

Video 128: Q&A Session #22

Written by Wes Penre and Ariel Glad, March 7, 2019

This is a transcript to video:

<https://youtu.be/311BGTinu5k>

Hello, this is Wes Penre. While we're waiting for the graphic designers, we'll insert another Q&A video. We believe this is a good one!

QUESTION 1: While we're still on this earth, is being a vegetarian advantageous or necessary for our spiritual and moral development? If so, must one be a vegan or would being a lacto-ovo vegetarian be sufficient?

ANSWER: Considering that everything is energy, this also includes our food. There are some indications that meat which has been harvested in traumatic conditions will be infused with certain chemicals/hormones produced by that animal as a result of the fear induced in the process. On an alchemical or energetic level, it is understood that this can be transmuted by certain practices such as being grateful or "giving thanks" for the sacrifice of that animal's life for our nourishment. This is where the concept of saying "grace" or praying over your meal comes from. To be vegetarian or vegan is an individual choice and we can only suggest each person do what they feel is necessary for their own lives. If someone does make the choice to live this lifestyle, we encourage that person to educate themselves thoroughly on nutrition and possibly even work with someone trained in this field to make sure you are healthy and stay healthy. Many people jump into this lifestyle without educating themselves and actually do more harm to themselves than good.

The advantage with being a vegetarian or a vegan is that it's lighter on the body. This could be important when it comes to our spiritual growth because meat-based diet is tougher to digest, and it puts our attention—consciously and subconsciously—on the body rather than on the task at hand. If we want to eat animal flesh, the best way, from a human perspective, would be to kill the

animals quickly, before they realize what's happening, so we don't absorb so much of their fear. Today, animals are tortured.

QUESTION 2: Regarding Chakra work, I've read that we should open and perform breathing and energy work through our chakras, and I've read that we should not, as doing so would invite (archontic) possession. Which is correct? (Note: Chakra work here is not to be mistaken for the golden cord of protective & grounding light you've mentioned.) Are our chakras even a construct of our original souls, or are they inventions—additions of the overlords used to control us?

ANSWER: The chakra system (at least the 7 lower chakras) are connected to having a physical body. We need them, in order to have a physical experience. Therefore, even the original humans had them. However, they were hijacked by the AIF (Marduk in particular). Having them closed all the time would probably not be beneficial, and having them wide open wouldn't, either, because then we're susceptible to having our energy hijacked. Our best advice is to keep them fairly closed most of the time, but we should also claim our sovereignty and set up boundaries. "These chakras belong to me, and I accept no interference with them, whatsoever, by anyone else." We use the chakras when we engage in activities, and the chakra that has to do with a certain activity will then open. That's why it's important to reclaim our chakras, now when we know they are hijacked. The chakras we're not using at the moment, we can keep fairly closed. We first learn where the chakras are located, and then we "imagine" with our inner vision that we almost close them, one by one, and they will close.

QUESTION 3: There are two versions of Homo sapiens sapiens (The Thinking Man) There's us, the general population and there's The Global Elite who as you have mentioned in the WPP The Fourth Level Of Learning are different than us (black, white, yellow, brown and other shades of color) in regards to their DNA and some (maybe most) of them come from different star systems

just like some of us do. Is it true that a part of The Global Elite want to see the general population free from oppression and manipulation?

ANSWER: There are at least two factions of the Global Elite—the Marduk and the En.ki clans. Marduk’s faction is manipulating us towards the Singularity, and the En.ki faction wants us to evolve. Regardless of which of the two groups is dominant, we are still trapped. We are choosing whether we want to be trapped in “Hell” or in “Heaven,” but we are still going to be controlled, manipulated, and contained within the Matrix. Thus, the third option, to leave the Matrix, would be the best solution, unless the person wants to choose one of the other **two**.

There is a hierarchy in place on the planet through which we give our consent to be governed. It is our understanding that no one on this planet is in a position of power without being given the authority to do so. Humanity has yet to realize that we are only oppressed and manipulated because we consent to it. We are as free as we want to be – always. If humanity would realize this, this entire game would be over. It’s really that simple.

QUESTION 4: I believe that unconditional love is loving someone and not expecting love (at its various levels) back in return. What does it mean for you Wes and Ariel?

ANSWER: Wes’ answer: We can only experience unconditional love if we truly love ourselves. When we do, we can’t do anything else than to share our love because that’s who we are. Then, we will, more often than not, receive love in return. Not from everybody, though, but if someone tries to bring us down to a lower level, the love we show them in return would be to leave them alone and accept that this is where they are in their evolution at the moment. It would not be considered unconditional love to let ourselves be manipulated and attacked. What we do is to handle the situation and let them go their way and we go ours. We respect other’s personal journey and their freewill. We often think of love from a human perspective, but it’s so much more. Love is full understanding of self and other-selves (other beings). It’s the understanding that we all are of the same basic consciousness, and if we truly love ourselves as Divine Beings, we

can't do anything else than to love all creation in the sense of understanding that it's ultimately a part of us.

