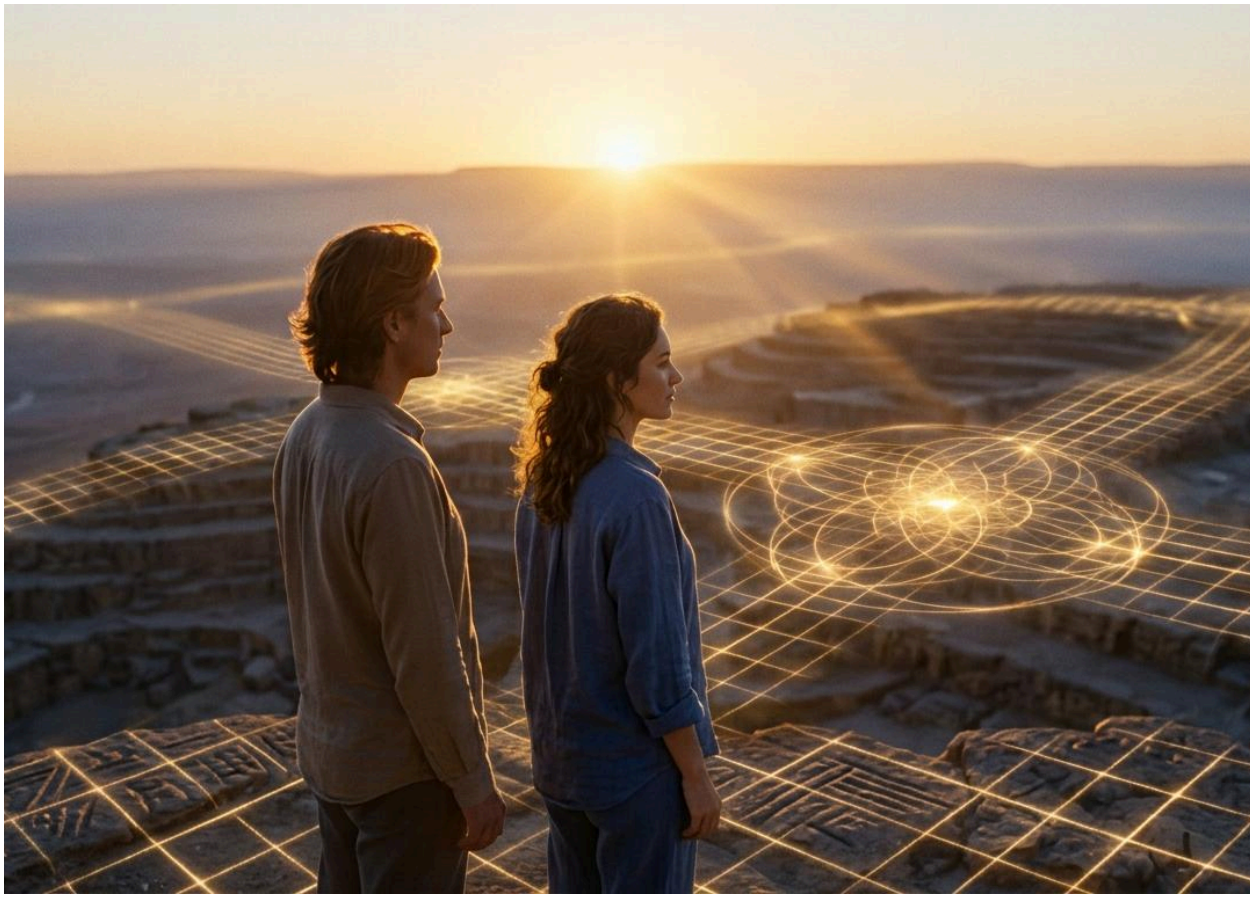
The HAL Academy By Randi Green

# HAL Progression Cycles Material - Cycle 2 Work Book

Written by Randi Green - Please Refer to my Website, if You Use this Paper



**How to Work with the Material……**

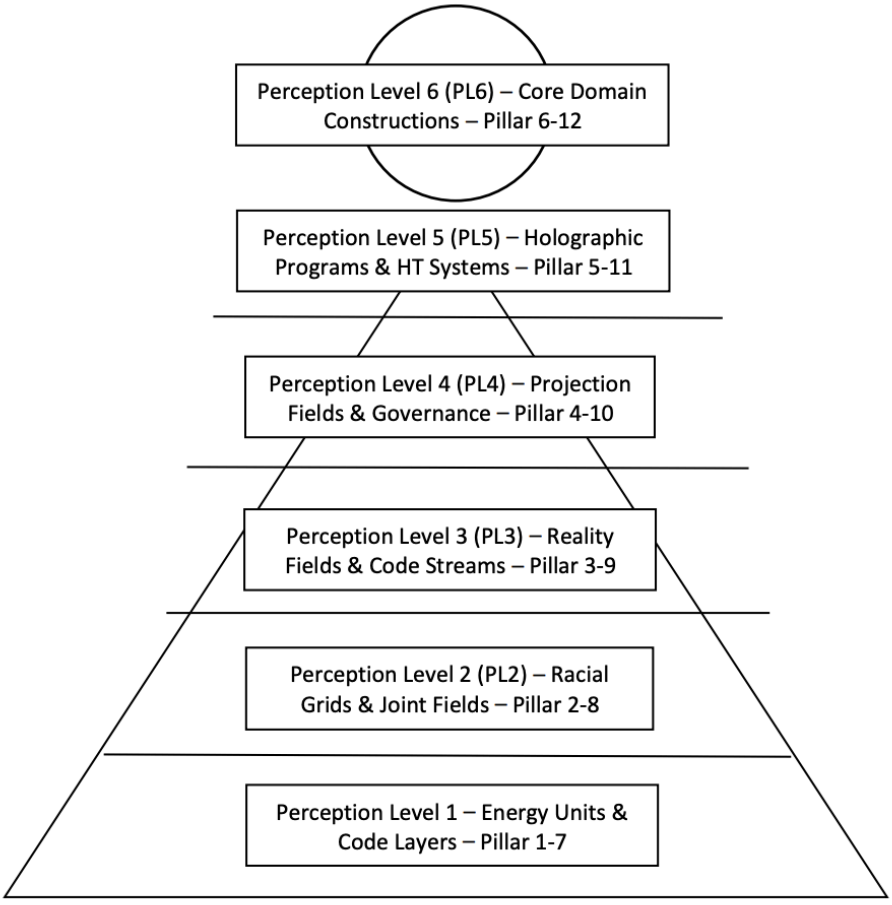
1. Read about the weeks 10-18 in this workbook.
2. And then do one week at a time once more, doing the exercises in the workbook.

*Perception Level 2 (PL2) – Lineage Grids & Joint Fields*
Learning how to develop the consciousness genetics of our lineage being a natural part of our template, to continue our template adaptations, must be for the highest good of the many, i.e. the overall reality field configuration. The perception levels follow the progression journey through the Pillars of the Regenesis Program.

In our individual progression work, we are aware of the impact we have on the joint grids, the lineage consciousness units and thus, we always develop the template architecture and its remaining systemic 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 consciousness genetics. We also apply our knowledge and skills (code configurations) to accommodate for the highest progression rate of the system we were part of.

Do the Transition Sciences again, or if you have not already, do them now: [https://randigreen.one/hal-academy/the-transition-science-courses](https://randigreen.one/hal-academy/the-transition-science-courses)

**The Perception Levels**



**PL2: The 2-8 Pillar Work - The First of Many for the Highest Good of the Many**

*Main Working Area*
The Energy System – Racial Level

**Perception Level 2 (PL2) – Racial Grids & Joint Field – Pillar 2-8**

*The Dynamics*
The Root Races
The Lineages
The Human Projects

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

*The Guidelines*
The Rules of Engagement

*The Interacting Mechanics*
The interplay between Local – Global – Systemic
by the use of the Rules, Lineage, Root race and the Project, we are in.

In pillar 2-8 we learned how to develop the racial genetics of our lineage, 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.

## Remarks on Cycle 2 Dynamics and Mechanics

Cycle 2 of 2027 goes from week 10-18 (another cycle of 1-9 if you add up the numbers). This cycle expands the scope of awareness beyond the individual self, moving into the relational, systemic, and lineage dimensions of experience.

Over the weeks 10–18, the focus shifts from noticing inherited patterns to attuning to joint fields, mapping resonance, engaging collaboratively, and integrating insights into conscious action.

