

## Video 210: Two Types of Spirituality

by Wes Penre, March 11, 2020

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

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**T**here are two main types of spirituality, as we see it. There are those who almost entirely concentrate on feeling good and elevated most of the time, in attempts to raise their vibration. Then, there are the truth-seekers, who are ready to see reality the way it is, regardless of how dark it might appear. Which one do you belong to?

Occasionally, we hear from certain people within the spiritual field that we, and others like us, are doing fearmongering, which will lower everybody's vibration and doesn't fill any purpose other than to make people feel hopeless. Some of these comments can even be quite condescending and antagonistic in nature. Those who

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complain about this suggest that we instead ignore the darkness and only embrace what's positive. They claim that this is the only way to evolve and ascend to a better place. Are these people correct?

It's not that those who promote positive thinking are not aware that the world is a dark place—they just choose to ignore it. Doesn't that sound like a good idea?

Well, let's take a closer look at this.

We, who are on a spiritual path, regardless of which of the two paths mentioned above we are on, we need to ask ourselves *why* we are on a spiritual path in the first place. What makes us different from those who are not? We have mentioned one reason for this in previous videos. We've said that if we are members of the original human soul group that we call the Namlú'u, we have a lot of love, compassion, and empathy within our native soul essence—more so than those who are not of this soul group. We also have buried memories of our previous existence on Tiamaat, before Marduk and the Invaders destroyed it, which subconsciously reminds us of our purpose with being in the original Experiment. However, does this explain everything? No, it doesn't. Star beings from other places, who have also been captured here, can be drawn to self-exploration, as well. And a Namlú'u soul can fall into any of the two spiritual categories, and so can a star being from elsewhere.

As we see it, there is a reason why some people choose the positive thinking path and others prefer to dig down the rabbit hole.

There is no person on this Earth who is not emotionally wounded, to a larger or lesser degree, and we all suffer from it in one way or another. If we study the spiritual field in general, we tend to see that most people who have chosen this path are emotionally wounded, in need of healing. They have had enough of all the pain and suffering that comes with being incarnated here, and therefore, they feel there must be something more than this, so they start searching.

Inevitably, when we start looking for a deeper truth, we will stumble upon some very dark things—both within ourselves and the outside world. It's when we reach that point the division happens. The reason for the division is fear...

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Some people get overwhelmed and shocked by the depth of the darkness they didn't know was there; at least not to this extent, and they might also realize that there is a darkness inside of themselves, as well, which is true for all people—we all have it, but we may not always realize it, or we have a difficult time confronting our own shortcomings. So, instead of looking at the darkness and what makes us feel emotionally triggered when confronting darkness in others and in the world at large, some people decide to suppress it and only concentrate on the positive aspects of themselves and of life in general. They gravitate to others in the spiritual field, who also want to suppress the unwanted sides of themselves and other people. Groups are formed with like-minded, and after a while, they start policing themselves and their peers. They will apply an unwritten policy that says “no negativity allowed.” If someone in the group feels down and depressed, they feel pressure from the group not to show this, and they put on a false persona, in which everything is fine. This is what they show to the outside world in order not to have their emotions invalidated. This is very common.

This is not very beneficial for anybody involved. No one can pretend to be high spirited when they're not and think that they can raise their frequency. If others in the group tell them, “stop being negative. Only think positive thoughts,” this is not very helpful. Who is then on a spiritual path—the real person or a false self, beneath which the true self is buried and hidden in fear? It just becomes a continuation of the underlying childhood traumas, and often unbeknownst to the person, they distance themselves from true spirituality. There is no room for growth. On a surface level, it might seem like people are growing in these cases because that's the attributes they choose to show to the outside world, but it's just the façade. In some people, their true self becomes so buried that all they operate from is the false façade. What's at the bottom of this is an almost complete denial of their shadow side, which is the side that needs to be healed in order for true spiritual growth to occur. Otherwise, we operate from the Matrix-constructed artificial soul only. Yes, it's very possible to operate from the artificial soul being “stuck” in a positive emotion.

Then we have the other type of spiritual category. These people might have started their path for the same reasons as those who are in the first category, where both categories have strong intentions to search for truth. The second category, however, don't stop when they bump into darkness and evil. It might feel terrifying and very

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uncomfortable, and it might substantially trigger them, but they have a strong urge to find out what's going on. It can feel overwhelming and tiresome to dig into so much darkness, but they still don't give up. There is a drive inside to know the truth because they "know" that the truth will set them free—nothing else but the truth. This means they are willing to look both at their outside environment and within themselves to try to figure out where all this darkness comes from and at their positive sides in conjunction to that—optimally, it's a search for balance.

This second category of people, when they're persistent, start peeling off the onion, one layer at the time. It is very time-consuming and depressing at times, but the more they learn about how this Matrix reality is set up and how it affects them, the more confident they become—this is *true* confidence, not fake. If we don't know there is a big hole on the ground, it doesn't matter how positively we think and how much of our shadow sides we have suppressed—we will still fall into the hole. However, those who, by hard work, figured out where most of the holes on the ground are located are less likely to fall into them and add to their dilemma.

The road to freedom is tough, but we only have two main choices—we either walk the path, regardless of the fear we might feel inside until we figure things out, no matter how dark it might be, or we ignore the darkness and put on a false persona of love and light and go right into the trap because we only saw light where there was darkness, and the dark shadows engulfed the ignorant, when he or she thought they were heading towards their own salvation/ascension. It's like not seeing the tiger in the living room because we choose not to see it, until the tiger puts its teeth in us.

Almost all people have fears inside—it's just a matter of how we handle our fears. The only way out is to take the bull by the horn and try to overcome it, not to ignore it. If we ignore it, we will inevitably be up for a big surprise, and it's not a positive one.

The goal of being on the road to our own freedom is not to be happy and cheerful all the time. The goal is to free ourselves from this Matrix. It doesn't mean that those who choose category two can't be happy, but without any doubt, it's often a tough and serious road to take. Don't think we can dance ourselves out of this by suppressing the "negative." If that's what we think, what's suppressed will one day surface with all its might, and it will be a handful to confront.

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On the second category path, we go through a range of emotions and thoughts as we learn. Eventually, we usually come to the solution that we need to leave the Matrix altogether because from all we've learned, we see that this is the only thing that will give us back our freedom. Even more interesting is that many of us, who fall into this category, over time do longer see the exit from the Matrix as an escape. Why? Because we have confronted how the Matrix is set up, and the fear diminishes in a natural way. Instead of acting out of fear, e.g. "I want to escape!" we start seeing that exiting is the logical thing to do if we want to continue our spiritual journey. Staying here will have the opposite effect, regardless of what spiritual path we choose.

We have stressed it before; the only solution we see being available to us at this point in time is to go through a hole in the Grid after this lifetime is over. The best way to exit is to have reached an attitude of doing it because it's the next step, not because of fear or from feelings that we need to escape (which is the same as fear, of course...)

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