

# Video 265: What Frequency do we Need to Exit the Patrix/Kenoma?

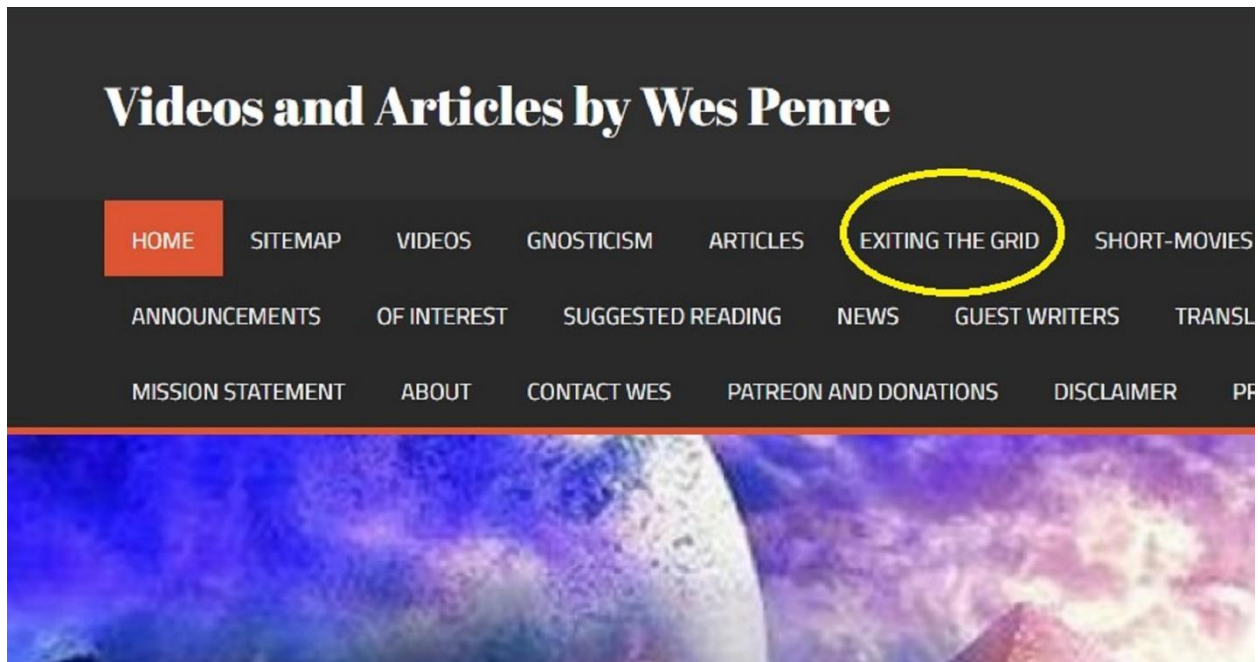
by Wes Penre, July 17, 2021

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

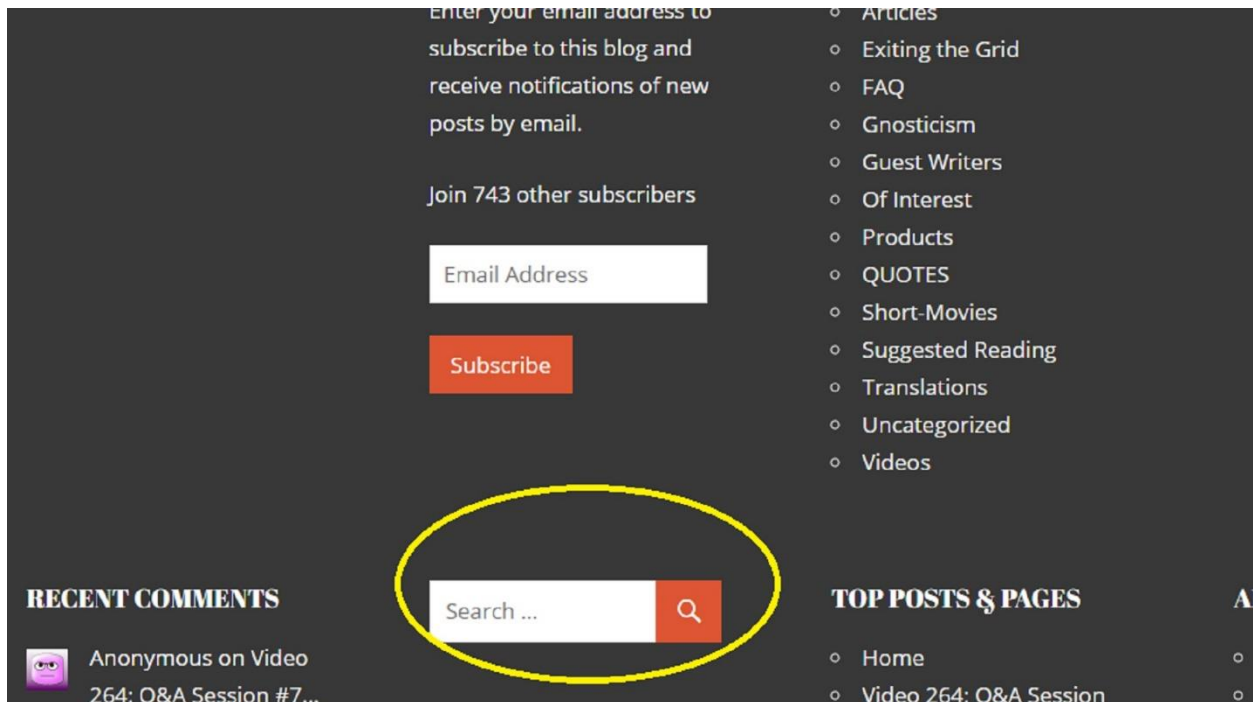
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I get many questions about exiting the Patrix/Kenoma, and the most common question I receive is about what is required to leave. How do we know that we are ready, so we don't get recycled here again, unless that's what we want?

I have brought this up many times in the Wes Penre Papers (WPP), in numerous videos, and in a few articles, but the question remains. Because of the quantity of information posted on my platforms, I understand that it's sometimes difficult to find the exact information you're looking for.



Therefore, I have added a category to this blog, i.e., *wespenrevideos.com*. If you look at the top section of any page, you see the different categories. The sixth category from the top (reading left to right) now says, "Exiting the Grid." If you click there you will find all the specific information I have posted regarding the Grid on this platform (the rest is in the WPP). And I will post more about it in this video and in future videos or articles if there is more to add.



When it comes to any subject I have posted, go to the bottom of any blog page, and use the search engine. I am subscribing to a search function that is supposed to find things more easily, so type in your keyword or keywords and see what comes up.

Now to the real content of this video.

