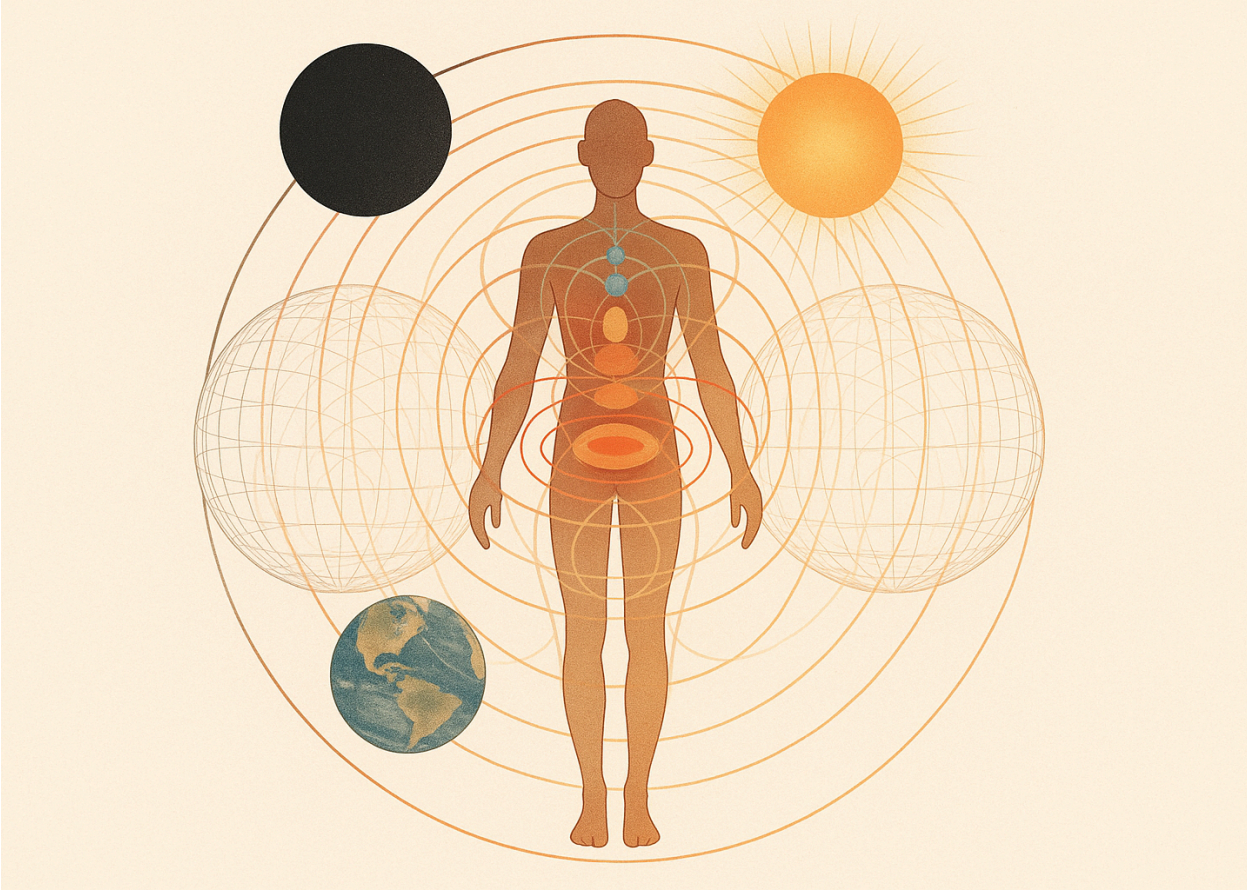
The HAL Future Humanity by Randi Green

HAL Guide to Deal with the New Solar Energies

Staying on Track in Inner Work - Synthesis is Key



Introduction

The Sun has always been regarded as the great life-giver, the luminous heart of our solar system, sustaining Earth with warmth, light, and energy. Science has explained much about its physical processes—nuclear fusion, plasma storms, solar winds—but these descriptions capture only part of the story. Beyond physics lies a deeper vibrational reality: *the Sun as both a transmitter of biological conditions for life, in density 1 (dimensions 1-3) as electromagnetic frequencies and, at times, as a conduit for ancient density 1 (DE1) phantom energies. The latter being the remnants of earlier failed cycles of the ancient trinity system that used to exist in the outer domain (OD).*

Today, we are living in a reality where the Sun, in 2022, shifted from the Regenesis Program, density 2 (dimension 4-6) configuration and into a Sun within the framework of density 1, Outer Domain configuration.

