

Video 149: THE BIGGER PICTURE PART 13 Important on Thought-Forms and Entity Possession Written by Ariel Glad, May 14, 2019

This is a transcript to video:

<https://youtu.be/v53iCXRzRPM>

Wes Penre here! We are now also including captions in our videos. If you want the captions on, just click the “CC” icon in the lower right corner of this video. A PDF transcript will, as usual, be available on our blog, as well—URL can be found in the description box below.

Today, we’re going to talk about thoughtforms and entity possession.

As we continue tying up loose ends and bringing some more puzzle pieces together, we want to expand on the Human avatar that we described in previous videos and discuss, in detail; the feeding mechanism by which our energy is being manipulated and used.

We explained that it was the artificial soul, which has been applied to our human avatar (specifically the chakras located within this artificial soul construction) that act as portals for human soul energy and allow our energy to be manipulated and taken from us by beings who need this energy as their food, for lack of a better term.

For those of you who have been researching these topics, you have undoubtedly come across the knowledge that we are energetic food for certain predatory beings, who depend on this for their survival. We also mentioned this in relation to the behavioral disorder of narcissism and other anti-social personality disorders. It is not only the vampiric and predatory Overlords who are engaging in this soul-draining, life-sucking practice, but also humans who act as conduits for this energy on behalf of the Overlords. These humans are using some of this energy for themselves, as well, although most do not understand what they are doing or how they are doing it.

For that matter, most of us who know we are being preyed upon are well aware that we are being manipulated and are having our energy stolen, but most of us do not know how this works, specifically, or what we can do to stop it.

It has been a common suggestion to not give our energy away to these creatures. We read and hear, “Stop feeding them our energy!” Yes, we know this to be true, but to most of us this is a very vague and abstract concept in which we really don’t know how we are supposed to stop. We just know that stopping is crucial.

We are going to give you details on this energy connection, how it works, and how to stop it. We will be speaking from personal experience as well as confirmation we have received based on concepts and theories we began to develop several years ago, when our deep study into personality disorders was beginning.

For us to explain this, we need to revisit the concepts of inner critic, thoughtforms, and the astral plane closest to us, which most of us refer to as the 4th dimension. Information can be found in previous videos we have published. If you’ve been following our videos from the beginning, these topics should sound familiar.

Let us back up and get a quick reminder about these concepts before we progress here, and if you would like to revisit these previous videos, you can find the information in videos 7, 22, and 30.

First is the concept of the inner critic. We discussed the inner critic in videos related to narcissism and how it affects the way we think and feel about ourselves. No one is an exception to the inner critic, and we all have one. This is an inner voice which “speaks” to us and either gives us confirmation, condemnation, or affirmation. For those of us who have been in abusive relationships, this inner critic is our worst enemy. The inner critic has our voice and sounds very much like us, but the things it tells us are often very negative, discouraging, and even frightening. This is the voice we “hear” inside that tells us we are not good enough, we should be afraid, and that we have no value. The words it uses to get these ideas stuck on a repeating loop may be different

for everyone, but the messages are the same. Who put those messages there? Who convinced us to tell ourselves these things? Our abusers did. Sometimes, the abuse has been so deeply implanted that the inner critic can even take on the voice and tone of our **abuser!**

Please understand with complete certainty that our Spirit WILL NOT ABUSE US. Our Spirit IS us. We were not created to tear ourselves down. We were not created to kick ourselves in the teeth! If you have any of these thoughts, THEY ARE NOT YOUR THOUGHTS. They are implanted and they are extremely dangerous. These are the “hooks”. This is what creates the energetic connection to your parasite, and we may have MANY connections.

In another previous video we discussed how creation happens. We create all the time with every single thought we have! We can't stop this even if we wanted to because this is how we are designed from Spirit. It just happens by default so this is why we suggest that we can't be lazy with our thinking. We must not be passive to this system. If we are passive and not creating consciously, then we are creating subconsciously or unconsciously and this is extremely irresponsible, as well as damaging; not only to us but to everyone around us who is affected by what we are creating.