The Cycle 2 emphasizes how your presence and choices interact with larger systems, both inherited and co-created, highlighting the interplay between personal agency and collective dynamics. The purpose of Cycle 2 is to develop nuanced awareness. By observing inherited tendencies, field interactions, and relational feedback, the goal is to focus on how to recognize the subtle structures that shape your life.

The work-with awareness process in this cycle is about how to consciously align with patterns that support growth while releasing those that no longer serve. *Completion of this cycle is an invitation to synthesis*.

Cycle 2 prepares you for the next stage of progression, where the focus shifts to multi-layered adaptation and strategic alignment within increasingly complex environments. What will be cultivated is attunement, resonance, collaboration, and integration. These dynamics are the foundation for higher-order engagement with both personal and collective evolution. As you move forward, carry the understanding that growth is a dynamic process: *the field is always changing, and your awareness is the tool to navigate it with clarity, balance, and conscious choice.*

This cycle closes as a doorway, offering both completion and new opportunity—a platform from which the next progression can unfold.

### Week 10 – Inherited Patterns

*Focus: Recognition of lineage influences.*
This week invites noticing recurring behaviors, beliefs, and emotional responses that trace back beyond the individual self. Observing inherited patterns is not about blame or judgment, but understanding the "genetic consciousness" of your lineage. Awareness creates the possibility of conscious adaptation.

Week 10 invites recognition of lineage influences. This week encourages observing recurring behaviors, beliefs, and emotional responses that extend beyond the individual self. Awareness allows you to distinguish inherited patterns from conscious choice, creating space for adaptation in alignment with the collective good.

**1. Suggested Focus**
Notice how inherited habits, tendencies, or beliefs show up in your daily experience. Observe without judgment—awareness itself generates possibility.

**2. Reflection Points**

- *What recurring tendencies or beliefs feel inherited?*
- *Where do these patterns support growth, and where might they limit it?*
- *How do these patterns appear in relationships and decisions?*

**3. Practice**
Take one inherited pattern you notice and explore it mindfully: observe when it appears, what triggers it, and what choice you can make in response. Journal your observations.

**4. Relational Awareness**
Notice how these patterns influence your interactions. Do they create harmony, friction, or unconscious repetition? Explore subtle shifts you can make in relational behavior.

**5. Closing Remarks**

This week invites gentle acknowledgment of what comes to you through lineage. Recognize that patterns are not flaws—they are inherited structures that have supported survival and adaptation.

Awareness is the first step toward conscious choice. Honor what you notice and allow yourself to explore it without judgment.

## Week 11 – Field Sensitivity

*Focus: Attuning to joint energetic fields.*

Week 11 emphasizes perceiving relational and environmental dynamics as energy fields. Pay attention to subtle flows, tensions, and harmonies around you. These fields carry information that guides adaptation within larger systems.

Week 11 emphasizes attuning to joint energetic fields—the subtle flows of energy in your environment and relationships. Sensitivity to these fields helps you navigate shared spaces and collective dynamics consciously.

**1. Suggested Focus**

Pay attention to subtle energies in relational, social, or environmental contexts. Observe what shifts your attention or emotional state.

**2. Reflection Points**

- *What changes or tensions do I notice in my environment?*
- *How do these fields affect my mood, focus, or decisions?*
- *Where do I naturally flow versus feel resistance?*

**3. Practice**

Spend a few minutes each day noticing the “feel” of your immediate environment or social interactions. Practice grounding yourself while observing field dynamics without judgment.

**4. Relational Awareness**

Notice how your presence influences others. How does awareness of shared fields change your responses and interactions?

**5. Closing Remarks**

Notice how attuning to subtle energies expands your perception. Sensitivity is a skill, not a burden. Even small observations about relational or environmental fields create ripples of understanding. Celebrate your ability to perceive beyond the surface.

## Week 12 – Resonance Mapping

*Focus: Identifying alignment and dissonance.*

Explore where your inner state resonates or clashes with the collective or relational field. This week is about seeing where energy flows smoothly versus where friction arises. Recognizing resonance is a key step in conscious adaptation.

Week 12 focuses on identifying alignment and dissonance within personal and collective fields. Recognizing where you resonate or clash with others helps you navigate relationships and systems more consciously.

