

The HAL Academy – The Transformative Energy System

In this online course, we explore the Outer Domain Energy System, as it should look to enable us to connect to the LPRF1 Middle Domain in the LPRF-DE2 section of the old networks and gridworks, belonging to the reality sector before the timeline event, and shortly after before it all were solidified into the LPRF2 type of regressed grids and networks under the regressed races. This left our LPRF1 Middle Domain dormant.

To understand this course, the other HAL Transition Science Courses and the HAL Perception Log Sequence 3 must have been completed, since they provide the background for the information used in this course.

By Randi Green

Psychotherapist & BA in Theology

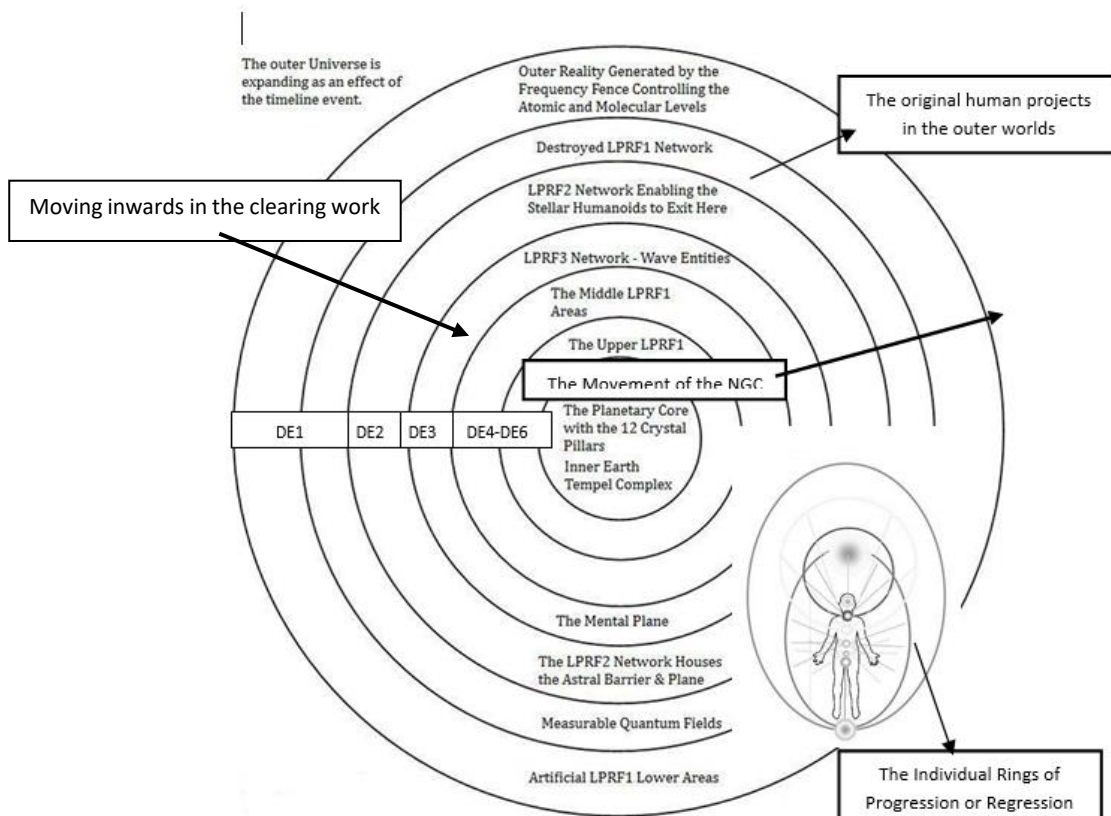
Content

The LPRF1 Reality Fields - the Foundation of the Energy Systems.....	1
The Original DE1 Outer Domain Energetic-Dynamics....	4
Generating the Energies for the Transformative Energy System.....	6
Self-Scan and Code-Repair in the Energetic-Dynamic Work...	12

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

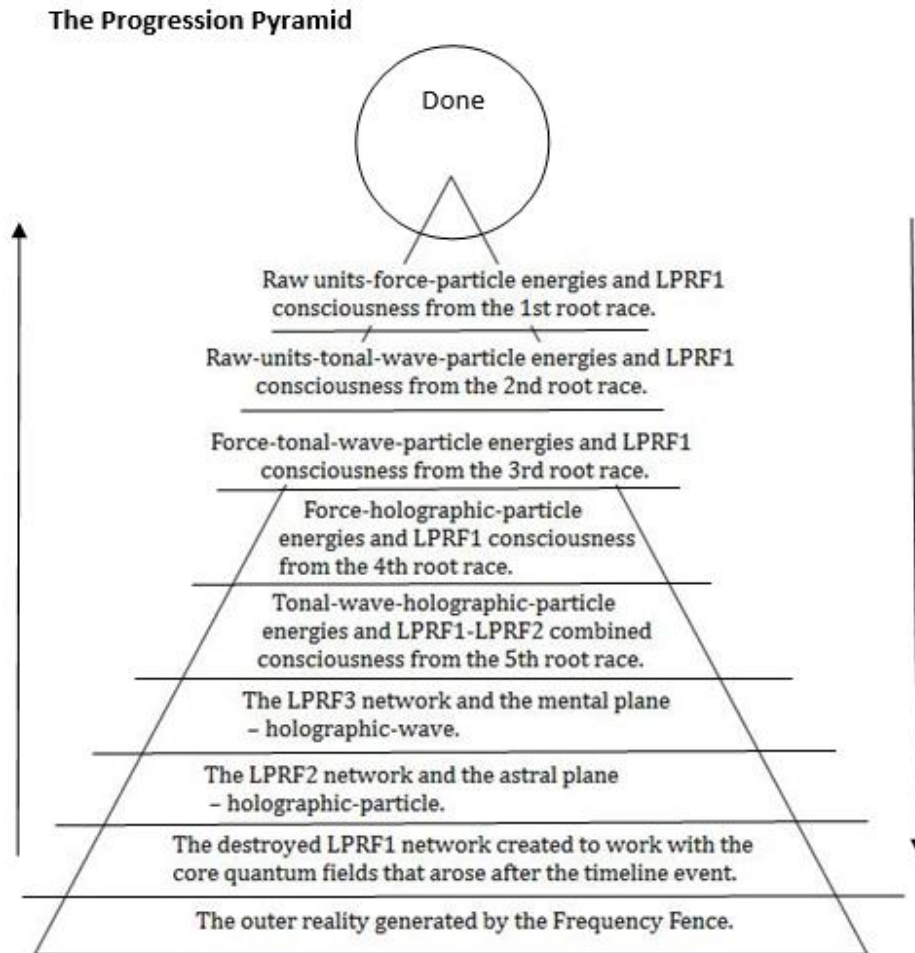
Horizontal Movement (relooping and reality programs to keep us stuck)

