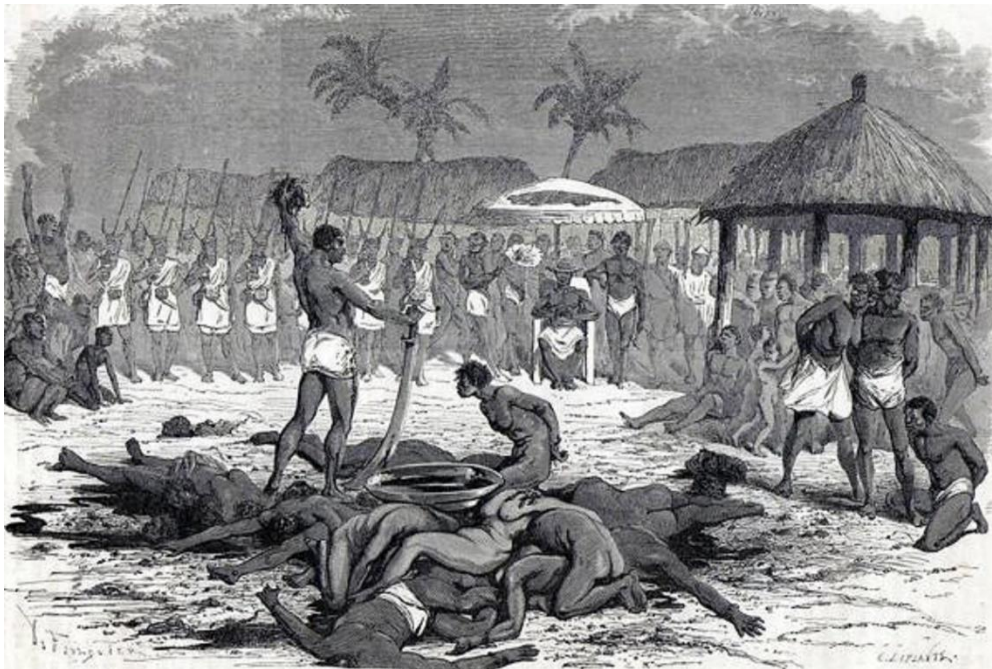


Video 183: Loosh for the Gods, Adrenaline Rushes, and the Importance of Correct Breathing

by Wes Penre, September 28, 2019

The video to this transcript can be found on our YouTube channel:

https://www.youtube.com/channel/UCORVai_3hFfj75juEEcwNog/videos



Our soul is equipped with a wide range of emotions. This is something that distinguishes us from other star beings in the KHAA. When the Queen created the human soul group, She inserted parts of Her own soul energy and Her Spirit into the human bodies on the planet Tiamaat, now destroyed. This wide range of emotions was a part of the Experiment and was supposed to be used as a tool when going through different experiences. Because these emotions are part of the original soul, we also brought them with us into this construct, which was set up by En.ki.

En.ki was one of the geneticists of the Tiamaat Experiment, as well, and he learned how these emotions (which he himself lacked to a large degree) works and how they benefitted us in our daily life on the planet. After the Flood, about 11,500 years ago, when En.ki took over completely and quarantined Earth, he was also stripped of his

creative abilities by Orion for going behind their back, and he hijacked the original Experiment.

This means that En.ki and his cohorts do not have an avatar—they can't form an avatar by themselves and are therefore stripped of all their creativity. Instead, they started taking loosh (soul energy) from us humans to sustain themselves, just like an addict needs their drug to be able to function. They also created artificial bodies, using advanced technology, so they could move around. We could say that their “physical” bodies are artificial intelligence. Still, these bodies are of another density than ours and can't function in our density. If the Overlords want to mingle with us, they need to take a human body, just like us. This, they have done many times in the past, and some of them still do. Marduk is one example.

In the beginning of En.ki's experiment, he and the Overlords figured out that if they gave us short lifespans, followed by death, amnesia, and reincarnation, they could get loosh from us. If they, in addition to that, inserted a program, which made us fear death more than everything else, the trap was set. In the death moment, people, now having this fear-of-death program implanted, released a lot of adrenaline, which happens when somebody is full of fear and terror. This was enough to at least make the gods get by from feeding off our loosh.