**1. Suggested Focus**

Notice where energy flows smoothly and where friction arises. Pay attention to subtle signals of resonance and dissonance.

**2. Reflection Points**

- *Where do I experience natural alignment with others?*
- *Where do I feel tension, and what might it reveal?*
- *How can I adapt while remaining authentic?*

**3. Practice**

Map your daily interactions: note moments of resonance and friction. Reflect on your role in creating or dissolving tension.

**4. Relational Awareness**

Observe your influence on collective dynamics. How does your presence shift the energy of shared spaces?

**5. Closing Remarks**

Resonance and dissonance are signposts for conscious engagement. You have now begun to notice the spaces where alignment occurs naturally and where tension invites reflection. Let these insights guide choices without forcing resolution; awareness itself fosters adaptation.

## Week 13 – Collaborative Dynamics

*Focus: Engaging with joint fields intentionally.*

Week 13 emphasizes co-creation and relational influence. Observe how your choices and energy affect shared systems, and how you can participate in mutual growth rather than solely reacting.

Week 13 emphasizes co-creation and mutual influence. Notice how your choices and energy shape collective outcomes, and explore ways to participate intentionally.

**1. Suggested Focus**
Pay attention to how your actions affect the systems or relationships you are part of. Consider your role in co-creating outcomes.

**2. Reflection Points**

- *How do I influence the relational or collective field?*
- *Where do I notice reciprocal effects between myself and others?*
- *How can I contribute consciously to shared goals or harmony?*

**3. Practice**
Choose one interaction or project this week. Approach it with deliberate attention to shared outcomes and mutual growth. Observe the impact of conscious participation.

**4. Relational Awareness**
Notice how intentional engagement shifts energy. How does collaboration feel when approached with awareness rather than automatic reaction?

**5. Closing Remarks**
Your participation in joint fields matters. Each conscious action shapes relational and systemic outcomes. This week reminds you that collaboration is a practice—small, intentional gestures can ripple outward. Honor the power of subtle influence.

## Week 14 – Lineage Integration

*Focus: Embodying inherited awareness in present action.*
Integration of insights from earlier weeks allows you to act consciously with inherited patterns rather than being unconsciously driven by them. The aim is to harmonize personal agency with systemic awareness.

Week 14 focuses on embodying awareness of inherited patterns in conscious action. This is where recognition meets choice—allowing alignment with lineage and collective good while exercising personal agency.

**1. Suggested Focus**
Reflect on how inherited tendencies show up in your current life. Identify opportunities to act consciously rather than react unconsciously.

**2. Reflection Points**

- *Which inherited patterns can I honor without being bound by them?*
- *How do my choices reflect both personal growth and collective awareness?*
- *Where do I feel empowered to adapt or release patterns?*

**3. Practice**

Select one inherited pattern and consciously choose an alternative response that aligns with personal values and collective well-being. Reflect on the difference in outcome and felt experience.

**4. Relational Awareness**

Observe how changes in your behavior affect others. Does conscious integration shift relational dynamics?

**5. Closing Remarks**

Integration is about embodying insight in everyday choices. Recognize the moments where awareness transforms inherited patterns into conscious action.

Celebrate the balance between honoring your roots and shaping your own path.

## Week 15 – Systemic Navigation

*Focus: Understanding your position in broader fields.*

Observe how individual choices ripple within family, social, or organizational systems. This week highlights the impact of small actions within larger configurations and the responsibility of conscious participation.

Week 15 emphasizes awareness of your position within larger systems. Actions, habits, and intentions ripple through family, community, or professional networks, influencing collective dynamics.

**1. Suggested Focus**

Notice how your choices interact with broader systems. Observe feedback loops and areas of impact.

**2. Reflection Points**

- *How do my actions affect broader systems?*
- *Where can I stabilize or enhance collective flow?*
- *What patterns in the system inform my choices?*

**3. Practice**
Choose one area where your decisions influence a system. Experiment with a conscious adjustment—observe consequences without controlling outcomes.

**4. Relational Awareness**
Notice where systemic awareness enhances collaboration, reduces friction, or informs leadership. Read this article: https://randigreen.one/onewebmedia/Leadership%20in%20a%20Time%20of%20Division%20and%20Change.pdf

**5. Closing Remarks**
Seeing yourself within larger systems brings perspective. Your choices have ripple effects, and your awareness is the tool to navigate them responsibly. Take note of the systems you influence and the feedback they provide, trusting that observation is action.