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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Vertical Movement (progression or regression spiral layers) to be cleared out

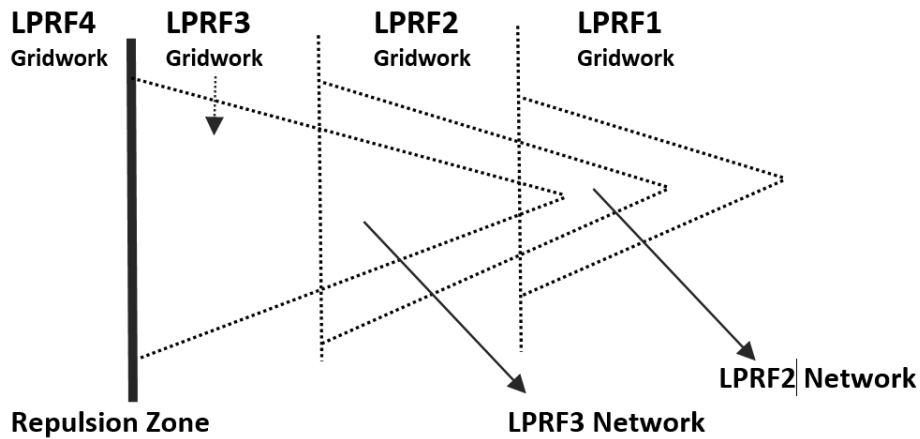


The progression pyramid is the mountain we have to climb to be able to progress out of our imprisonment and artificial modifications. We have to begin from below and work our way from the outer reality to the inner, and continue the cleansing, raising our energies in the chakras to the level, where they are not controlled by the astral, mental planes, or the remaining LPRF2 races existing here. When the planetary core is reached, we begin the reconstruction of the LPRF1 PES and the outer plane by transforming the lower planes of existence using the inner and higher planes to do so.

The goal of the horizontal-vertical clearing and progression work is to kick-start the transformation from the LPRF1 energies into the original domains and the original density energies that the true worlds are made of (original holographic-radiation-vibration energies or HRV energy units). From that we can attempt to rebuild, within our fields, the original energies behind to the solar system construction done by the Ancient Ones. *Thus...*

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The gridworks and networks of the reality fields intersecting our reality field on the density levels DE1 (LPRF1) to DE4 (LPRF4).



The illustration shows how gridworks turn into networks. A gridwork is the central racial field of a LPRF holding the encoded energy units as well as the plan for that reality field as it was laid into the gridworks by the Progenitors. Only when the genetics link up to a gridwork are they able to progress.

The concentric domains as they unfold into our reality in density settings, where each domain covers several sub-fields, as explained in the HAL Books.

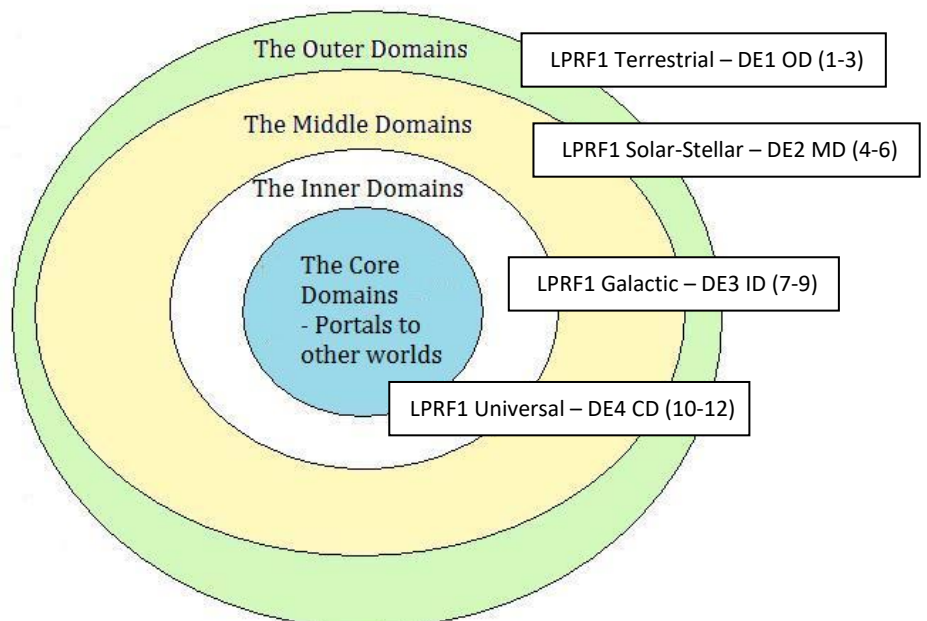
The Domains

The Core and Inner Domains permeate the Middle and Outer Domains as radiation and vibration.

All Creation unfolds from within and outwardly; not from the outside and in.

The Three Principles are the basis of the Core Domains.

The Inner Domains are the areas of the True Worlds.



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Generating the Energies for the Transformative Energy System (the TES)

We begin by recalling that we work with our inner and outer reality as spheres within spheres (relative reality dynamics) and the energetic-dynamic probability fields these holds. We detect this via the code systems behind what is observed, utilizing our higher order psychic-energetic sensing and the higher order cognitive dynamics. We also utilize these abilities in our daily work with inner and outer energy interferences, both in our individual transformation work with the lower order energy system – as we have been working with so far - such as in the clearing work of our energy system to maintain energetic balance and harmony.