One day, En.ki realized that the gods could get so much more loosh if they kept people in more or less constant fear while we were still alive here on Earth. Every time a person felt threatened, they released adrenaline, which is basically increased soul energy running through our bloodstream. All that adrenaline, instigated by fear and terror, could then be harvested. Now, the Overlords found themselves bathing in an abundance of soul energy that they stole from us.

One way of keeping us in fear was to introduce narcissism to this Construct. They are what we call humans with an artificial soul—in other words, they are just programs, lacking any genuine soul. Therefore, these “humans” (narcissists, psychopaths, and sociopaths) in order to sustain themselves, feed from our soul energy, just like the gods—as above so below. They keep just enough soul energy to stay alive, and the rest is going directly to the Overlords, where it's delegated. We all have experienced this adrenaline rush at least a few times in our lives when we're very frightened, overly excited, or in shock, and you have probably felt very exhausted afterward, like if you've lost all your energy—you feel like an empty sack. Perhaps someone then suggested that you take a deep breath to get in balance.

This is an excellent suggestion because that is exactly what we should do. When we've had an adrenaline rush, we give our soul energy to the gods, and we get

depleted of energy. By taking deep breaths, we reconnect to the subquantum and ultimately to the Central Fire, where we can pull in more soul energy. Eventually, we feel fine again, when we've regained our **energy**.

While we're on the topic of breathing, it's important that we breathe as deeply as we can on a regular basis—this keeps our energy balanced and we get more stamina and a healthier mind and body. If you pay attention to your own breathing in general, you might have noticed that it is normally quite shallow—you take short breaths in general. This always comes from trauma. It is highly recommended for all of us to pay more attention to our breathing and learn how to breathe deeper, until it becomes a natural thing to do. When we master this, we become less affected by our synthetic soul and will become physically and mentally healthier and stay and look younger in general. Correct breathing is the exact opposite of what most people do; if you breathe correctly, your stomach should expand when you breathe in and retract when you breathe out. If this is not the case, we would suggest you practice this. All woodwind, brass, and flute players learn how to breathe this way until it becomes automatic.

When we humans experience a threat and become fearful, we react in one of four ways. Pete Walker (PhD), a psychologist and a life coach, coined something he calls the four F's (FFFF), which stands for "fight," "flight," and "freeze," and "fawn." These are the four ways we react to fear. If any of these modes is present, we produce adrenaline—increased soul energy—so we can better face the threat. Depending on the situation, we react according to one of these F's. This is not just something we do in this Construct—we were not different when we lived on Tiamaat. The four F's were still applicable. However, before En.ki created the synthetic/artificial soul, and we were part of the Tiamaat Experiment, the four F's were very helpful. Depending on the situation, we either froze so the threat could go away, or we found it best to flee and sometimes to fight, if we concluded that we could control the situation better that way. Sometimes, we probably also used the fawn option, where we tried to sooth whomever was threatening us to discharge the situation. When the threat was over, we just calmed down and kept it in our memories as experiences that we learned from—no dissociation happened. The memories of these situations were full and clear in our minds, so we could use the tactics next time, if they turned out to be helpful. If not, we chose another tactic next time. Here, in this Construct/Patrix, when we react in the same manner, some of the adrenaline goes directly into the synthetic soul (subconscious mind) and most of it probably goes directly to the gods. We get fragmented, and to a large degree we get dissociated from the experience, which results in memory loss. The experience is still there, but it becomes reactive next time we experience a similar threat, and we don't act

rationally. This results in that we often don't calculate our options correctly and just react subconsciously and out of control.

These days, many researchers have concluded that this construct is digital—it's written code. The only thing that is not digital is consciousness. They say that the Matrix, and perhaps the entire Universe, is written in binary code (ones and zeros), and the souls (consciousness) are creating in this digital universe. Whether this is completely true or not, we can at least use this theory as an analogy.

We know that En.ki is copying and mimicking everything—so also the soul. Hence, let's say the synthetic soul (the light-bodies) are digital containers that we are equipped with each lifetime, these containers will operate as soul energy collectors. When we produce a huge amount of adrenaline, the rush goes right into the astral to be picked up by the Overlords, but some of it is contained in the synthetic soul, as well. For each trauma we experience, we fill these containers more and more. The traumatic incidents, accumulated in the “digital soul,” which on a conscious level, and to a large degree, become unavailable to us, except as triggers and reactions, then boost our fears and traumas. The more we fill the container, the more often we react with uncontrolled fear. This feeds the Overlords on a continuing basis, and they always have **loosh**.