## Week 16 – Adaptive Flow

*Focus: Responding fluidly to field changes.*
Week 16 emphasizes flexibility and adaptability. Patterns of interaction and energy may shift unexpectedly, and the skill is to respond in alignment with both personal and systemic needs without rigid control. Week 16 emphasizes flexibility and responsiveness. Energy and relational fields may shift unexpectedly; this week focuses on adaptive engagement rather than rigid control.

**1. Suggested Focus**
Notice where life requires adjustment. Embrace change as information rather than disruption.

**2. Reflection Points**

- *Where do I feel tension or instability?*
- *How can I respond fluidly without losing alignment?*
- *Which shifts signal opportunities for conscious adaptation?*

**3. Practice**
Identify one area where flexibility is needed. Practice responding differently than habitually, observing results with curiosity. Read this article: https://randigreen.one/onewebmedia/From%20Change-Maker%20to%20Resilience%20Hub.pdf

**4. Relational Awareness**
Notice how adaptability affects relational dynamics. Where does flexibility foster mutual flow, and where does rigidity create tension?

**5. Closing Remarks**

Adaptability is strength. Flexibility allows energy to move freely and prevents stagnation. Celebrate your capacity to respond with curiosity rather than control, and recognize that shifts in life are invitations for conscious engagement.

Read this article as well:
https://randigreen.one/onewebmedia/Human%20Health%20From%20a%20HOSP%20.pdf

## Week 17 – Relational Maturation

*Focus: Deepening mutual influence.*

This week encourages cultivating relationships that reflect higher-order coherence. Attention is given to how mutual growth can occur through conscious engagement, understanding that relationships are living systems evolving with time.

Week 17 focuses on deepening relational awareness and mutual influence. Relationships are seen as living systems capable of co-evolution and higher-order coherence. Read this article: https://randigreen.one/onewebmedia/HOPE%20Progressive%20Relationships.pdf

**1. Suggested Focus**

Observe how your presence and choices contribute to relational growth and alignment.

**2. Reflection Points**

- *Where do my interactions reflect maturity and balance?*
- *How do I influence the development of others or the collective?*
- *What lessons arise from relational evolution?*

**3. Practice**

Select one relationship to engage with mindful presence and intention. Notice subtle shifts in tone, energy, and mutual understanding.

**4. Relational Awareness**

Observe how relational maturity fosters systemic coherence and strengthens shared fields. Read this article: https://randigreen.one/onewebmedia/The%20Dyadic%20Blueprint%20.pdf

**5. Closing Remarks**

Mature relational engagement grows from presence, awareness, and mutual respect. Observe how conscious participation shapes both yourself and others. Honor the subtle shifts you create in the collective field and the deepening of relational intelligence.

## Week 18 – Synthesis and Field Release

*Focus: Completing the cycle with awareness.*

Week 18 invites reflection and integration of all systemic, lineage, and relational insights. Completion is about recognizing what is ready to transform, what is now embodied, and preparing for the next progression cycle.

Week 18 completes Cycle 2 with synthesis and release. Integration of insights from lineage, joint fields, and relational engagement prepares for the next cycle. Completion is both acknowledgment and transformation, creating space for new growth.

**1. Suggested Focus**

Reflect on the entire cycle, noting what has been integrated, released, or transformed. Recognize completion as preparation, not an ending.

**2. Reflection Points**

- *What systemic, relational, or inherited insights have I integrated?*
- *Which patterns are ready to release or transform?*
- *How can I enter the next cycle with clarity, coherence, and agency?*

**3. Practice**

Conduct a short ritual or journaling exercise summarizing insights, acknowledging release, and marking readiness for the next progression cycle.

**4. Relational Awareness**

Notice how integration and release affect relationships and collective systems. What has shifted in mutual engagement and energy flow?

**5. Closing Remarks**

This week marks completion, not closure. Acknowledge integration, release what no longer serves, and prepare for the next cycle. Synthesis is a quiet power—it allows insight to move from awareness into embodied wisdom, setting the stage for future growth. Also read this article: https://toveje.dk/onewebmedia/HAL%20Higher%20Awareness%20Basics.pdf