When En.ki created this sandbox for us to play in, our Earth patrix, he copied what exists beyond it, but not exactly. He has manipulated it to keep humans ignorant of who they are and what they can do. Just like with the chakras being compared to white light that has been fractalized into the visible spectrum of colors, thereby fractalizing the human consciousness, so too he fractalized the etheric fabric that we can access for creation into what we call dimensions, and limited human perception of them, so that we remain ignorant of our own processes. We have been given a playground for manifestation and creation, but we (most of us) cannot perceive this playground, so we remain ignorant of what we are creating.

When we have a thought, that thought becomes an energetic creation, a possibility that we have created for ourselves. The more of our energy we give to that thought, the more energized it becomes and begins to take form. Think

about this...We will say this again: "the more energy we give to that thought, the more energized it becomes and begins to take form."

We are FEEDING that thought with our energy. This is KEY. The more energy that thoughts receive, the more they develop. The more they develop, the more they take form. The more they take form, the more life they have. Because we are feeding them with our life-energy, we are giving them LIFE. In the same way that the Overlords depend on our feeding them to keep them alive with our life-energy, so too WHATEVER we give our energy to, we give LIFE.

Spiritless humans are also able to create and generate thoughtforms because they are part of the same construct, and this patrix or construct is designed to be interactive with the players within it. These Spiritless humans are generating thoughts all over the place and most of them very harmful!

For a narcissistic human, or an abused human who is at the mercy of his/her inner critic, what do you think these thoughts are? Which thoughts do you think are getting fed the most? Thoughts of shame, anger, fear, worthlessness, and sadness would probably be at the top of the list. What do you think these thoughts might look like as they take form? Well, that depends upon the energy or emotion that is generating those thoughts.

Someone who is very afraid of alien encounters, for example, will feed that thought with some very frightened energy, probably forming and shaping that thought with a physical appearance of some kind; a behavior of some kind; and Viola! that person has just generated a thoughtform of an alien that now resides in the astral plane of thoughtforms, where if we were to go out of body and visit this realm, we would likely encounter and interact with it. It would be our worst nightmare come true!

Most people would come back from this encounter with tales of a scary encounter, and what's worse is that others who might visit this realm would also have the opportunity to have encounters with this thoughtform you have generated. The 4th dimension is FULL of very frightening forms and entities that have people shaking in their skin! Do you understand now how that **works**?

There really is very little for us to actually be afraid of except our own creations and fears.

Having explained that, let us understand that the negative things people think about themselves and others are also generated into thoughtforms. Many encounters with things such as demons are actually thoughtforms. In fact, *most* things of a supernatural nature that people encounter are only thoughtforms which have become highly energized. In many cases, they become highly energized because they are being fed so much life energy/emotion that they are brought down into our realm of perception.

Highly energized thoughtforms that have been fed with a lot of continuous energy/emotion or LIFE will then begin to have qualities of LIFE, in various ways. These thoughtforms become what others have called “entitized thoughtforms” or “self-aware thoughtforms”. These thoughtforms, literally, take on a life of their own. They become individualized entities who can then begin seeking out energy on their own.

Let’s look, in detail, at how this happens. Thoughtforms will grow only from the energy or emotion that created them. If you have created a thoughtform from the thought of “I feel worthless”, the more you think that thought, the more emotion that thoughtform is given. The more you feed it, the more energized it becomes. When it has been fed sufficiently, it becomes self-aware. It can then begin to manipulate your emotions into giving it more of the emotion that created it. The more self-aware it becomes, it eventually becomes an entity capable of not only manipulating the circumstances of your life in order to keep being fed and get stronger, but it can also begin to seek out its own sources of supply from those people around you. If you are not sufficiently able to keep that entitized thoughtform satisfied because it has become too big, too greedy, and too strong for you alone to sustain it, it will begin to seek to bring people in your environment close to you so it can feed from THEM.

This creates a bond or a link between you and the person your entitized thoughtform has hooked and pulled in. This entitized thoughtform is now single-mindedly invested in your relationship with this person because it is being fed not only by you but also this new source of “supply”. This is what forms the basis

for a narcissistic relationship. Eventually, the person who generated that thoughtform will no longer be able to keep up with the demands of feeding it and the entitized thought form will be forced to recruit new sources of food.

Entitized thoughtforms are very capable of manipulating situations, emotions, and even events in a person's life to get what it wants, and what it wants is more of the emotion that created it. If "I feel worthless" created it, it will seek out relationships, situations, and even create events in your life that will cause you or others around you to generate this thought from which it will feed. It will NEVER be satisfied.