We have learned from subjects of regression therapy, channeled material, and from Near Death Experiences (NDE's) that after we die, we shed some of our light-bodies, such as the Etheric Body (the blueprint of our physical body) and the Emotional Body. We don't shed them immediately, but after some “time,” they are stripped off us. From an Overlord perspective, this needs to be done because there is a lot of loosh accumulated in them. So, they harvest this loosh and use it as food and to feed the System, as remote viewer Brett Stuart puts it in his video, “Moksha.” Then, before we are recycled again, we are being equipped with new “digital” containers/light-bodies, so we can accumulate more loosh during our next lifetime to feed the gods.

Robert Monroe, who founded *The Monroe Institute* to study the Out of Body (OBE) phenomenon, also wrote about this in his book “Far Journeys.” In the death moment, he conveys, we produce a lot of loosh that “Someone,” as he call it (the Overlords) feed on, and this loosh is emitted because of our fear of death. In his book, he also mentions being told by a being he claims not being of the Construct that “Someone” found a way to retrieve loosh from us while we're still alive here on Earth.

Have you ever pondered why the Global Elite are said to drink human blood and engage in human sacrifice—particularly the sacrifice of children? Is this really true? Yes, there is much evidence pointing to this, and there are both defectors from these cults and even victims who have survived telling horror stories about this. We are told that the Elite members are first extensively torturing their victims to make them extremely traumatized before they slowly kill them. In the death moment, these cult members drink the victim's blood. To us, this sounds absolutely horrific—and it is, of course—but why are they doing this? In the context of this video, it's not difficult to figure it out. They are not doing this just because they are evil—they are doing it for their own survival! These perpetrators, who are often members of royal families, banking families, and CEOs of large corporations, etc., have no genuine souls—only artificial souls, as discussed in many of our previous videos. They know they only have one lifetime, and then they're gone forever. By drinking people's blood while the victim is traumatized and dying, they drink the victim's life force (soul energy), which is accumulated in the bloodstream (blood cells which contain fire fragments). The adrenaline in the blood is the soul energy that is boosted during fear and trauma. Children's blood is even more attractive than adult's blood because the children are still “innocent” and full of life. This also goes for people who rape others—they get loosh from the adrenaline, and rapist and probably almost exclusively lacking genuine souls and need loosh to sustain themselves. The sexual energy is arguably the most powerful energy we have in this construct, so that explains it, doesn't it?

These “humans,” who lack genuine souls, are constructed in the same way as narcissists (which includes psychopaths and sociopaths)—they need soul energy from others to survive. Also, by doing their human sacrifice rituals, they get such a boost of soul energy that it prolongs their lives. If you look at the Elite, many of them live until their upper 90s and even into their 100s. Is that just “good genetics?” No, we would say they are the most obsessive blood drinkers. They are terrified to die because then they know it's all over. We won't mention any names here, but you can figure out who these excessive blood drinkers are by studying who of the Elite lived and live unusually long lives.

It's also interesting when we look back at history, as we know it. In Meso-America, but also in many other parts of the world, the tribes sacrificed children—and even adults—to the gods during traumatic rituals. It was said to be an honor to be sacrificed to the gods. But were they just honoring rituals? No, they gave the gods a feast because the gods fed from the adrenaline of the sacrificed people, but also from those who attended the rituals because their adrenaline was also pumping.

Today, such rituals are not openly common—they are instead done behind closed doors inside cults and secret societies.

It's nothing wrong with being positively excited over something—if we weren't, life would be quite boring. However, when we are thrilled and excited, feeling our adrenaline pumping, we can learn to consciously keep that energy going toward the concept of our excitement and intend that it stays that way—not letting it “leak out” into the astral. This is not as difficult as it might sound. Now, when we know how this works, all that is needed is an intention and a mental boundary. Imagine a container/bubble around you and everything that you intend this energy to go to is not going to feed anyone else. Like we talked about in our previous video about the *ferocity of intent* and how to create a thought/intention package, we do the same thing here. We “know” where this adrenaline is intended to go by creating such a package, and by just creating this package once, the intention will *be* there constantly and applied when it's needed. This also applies to when we get afraid or shocked. This way, we can stop the “leak” in the process. Hope you found this helpful, and we'll talk to you soon...