Because of that shift, the sun reconnected to an old version of the Sun that used to be in the Outer Domains. On some days, its radiation fuels and uplifts us, charging our biofields and strengthening our connection to the planetary grids. On other days, however, the Sun appears to be influenced by its older twin, a “black sun”, existing in the phantom or shadow realities, the shells of the old worlds, transmitting these phantom energies aka the Void energies that deplete rather than nourish. These shifts can be felt directly in our three lower fields as well as within the holographic-energetic template.

The Dual Nature of Our Sun and Its Impact on Human Biofields

When we look up at the sky, science tells us that the Sun is a massive ball of plasma, powered by nuclear fusion in its core, radiating light and heat across the solar system. That description is not wrong, but it is incomplete. The Sun has a deeper and more layered nature than what material science currently acknowledges. It exists in different density states and can act both as a transmitter of higher vibrational energies and as a conduit for energies that deplete life.

The Sun as a Density 2 Star

From the beginning of the Holocene, our Sun was re-engineered into an artificial density 2 Sun, i.e., it operated with vibrational inputs from the artificial dimensions 4, 5, and 6 to support the Colonial Groups from other worlds within our solar system. Thus, the Sun used to be more than just a physical object in the sky; it was also a collection of 15 fields with supportive energies, transmitting higher-order vibrational energy into our solar system. These higher-order energies were not limited to light and heat but were also supportive of subtle vibrational spectra that fuelled the planetary grids and the human biofields (prana).

The Sun today is in its density 1 configuration, that is the original Sun natural to the Outer Domains: a plasma ball undergoing fusion reactions, shedding solar wind, plasma, and bursts of gamma radiation like any other star in our quadrant. These emissions interact with Earth’s magnetic field, charging and fueling it, while also reaching into the Earth’s core and, by resonance, into the Sun’s own core. From there, energy flows into the grid systems that interface directly with human biology.

This is where it becomes relevant to us: the human biofield and the root vortex are naturally attuned to these frequency spectrums as part of the planetary fields. On days when the Sun operates in its “positive” density 1 mode, we are fueled at a subtle biological level. Our systems receive nourishing frequencies, strengthening our energy bodies and vitalizing our connection to the Earth.

On other days, the energies are fuelled by the Black Sun or the older Twin Sun from the ancient trinity solar system. This is not a visible body in our sky but an old structure part of the phantom realities, that is ancient holographic-energetic fields connected to failed ancient density 1 worlds that no longer hold viability. These phantom energies are composed of energy units with no capacity to support life. It is a void energy, an absorbing and depleting energy that depletes our template.

This twin sun interacts with our own from the core and out. On certain days, instead of our Sun transmitting the nourishing spectrums, its core is influenced by the phantom structures. The result is that the Sun then radiates void energies rather than life-giving ones. From our perspective, nothing changes in terms of physical sunlight, but energetically the transmission is profoundly different.

The Impact on Human and Planetary Systems

When the Sun radiates its benevolent frequencies, we thrive. Our biofield receives the energy it needs to maintain coherence, resilience, and vitality. We feel replenished, and in harmony with Earth’s magnetic grids.

But when the Sun acts as a channel for phantom energy, the opposite occurs. Instead of fueling us, the radiation depletes us. Phantom energy has a black hole–like quality: it absorbs, draws back, and weakens. Our biofields lose vitality, our energy levels drop, and the planetary grids themselves are strained. Over time, this can manifest as increased fragmentation in both personal and collective energy systems.

A Consciousness Perspective

Understanding this dual nature of the Sun reframes our relationship with it. The Sun is not only a physical star; it is also a gateway for vibrational processes that affect Earth and humanity. Awareness of when we are being fueled versus when we are being depleted allows us to consciously adapt—by grounding, strengthening our biofields, and orienting to higher dimensions of awareness that can buffer against phantom influences.

In this way, the Sun becomes both a teacher and a mirror: reminding us that energy transmission is never neutral, and that our task is to cultivate the discernment and resilience needed to thrive in a universe where both life-giving and void forces are at play.

The New Grand Cycle - Balancing the Inner and Outer

The New Grand Cycle sets in motion both an inner activation and clean-up process, and at the same time we have the fluctuations in the energies connected to our bio-field from the Sun. These two dynamics—inner and outer—are working simultaneously, creating a charged energetic environment for us. Our holographic-energetic template—and what remains of its consciousness units connected to the 2-8 Pillar—will be activated to clean-up, integrate or let go, if of no use, and realigned from within, while our organic vessel is being challenged and reshaped by the outer radiance and fluctuations of the Sun.