In the work with the energetic-dynamic cycles of the concepts of spheres within spheres and probability fields we work with different dynamics that stem from outer and inner very subtle energetic influences. Via the energetic-dynamic work with the different spheres and fields, and their complex information systems, we expand our perception sphere of knowledge using these energetic dynamics. We recall the psychic-energetic sensing and higher order cognitive abilities as a 6-step ladder of perception dynamics to unravel the complex information system we are addressing:

- Linear psychic-energetic sensing and higher order cognitive dynamics investigating the item from the perception process of sequences of units (Step 1 of the perception dynamics).
- Processual psychic-energetic sensing and higher order cognitive dynamics investigating the item from the perception process of opposition dynamics (Step 2 of the perception dynamics).
- Systemic psychic-energetic sensing and higher order cognitive processes investigating the item from the perception process of synergetic dynamics (Step 3 of the perception dynamics).
- Information system psychic-energetic sensing and higher order cognitive processes investigating the item from the perception process of holographic dynamics (Step 4 of the perception dynamics).
- Coding and decoding psychic-energetic sensing and higher order cognitive processes investigating the item through perception processes of complex code information systems (Step 5 of the perception dynamics).
- Integrative psychic-energetic sensing and higher order cognitive processes investigating the item via replication dynamics (Step 6 of the perception dynamics).

The 12 Principles

The Principles, and the way they work in each individual, are based upon the original skills to be re-developed in the attempt to reboot our energy system, so we can follow the original guidelines of the progressive systems.

1. *Only Behave, as We Want Others to Behave.*
2. *Respond with Equal Energy and Consciousness.*
3. *Only Focus on What We Want to Amplify.*
4. *The Outcomes Correspond to What We Are.*
5. *Inner Knowledge is the Correct Teacher.*
6. *The Correct Partnerships.*
7. *The Correct Commitment is Key to Any Progress.*
8. *The Correct Expression of Energy.*
9. *The Correct Expression of Power.*
10. *The Correct Dignity.*
11. *The Correct Honor.*
12. *The Correct Will.*

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On the 12 Rules of Engagement

The Rules of Engagement are not only aimed at how we behave and act around other people. They determine the energetic outcome of how we utilize the lifeforce and its counterpart within the racial grids.

1. *Correct Self-Mastery.*
2. *Correct Self-Responsibility.*
3. *Correct Self-Expression.*
4. *Correct Self-Containment.*
5. *Correct Team Awareness.*
6. *Correct Team Responsibility.*
7. *Correct Team Work in Projects.*
8. *Correct Progression Goals for the Project or Community, as a Team.*
9. *Correct Administration of all Inner Energies and Reality Resources.*
10. *Correct Management of all Outer Energies and Reality Resources.*
11. *Correct Deployment in Activity of Manifestation.*
12. *Correct Intentions of all Expected Outcome.*

The 12 Natural Laws of Energy Utilization

The Natural Laws of Energy determine the energies, we utilize in our energy system. When the energies are utilized correctly, we are allowed to reconnect to the reality holographic grids, and more energy will flow into our energy system via the base field and the organic holographic grid structure in the DE2. When utilized wrongly, the grids close down – step by step – until there is nothing left but regression and distortion.

1. *The Law of Energetic Influence.*
2. *The Law of Proximity & Counterbalance.*
3. *The Law of Creational Projection and Amplification.*
4. *The Law of Correct Feedback and Reciprocity.*
5. *The Law of Higher and Lower Order Sciences.*
6. *The Law of the Cycles.*
7. *The Law of Cause and Effect.*
8. *The Law of Correct Function and Correct Use of Energy.*
9. *The Law of Correct Purpose and Correct Use of Genetics.*
10. *The Law of Correct Hierarchy and Emplacement.*
11. *The Law of Correct Use of Technology.*
12. *The Law of Continuation and Cyclic Renewal.*

1) TIME FOR THE HAL PERCEPTION LOG SEQUENCE 3. WATCH THE 7 VIDEOS NOW.

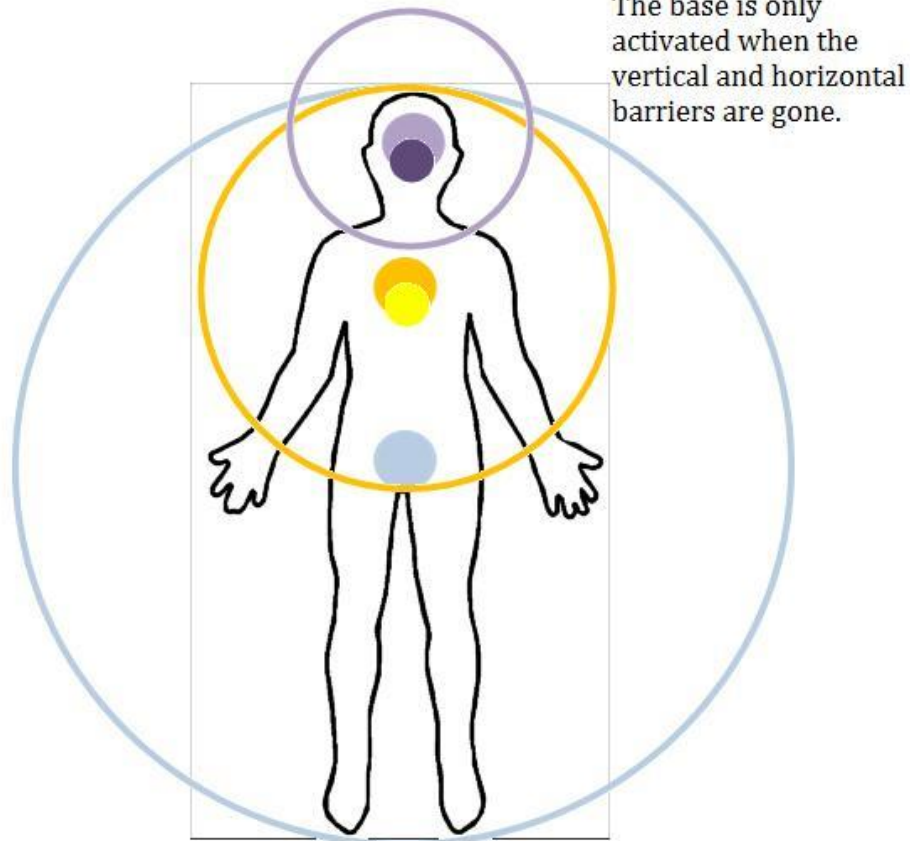
- 2) *After having done that, you watch the next video in this course: Building the Bridge, explaining the illustrations on the next 2 pages in the context of the Timeline Explorer Material. It's a quick blast through – do not get frustrated.*
- 3) *Hereafter resume to the text material, pages 6 and onward, where I explain the illustrations again, but within the context of this course. I have changed the order of the pages to fit the new build up*

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Adding in information from the HAL Perception Log Sequence 3 but now in the context of the TES:

Working with the Purple (DE1), Azurite (DE2), Golden (DE3) and White (DE4) Energies in Cleansing of the original 3 lower fields that are part of the original energy system of the Restoration Program.