Ariel's answer: Unconditional love to me means acting within the frequency of LOVE in all you do. It doesn't matter if it is your friend or your enemy. Love, to me, is a frequency through which I should use to motivate all my words, actions, and thoughts. When I can achieve this, when I am able to override my reactivity and my fear, I am acting in a state of Unconditional love, not only for myself but for everything and everyone around me. To me, it is a state of being rather than something to be given.

QUESTION 5: What are your opinions and advice regarding ethical investing/estate planning? Since the Elite have their fingers in just about every industry would investing, giving to charity, and estate planning even be worth one's time for those who are spiritually advanced (and know the truth)? What charities, companies, etc. would be one to consider in giving your money to?

ANSWER: All big corporations and super-rich Elite members, engage in charity—they call themselves philanthropists. They are not doing this to be nice—they do it for balance. We live in a world of duality and polarity. Their philosophy is that if they do a lot of negative things, they need to balance it by donating to charity. But often, whomever they are giving money to, they make sure that this money somehow comes back to them, eventually.

Yes, responsible estate planning is something we would suggest. Follow your heart in this area. When giving to charities, research those charities and try to stay at a local level as much as possible, rather than giving to international organizations. Children's hospitals, shelters for abused women and children, groups that help families in need in your area are some that would benefit from your generosity. Find people who really need help and get as close to the source to help those people as possible.

Whether a person wants to engage in charity is his or her personal decision. It's not wrong to give and share—we just need to be careful whom we share with. There are many ways to assist other humans and other living things that

sometimes are better than giving money. All help, in our opinion, should be help to self-help. Otherwise, the receiver might end up becoming vampiristic (new term) and rely on others to solve their **problems**.

QUESTION 6: Hi Wes. Do you think you would be able to articulate in what way exactly HOW did enki create this copy that we are currently in? And how exactly does the zodiac and astrology and other aspects such as numerology and metaphysics all tie in?

ANSWER: We included this question in this video because we wanted to tell you, and others, who watch this that we are currently working on a new video series that will bring up these subjects in more detail. The video series is going to explain this Construct/Matrix in much deeper details than we've done previously. Therefore, we'll wait with answering these questions, albeit important ones.

QUESTION 7: In one of the threads on the forum, someone mentions a Russian author who when mediating, saw the earth and a grey clot. She gave really good insight and information but what makes what she sees in her meditation correct? When I meditate I can see something completely different and so could someone else, but couldn't mine and somebody else's also be correct? Is what we see when we mediate real or is it just our 'imagination' or 'a created picture from our thoughts'? Like when we read a story the characters come to life in our minds; but another's scene may look completely different. I hope that makes sense.

ANSWER: Yes, there are many things to consider about meditation. Everything you state here in your question is possible. We live in an interactive hologram that is basically held in place by our beliefs. Each person has their own beliefs, but humanity as a whole have agreed upon a lot of common belief systems, so that we can see the world around us somewhat similarly. Our own, personal beliefs will become more prominent when we leave our body in an Out of Body Experience or after physical death. Thus, what one person experiences might

not be what another person experiences. There is a basic structure to this Matrix, but we humans have built our own ideas and beliefs as layer upon this basic construct. And these beliefs are what keep us trapped here. When we leave our bodies, so to speak, like we do in deep meditation (we're going inwards into ourselves), we face our personal beliefs and belief systems, and they differ slightly or significantly from other people's beliefs. When we consider that reality is dependent upon individual perception and interpretation of experiences, we each have our own reality through which we gain information. That information is unique and individual to the person. It is your own puzzle to put together and only you can determine how those pieces fit.

QUESTION 8: In the video explaining the four percent of the universe, it is mentioned that some star beings are sucked through a "syringe" like tool to be inserted into this reality. This is breaching their free will, as it says in the video, but isn't free will a universal law that must be abided to? If so, wouldn't the overlords be prevented from stealing beings? Does Orion look over them and see that they are literally sucking beings into this matrix?

