

Video 205:
Q&A Session #45
by Wes Penre and Ariel Glad, Feb. 3, 2020

The video to this transcript can be found on our Video channel below each video, respectively:
<https://wespenrevideos.com>



Hello everybody, and welcome to a new Q&A! We are getting a lot of good questions, so it might be that we will release two Q&A videos in a row, depending on whether some other important information comes in between. However, please continue sending more questions to wespenreproductions@gmail.com. Now to the questions:

QUESTION 1: Was the Tiamat water what we know as being water, i.e. H₂O?

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ANSWER: All we know is that Tiamaat was a “water world” and that the KHAA is referred to as “water,” as well. We can’t say for sure whether it’s H₂O or not, but we suspect it might be—or it could be something quite similar.

QUESTION 2: Since we, the Namlu'u, are loving and passionate, showing empathy, etc., would it be normal to show and give my feelings to someone who is soulless/spirit less? How would I even know that they are not part of the Queen? I work in psychiatry and I deal with all kinds of people who are no longer thinking and behaving, should I say normal? Sometimes I think that some of them might be Namlu'us, but their genuine soul is suppressed. How can I be sure? How can I protect myself in order to retain my energies? I have studied to work in the health, to take care of the sick, but now that you have opened my eyes, I am no longer sure if that was the right choice. I go home after work feeling so heavy and very tired. I do put a shield in front of me and also lock myself inside a ball just to protect myself but, I think i need more than that. Please advise me.

ANSWER: Of course, it is normal to show compassion to others. Where we get into trouble is when we become emotionally invested in someone else’s journey. When someone else’s life circumstances create fear and worry inside of us for that other person, that is an indication that we have formed an energetic connection to that person. When our thoughts turn toward that person, we are giving that person our focus and we all know by now that “where focus goes, energy flows”. This is not to say that all emotional connections and relationships with others are bad for us. Some are very beneficial. If you are a parent, for example, it is appropriate to worry and be afraid for the health and well-being of your child. As for adult/adult relationships, only you know if your relationships are beneficial to you or harmful to you.

If you find yourself investing more of your thoughts/energy than what is appropriate to someone who does not have a close relationship with you, or to put it in another way, if you find yourself “bringing your work home with you”, this might be a good opportunity to evaluate how much of yourself you are giving away in your interactions with others people. We can’t know someone at a soul level from a perspective of a surface level relationship. Only within an intimate relationship with another will you be able to discover that what appears to be true

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intent is actually manipulation and this often takes years to discover, as it is often very well disguised. There is nothing wrong with showing compassion, kindness, and generosity to others no matter who they are. In truth, we really don't know who they are, and everyone is allowed the benefit of the doubt until we are given good evidence to the contrary. You can protect yourself by learning to create healthy boundaries when interacting with others. This does not mean putting up a wall between you and others. This means figuring out what you will and will not allow to take up space in your internal landscape, what you can and can't do anything about, and your own perceived role in other people's lives.

Thus, so long as a person is not repeatedly abusive, or in one way or another going behind our backs to hurt us, it's perfectly fine to give them our love and compassion. We all need to be well-studied in narcissism and codependency, however, in order to live a functional life, so when we notice the red flags, we need to be on alert and reassess the situation. Is this person feeding from me? Are they abusive? Do I feel drained? It's not as important to establish whether a person is of the Namlu'u soul group or not because trapped star beings can be very compassionate, too. It's just the empty vessels and abusive people whom we need to cut out from our lives, when possible. Even empty vessels can act "normal," without feeding off us—they are just "background people," who sometimes are what we could call "neutral." "By their seed you shall know them," as the saying goes.

You are working in a field where people are much wounded, and it's difficult to distance ourselves from all that. It's good that you're shielding yourself, but it might not be enough. We are *all* codependent to a larger or lesser degree, even if our parents were not narcissists, so the only ultimate solution is to emotionally heal ourselves. Then, we learn to set up healthy boundaries and can keep other people's issues on a distance. We, Ariel and Wes, posted a thread on our forum (link below this video if you're watching it at wespenrevideos.com—otherwise, see transcript), where each person can determine what kind of codependency they use as a coping mechanism, with references to where one can heal¹.

¹ <http://wespenreproductions.boards.net/post/6507/thread>

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If you look at your coworkers, you MIGHT find that some of them seem to cope fairly well with your challenging job, but those people probably have stronger boundaries and can separate themselves more easily from their environment. It's good to be empathic, but while healing from codependency, we learn how not to make the other person's problem our own. You might also want to consider whether it's worth feeling the way you feel, or if it's time to look for another job.

QUESTION 3: How do they trap animals in the reincarnation trap? How are animals lured in the tunnel? The same as people?