When the CNS-Brain gridwork and the PNS-Heart gridwork have been transformed, they activate the energy field radiating from the base chakra, creating three energy fields or spheres of energy to work with.



The base is only activated when the vertical and horizontal barriers are gone.

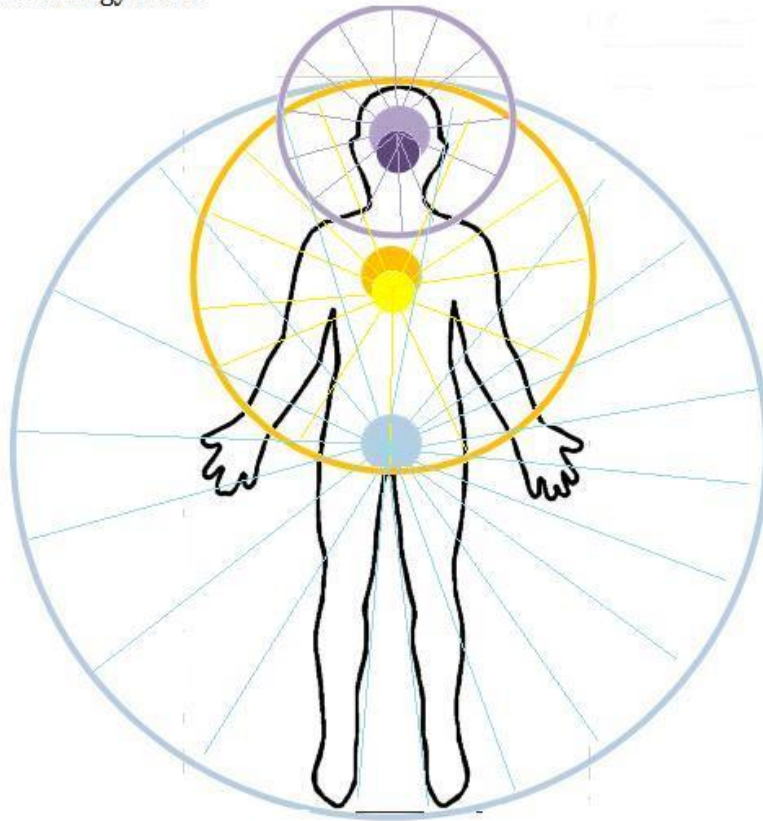
It is into these three fields we can add, create, alter and adjust our energies we pull in from different timelines or large energy gridworks from the planet or from other systems.

When cleansing the three original lower energy fields: Follow the energy field lines to the perimeter of the sphere or energy field. Observe the color and vibration of the energy lines in the sphere. Detach the energy lines from the perimeter and pull them back to the core of the chosen energy field. See how the energy lines fold together, and use the purple, azurite blue, golden and white energies to dissolve the lines.

Continue to follow the many energy lines out to the perimeter until you start to see how the darkened ones disappear and only the clear vibrating and radiating ones unfold from the chosen field.

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When cleansing the three fields; follow the energy grids to their end of the sphere. Observe their color and then detach the energy lines from the sphere. Pull them into the core of the three main centre and throw the little dot of old energy lines out. Then create new energy lines.



Expand the new energy lines, one sphere at a time, until their color vibrates in the frequency that is needed. Expand, throw out from the core, expand etc until their vibration is perfect.

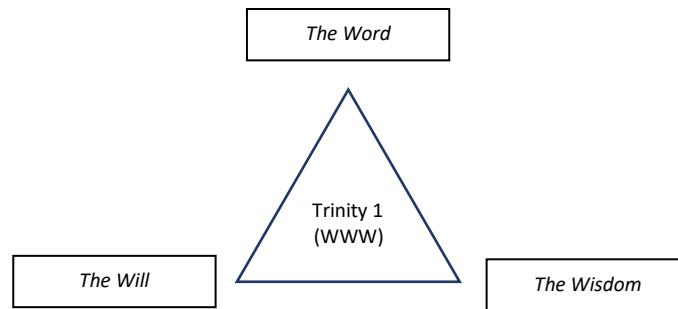
The Original DE1 Outer Domain Energetic Dynamics

In the work to gain the original DE1 Outer Domain energies, we understand how they are represented the bio-field code sequences connected to the body, the vibrational field and the radiation field. Below are the 6 original layers of energy within the original reality fields connected to the true 6-layered energy system of the transformative energy system connected to the template:

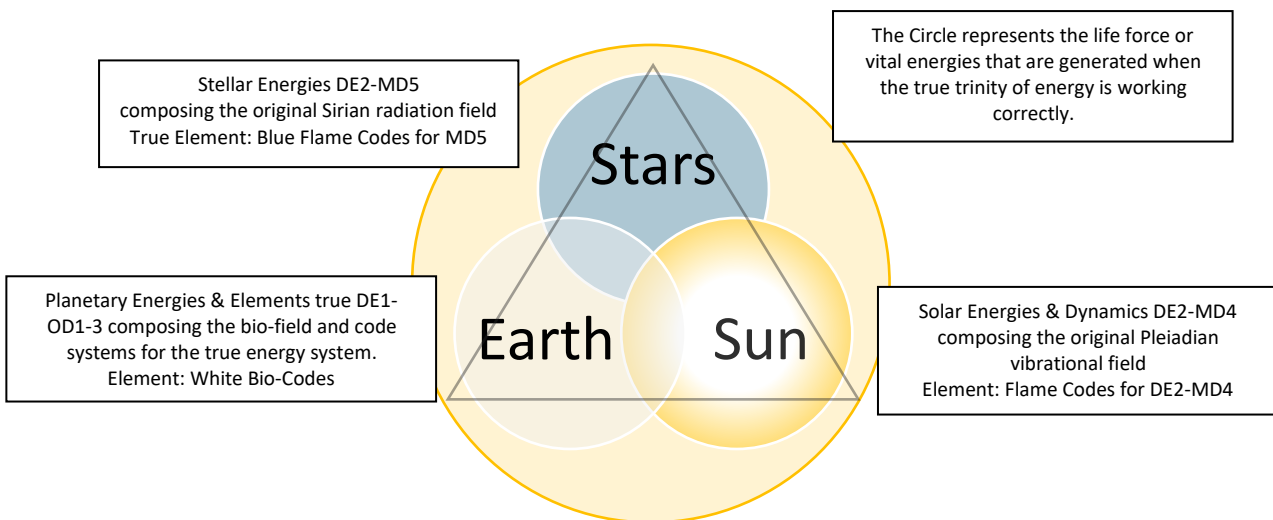
1. Radiation – emission outwardly spherical waves
 2. Vibration – vibration or resonance oscillation spiral
 3. Coding Sequences - composing the energy fields
 4. Holographic – as lattice networks, dynamic
 5. Holographic – as grids, dynamic
 6. Crystalline/geometrical – fixed fields via plasma crystal technologies
- } MD DE2 - D4-6
} OD DE1 - D1-3

