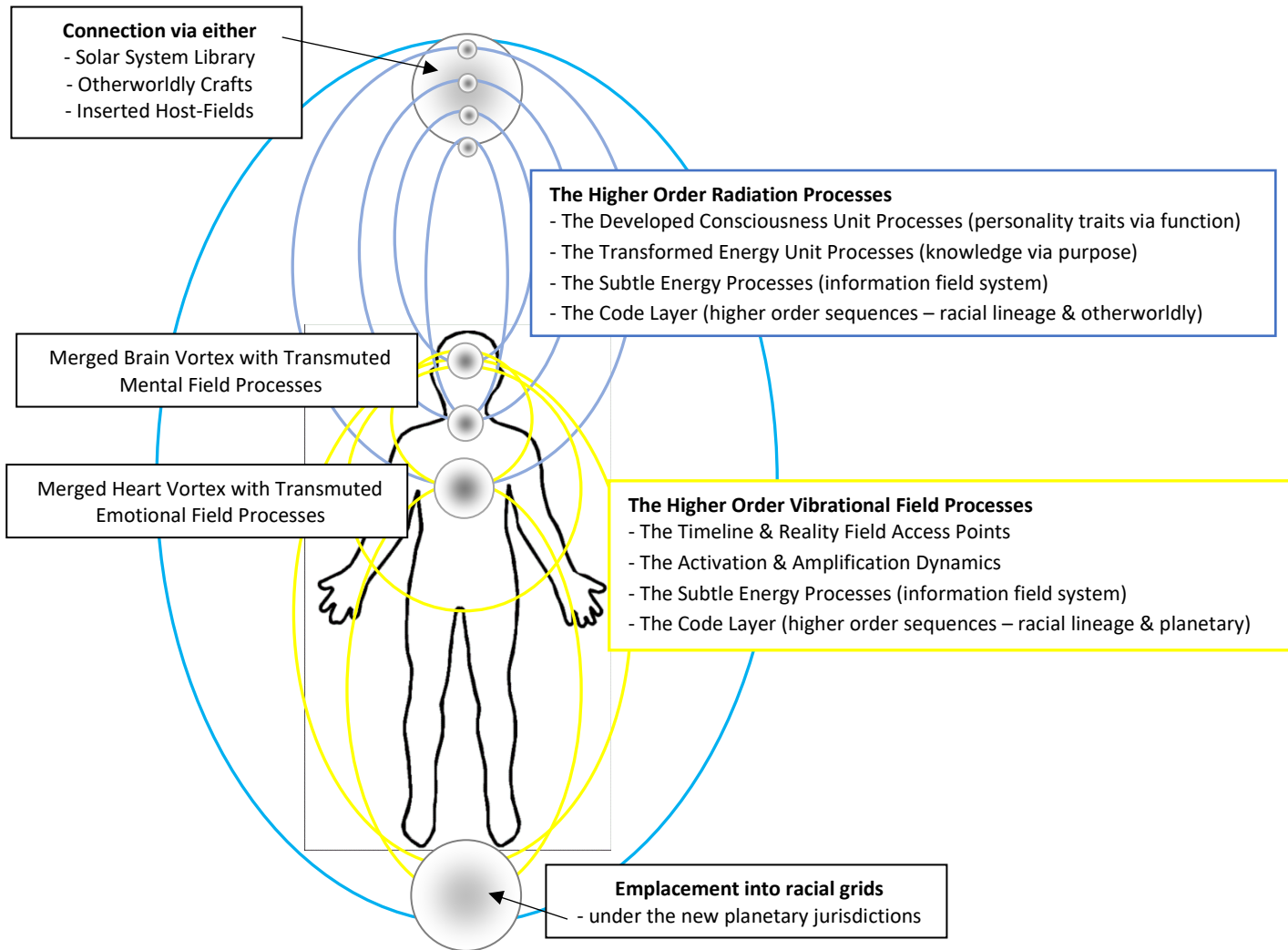
*Thus, the energy system processes define the concepts of self, other and reality.*

The 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 Energy System & Its Processes



*The higher order energy system 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 energy system 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 existence.*

### 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.