The next nine years are not simply about "enduring" these energies, but about learning to balance between the inner and the outer. From within, our original consciousness units, lineages, and molecular states are being activated through what is sometimes referred to as the 2-8 pillar work—a structural process tied to relational energies, ancestral lines, and our deepest genetic architecture. From without, the Sun continues to alternate between nourishing transmissions and phantom void emissions. Together, these create a rhythm of challenge and opportunity.

Windows of Activation and Loss

When the inner activations occur as the NGC works its way through the 2-8 pillar, beginning with the inner domain levels first—that is 7-9 dimensions—they offer a window: a chance to clear old energy units, holographic-energetic imprints and restore lost aspects of our holographic genetics. If we meet the moment—if we consciously engage, align, and hold the field—then regeneration and progression are possible. But if we fail to recognize or respond to these openings, the unused genetics can degrade, collapsing back into the void fields. In that sense, our situation mirrors the Sun itself: just as it can either radiate life-giving energies or phantom void fields, so too can we either activate and preserve our inner lineages or lose them to entropy.

Riding the Waves of the Next Nine Years

This next cycle, therefore, is not casual. It is a nine-year training ground in which we are asked to learn how to ride the waves of both inner and outer forces—recognizing what lifts us toward coherence and what pulls us toward depletion. The NGC exists precisely for this purpose, to guide us through the oscillations of progression versus phantom pull.

The 2-8 pillar reveals why so many lineages and races in the past failed and ceased to be: the work is not only about individual survival, but about how to sustain higher-order energies while also remaining in the progression work.

We are to learn how to preserve our energies without collapsing into service-to-self, and at the same time contribute meaningfully to the highest good of the many without depleting ourselves. It is a process of discernment, where our challenge is to hold integrity in both directions.

Thesis, Antithesis, and Synthesis

The outer energies form the challenge and condition of our environment. The inner activations serve as the opposite mode of energy that bridges to the answers from within. And the synthesis is our conscious work of progression, the integration that leads to genuine transformation.

In this sense, the coming nine years are not simply a continuation of what has been, but the culmination of what we have learned in the past 9-year cycle. This is the work with the Progression Sciences[1]: to stand between outer void forces and inner regenerative impulses, and to shape from that tension a new, higher-order state of being.

To Sum Up

The Sun, once regarded as a singularly benevolent force, reveals itself to be both life-giving and, at times, depleting—depending on whether it transmits supportive frequencies or phantom void energies. We are challenged not only to observe and understand these shifts, but to adapt in ways that preserve our vitality and protect our holographic-energetic template.

Practical steps—such as slowing down, recalibrating, and engaging with golden-light spectrums—are essential tools for navigating the days when void energies dominate. These practices help us maintain resilience without collapsing into depletion or overexertion. Yet, beyond individual survival, there is a broader task emerging.

As we enter the next nine-year grand cycle, we are being tested both inwardly and outwardly. Inner activations are calling forth the restoration of our original lineages, molecular states, and consciousness units, while outer solar fluctuations are simultaneously shaping our organic vessels. Together, these create a crucible for growth—a space where we must learn to balance preservation with energy work, individuality and the collective.

[1] The HAL Free Courses to get up to Speed with the Transition Shift.

In this dance between the inner and the outer, between void and vitality, lies the opportunity for true progression. If we can recognize the windows of activation, hold the line against depletion, and align ourselves with higher currents of energy, then the coming years will not only be survivable but transformative. This is the essence of transition science: to ride the waves of challenge and synthesis into a higher state of being.

Practical Guidance for Navigating Void-Energy Days

Many of us can feel when the Sun is radiating void or phantom energies. The experience is unmistakable: instead of feeling uplifted and nourished, we feel depleted. Our energy drains quickly, our minds become foggy, dizziness can set in, and the sunlight feels uncomfortable or even hostile. On such days, the Sun does not feel like a friend.

The first step is to listen to this perception. Rather than dismissing it, honor the signal from your own biofield. These sensations are not imagined—they are the body's way of alerting us to a vibrational mismatch. Here are some practices that can help stabilize and protect your system on such days:

1. Slow Down and Withdraw

Instead of forcing yourself to act as though it is a normal day, slow your rhythm. Avoid long exposure to sunlight if it feels unpleasant. Stay indoors when possible, where your energetic template can remain more intact.