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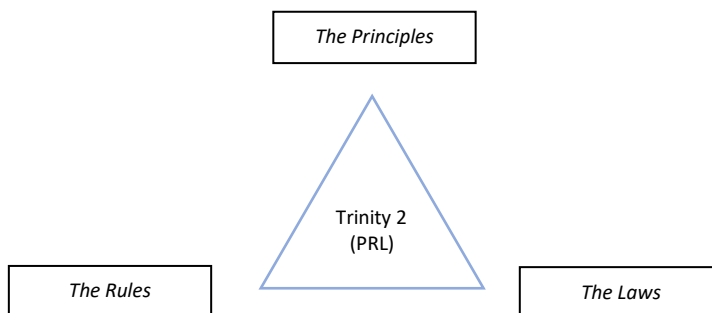
The energies are dynamic in nature because they permeate each other. The dynamics are in concordance with the properties of the energy in use within that section. The properties of the different forms of energy can be changed via alterations in the code systems.



Below the LPRF1 Outer Domain Energies



The Principles, Rules and Laws as Trinities



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Principle 1 – Rule 1 – Law 1

- 1. Only Behave, as We Want Others to Behave.*
- 1. Correct Self-Mastery.*
- 1. The Law of Energetic Influence.*

Principle 2 – Rule 2 – Law 2

- 2. Respond with Equal Energy and Consciousness.*
- 2. Correct Self-Responsibility.*
- 2. The Law of Proximity & Counterbalance.*

Principle 3 – Rule 3 – Law 3

- 3. Only Focus on What We Want to Amplify.*
- 3. Correct Self-Expression.*
- 3. The Law of Creational Projection and Amplification.*

Principle 4 – Rule 4 – Law 4

- 4. The Outcomes Correspond to What We Are.*
- 4. Correct Self-Containment.*
- 4. The Law of Correct Feedback and Reciprocity.*

Principle 5 – Rule 5 – Law 5

- 5. Inner Knowledge is the Correct Teacher.*
- 5. Correct Team Awareness.*
- 5. The Law of Higher and Lower Order Sciences.*

Principle 6 – Rule 6 – Law 6

- 6. The Correct Partnerships.*
- 6. Correct Team Responsibility.*
- 6. The Law of the Cycles.*

Principle 7 – Rule 7 – Law 7

- 7. The Correct Commitment is Key to Any Progress.*
- 7. Correct Team Work in Projects.*
- 7. The Law of Cause and Effect.*

Principle 8 – Rule 8 – Law 8

- 8. The Correct Expression of Energy.*
- 8. Correct Progression Goals for the Project or Community, as a Team.*
- 8. The Law of Correct Function and Correct Use of Energy.*

Principle 9 – Rule 9 – Law 9

- 9. The Correct Expression of Power.*
- 9. Correct Administration of all Inner Energies and Reality Resources.*
- 9. The Law of Correct Purpose and Correct Use of Genetics.*

Principle 10 – Rule 10 – Law 10

- 10. The Correct Dignity.*
- 10. Correct Management of all Outer Energies and Reality Resources.*
- 10. The Law of Correct Hierarchy and Emplacement.*

Principle 11 – Rule 11 – Law 11

- 11. The Correct Honor.*
- 11. Correct Deployment in Activity of Manifestation.*
- 11. The Law of Correct Use of Technology.*

Principle 12 – Rule 12 – Law 12

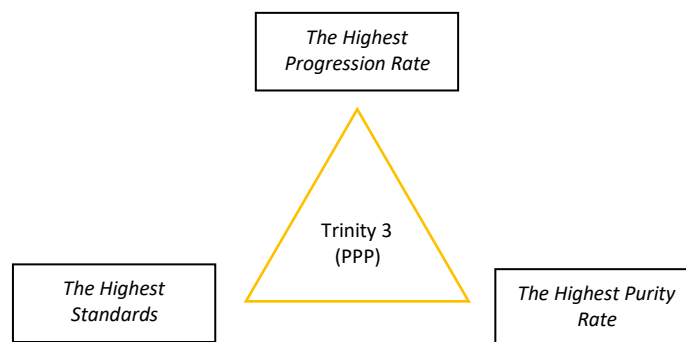
- 12. The Correct Will.*
- 12. Correct Intentions of all Expected Outcome.*
- 12. The Law of Continuation and Cyclic Renewal.*

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The 12 Natural Laws of Energy Utilization

The Natural Laws of Energy determine the energies, we utilize in our energy system. When the energies are utilized correctly, we are allowed to reconnect to the reality holographic grids, and more energy will flow into our energy system via the base field and the organic holographic grid structure in the DE2. When utilized wrongly, the grids close down – step by step – until there is nothing left but regression and distortion.