There are a few things I need to clarify, and that has to do with vibration and frequency range. I am also going to use an analogy presented by one of my dear friends on our forum. I think his input can be of help to understand this better.

People ask me what frequency they need to vibrate within to exit the Kenoma. Of course, I can't give you a scientifically exact frequency range, but hopefully I can do better than that.

If you feel inside that you are determined to leave this construct and you feel inside that you have confronted and worked through enough fear about it to no longer be attached to this construct, you *are* of a matching vibration and will be able to leave. This is why it is so important to work on ourselves, our fear of death, and the fear of the unknown. If you notice you have issues on these subjects, I suggest you work on those. A good start is meditation in conjunction with education. Be curious, find out... The WPP, this blog, and the Gnostic texts are good sources to use in this regard. Use them, learn, and see if you can take it to heart. If you can, the fear of death and the afterlife should significantly diminish. There will probably still be a little fear left of the unknown, which is probably ok, but the determinism and the focus must be there. When the time comes, you can't hesitate or have second thoughts.

And one of the most important things is to *get rid of attachments to this world and this Construct!* I can't emphasize this enough!

When we talk about attachments, it's not just material things or people and pets we love; it's also attachments to this *Construct*, i.e., the fear of leaving and instead choosing the tunnel because of fear. If the person does that, he or she is of course not of the right vibration to exit.

