THE HAL ACADEMY BY RANDI GREEN

Next Step 2029 - Who Are We, Truly?

Beyond the Old Reality Social Governance Programs



Introduction

Can we handle the truth? As in what is really going on? We spiral off into the spectrum of programs thinking we have found the loose thread of the carpet, and that we can unravel it from there to see what hides beneath.

So what is the truth of our reality? The truth is that there is no objective truth. Only our perception of our world.

We perceive through the lenses of our ideologies and ideas of what the world is so the first step is to pull back our projections.

With these lenses, we vibrate into the timelines in sync with our brain waves. If we change these neural connections into a new pattern - a pattern of change and open investigation - we are half way to finding the answers to the mystery.

It is time to shed off the old reality programs from the extraterrestrial colonial occupation we have been under for 15000 years. Who and what are we outside these programs?

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Unraveling the Nature of Reality Beyond Programs and Projections

The quest for truth is one of humanity's most ancient pursuits. We search tirelessly for answers, for the elusive “thread” that will pull apart the layers of reality and reveal what lies beneath. Yet, each unraveling presents a complex picture where absolute truth slips further from our levels of understanding - it is elusive, intangible and impossible to hold on to.

Perhaps the fundamental question isn't simply what truth is, but how our perceptions and deeply ingrained patterns shape what we see. To understand reality’s nature requires us to step back, to unlearn, and to remove the veils of assumption, ideology, and external programming.

The Lens of Perception

Our perceptions are constantly filtering reality. We look at the world through lenses polished by experience, ideology, and collective beliefs. These lenses distort our view, presenting a version of reality that is only partial and that does not cover the bigger scheme of things.

Each human mind is a unique filter, absorbing the world and projecting onto it patterns of recognition, bias, and expectation.

This projection is not merely individual—it's collective, shaped over thousands of years by the societies, beliefs, and structures that bind us together. In other words, much of what we consider "truth" is not an objective, universal constant but a subjective, culturally informed construction.

Stepping back from these projections, however, is no small task. It requires us to look at our own minds, to see where our beliefs align with or deviate from reality's many-layered nature. It also means questioning the assumptions that form our worldviews and confronting the uncomfortable idea that what we "know" may be little more than layers of conditioning. Truth, then, becomes a relative experience, filtered by perception and bent by expectations.

Vibrating into Timelines: Brain Waves and Realities

At the core of perception and experience is the brain itself, which acts as a conduit between inner reality and outer worlds. Our thoughts, emotions, and beliefs influence the brain's neural connections, forming a pattern that determines how we perceive and engage with the world. On a higher order level, these neural connections can be seen as holographic-energetic code streams, where each neural pattern is a unique sequence of experiences and encounters that collectively define a person's reality.

If we change these neural patterns—through introspection, openness, and the willingness to release old beliefs—we open ourselves to different possibilities, allowing us to step into timelines we were previously blind to. In essence, reality is more than just an objective state; it's a fluid landscape that shifts in response to our brainwaves and mental states.

To move closer to the truth, we must create space for change within our minds, questioning deeply held convictions and cultivating a genuine openness to the unknown.

Breaking the Extraterrestrial Program: Uncovering Our True Identity

For thousands of years, it is said that humanity has been subject to influences that have shaped our collective development and perception of reality. Some traditions and theories speak of an extraterrestrial occupation, a colonial-style influence that has subtly and overtly programmed our understanding of who we are.

This extraterrestrial occupation—dating back over 15,000 years—has ingrained in us systems of control, limiting our potential and fostering a distorted view of reality.

To move beyond this reality program requires us to confront it head-on, shedding layers of belief, conformity, and complacency. The first step is acknowledging its existence, examining the ways it manifests in cultural norms, hierarchical structures, and even our concept of identity.

We begin by asking the deeper questions:
Who am I beyond societal expectations? What is my purpose outside programmed beliefs?

By addressing these questions, we initiate the process of unraveling our inherited narratives and accessing a version of ourselves unbound by the past.

Who Are We Outside These Programs?

If we strip away the inherited patterns, the ideologies, and the subconscious programs, what remains? At the heart of it, we find a profound emptiness—an emptiness that is not void or meaningless but filled with potential. Beyond the conditioning lies a self that is fundamentally free, capable of perceiving and interacting with reality in ways that transcend limitation.

This freedom is not defined by any single ideology or concept. Rather, it is a dynamic state, open to continual growth and exploration. The path of liberation is a dynamic, changeable path where every turn we take can lead to new explorations.

By shedding the programs, we allow ourselves to re-engage with life in a way that is authentic and self-directed. We become explorers of an open reality, aware that truth is not fixed but continually unfolding, a mystery that invites participation rather than passive acceptance.

When we seek truth in a world layered with complexity, we often believe we have found a "loose thread"—a tantalizing lead or insight that seems to offer clarity. This thread, we think, will unravel the mysteries of our existence and pull back the veil hiding the true nature of reality.

But as we start to tug, we quickly realize this thread is not isolated. It’s woven into a vast tapestry of other threads—each representing interlocking ideas, programs, and perceptions that shape our understanding.

