

## Video 197: How to Control our Thoughts and Diminish the Effects from Thought-Forms

by Wes Penre, Dec. 8, 2019

The video to this transcript can be found on our Video channel under each video, respectively:

<https://wespenrevideos.com>



Have you ever met someone who is very negatively oriented toward themselves, saying, for example, “I wouldn’t be surprised if \_\_\_\_ (fill in the blank) happened to me”? Then, it actually happens, and the same person says, “I *told you* it was going to happen, and now it happened. I was right!”

Yes, they were right because they caused it to happen by setting their negative intentions in motion without realizing it—they did it to themselves. If the intention would have been equally positive, such as, “It will not happen. Instead, this situation will have a very positive and beneficial outcome for me,” *that* would have manifested instead. We certainly create our own reality, don’t we?

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The example above could also be an isolated incident, when a person was very emotionally involved in a problem and “accidentally” made something unwanted to happen.

However, if we continuously repeat the same kind of thoughts in a loop pattern—positive or negative—we might not only make it happen, but it might also create a thought-form in the astral, which will gain its own individual consciousness from our soul energy because we feed it. It’s almost like soul-splitting—we create a new entity that becomes self-aware to a certain degree and starts acting independently.

It’s ironic because many people encounter what they think are malevolent astral beings, who do mischievous and right-out evil things that scare us. Little do we understand that we are simply being frightened by our own shadow that *we* created. Also, operating on a certain frequency, e.g. when we are depressed, can pull in thought-forms other people have created, if they resonate with our current mood. We have spoken of this in previous videos, as well.

The question is, how do we control our thoughts, and how do we prevent thought-forms from interacting with us, whether it is in manifested form or as voices or thoughts in our heads? Can we, for example, set up some kind of boundaries that keep both our unwanted artificial-soul-instigated thoughts and thought-forms away from us? Is it even possible?

Yes, we believe it is, but it requires self-awareness, training, and persistence. Many people in the spiritual field call themselves “empathic,” meaning that they can easily pick up on other people’s thoughts and emotions and react negatively or positively upon them, without having any control over it. They just react to other people’s vibrations and respond to it in a non-authentic manner. Many see that as a good thing and a sign that they are evolving to become more aware and conscious.

This is not the case!

Being empathic in the above sense, is very different from having empathy, by the way. The two should not be confused.

There’s nothing wrong with being “psychic” and able to pick up things from the nonphysical environment, but when we get affected by it, beyond our control, it’s

more likely a lack of boundaries, which is very common in people who have been subjected to a lot of narcissistic abuse. A narcissist does not allow their target to have any boundaries, and when the target tries to set up such boundaries, the narcissist works overtime trying to break them down. The result of this within the target is that this person becomes energetically wide open to everything that happens around them, and they take in all kinds of energies and deplete themselves of their own, by subconsciously giving them away. Usually, people without boundaries have a difficult time being in gatherings or in crowds for a long time, or they feel drained of energy, overwhelmed, and sometimes develop panic attacks. Again, there's nothing wrong with picking up on other people's energies and vibrations, so long as we don't take them in and make them our own, getting affected by them in unwanted ways.

A healthy way of being psychic is to have clear boundaries and make a *conscious* choice when to tune into the energies in the environment. This is very different from what we discussed earlier.

In order to become in control of our own thoughts we need strong boundaries. We just don't get such boundaries overnight or by just making a decision to have them—it requires quite a bit of inner work. We first need to clearly distinguish who we *really* are (the genuine soul) and what is our synthetic/reactive part that has been added to us by the Overlords. This latter part of us is what acts/reacts on our behalf at least 95% of the time if we are an average human, who is not self-aware enough. Once we can more clearly distinguish between the two, we will also know when unwanted thoughts come into our heads, whether they are originating from our own synthetic soul or someone else we pick up from.

A person who never developed boundaries frequently feels drained of energy. Here, in this Matrix, people are just recycling their own energy within the System, without the capacity to create new energy of their own. Therefore, when people get drained, it often leads to depression or other “lower” emotions, and while in that state, they subconsciously draw energy from people in their environment in order to “recharge their batteries.” That, in turn, depletes the people around them. This doesn't mean that a person with boundaries can't be depressed on occasion, but it's much rarer than it is for a person who lacks boundaries. When we become more

self-aware, we reconnect with our Higher Self, and we can once again draw energy from the Central Fire in the middle of the KHAA, aka the Greater Universe.