ANSWER: There are very few references to what happens to animals when they die, and we, more or less, have to go on channeled material for potential answers. What we hear from some of these sources is that animals have their own soul groups to which they return after death. Whether they go into a tunnel or not, we don't know, but it might not be necessary. They might be programmed to return to wherever they go. Do they reincarnate? They probably do, in one form or another—either as the same soul complex or as a piece of a soul “soup,” from which new soul energy is funneled into a new body.

QUESTION 4: It seems to me that purpose of energy is to create, otherwise there is no expansion. I don't think we need to store it or hoard it; we need to use it. Therefore, should we not focus on eliminating bottlenecks and expand our ability to utilize greater amounts on demand (bandwidth), rather than to seek to accumulate large amounts, then execute? Is not source our infinite battery storage system?

ANSWER: Good questions! Yes, we agree. The problem with humans is that they have forgotten how to rejuvenate themselves. New soul energy is normally collected from the Central Fire in the “middle” of the KHAA—this is where souls get their energy. However, we humans, in general, are almost completely disconnected from the Central Fire, and only a small amount of energy is picked up from there. The majority of humans just recycle soul energy within the Matrix System, which makes it necessary even for those who are not narcissists to feed from other humans. Thus, we deplete each other.

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When we wake up spiritually, we reconnect with our genuine soul, and we start drawing energy from the Central Fire again. The more awake we are, and the more we learn to set boundaries, the more energy we will collect, which we can use as we please. But if we don't have boundaries and refuse letting others feed from our energy, we will continue being drained of energy. As it is now, the Overlords are using us as batteries, so people's soul energy goes to them, unbeknownst. It's when the boundaries are set, and we know how to direct our energies that we can make progress. Otherwise, it's a constant gain and loss of energy.

Creation happens whether we consciously focus on it or not. No one here is holding onto large amounts of energy and then deciding to execute. We are "executing" every single second of our existence with our thoughts. People think they are only creating when they decide to, but this is not accurate. You are correct in that energy is used to create; however, we are constantly emitting our own energy and interacting with the energy of everything around us, so we do not understand your description of hoarding energy. When we manage to reconnect to the Spirit that is inside us, we are connecting to our own source of energy.

QUESTION 5: You stated that we are recycled back to the same period in time over and over again under the premise of getting it right. Much like Groundhog Day? Is this in addition to having our original soul recycled over other periods of the earth's existence (for example, born as the same person in 1965 seven times so far, 1832 nine times so far, 1758 twelve times so far, etc.)?

ANSWER: Exactly! It's like having a box of let's say 100 DVDs, where each DVD is one time-loop. If you, who ask this question, is called Bill, you are looping within ONE of these DVDs over and over, but you have the option to change the script by making other choices each lifetime. The other 99 DVDs are your other life cycles (loops), experienced by other soul splinters of you—each with its own personality and individuality. There is no conscious connection between these loops, just like there is no connection between one DVD and another. On rare occasions, we can get a glimpse from another loop, but mostly, when we talk about "past lives" in other time periods, they are memories based on the genetic/ancestral line rather than the person's own soul experiences. In other words, they are experiences made by other souls than you.

QUESTION 6: You mentioned how we find partners who mirror our parents essentially, which doesn't help our healing. How then ARE we supposed to heal from parent issues? Is it something we must just do 100% on our own through understanding?

ANSWER: As codependents, we are lacking something from our childhood; usually it's love and intimacy. We might have been overtly abused, or we have been neglected (sometimes both), and it's equally damaging. When we choose partners in adulthood, we usually subconsciously choose partners that mirror the side of us that we're lacking. For instance, if you crave intimacy and closeness, you might subconsciously choose a partner who has personality traits that actually prevents you from having intimacy. Why? Because this partner stirs up all the childhood issues you have with intimacy, and therefore, mirrors the parent who didn't give you intimacy, and you now get a chance to heal. We all need intimacy, and the partner who has a difficult time giving it to you, if he/she is also codependent (or counter-dependent, as it's called), he/she has another coping mechanism than you do. You might have been neglected, or didn't have your needs fulfilled, at an early stage of your childhood, so you can't wait to have that hole inside you filled. Your partner might have had his or her main traumas at a later stage in childhood, so this person's coping mechanism would be to push away everything that has to do with intimacy. If both parties realize this, they can help each other heal by learning how to meet each other's needs. There are good books on how to do this (see link below this video^{2 3} or see transcript). This does NOT work if a codependent is in a relationship with a true narcissist, however, because the narcissist won't be able to change.

QUESTION 7: From Dolores Cannon book; they always talk about different planets and how we need to evolve from here; earth the training ground, from your information. If I'm correct, these are all part of this construct, so are the entities that are speaking also Enki's minions?