2. Energy Clearing and Rebalancing

Do your energy work to clear your field of phantom imprints—breathwork, meditation, light visualization, or sound-based clearing are especially effective (in the HAL Meditation and Mindfulness Course I give examples of this). Focus on aligning your field with golden light spectrums, as these bring coherence and strength to the biofield.

3. Fuel Your System with Higher-Order Frequencies

On void-energy days, it is not possible to maintain golden-light fueling continuously without depleting yourself. However, short sessions of energy work can provide enough opposition to the void influence to keep your bio-field balanced.

The key is **not** to mirror the density-1 "base program" energies, but to shift yourself into a vibrational state that aligns with the Subsidiary Timeline, which the void energies are not aligned with.

4. Create a Vibrational Diversion
Engage in higher-order activities as part of your work on the Subsidiary Timeline, that is the creative, inner, or reflective work that lifts you out of ordinary base-program living, as well as the higher-order work for the highest good of the many. Reading, writing, artistic expression, or simply resting in meditative presence all act as diversions that protect your holographic-energetic template from being overly impacted by the phantom field.

5. Respect the Practicalities
Of course, not everyone can withdraw completely from daily tasks or work. If you must be outside or active, take extra care: pace yourself, and allow for recovery time afterward. Even brief moments of recalibration—closing your eyes, grounding, or connecting to higher frequencies—can make a significant difference. But remain as much as possible indoors.

6. Contrast with Positive-Energy Days
It is useful to notice the difference. On days when the Sun is fueled with positive density-1 energies, being outdoors and engaging in "normal" human activities is not only safe but also beneficial. Our systems can afford to drop into the base program without consequence. But on void-energy days, the strategy shifts: disengagement, recalibration, and staying aligned with your holographic template is essential.

The HAL Approach
The HAL approach investigates life from an existential approach, i.e, the purpose and meaning of life, and from an approach from which we see ourselves as human beings composed of different energetic layers.

The four layers, we work with are:

1. The Psychological Work
This level focuses on uncovering and understanding the emotional patterns that influence our behaviour and perception. By exploring our emotional responses, we can begin to identify recurring themes, triggers, and reactions that have shaped our current state. Here, the aim is to create space for emotional awareness, processing past wounds, and developing healthier ways to navigate emotional experiences.

Psychological work focuses on uncovering and understanding the emotional patterns that shape our behavior, choices, and even the way we perceive reality. Much of what drives us operates beneath the surface—habits of feeling and reacting that were formed early in life,

often as survival strategies. These patterns may have served a purpose in the past, but when left unexamined, they can keep us repeating the same cycles of reaction and limitation. By exploring our emotional responses, we begin to shine light on these hidden dynamics. We notice what consistently activates us—recurring themes, triggers, and emotional reactions that appear again and again in different situations. This can range from subtle feelings of unease to strong surges of anger, sadness, or fear. Each of these responses carries valuable information: they point to places where old wounds remain unhealed or where parts of ourselves have been neglected.

The aim here is not to suppress or judge these emotions, but to create space for emotional awareness—to learn how to witness what arises without being consumed by it. In this spaciousness, emotions that once felt overwhelming can be acknowledged, felt, and processed with compassion. Over time, this process allows us to gently release the grip of past wounds.

As we do this, we begin to develop healthier ways of navigating emotional experience. Instead of automatically reacting from old patterns, we gain the ability to pause, reflect, and choose a response that aligns more closely with our current values and deeper self. This shift creates freedom: we are no longer bound by unconscious emotional loops but can meet life with greater clarity, balance, and authenticity.

Ultimately, this level of work transforms our relationship with our inner life. Emotions are no longer seen as obstacles or threats, but as guides—signals that reveal where healing, integration, and growth are needed. By engaging with them consciously, we build emotional resilience, deepen self-understanding, and open the door to more genuine connection with ourselves and others.

2. The Cognitive Work

At the mental level, the work focuses on our thought patterns, beliefs, and cognitive frameworks. This level of awareness involves identifying limiting beliefs and cognitive schemas, mental blockages, and distorted thinking that may be holding us back. Through mindful exploration and reframing, we can shift your mental landscape, allowing for clarity, creativity, and the emergence of new perspectives.

Cognitive Work turns toward our thought patterns, beliefs, and cognitive frameworks—the inner architecture that shapes how we interpret ourselves, others, and the world. Much like emotional patterns, these mental structures often operate automatically, so deeply

ingrained that we may mistake them for objective reality rather than seeing them as perspectives we have learned and internalized.