ANSWER: No. No one is prevented from breaking freewill. The individuals who violate this law will have to answer for their own actions. No one is preventing you from robbing a bank, even though it is against the law. You will have to answer for your crime, however, if you get caught. In order to have freewill, individuals must be given the choice to abide by this law or not. To prevent someone from committing a crime when it is their intention to do so would, in fact, be a violation of this law, as well. It works from the highest to the lowest levels of being. In order to prevent or suppress the actions of another, there must a governing or policing body of controllers that make sure everyone is doing what they should. That only exists here, with our consent. It is our understanding, in the Universe, personal responsibility is allowed, and no oversight or control is in place. You are given the opportunity to use self-control and use the consequences of your actions to improve your state of development. That is how it was for us, too, originally. Then, we agreed that we can't control ourselves and allowed someone else to control us.

QUESTION 9: As the Orion empire exists in the KHAA and the future cyborgs are here on earth in the matrix how is it possible for the AIF to use those cyborgs (our possible future) to go to war in the **KHAA**?

ANSWER: This is because the Singularity is based upon nano-technology. The KHAA is the nano-world. If we compare that to our physical body, the nano-world would be our cells and what's in between the cells. In this analogy, the nano-world would be the cellular level/the KHAA. Those, who are in control of the nano-world, are in control of the Universe. The Overlords want us to invade Orion, and if successful, they want to take over the entire Universe after that. With nano-tech, our soul-fires and our bodies become one, and the plan is that we can bring our bodies out into the KHAA and invade.

QUESTION 10: Do narcissistic individuals know who they are? If they do, would they share it out with everybody (at least overt narcissists)?

I've been trying to recover from narcissistic wounds for a long time. I've been wanting to heal myself. Somehow, when I feel that I am on the right track, I fall back into the rut of losing my energy to these wounds. Does this healing process normally consist of such repetition or am I doing something wrong?

ANSWER: No, typically these individuals do not recognize their narcissistic state of being. Very often, they feel that everyone else is narcissistic except them! We are only aware of a very few individuals who admit that they are narcissists. It's possible, but it's the exception and not the rule. In fact, it is so much a rule that we suspect these individuals are not truly bona fide narcissists, but instead only severely and deeply wounded individuals. Becoming self-aware of your own narcissism is actually contradictory to being a narcissist.

Some full-blown narcissists can potentially admit to being narcissists, but that term doesn't mean anything to them—they translate that as something good, grandiose, and beneficial. Narcissism is a survival-mechanism for these people,

and the more successful/narcissistic they are, the better their survival potentials.

Wanting to heal is the first step in healing. Be patient and gentle with yourself. Making progress and then falling back is part of the process. Sometimes it feels like we aren't making any progress at all because we are looking at ourselves with a magnifying glass – everything seems so very large and insurmountable. However, we can say from experience that the more you move forward, the more you will be able to see that you are making progress from where you were a year ago, a month ago, a week ago.

QUESTION 11: Religious texts tell us certain human emotions are sinful and one of them is anger. New agers say anger is negative and should be eliminated completely. Isn't releasing and expressing our anger necessary and healthy for us rather than suppressing it? Why is anger perceived as something evil?

Is it possible for us to form holes in the grid when we try to escape the matrix?

ANSWER: We are so glad you asked this question! YES! Releasing our emotions, in a safe and healthy manner, is KEY to taking ourselves out of a state of reactivity and into a state of self-awareness and conscious action. This is extremely important to understand. Anger is perceived as something we should not feel because it allows our abusers to continue manipulating us and abusing us. It's training and social conditioning, to put it bluntly. For those of us who have been manipulated by emotionally abusive people, anger was very often used to make someone fearful. When someone is afraid of an angry person, they will often submit or suppress their own emotions to avoid inciting the rage of the other person. In a very distorted way, we associate anger as being something "bad", in this case, and we do everything we can to avoid confronting that emotion, even in ourselves.

We learn that ANGER = FEAR, and we subconsciously put up many barriers to this emotion. We become "people-pleasers" and we avoid acknowledging our own anger in the process. There are no bad emotions, only bad actions.

All emotions can and should be acknowledged, felt, and used in our own personal development.

Suppressing our anger is not a good idea because if we do, we don't get access to what is hidden underneath that anger. Our emotions can be seen as being on a scale from highest to lowest. If we don't reach beneath the level of anger, which is a defensive emotion, guarding the lower emotions from surfacing, is not confronted, we can't heal from lower emotional trauma. This is one reason why anger has been advertised as something bad. Also, beneath anger lies fear. New Agers, who say we should NOT confront our anger say so, mostly because they are afraid of what could be buried underneath because what's buried often comes out in the anger, when we lose control over ourselves.

Regarding forming holes when exiting the Matrix: probably not. If you, personally, would create holes in the Grid, you do that while you're living here, inside the Matrix, and you do it by increasing your awareness and raising your consciousness.

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