² https://www.amazon.com/Breaking-Co-Dependency-Janae-Weinhold-Ph-D/dp/1577316142/ref=sr_1_1?crid=3EDJGTU1RGSTQ&keywords=breaking+free+of+the+co-dependency+trap&qid=1580593288&srefix=breaking+free+of+the%2Caps%2C184&sr=8-1

³ https://www.amazon.com/gp/product/1577316053/ref=dbs_a_def_rwt_bibl_vppi_i2

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ANSWER: Yes. We still haven't found any channeled material or so-called "data dump" that doesn't come from within the Matrix. Everyone within this construct is being used by him for whatever agenda he has. Not everyone within this construct is aware that they are trapped within a construct. To them, they believe that what they experience is all there is, and they do not question it. They do not know that anything exists outside of this experience that they perceive as being the "Universe".

QUESTION 8: I'm looking at Monroe's "Far Journeys" and his explanation of creation of this construct by someone (EnKi) and the diabolical way that they stimulate loosh production by us 'lulus' for their sustenance and pleasure. The explanation fits your description of the second rate copy we experience. It got me thinking; if the Mother Goddess of Orion created the original (before it was destroyed along with Tiamaat), did that also mean that she also desired or required Loosh? It's bad enough being a lab rat for EnKi, but did that apply to the Mother Goddess as well?

ANSWER: No, the Queen does not require loosh (soul energy) from us. We *are* Her (extensions of Her soul energy), created as individuated units of consciousness, and we were incarnated on Tiamaat to try to accomplish our task all on our own—no one was supposed to feed off us. Also, if She **WOULD** have fed upon us, that would be like feeding on Herself because we are Her in split versions.

Loosh, in the way that Robert Monroe described it, was En.ki's creation because he and the rest of his ilk are cut off from most of the Universe. They need this substance to survive. It is very much like the energy we mentioned in the answer to question four. We are able to reconnect to our original source of energy. They are not. They can only obtain it through us. The Queen **IS** the source of her own energy. She does not need it from us.

QUESTION 9: Regarding the Flood; I am just wondering...for those human beings, was it possible to leave the body at will and in this way to avoid experience "physical trauma"?

ANSWER: From our understanding, the version of homo sapiens who lived before the Flood were functioning in the same manner we are; they were connected to

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their bodies to experience a 3-D environment, and the only way for them to “leave” would be to die, just like us.

QUESTION 10: Do stones die and how would they trap stones? I means for instance like in volcanic eruptions?

ANSWER: Although stones, rocks, and everything else in existence contain soul energy in one form or another, stones don't die, from our perspective, but they can transform. For instance, a stone can turn into smaller rocks, which can turn into sand. It's the same energy just taking another form.

QUESTION 11: Do you know the proper frequencies of earth and other constructs including the Khaa? For instance, I'm always hearing about 432 Hz and such; are there any that could actually be beneficial for us that wouldn't keep us connected to earth energy? Do you know of any that could help connect us outside of the grid?

ANSWER: The KHAA, we assume, consists of an infinite amount of frequencies. We hear, see, and feel frequencies because we have a physical body that allows us to experience the physical effects of vibration. There are some vibrations that are out of our range of physical perception, both upper and lower. When we hear a sound or when we are in the presence of a specific vibration, pay attention to what affects it has on you, both physically and emotionally. What is good for one person will not be good for another. There is no perfect frequency, but some do have more beneficial effects than others. What that might be for you, however, we can't say. Only you can determine that. We can't help being connected to Earth energy because we are connected to this planet, electromagnetically, through the visible light spectrum of frequency. It is what we were designed to experience by those who created these human avatars, and so to be human is to be connected to the Earth. So, no, we do not have any suggestions for how to disconnect with it.

In other words, because we are all connected with each other through the Grid that surrounds this construct, you and I are part of the mass consciousness, and this mass consciousness vibrates within a certain frequency range. Even when we wake up spiritually, we still vibrate mainly within this range, and it's impossible not to, so long as you're within the Matrix. When we raise our frequency, a part of us

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starts vibrating outside the frequency of the Grid, and you have epiphanies and insights. But if you would be able to vibrate *completely* above the Grid frequency, this construct would cease to exist for YOU, and you would be out in the KHAA. However, we don't think a human being will be able to achieve this with our short lifespan. Each one of us can do our best to rise above the crowd, so to speak, but death and going through the Grid will most likely happen before you are able to completely free yourself from the Matrix while still being in your 3-D body.

This video will not contain an episode of our miniseries. We have just completed the mini-movie "The Second Construct," and we need some more time to structure the sequence of "The Third Construct." But keep an eye on the regular videos we're releasing. We will attach the first episode of "The Third Construct" as soon as possible.

We also want to do a SHOUT-OUT for our Tier 3 and 4 Patrons, who are going far and beyond to support our work, so we can continue doing what we're doing. Many thanks to:

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