

Video 159: More on this Construct, the Exit, and the Power of Thought

by Wes Penre, June 21, 2019

This is a transcript to video:

<https://youtu.be/aVDTj5weBwU>

From emails and comments we receive, we understand that many people are anxious about exiting this Construct (the Patrix), afraid that something will happen that will prevent them from going through the Grid. It all boils down to fear of the unknown. Therefore, let's discuss this topic some more...

Fear can be our worst enemy, and fear of death is deeply rooted. It's easy to say that we just need to get rid of it, and everything will be fine. It's often not that simple because it's actually a program, inserted into our body's DNA. Although we all have died numerous times, we don't remember what happened afterwards, and this makes many people anxious—particularly as going through the Grid and entering the KHAA is a new thing. It is unexplored territory, and we don't know for certain what to expect. I personally have no fear of death, and I am not afraid that I will fail exiting through a hole in the Grid, and there is a reason for this. Hopefully, after listening to this video, you will start feeling the same.

First, we want to clear up a very common misunderstanding. Although we usually say that we will exit to go to the KHAA, this is partly misleading and is more used as a metaphor when we use human vocabulary. The truth is that we already *are* in the KHAA. The KHAA is all around us all the time! There is no difference between En.ki's Construct and the KHAA we're going to after we've exited. The KHAA is the entire Universe, *including* the Patrix. We perceive the KHAA being separate because we have been trained and programmed to believe that this 3-D reality is all there is, and what we perceive with our five senses is the entire Universe, when in fact it's just a tiny piece of a broad electromagnetic spectrum. Intellectually, many of us know this, but most of us don't think about what this implies.

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As we've stressed many times, we create with our thoughts and intentions—always. That's the basic of *all* creation—no exceptions. This means that if we are in this reality (the Patrix), *we created it!* We tend to blame the Overlords for creating what many people consider being a trap, but they didn't create it. Yes, we've been manipulated by these want-to-be gods, but if we hadn't fallen for their manipulation and distractions, this Patrix would not exist. With that said, we're not trying to shift the blame on us humans, either—the gods' intention *was* to deceive, trick, and manipulate us, which is a very cruel thing to do, but only we can take ourselves out of this mess, leaving the responsibility to do so on the individual.

We, as a soul group, experience this reality collectively because we have a lot of beliefs and manifestations that we've created in unison, and they have stuck. It's very powerful when millions, and now billions of people share the same beliefs—reality becomes very solid. This is also why you and I can't just think ourselves out of the Patrix while we're in our physical bodies—we are dealing with very strong, solid, and common thought manifestations that we ourselves created. Not until we leave our physical body behind, and the silver-cord that keeps our synthetic soul connected to it, can we think ourselves out of here. Essentially, we are only as trapped as we think we are.

Once our body is dead, we go to what we call the astral. But what is the astral? Just like this "physical" world is the KHAA, so is the astral; it's just a slightly higher density than the 3-D world. However, our synthetic light-bodies are programmed with the idea that the astral is a contained area we go through before we go to EA's "hEAven" or are being recycled again. Still, what souls who enter the astral notice, if they give themselves the time to figure it out, is that in the astral they travel with their minds—they use thoughts and intentions to go from A to B. This is crucial to understand because this is also probably one of the main reasons why the Overlords need to attract the discarnate soul's attention as quickly as possible, so she doesn't figure too many things out. Some people, who have had Near Death Experiences say that there was a strong pull from the Tunnel of Light, and they couldn't resist, but that is another illusion. The Tunnel can only pull you in if you agree to be pulled in. You can just as easily think yourself in another **direction**.

Let us go back to the subject of fear for a minute. With the above in mind that we create reality with thoughts, this becomes extra important to understand after our physical body has expired. When we enter the astral, it's important that we have gotten rid of most—

hopefully all—of our fears regarding death and our exit procedure. For example, if we are afraid that we're going to meet "Guardians," preventing us from leaving, or if we're afraid of finding ourselves face to face with demons or other strange creatures, it's possible that this is what we'll experience. We might in such cases manifest these thought-forms, or even real entities, if we vibrate on their frequency, which often is the frequency of fear and terror. Even if we do encounter any of this, they still can't stop us from exiting, however, something we will get to in a moment.

When we're in our 3-D body, we are participating in a very solid mass agreement, and our bond with each other makes us glued to this "unreality." However, once we're deceased, we leave much of that frequency behind, and we regain a lot of our power of thought because we now think more independently. Granted that we still have our synthetic light-bodies, it's still a big difference from when we were glued to our 3-D body. Now, it's possible to travel by thought and intention. We think ourselves to a certain place, and almost instantly, we're there. This is also the reason that no one in the "astral" can kidnap you, lure you, or force you to anything against your free will. Why? Because even if they tried, all you need to do is to disagree and instead use your *own* individual thoughts and intentions to go wherever you want. Who would be able to stop you if you disagree with them? It's only when you have a "weak spot," are in doubt what to do, or bluntly decide to go with them that they have the upper hand. Once you've agreed to any of the manipulation, you're fair game. Thus, it's basically easy to bypass any afterlife agenda, so long as you're determined. This is also why it's so important to be just that; determined. The willpower you need is something you preferably strengthen right here and now—before you die. The way to do it is to overcome your fear about death and your fear about leaving the Patrix. Once you've overcome at least most of that, all you need to do is to make a decision that you're going to go straight out through a hole in the Grid, and nothing can stop you. If we want to look at this from a deeper perspective, we're actually not going anywhere, because there is no space—there is only an infinite PRESENT and an eternal HERE, but in our minds, we can travel between locations because that's how this Universe Experiment is set up. Right now, in your mind, you can travel to Australia or Luxemburg, for example. If you do, will anyone stop you from doing that? No! Just like some prisoners of war have said, and I paraphrase; they can put our bodies in a cage and throw away the key, but they can't stop me from thinking and using my mind to go anywhere I want."