A good way to do this is through our breathing. If you would examine yourself, how do you breathe? Is it shallow or do you, as a habit, take deep breaths from the bottom of your lungs? The truth is that *most* people breathe very shallowly, which is the byproduct from having been abused and traumatized recurrently. It's much through our breath that we connect to the subquantum, and ultimately, the Central Fire, where we can draw new soul energy.

When we become less and less dependent upon people in our environment for our well-being and immediate emotional and physical survival, we know that we have managed to set up sufficient boundaries and gained more self-control and self-confidence. This doesn't mean we shouldn't interact with each other on an emotional level, but for it to be healthy, there needs to be a conscious exchange of energy between two or more people. If it's reactive, it is draining to a greater or lesser degree.

So, let's talk about how we can learn to set up boundaries. Indeed, boundaries are, from our experience, a consequence of increasing self-awareness. A person without boundaries doesn't know what they want and don't want—they are more concerned about what others think we want and need, and they abide to that. Once we come to know ourselves the way we really are, boundaries develop more or less automatically, because now we *know* what we *genuinely* want and need and what we do *not*.

Does this mean that we need to completely heal from abuse and trauma in order to achieve this state? No, not from our experience. "Inner work" does not necessarily mean that we must integrate our soul fragments and get rid of the synthetic soul. It's not even possible to do so. So long as we live in this Matrix and in these bodies, we will always have a synthetic souls and a reactive mind. We can try to integrate this until we are blue in our faces, but we will still not get rid of it. It's embedded within our physical bodies and the light-bodies we carry in the astral planes like layers of overcoats.

The trick is not to get rid of the artificial soul; *the trick is to override it*. We know it sounds impossible, but it's not. What is required from us is to do the *real* inner work, which is to examine ourselves to learn what is the real soul and what is the reactive part of us that we particularly let out when we're triggered and when we try to please people in our environment by being non-authentic.

Education is the key! Once you recognize yourself in there, the first thing you will realize is that you have been *reactive* most of the time during your entire life, and very little of what you've been thinking and doing has been genuinely YOU. That's a hard pill to swallow at first. However, by accepting it as it is, you have come a long way already. You will notice that if you change your behavior and start recognizing when you're reactive, you can, instead of *reacting* out, stop yourself, take a step back, and analyze the situation. Take a deep breath, regain some soul energy, and override the reaction you were just about to have. Then, act consciously instead. You will notice, after having practiced this for some time that this becomes your new habit, and you will thank yourself every time you did *not* react. By reacting outside of our conscious control almost always makes us feel ashamed and guilty in retrospect. When, in its place, we stop and start thinking consciously, we gain control over the situation, and instead of shame and guilt, we feel accomplishment and satisfaction.

Once we have become good at this, we begin to learn a lot about ourselves and what is not ourselves. By doing so, i.e. knowing what we want and don't want, we can much more confidently set up boundaries and *stick to them*. This really works, and it is working for us. We are both continuously working on this, and we are getting much better at it. For us, it is more successful than any integration therapy we've seen out there.

No one will probably become perfect at this, but you will notice a big difference in your life and in your interaction with yourself and others. Then, when you start thinking a negative/reactive thought—instead of just changing your minds and try to override it, you first say or think, “Cancel that!” This will stop the thought from manifesting. This, too, works very well.

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By doing these practices, we also lift our mood considerably, which means we will not attract negative thought-forms anymore, and with our boundaries set, there is no place for them to roam.

Below this video, we will put a link to the “Quantum Pause” breathing technique, developed by James Mahu of the WingMakers. With this practice, you can reconnect with the subquantum and regain your energy.

Also, be more conscious of how you breathe on a daily basis, and learn how to breathe deeper, letting the oxygen circulate through your entire body.

We hope this has been helpful!

Consider watching this video to the final end, so you don't miss out on our video miniseries about the history of humankind from the birth of our souls up until present time. If you missed earlier episodes, the miniseries started with Episode 1 at the end of Video 187. There will be one episode at the end of each of our regular videos from hereon. Hope you'll find these short-movies interesting!

We'd like to end this narrative with a **BIG SHOUT-OUT** for our Tier 3 and Tier 4 Patrons, who are supporting us tremendously, so we can continue our missing. **THANK YOU** from the bottom of our hearts to Barbelo Trad Witch, ArkaSofia, MarcL, LUCY, Nadine&Jose, Naturalvet, Higherground, and Denise R.