In reality, this tapestry of programs is intricate and deeply embedded. Many of the narratives we think are fixed truths are interconnected with cultural beliefs, generational conditioning, subconscious influences, and, some say, programs deliberately embedded to guide or limit human perception.

When we pull on one thread, trying to “unravel” reality to reveal a deeper truth, we find ourselves spiraling into a spectrum of related programs that can obscure, redirect, or even completely transform the answers we seek.

This spiral is both confusing and enlightening. Each program we uncover sheds light on how various ideologies and narratives are designed to sustain a particular version of reality, subtly influencing our beliefs, behavior, and understanding of the world. These layers are so interconnected that each revelation leads us to further layers, revealing how each apparent “truth” is shaped and supported by others.

While each unraveling feels like progress, the deeper we go, the more we understand the complexity and scope of the entire structure. We come to see that beneath each program is another, often with roots stretching back centuries or even millennia.

The search for one “truth” becomes a journey through multiple truths, and the idea of a singular, objective reality begins to dissolve. The act of unraveling thus transforms from a quest for definitive answers into an exploration of our own layers of perception and programming.

In this spiraling journey, we realize that the tapestry itself is part of what holds reality together, and unraveling it might lead to both profound clarity and a reassembly of our entire worldview. It’s a process that invites us not only to question the programs we encounter but to question the very nature of truth itself.

Moving Forward: From Outer Programs to the Energetic Inner Truth

As we confront the influence of extraterrestrial and societal programs, we begin to reclaim our ability to shape reality on our terms. This process is as much an individual journey as it is a collective one.

When we transform ourselves, we contribute to the greater transformation of humanity, enabling us to move beyond limitations and enter a state of true exploration.

Ultimately, the search for truth may not reveal an absolute, fixed answer but instead a dynamic, participatory experience. By releasing our projections and stepping beyond the boundaries of perception, we find ourselves not simply at the mercy of reality but as co-creators, shaping a new understanding from a place of freedom and insight.

When we ask, “What is the truth of our reality?” We're seeking something solid, an unchangeable foundation. However, the answer might be more fluid than we expect. The idea of "objective truth" implies that there is a single, fixed understanding of reality, one that exists independently of our observations, beliefs, and interpretations.

Yet, if we examine our experiences more closely, we find that what we perceive as "true" is constantly shifting, influenced by our unique vantage points, experiences, and even the cultural lenses we carry.

The concept that there is "no objective truth, only our perception of the world," holds in its core that each person’s experience of reality is a subjective construct, filtered through personal interpretations and biases. Our brains actively organize and filter information to create coherent stories about what we see, hear, and feel. These stories shape the world as we know it, yet they’re subjective—formed by what we focus on, ignore, believe, and expect.

Moreover, different cultures, societies, and belief systems operate with their own frameworks of "truth," which highlights how our perceptions are not isolated but communal.

What might be taken as truth in one cultural context may be viewed entirely differently in another, showing that even widely accepted beliefs are often shaped by shared experiences and reinforced patterns of thought, rather than by some inherent, universal truth. Alas, we could say that the universal truth is that there is no truth. At least not as we perceive it in our downsized current state.

Even in science, which we often consider the domain of objective truth, there are underlying assumptions, models, and interpretations. The scientific method allows us to build highly reliable frameworks for understanding physical processes, but those frameworks are continuously evolving as new discoveries arise.

Science is a refined perception of reality but not necessarily the final, unalterable truth. Every "truth" in science is provisional, open to adaptation or even replacement as we gain

more data and develop new models. Quantum mechanics, for example, has shown us that at the smallest scales of reality, observation itself influences outcomes, suggesting that even at fundamental levels, truth is interwoven with perception.

When we accept that there may be no objective truth, we are freed from rigid structures and encouraged to explore the diversity of our own experiences and perceptions. Reality becomes a shared, unfolding mystery—an interplay of individual consciousness and collective narratives.

This is not to say that anything can be true, but rather that truth may be less about discovering an external constant and more about understanding the spectrum of ways we perceive, experience, and co-create our worlds. In this way, truth is a dynamic process, a collaborative dance of perception and meaning, constantly evolving along with us.

Rewiring our Brains is Key

Changing our neural connections—or rewiring our brains, in essence—is a way of breaking free from established patterns of thought that often limit our understanding of reality.

Neural pathways are built through repetition; every thought, belief, or behavior reinforces these connections over time, creating well-worn paths that shape how we perceive and interpret the world. When we change these patterns, it opens us to new perspectives and experiences, allowing us to approach reality in fresh, less conditioned ways.

Shifting into a "pattern of change and open investigation" means cultivating curiosity, challenging existing beliefs, and stepping outside of familiar cognitive routines. By doing this, we are actively remodeling our brain’s structure. Neuroplasticity, i.e., the brain’s ability to reorganize itself by forming new neural connections, is the key to this transformative process.

The act of questioning, exploring new ideas, and reframing old ones activates different regions of the brain and forms new synapses. With time, these changes become hardwired, creating new cognitive pathways that facilitate open-minded thinking and expand our range of perception.