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When we feel fear, we're only afraid of our own shadows, which can't do us harm, unless we let them. How else can we explain that it's possible to overcome fears, and when we do, the fears we've overcome don't bother us anymore? It's because we looked at our own shadows and realized they are not real; spiders are no monsters that are out to get us, wasps don't randomly attack us just to sting us, and people usually don't plot against us, etc. These fears are only aspects of our own shadows.

With that said, we don't imply that you're going to have problems with beings in the astral, but we want you to be prepared for anything that *can* happen, although it probably won't.

It's a brave thing to decide to leave this Construct, because of the unknown factors. We understand that. I have some advantage that you don't have—I have communicated for a long time with someone who's from outside the Patrix, and I have *no* reservations from what came out of those discussions—I am very confident that I'm correct when I talk about the Grid and leaving the Patrix. Therefore, I have no fear. However, I don't know exactly how it will be outside this Construct, but I am more than willing, and excited, to find out. The KHAA is where our genuine soul comes from, so why would we fear it? Although the KHAA is no perfect place, it is peaceful in general, and again—do your best to work on any fears you might have regarding the KHAA. Even if you do have fears, it's not a catastrophe—you'll figure things out anyway—but it will be so much easier if we can work on those fears already now because we experience whatever is on the frequency we emit to the Universe. Your thought creates your reality, and that will be much more obvious in the KHAA than it is here in the Patrix. In fact, if you experience something you don't like, change your vibration by thinking more positive thoughts, and you'll experience something else. You decide which reality you experience—more so in the **KHAA**.

Here, in the Patrix, we coexist with billions of other souls, who share a similar reality, but not the exact same reality. Each human is living on their own metaphysical version of Earth—their own timeline—which is slightly different from the person next to them. We all have our unique vibrations, so technically, we are all living on different Earths. We have been taught since childhood that we need to conform and adapt, so we “fit in.” This is very destructive because that stops the person's individual progress right there. We are told to be like “someone else,” instead of being ourselves. The reality is this: even though

no human lives on the same Earth as any other human, we can still see and interact with each other. This doesn't mean we always have to interact. When we conform to someone else's ideas or thinking, we enter that person's timeline/version of Earth, leave our own timeline for a while, and then return to our previous timeline, bringing a part of the other person's timeline with us. It is nothing wrong with that, except when we're doing it against our will. In that case, we enter an unwanted timeline and merge it with our own, resulting in that we then need to deal with something we never wanted to deal with in the first place—we have now embraced it and pulled it into our own reality. This can make life very complicated. Instead, it's a better idea to observe the environment and consciously decide what we want to participate in or not. We have all the right to say to ourselves, "Nah, I don't care for that. It doesn't match my vibration," and let it go and don't interact with it.

Many relationships—love relationships, business partners, or friend relationships alike—often come to an end because one or both persons have changed their vibrations. What once was a match ceases to remain that way. We humans are quite sentimental—often because of our own fears—and refuse to let go of relationships that no longer work. If it doesn't work anymore, and two people no longer resonate (vibrate similarly), we must learn to let go. But very often, our fear of the unknown prevents us; "what will happen if I do? Will I manage?" "What will happen to the other person? Will he/she manage?" It's important that we don't sacrifice ourselves for someone else, or both persons will decrease their vibrations instead of increasing them. If or when this is the case, we need to learn to let go—there is *always* others out there who *do* vibrate on your frequency—choose *them*.

We believe that most people who are ready to exit through the Grid are good people with good intentions—otherwise this option would not resonate with them. However, it's always good to learn how to control our thoughts, because what we think in the KHAA, we'll manifest. This is, understandably so, why many star races in the KHAA don't want to let the entire human soul group loose. The great majority of humans have no idea how thoughts create reality, and if they continue thinking similarly to how they think here, many unwanted things could manifest in the KHAA that are destructive for many other beings out there. If I put myself in other star races' shoes, I would think the same thing. We need to be mindful out there.

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Even in the KHAA, souls often group together on purpose when they are of a similar genuine vibration, in order to have mutual experiences and expand from them. Most of these groups are constructive and benevolent, but not all of them, of course. However, no one needs to participate in anything they don't like or to join a cause that does not resonate with them. You choose where you want to go and with whom you want to interact. If you don't like something, change your vibration and go somewhere else. It sounds simple, and in the KHAA, it basically *is* that simple.

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