This level of awareness involves identifying limiting beliefs—the quiet assumptions that set boundaries around what we think is possible or permissible. These may include thoughts like “I’m not capable,” “I don’t deserve success,” or “Change is too difficult.” Such beliefs form part of broader cognitive schemas—mental templates we rely on to make sense of experience. While schemas can bring order, they can also become rigid, leading us to interpret situations through the same narrow lens again and again.

Mental blockages and distorted thinking often accompany these schemas. We might fall into all-or-nothing thinking, overgeneralizing from a single event, or magnifying our flaws while minimizing our strengths. These distortions can quietly erode confidence, fuel anxiety, and limit our ability to respond creatively to challenges.

The practice here is mindful exploration: slowing down enough to observe our thoughts without immediately identifying with them. By noticing recurring mental patterns, we begin to create distance between “what I think” and “who I am.” This distance allows us to gently question the validity of our beliefs and examine whether they still serve our growth.

Through the process of reframing, we can begin to shift our mental landscape. Reframing does not mean denying reality or forcing positive thoughts; it means deliberately widening perspective, challenging unhelpful assumptions, and finding new, more constructive interpretations of experience. Over time, this creates room for clarity, creativity, and fresh perspectives to emerge—mental qualities that allow us to see possibilities where before we saw only limitations.

Working at this level is like tending the soil of the mind: clearing away the weeds of outdated beliefs, loosening the hardened ground of rigid thinking, and nourishing the conditions for new ideas and insights to take root. It is a practice of mental freedom, where thought becomes a tool for awareness and growth rather than a cage that confines us.

3. The Energetic Work

The energetic level is where we explore the deeper currents of our higher order energy system, tapping into our core energetic essence. This level involves understanding how our personal field interacts with others, where our energy flows freely or becomes entangled, what drains or nourishes it, and how external dynamics (relationships, environments,

thoughts) impact our inner balance. By learning to align and balance our energy, we can enhance our vitality, intuition, and sense of connectedness to the potentials we hold.

Energetic Work turns toward the subtle currents of our higher-order energy system, which underlie and interconnect our physical, emotional, and mental dimensions. Here, we are not only working with thoughts or feelings, but with the vital essence that animates and organizes them—the deep energetic patterns that give shape to how we experience life. This is often described as our core energetic essence or life force.

This level of exploration involves becoming aware of how our personal energy field functions in daily life. Just as the body has systems of circulation and respiration, our energy has its own flow—sometimes free and vibrant, other times blocked, tangled, or depleted. By tuning into these patterns, we can begin to see:

- *Where our energy flows freely and supports vitality, joy, and creativity.*
- *Where it becomes entangled—for example, when we take on others' emotions or lose our center in relationships.*
- *What drains our energy (toxic environments, unresolved inner conflict, overextension).*
- *What nourishes it (rest, meaningful connection, practices of alignment).*

External dynamics—relationships, environments, even our own thoughts and intentions—constantly interact with this energy system. A single thought of fear can constrict and weaken the field, while a feeling of gratitude can expand and strengthen it. Becoming aware of these influences helps us understand how deeply interconnected our inner and outer worlds are.

The aim of working at this level is to learn how to align and balance our energy. This involves practices of grounding, centering, clearing, and strengthening, so that our energy system becomes coherent rather than scattered. When the energy system is balanced, we feel more vital, intuitive, and resilient. Decisions come with greater clarity, intuition flows more freely, and we sense a deeper connectedness to both our own inner potentials and to the wider field of life around us.

Over time, cultivating awareness of the energetic level brings a profound shift: we stop seeing ourselves as isolated beings and begin to experience ourselves as fields of energy in relationship with other fields—interconnected, dynamic, and full of possibility. From this perspective, growth is not only about healing the past or reshaping the mind, but about

harmonizing our whole being so that we can embody more of our innate vitality, creativity, and spiritual potential.

4. The Higher Awareness Work

At the higher awareness level, we explore our higher purpose and the deeper aspects of our being that transcend time and space. This level involves examining past life influences, potential contracts, and karmic patterns that might be affecting our present life. By integrating these insights, we can align with our true essence, fostering a sense of meaning, wholeness, and higher order growth.

Higher Awareness Work moves beyond the immediate and the tangible, focusing on the deeper aspects of our being that transcend ordinary time and space. This is the level where we begin to sense our higher purpose, the underlying thread of meaning that guides our life beyond everyday concerns. It is also where we connect with the broader, often unseen dimensions of our existence—the aspects of ourselves that carry wisdom, insight, and potential for transformation.