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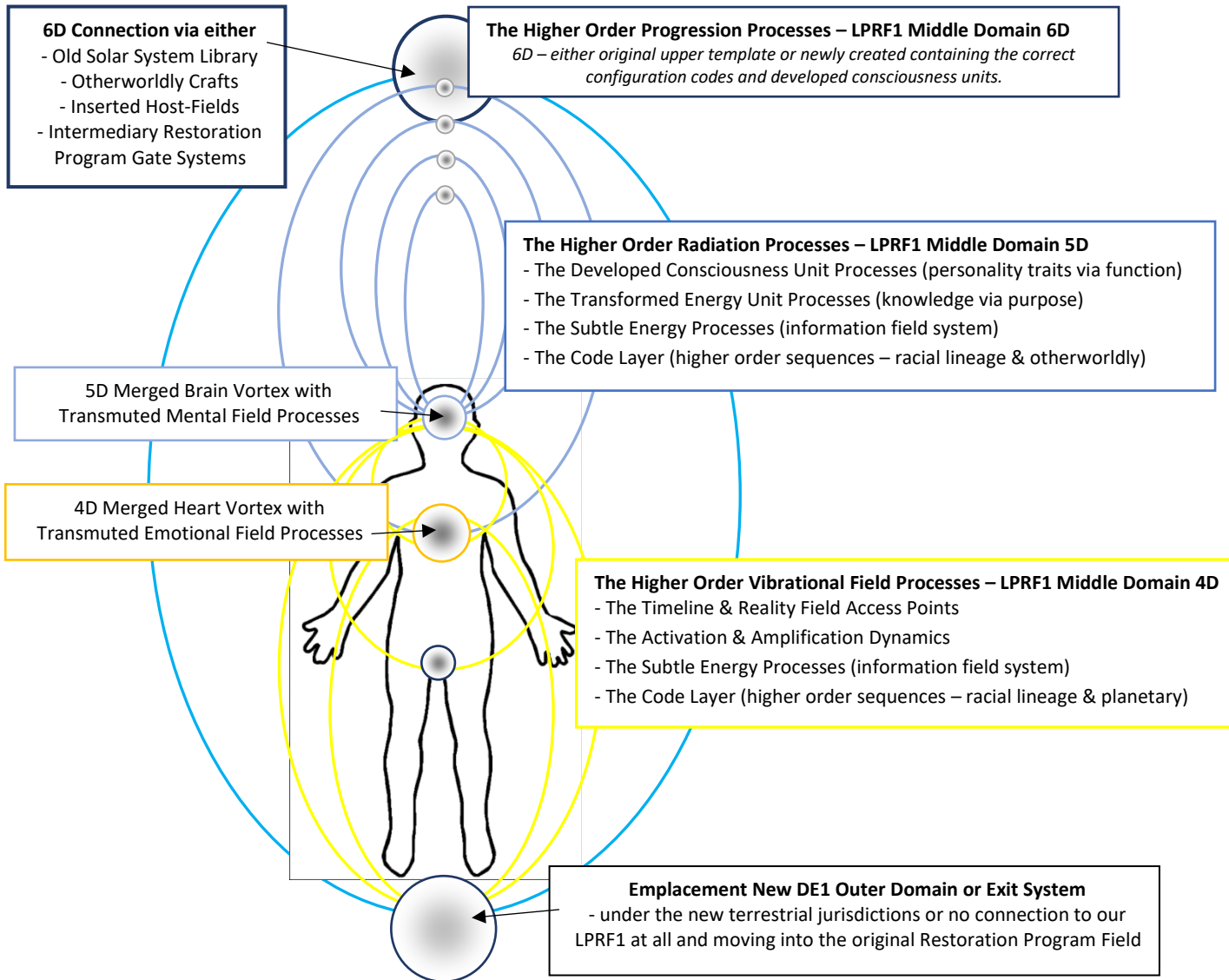
The 12 Choices of Living

The 12 Choices of Living add to the Rules of Engagement and the Principles to guarantee an equal progression possibility for all. The 12 choices thus support our work to attain the highest purity rate, the highest standards and the highest progression rate.

- 1) *We do not exploit other lifeforms to sustain our existence.*
- 2) *We do not exploit other lifeforms to support our progression.*
- 3) *We do not exploit other lifeforms to uphold or sustain our vessels.*
- 4) *We do not harness energy from others to build our energy system.*
- 5) *We do not take anything from others to support our progression.*
- 6) *We do not take anything from others to uphold our vessels.*
- 7) *We do not use the genetics from others to sustain our template.*
- 8) *We do not use the genetics from others to continue our race.*
- 9) *We do not use the genetics from others to develop or sustain our organic vessels.*
- 10) *We do not interfere with the realities of other lifeforms to sustain our existence.*
- 11) *We do not interfere with the realities of other lifeforms to do our progression.*
- 12) *We do not interfere with the realities of other lifeforms to develop, uphold or sustain our organic vessels.*

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The Higher Order Transformative Energy System in the LPRF1-DE1-OD



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

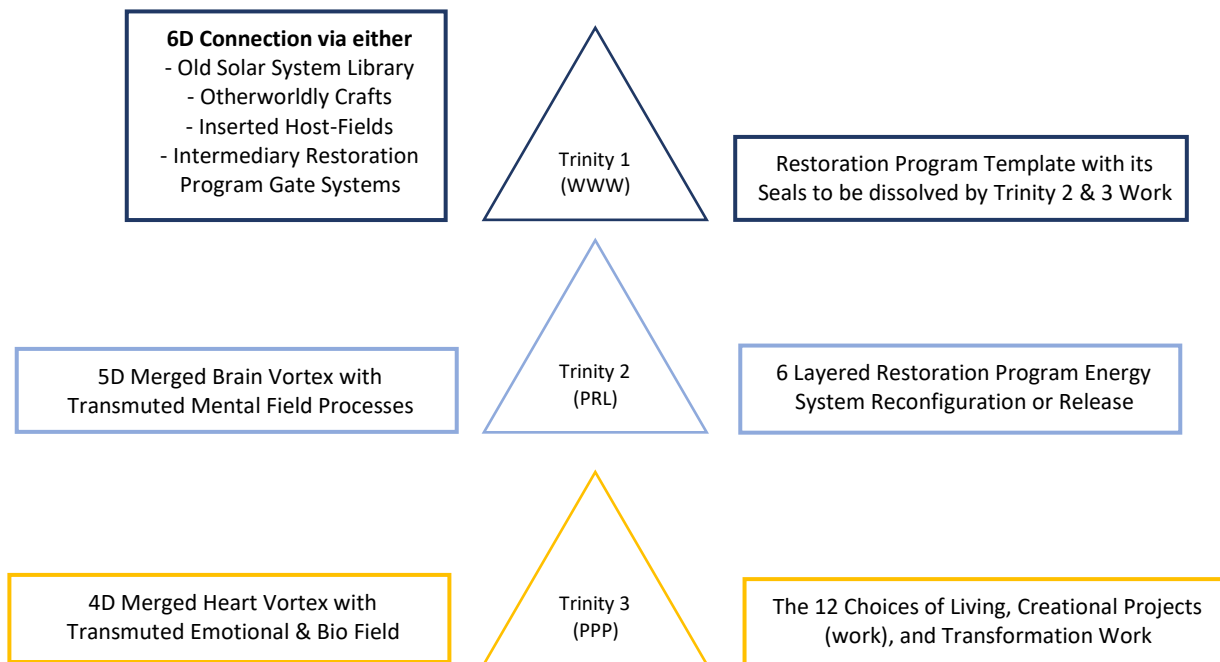
Transmuted Neuro-Electric Processes (biological and otherworldly) into expressing the functional CUs adapted to ego structure.
 Transmuted Neuro-Chemical Processes (biological and otherworldly) into expressing the lower and higher order knowledge.
 Transmuted Subtle Energy Processes (biological and otherworldly) 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.

