

Video 271: What Stress Does

by Wes Penre, Aug. 28, 2021

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



In this age of Information Technology, plandemics, and constant bombardment with bad news from Media and elsewhere in society, just living on this planet becomes a stressful thing for most people. In a few videos, I want to discuss what we, as a human species, go through internally during these unique times, and what we potentially can do to feel better and function better. This first video will address stress and how detrimental it is to our soul expansion and connection to Spirit.

There are two main factors to take into consideration when it comes to stress, as I see it. It's the legitimate/immediate stress and the subtle stress. Immediate stress is when something happens that needs to be taken care of as soon as possible to avoid things to get worse. This stress is valid because it puts us in an action mode, and we get ready to do something about the situation. We handle it, the problem disappears, and so does the stress. This is a normal and even important reaction to immediate stress. This is not the kind of stress we are going to talk about in this video.

It is the subtle stress that is so harmful. It does not come natural to humans; it is being implemented upon us and programmed into us by others; usually in an attempt to control us. It has existed and been used throughout history, but it's not until we've reached this stage of a global community that it has become a major global problem.

In today's society, we are manipulated; particularly through media; to get stressed about things we don't need to be stressed about, and eventually, we stress out over the smallest things because life itself seems like a big threat, when in fact, most of it is just fabricated by those who don't have our best interest in mind. It has now come to the point that many people are not even aware that they are stressed or even depressed; it has become the "new normal." Then they go to the doctor because they have physical reactions to the stress, making their body sick. So, the doctors give us pills to suppress the ailment that was initially caused by stress, such as high blood pressure and heart problems. In some cases, they give people tranquilizers to calm the nerves, without addressing the cause of the stress, which makes the underlying stress condition even more dangerous because now it's really suppressed. So, we get a sick society, where people are emotionally irregulated, and where many people die early when they shouldn't have to.

When we feel stressed, for any reason, it's crucial that we look at where the stress comes from. Did your car break down in the middle of nowhere, your phone was not working, and you were on your way to an important business meeting? Well, then the stress is valid; you need to do something about it. Are the Media telling you that you're going to be sick and perhaps die soon if you don't do as they tell you? Then ask yourself, is this a valid thing to be stressed over? How likely, based on real evidence and proof, is it that this is going to happen to you? And even if the chance for it to happen would be very minimal, is that something to be stressed over? Probably not. Train yourself to only accept stress in your life when it's something you need to take care of as soon as possible; not something vague that might or might not happen in a nebulous future, projected onto you by someone who wants to instigate fear in you, whether it's coming from the Media or from regular people in your immediate environment.

If we program ourselves to analyze each situation in this manner, we can probably reduce our stress with 99%, and the 1% left is immediate stress, and therefore valid. Soon, we'll see how manipulated we are, and almost all the fear and stress put upon us has nothing to do with us. You will also notice that if you let go of 99% of your stress (a made-up number, of course), the threats that made you feel stressed disappear, as well. And the next time you hear something on the news, or from whomever, you will automatically step back and analyze it. Is it a valid thing to be stressed about, or is it just fearmongering? The consequences from reprogramming yourself to lead a much less stressful life are, increased physical health, increased emotional health, more joy and happiness in life, and more involvement in life itself (which is crucial and something I will address in an upcoming video). You will also experience more love and compassion in your life, and your soul vibration will increase exponentially. You may also find that if you stop listening to the news for a month, your life will go back to normal, and nothing "bad" is happening to you. All these things you have been threatened with suddenly don't exist, and you go on with your life with no problem.

So, when you notice that the stress you feel was put on you by someone else, in your mind send it back to whomever emanated it and brush it off; don't let it become your problem. Like everything else, it's a matter of reprogramming yourself, and I have said before that it takes 21-30 days to do so if you continuously work on it; this has been proven in studies. Then, new neuropathways will be created, and we start behaving differently and more in line with being an overall healthy human. If everybody did this, the Media would not have any impact on the human population. Irrelevant stress makes us deaf, dumb, and blind; we can no longer distinguish between what is our own reality and somebody else's projected reality, and all our inner boundaries have crumbled. It all becomes a blur, and in a state of confusion, people grab onto any stable datum they can find. Thus, the formula, "problem-reaction-solution" works like a charm. For simplicity's sake, let's say the Media are creating a series of problems, people get confused and don't know what to do, so they hang on to any solution that can help them out of their confusion. Consequently, the same people who created the problem now present a solution that fits *them* but not *us*, and we thank them for it. It's easy to control an entire population with this simple formula.

To end this video on a more esoteric note, what happens to the soul when we get dispersed and engage in a lot of nonsensical problems and create our own stress? Well, the soul, as discussed many times before in the WPP and on the blog, comprises trillions of nano-sized fires, forming one soul, which is you. If we are presented with a number of different problems that are mostly made up, and we choose to react to them, we are sending out fires in all directions into different dimensions trying to solve problems that are not immediately solvable or not solvable at all because they don't exist, and this creates confusion, dispersal, and prevents us from being grounded (more on grounding in an upcoming video). We will have difficulties focusing enough on anything of importance because we are constantly busy splitting our soul into all these small attention units, each of them sent out in a fearful and stressful state. No solution can be found, but we keep sending these fires over and over on autopilot, letting the reactive, subconscious mind take care of it, instead of doing it consciously. So, eventually, we get completely out of control, and life itself seems threatening, and we don't even know anymore why we are stressed, when in fact, the only thing that was stressful was your car breaking down and you didn't have a phone.

Please consider signing up on Patreon. Without your support, it's literally impossible to continue with these videos and articles. Patreon supporters are what makes this possible. So, if you like what you see and hear, please consider going to patreon.com/wespenre and sign up. The URL will also be listed in the last frame of this video.

Here is a list of patrons who have agreed to being mentioned on my screen list—Tier 2 to Tier 4. Thank you for your dedicated contribution.