This level involves examining influences that go beyond our current life narrative. Some people explore past life influences, recognizing that experiences, lessons, or unresolved patterns from previous lifetimes may subtly shape present tendencies, relationships, or challenges. Others look into potential contracts or commitments—conscious or unconscious agreements that the soul may have made before incarnation. Similarly, karmic patterns can show up as recurring cycles, habits, or relational dynamics that persist until consciously addressed.

The purpose of this exploration is not to dwell in speculation, but to bring awareness to patterns that shape our life at a deeper level. By recognizing these influences, we gain the opportunity to consciously integrate them, freeing ourselves from unconscious repetition and aligning more fully with our true essence.

At this level, growth takes on a higher-order dimension. It is not only about resolving past wounds or mastering emotional or mental patterns, but about fostering a sense of meaning, wholeness, and purpose. We start to live in a way that resonates with our deepest self rather than simply reacting to external circumstances. Life begins to feel more coherent, and challenges are seen as opportunities for the evolution of consciousness rather than mere obstacles.

Integrating insights from this level often results in a profound sense of alignment. Decisions, relationships, and creative expression begin to reflect our authentic path. We develop a stronger connection to intuition, inner guidance, and the energetic currents of life, cultivating a higher-order growth that supports not only personal development but also the unfolding of our potential in service to the wider world.

In essence, the higher awareness level is about stepping into our full potential as conscious beings, seeing ourselves as active participants in our own evolution, and aligning with the deepest truths of who we are. It is the point where inner work intersects with purpose, meaning, and spiritual unfolding, bringing together all the previous levels—emotional, mental, energetic—into a coherent and integrated whole.

The Fundamentals in HAL Approach

In a world filled with emotional turbulence, shifting realities, and personal challenges, finding a structured yet adaptive approach to self-awareness and transformation is crucial.

The HAL approach offers a path that blends higher awareness with practical self-development, helping you to recalibrate your inner world and align with a more refined state of being.

The Core Principles of HAL Approach

But where do you begin? The first step to explore is the core principles below—these will help you understand what shapes the HAL approach and set the foundation for our conversations, be it in the basic inner work or the other layers.

1. Self-Responsibility as the Key to Transformation

At the heart of HAL approach is the recognition that you are the co-creator of your own experience. Your emotions, thoughts, and subconscious patterns shape your reality.

The inner process is not just about external solutions but also about empowering you to shift your inner world—because when you change internally, your everyday life inevitably follows.

2. Emotional Awareness and Pattern Recognition

Many of our challenges arise from unconscious emotional imprints and recurring patterns. HAL approach teaches you to recognise these patterns, decode their origin, and consciously reframe them. This work moves beyond surface-level self-help; it requires introspection and an honest willingness to change.

3. The Interplay Between Energy and Psychology

Unlike traditional inner work, which focuses primarily on the psyche and psycho-dynamics, the expanded level of HAL approach integrates an energetic perspective with insights from a psychic-energetic perspective. Every thought, belief, and emotion is attached to an energetic pattern, influencing not only your personal state but also how you interact with the world. By working with these energetic imprints, true transformation becomes possible.

4. Higher Awareness and the Path to Self-Liberation

The HAL approach does not merely aim for emotional stability—it encourages the expansion of consciousness. The goal is to cultivate higher awareness, allowing you to perceive life beyond conventional thought patterns. This process involves shifting your vibrational state, refining your energetic structure, and preparing yourself for higher-order living.

5. The Subconscious as a Gateway to Change

Much of what governs our actions lies beneath the surface of conscious awareness. HAL approach incorporates subconscious work, using techniques like finding psycho-dynamic patterns, psychic-energetic introspection, and existential questioning to unveil hidden blocks and potential. Through this, you gain access to untapped aspects of yourself, enabling real and lasting change.

How to Get Started

Understanding these core principles is the first step, but true transformation comes from practice.

To begin:

- Reflect on your current life patterns—where do you feel stuck?
- Observe your emotional reactions—what triggers them, and what are they revealing?
- Explore HAL Academy resources—whether through introductory materials, the free online courses, or deeper study.

HAL approach is about evolving into a more refined, aware, and capable version of yourself. By integrating these principles, you step into a path of self-mastery—one that not only transforms your personal life but also contributes to the collective shift toward a higher-order reality.