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The Completion of the 3-9 Pillar Project Processes via the 9-fold Trinity Systems



Using Self-Scan and Code-Repair in the Work with the Transformative Energy System

Step 1: The ability to self-scan and code-repair the energy fields to clear out code systems of a lower order

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

Step 2: The ability to achieve energetic transformation in the two energy systems

Firstly, answer what you think it means to achieve energetic transformation of the two energy systems.....

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

Then ponder upon how you can achieve this energetic transformation in your daily energy work.

Step 3: The ability to achieve a higher vibrational-radiation states in the brain and heart fields

Firstly, answer what you think it means to have a higher vibrational or radiation states in the two fields.....

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

Then ponder upon how you can engineer code-repair exercises (self-healing) and self-scan exercises (detecting complex information systems that belong or not in your energy system) to match your energy system, and other methods to achieve the higher LPRF1 density state in your daily energy work using the 6 cyclic energetic-dynamics, the Principles, the Rules and the Natural Laws.

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The 12 Principles in full Length

The Principles are the building blocks that enable us to build a higher awareness structure. The Principles, and the way they work in each individual, are based upon the original skills to be re-developed in the attempt to reboot our energy system, so we yet again can follow the original guidelines of the progressive systems.

1. *Only Behave, as We Want Others to Behave*

This Principle leads to a higher self-responsibility energetically, mentally, emotionally along with a higher order observance in speech, behavior and emotional response to all which are “put in front of us.” We behave, as we want others to behave. We act as the role models for what we want in the world.

Principle 1 is also called the Law of the One; i.e. if one can do it, others can too. Thus, everything we do allow for others to do it as well. So, we better sharpen up.

2. *Respond with Equal Energy and Consciousness*

The Principle gives the answer of how to interact with humans, not doing the progression work. We respond to their level of awareness and only give them, what they can hold of energy. If we give them more information and energy than they can hold, the chances are high of activating levels in them, which they are not ready to deal with. And in doing so, the feedback to our energy system will be that we are not ready either to hold that awareness, because we cannot administer it yet.

The Principle also allows for actions that can be looked-for in our encounters with the other-dimensionals. Moreover, it sets the standard for dealings with humans, used as a tool to harm us.

However, the use of Principle 2 to defend and to protect is only for activated humans knowing how to work with genetics and energies, aiming at a result for the highest good of the many. The response is not an emission of energy, but the appropriate level of evaporation, and only when we are interfered with.

3. *Only Focus on What We Want to Amplify*

This Principle is also called *the Law of Participation*. What we focus on, look at, perceive, join, read, watch etc., we connect to energetically and then we participate in the relative reality behind that information. This changes our energetic settings, the code layers and the template, and it allows for a use of our energies to amplify regressed realities and their thought forms within this world. And the progressives, naturally.

Aside from the effect of our interest on our energy system, we also amplify what we look at. This means, whatever we do not want to exist, we do not amplify by having an interest in it, or by looking at it. We focus on what we want to grow, and what we do not want to exist, we clear and evaporate.

4. *The Outcomes Correspond to What We Are*

This Principle shows us the inner and outer outcomes of the energies we hold. Not just the energies in this life but from all lives, along with the timelines where we have organic vessels, clones or genetics, and what these engage in energetic. These other versions affect the quality of all energies we hold, pulling them down or uplifting them. The energies are of a higher or a lower standard, depending on the realities they interconnect with. Whatever we hold, runs across all timelines, allowing us to perceive and work with the past, the present and futures of what we are and thus what needs to be changed, cleared and evaporated. Reality and events are the mirrors of what we are.

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5. *Inner Knowledge is the Correct Teacher*

This Principle pulls in the information stored in the code sheets and the energy fields in our template. The quality and quantity of the information depends on what pillar template structure we have and the developmental programs we have been part of. That will energetically determine our inner knowledge and what we attain from within.

All content has to be investigated and looked upon with the goal of becoming the best version of what we can be, and what needs to be done to get there. Not all we hold are for the highest good of the many.

6. *The Correct Partnerships Will Come Our Way*

This Principle works on the dynamics of either the progression or the regression spiral to attract the appropriate partnerships for us, be it in our clearing work, freeing work or progression work. Partnerships can be any lifeform here or beyond, and we are to work with all of them to either clear out the regressed timelines, we are participating on together, or to build a new reality in the progression work. The appropriate partnership ushers us into a creational project or to start up a community, where our relative reality can expand for the highest good of the many. Naturally, the partnerships can also be of a lesser fortunate character, being the adversaries of our past lives.

This work has to be engaged in as well to complete this cycle and eliminate all unfinished business. Whatever we encounter will be according to the content in our code sheets, the energy system and template. This includes present day tampering.

7. *The Correct Commitment is Key to Any Progress*

This Principle governs the ambitions of what we commit to in life, energetically and physically. All we have learned from the previous Principles should at this point be a natural part of the energetic influential sphere the heart field produces, fueling our brain field to perceive the realities, we need to see to do our work. Based upon this information, using the Principles, the Rules and the Laws, the decisions can be made as in what to do, where to go and what to choose to go all-in to get the highest progression rate.

8. *The Correct Expression of Energy*

When the Principles, the Rules and the Laws are an integrated part of our lives, and we live by them in thought, emotion and action, our world begins to change, because we have changed. The relative reality acts in our lives, with its feedback dynamics in whatever we experience, our daily energy work and in our self-observance. If we achieve the highest purity rate and the highest standards, we can reestablish a firm connection to the progressive grids, the holographic teaching system, as well as the ancient beneficial technologies to sustain and uphold our organic vessels.