So, how do we stop this? If you haven't figured it out, it is simple, and yet it may be the hardest thing you ever do. You must stop generating these thoughts. You must identify and become aware of these thoughts and do what you must to heal them so that they are no longer being fed. When you are able to do that, these thoughtforms begin to starve and dissolve like a cloud of smoke blown away in the wind.

Practice being hyper-aware of your thoughts. When you have reached a content and joyful stage in your development, it will become more and more obvious when these types of thoughts come to your mind. It will become easier to identify the attempts of other people's thoughtforms trying to feed from us. How do we identify them? An external thoughtform might try to manipulate you into thinking about a person or a situation that you normally don't give your attention. It might try to generate in you feelings of anger toward that person; fear, unhappiness, and sadness of a situation.

Based on personal experience, if the loathing or fearful thoughts that are coming up in your mind are about YOU, then this is coming from your own thoughtforms trying to manipulate you. If the thoughts and emotions that are being generated are about another person, then this is your warning that you are being manipulated by THAT person's entitized thoughtform, with whom you have the connection, to feed it. Don't give in to any one of **them**.

To stop generating your own entitized thoughtforms, do the work to heal the emotional abuse you have accumulated. Put your emotional well-being as a

priority in your life and take the necessary steps to disengage in abusive relationships. Find others to support you and help you build your self-esteem, your self-worth, your ability to trust, and experience real loving relationships. There are many very good resources available to begin this process. If you would like some help finding resources, we can give you our own personal suggestions. Send us an email and we'll be glad to help.

Two methods to dissolve or detach from someone else's thoughtforms are to 1) Try to change your emotions about that person. If the thoughtform is trying to encourage you to be angry with that person or think thoughts that would indicate you are feeding and thus reinforcing or helping to grow this other person's thoughts about themselves, then refuse to have those emotions about that person. For example, if you find yourself thinking thoughts about another person such as "I'm so angry at you!" or "You can never do the right thing!" chances are these are the thoughts of the other person that have become so strong and entitized that they are trying to generate more of that type of emotion from you ABOUT that person to feed from.

If you find that you are not at a place where you are willing or able to think positive thoughts about a person, then 2) Ignore all thoughts of that person and do whatever you need to, in order for you to put them completely out of your mind. Adopt a perspective that they do not exist, and you will refuse to give one second of your attention to the thought of them. That works, too.

We can only dissolve our own entitized thoughtforms. The only thing we can do with other people's thoughtforms is to cut off the connection and refuse to feed them. They will go creeping and sulking away to find a new victim, but at least they won't get their supply from us.

Refuse to give your attention to anyone or anything that tries to manipulate your emotions in a way that hurts you. This goes not only for our personal relationships, but to the media, to the conspiracy community, and to anything and everyone with whom you spend your time. If you do this, you will successfully stop feeding the system and starve the energy vampires.

One last thing...entitized thoughtforms are not only the monsters and demons that we create. The same process also creates what we would refer to as angels, ascended masters, loved ones, religious icons, and benevolent spiritual guides with whom we can interact, depending on how much life energy/emotion we feed it. It works in the same way, and in the same way the demons are self-generated and interactive illusions, so are these. These are also used against us. A trick is still a trick no matter how good it makes us feel.

All you need is yourself. All you need to have faith and confidence in is yourself. If you nourish yourself with all the love, gratitude, emotions and support that you would give to a guardian angel, think of how strong you would become. We feed from life energy, ourselves, after all. The difference being that we can generate it from and for ourselves. Try that and see what happens.

If you find our work important, please consider becoming a Patron. It's an excellent way to support us, so we can continue what we're doing. You also get the opportunity to get our newsletters and can chat with us on Discord. The address to our Patreon page is [patreon.com/wespenre](https://www.patreon.com/wespenre). The URL will also be in the description box below.

If you don't want to sign up on Patreon but still want to contribute, you can also make donations on PayPal – the address will also be in the description box¹.

If you liked this video, please don't forget to hit the Subscribe button and give it a thumbs up. Thanks a lot for your interest in our work!

Talk to you soon!

¹ <https://paypal.me/persewen> or yt.project60@gmail.com