Just because you know about the Kenoma and you can see it's the best thing to do, it's not a guarantee you can leave the Construct when the time comes. Fear might give you second thoughts, and you will choose the "safe" way, i.e., the tunnel of light, instead of the unknown. But let's say you still decide to leave with great effort and with significant fear, it might not be exactly what you hoped for. More about that at the end of this video. The best way to leave is to be in a higher frequency range than that. "Being of the right vibration," as I define it, means that you are so certain that you are going to leave that you *know* nothing will stop you. You won't have second thoughts, and you won't allow yourself to be distracted on the way. Even if there is a little bit of fear, that's okay, so long as you know in your heart that it will not stop you.

Then, we have another scenario. This is the person who wants to leave to *escape* the Kenoma. If it were up to them, they would leave any minute just to get rid of the pain and suffering and all the fear that this construct is producing, and to which they are the "victim" or the effect. Some people ask me if it's okay to commit suicide. I can't answer that because it's up to the individual what they want to do, but all the above will lower the person's frequency, and thus, the chance to leave. So, I certainly don't recommend suicide at all. You can hear more about suicide in "[Video 264: Q&A Session #78](#)," Question 6.

So, there are two major ways to leave the Kenoma: 1) A person does it because it is their conscious choice and not because of fear. They are fully prepared to go into the unknown; they know within themselves that this is the next step in their evolution, and it's not because they are fearful. This is what I call *exiting the Kenoma*. And 2) They are fearful and want to leave because the Kenoma is too much for them, and they can't stand it anymore. If they could and were brave enough, they would rather commit suicide than wait for their current lifetime to pass. This is what I call *escaping the Kenoma*.

Is it even possible to *escape* the Kenoma? Perhaps for some because I don't know the *exact* range of vibration (lack of fear) the soul needs to be at to leave. So, let's say we have a person who knows what to do but is full of fear. He still somehow manages to escape, almost in a "trembling" state, figuratively speaking. Remember that we are who we are, and we bring our strengths and fears with us when we leave, although we will regain extra power, too, because we've left the

Construct. What will be the difference between the soul who is fully determined to leave the Kenoma compared to another soul who escapes the Kenoma, still quite fearful?

I will end this video with my friend's analogy, which I think is very telling and obvious, knowing what we know so far. So, here it is:

"First of all, when a person lives in complete harmony with himself and is fully satisfied with what earthly life has to offer or has had to offer so far, it is pointless to talk about 'leaving' such a perfect world. Because of a short life span, the desire for the next cycle is very healthy and quite normal.

However, when one has come to realize that there is something not quite right about the system in which one lives and which gives the impression of living in a 'prison,' a feeling of 'once but never again' soon arises. One goes looking for a possibility to never have to experience it again. Thus, one longs to leave this 'prison'.

The idea of suicide has already been brought up and I think everyone should make that decision for themselves and consider all the possible consequences. Any choice that is made 'voluntarily' is for one's own responsibility.

On the other hand, for myself I have a certain idea of what it will be like for me.

In my imagination, I see a large 'prison complex.' I see a large door opening and someone walking out. Smiling, confident and waving at the windows of the building he's leaving behind. He's prepared for a new life, a new opportunity and he's not afraid of anyone, because he knows that no one will be putting a foot in his way either. He knows that he's no longer obligated to go back into the building, but if he wishes, he can visit again to support and help his 'old' cellmates with their 'time' in prison. He sets off whistling into a new, yet unknown future.

At the edge of the building, I see someone climbing out of a window on a rope and over the outside wall on his way to 'freedom.' Hiding, he looks around to make sure no one has seen him during his escape. Afraid of being discovered and caught, he hides behind every tree or bush. He looks around anxiously and has a strange sensation, he thought he had fled to 'freedom' but it doesn't feel that way to him. His new environment still feels like a 'prison', only now he has to take good care of himself and be careful not to be caught again, because then everything has been for nothing. Feeling anxious, he makes his way through the darkness and stays in deserted places where no one recognizes him. He's not very happy and often remembers that life in prison was a little easier than the life he has now found himself in.

With this story, I want to illustrate the difference between my choice in leaving or escaping the Patrix, after my discovery of what a prison this present world system is to my soul."

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