At this point it is important to understand that the opposite version of the energy system can also become the end result of our clearing work, if the work with the Principles, the Rules and the Laws have been manipulated into an activation of hidden or inserted inverted genetics. This allows for the infected alter ego to enter into our energy system, take over the heart field and the brain field, and transform the remaining consciousness units into the inverted version.

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The inverted genetics emit a type of cold light, and many have been tricked – in e.g. Kundalini activations – to think they have become enlightened and advanced humans, doing the greater good – notice this saying because that gives it away.

The inverted consciousness units are the complete opposite of the progressive consciousness units. Unfortunately, in present-day humans, it is possible to twist the Principles, the Rules and the Laws into producing a dark-light or crystalline-light energy system (the rainbow energy body). These energy bodies work as bridges into either the 3rd cycle or the reversed 5th cycle run by the inverted races.

Hence, everything we choose to engage in, in our inner work, has to be tested against if it has a progressive purpose and if it can apply to be of the highest good of the many. All has to be done with a highly attentive self-awareness along with taking responsibility for all our ego flaws, which are the access points into the 3rd cycle energies, and they are being used against us.

We have to keep asking, in all our choices: “What if everyone did this, how would the world look like?” and “How would I feel if this (which I am about to do now) was done to me?” The self-observance of the inner argumentation to do this or that, is key to avoid the twisted activation process.

9. *The Correct Expression of Power*

There is not much to say to this one, other than the activated heart field and brain field unfold the energies congruent with the activated consciousness units, and from that produce the progressive or the opposite energetic strength or power. The combined brain-heart influential sphere along with the double awareness will from this point interact with all surroundings, be it inner or outer, giving us the power to change things.

The inverted races are driven by an overly strong sense of self-righteousness and self-justification to do this or that, inclusive the lack of empathy and understanding of the consequences of the choices made. These traits in a human indicate a presence of inverted genetics in the template and energy system.

10. *The Correct Dignity*

Only if there is dignity in our original personality structure, can the progressive energies unfold into this vessel. The dignity drives us to, at all times, provide the most excellent results for the highest good of the many, for the reality and for all other lifeforms as well.

11. *The Correct Honor*

Honor was part of the ancient realities. It was developed in the 2nd evolutionary cycle, outside the pillar project, as we began the integration into the *manifested* planes of existence.

12. *The Correct Will*

Will was part of the ancient realities. It was developed in the 1st evolutionary cycle, outside the pillar project, as we began the integration into the *energetic* planes of existence.

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On the 12 Rules of Engagement – First section fully explained

The Rules of Engagement are not only aimed at how we behave and act around other people. They determine the energetic outcome of how we utilize the lifeforce and its counterpart within the racial grids.

Whenever we interact with any version of lifeforce, be it in a human, in another lifeform or whatever we are encountering, the Rules set the standards for the ways we should behave to keep the lifeforce pure in us, and in others.

The Rules, and how we utilize them to achieve the highest standards, determine the energetic result we attain in all our interactions, along with amplifying – or the opposite - the vibration energies in our heart field.

When we begin the work with progressive energy, new ways of how we behave are bound to come in play. Most of our human habits turn out to be counterproductive in our attempt to rebuild our energy system and they can be, to some degree, directly harmful. Thus, part of the progression work is to learn how to multiply the resources of reality, sustain life and how to be around other humans and lifeforms by following the Rules. The processes to learn to utilize the Rules support the recreation of the lower order ego structure.

1. Correct Self-Mastery

We acknowledge that all is energy, and that energy is interconnected. We are lifeforms with different states of energy. Energy is utilized in our thoughts, our emotions and in the organic processes of the body. We affect other lifeforms with the energies we hold in the template, in the mind-field, the emotional field and the organic field. And lastly, these energies affect the racial grids, polluting the lifeforce. We must educate ourselves to again understand all energy, forces and powers.

2. Correct Self-Responsibility

In acknowledging, we affect everything by what we are energetically, be it humans, animals, plants and the world, we live in, we must take responsibility for our energetic state. We agree to take the energetic challenge of becoming harmless, which means not to directly harm, disrupt or digress whatever we interfere with. Unless, of course, the-whatever attacks us; then we are to defend ourselves appropriately.

In this, we accept that disruptive belief systems and emotional patterns we might have, from this and previous lives, must be cleared and transformed in the accurate ways, along with the distorted cellular construction, we call our body.

3. Correct Self-Expression

Following the understanding of the energetic consequences of how our ways and behavior affect other people, we must learn to express our ego, and its energetic emissions, in productive and amplificative ways for all implicated, leading to the highest good for all. This means to energetically and genetically perceive, assess and recognize whatever is in front of us, and from this information act accordingly in ways, which will lead to the highest standards and the highest progression rate for all implicated. Here, naturally following the standards, ideas and ideologies of the progressive systems.

4. Correct Self-Containment

Following the first 3 Rules, we understand that we are responsible for not affecting others with the distorted energies and the genetics, we know, we hold in our template and energy system. We are to learn to contain these levels, until we have found ways to clear them. Thus, we are observant of our behavior and energetic emissions around other lifeforms. We do whatever it takes, to ensure we do not give sustenance to the

The HAL Academy – The Transformative Energy System

infected genetics and distorted energies in our energy system or template. We make sure, that we do not spread distortion into our surroundings. And we make sure, we do not set in motion the projective dynamics, amplifying the unwarranted levels in us and others. Even if this means going into isolation to attain the appropriate knowledge and gain the mastery of the infected energies, genetics and timelines involved.

Until we learn how to administer our own energies and genetics, it is prudent not to gather in teams or groups. A group amplify the unwarranted levels in its members. It is best to focus on the individual activation and clearing work. From 2026-2029, the community work can be reviewed within the new reality programs.

5. Correct Team Awareness.
6. Correct Team Responsibility.
7. Correct Team Work in Projects.
8. Correct Progression Goals for the Project or Community, as a Team.
9. Correct Administration of all Inner Energies and Reality Resources.
10. Correct Management of all Outer Energies and Reality Resources.
11. Correct Deployment in Activity of Manifestation.
12. Correct Intentions of all Expected Outcome.

Revisit the HAL Philosophy book as well as the NGC Transition Courses 1-2.