And as with the older neural pathways, these only serve us well while we understand that level of reality. As we move higher up and deepen our awareness into the higher order

levels of our reality, we must let go of all beliefs and concepts, just to discover new levels of knowledge and new levels to investigate.

This shift toward openness and curiosity does not merely rewire our brains on a physiological level; it also reshapes our subjective experience of reality. As our mental frameworks evolve, so do the lenses through which we view and interact with the world.

Where we once saw limitations, we might now perceive possibilities; where we used to find obstacles, we may now find opportunities. This newfound openness pushes us toward answers previously obscured by habitual ways of thinking, allowing for greater insight into mysteries we once thought beyond our reach.

By transforming our neural landscape into one that prioritizes change, open-mindedness, and investigation, we are effectively "halfway" to unraveling deeper truths. We've moved beyond passive acceptance of what we think we know and have embarked on an active journey of discovery.

This journey requires courage, as it often means letting go of comforting certainties. But in embracing this evolving state of mind, we position ourselves to uncover layers of reality that were invisible to us before. In short, by reshaping our mental patterns, we unlock the potential to approach the mysteries of existence with a fresh, empowered perspective.

Who and What Are We? Truly?

When we talk about shedding old reality programs, we address the idea that humanity has been influenced by deeply ingrained systems of thought, behavior, and perception that have shaped how we view ourselves and our place in the universe.

The concept of extraterrestrial colonial occupation refers to a possible long-standing influence, whether physical, psychological, or energetic, that has subtly conditioned human beliefs, societal structures, and even our sense of individual identity over millennia.

If we accept that external forces have indeed imposed these psychological programs on humanity, we also accept that they have been designed to maintain control, limit potential, or direct human consciousness in specific ways. This has been manifested in ideologies that promote division, competitive survival instincts, rigid hierarchical structures, and

narrow definitions of reality and existence. Over thousands of years, these patterns have been embedded so deeply within cultures, religions, and educational systems that they begin to feel innate, passed from generation to generation as unquestioned "truths."

Shedding these programs is akin to deconstructing what we have long accepted as the nature of reality. It requires questioning the fundamental narratives we have internalized about what is possible, what is true, and what defines us as human beings. The task is to strip away inherited limitations that prevent us from exploring our own inner dimensions and higher potentials, allowing us to reconnect with aspects of consciousness that may have been suppressed or obscured.

So, who are we outside these programs? Without these externally imposed beliefs, humanity might find itself more open to a multi-dimensional experience of life. We may begin to see ourselves as beings capable of existing and interacting across various levels of reality, with inherent access to intuitive, psychic, or spiritual faculties that are currently considered extraordinary.

As we move beyond the conditioned programs, we might start tapping into what some refer to as our "higher selves" or expanded consciousness, allowing for a more direct experience of interconnection with others, the universe, and potentially even cosmic beings.

Furthermore, without the weight of these ingrained systems, we could explore new expressions of community and cooperation, reorienting ourselves toward unity rather than division, creation rather than competition. Uncovering who we are outside of these programs means rediscovering our own agency and potential, as well as redefining our relationship with the cosmos—not as subjects to unseen influences, but as co-creators of reality.

The journey of shedding these programs calls for both a collective and individual awakening—a gradual process of self-remembering and realignment with a broader, more expansive sense of identity. Through this transformation, humanity could emerge with a profound sense of purpose, clarity, and empowerment, moving beyond cycles of control to create a reality founded on conscious, intentional connection with the universe.

About the Author Randi Green:

Over the years, from 2007 until 2016, I went into explorative and psychic-energetic processes without any forms of mind-altering substances, to find new techniques to amplify my higher order psychic-energetic abilities. I did so in self-reconstructive energy work, altered state meditation and deep contemplation processes reconstructed from the memories I had of these, and adding this to my studies of the different techniques described and handed over in the ancient teaching systems.

I wanted to prove that humans can alter what they are, to the core of their essence, in diverse forms of inner-outer psychic-energetic processes. That we do not need to add any chemical substances, or mind-altering remedies, to be able to activate, integrate and perform the higher order processes of the expanded human awareness.

The higher order holographic realities and their holographic multilayered energy units operate in dissimilar ways than our everyday reality physics and therefore the learning process to master these inner higher order levels of our capacities hold many inner and outer challenges. These developmental challenges are both of a physical nature as well as a psychological one.

As a professional psychotherapist (existential psychotherapy) and personal life coach since 2010, I have talked to many people from all over the world and, from these conversations, gained deep insights into what it means to be human on this planet.

Furthermore, I have a Bachelor degree in Theology (University of Copenhagen) although I am not religious, yet I felt the need to study the Bible from a scientific point of view, and the how-to read this ancient text in its original Hebrew, ancient Greek and Latin.

I am examined at Copenhagen Business School in Organization, Management and Human Resources and began my work life within that field. Over time I have taken additional courses and certificates within small business accounting, small business economics, marketing, strategies for growth, computer sciences and psycho-religious studies. I am a licensed healer too.

From my work with clients, personal experiences and otherworldly encounters I have developed the concepts of the Higher Awareness Lifestyle (HAL).

The HAL Academy Online Courses are teaching the higher order sciences to assist and progress humanity.

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