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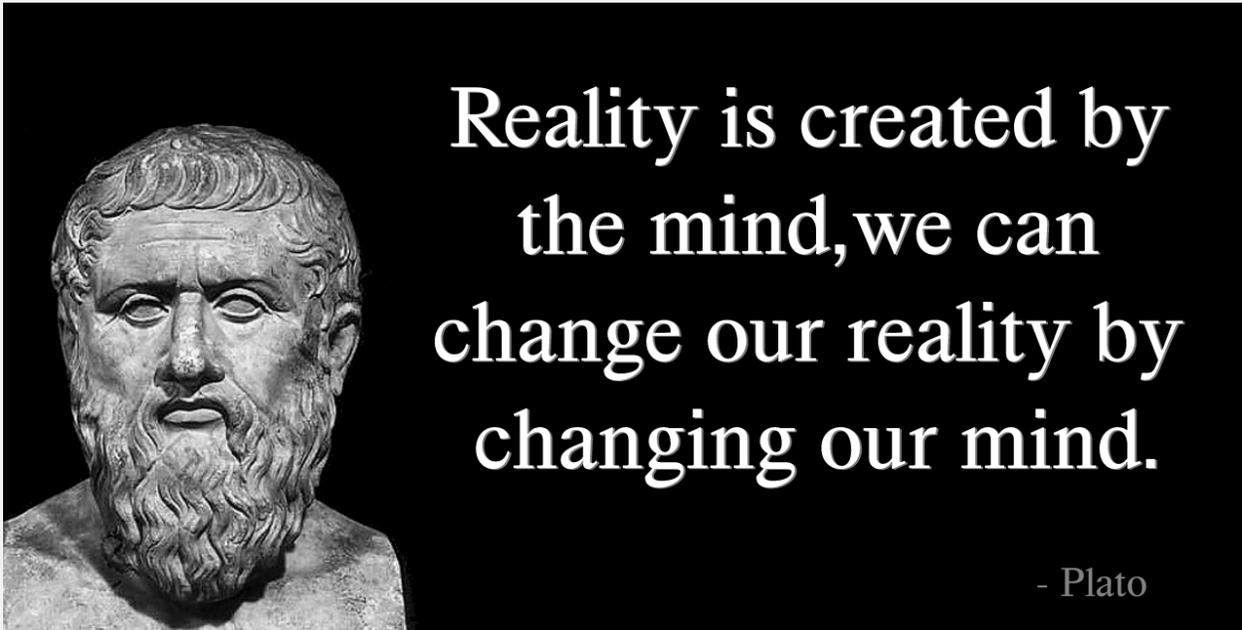
## Q&A Session #2, October 2022

by Wes Penre, October 2022

The video to this transcript can be found on my video channel:

<https://www.bitchute.com/channel/000ElkTlvwzt/>

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Thank you for all your questions during the time I had my surgery and during the recovery phrase. I am now completely recovered, btw. Unfortunately, I can only include a few questions in each Q&A session, but some questions I couldn't include here, I will incorporate in upcoming videos. But please send more questions at [wespenre2@gmail.com](mailto:wespenre2@gmail.com), and put Q&A in the subject line.

Now to the questions and comments:

**Question 1:** I read somewhere on the forum that the soul fires need time to disconnect from the physical body after body death.

How can we leave immediately after body death when our soul is still connected to the body for a certain time? These two data seem to conflict.

Do we need to stay in the astral world until our soul fires have been fully disconnected? Or is one of the two data falls?

**Comment:** I first heard of the concept about soul fires staying in the deceased body for a couple of days from either Annie Besant or Alice Bailey of the Theosophical society. I can't prove this being right or wrong, but I suspect it might be true. Regardless, it is nothing we need to be concerned about, according to what I learned during my Wes Penre Papers (WPP) years. I asked a contact not-from-here about this, and my conclusion from our discussions is that all we need to do is to exit through a hole in the Grid. Whatever might be left of us in the Matrix, Sophia, the Orion Queen, will help us retain or discard, whatever is appropriate. And that is basically the bottom line; *all we need to do is to exit!* Once we're outside the Matrix, everything else will resolve regarding our Matrix existence.

**Question 2:** What connection do the mind and muscles have? The deeper I go [in my mind], the more my body twitches. So, for instance, if I did a simple kick in [a] visualization, and if my focus was calm but powerful enough, my entire leg would jump all on its own. Even sometimes in the same direction I kicked in my mind training. No manipulation on my part. I've had this happen for maybe 6-8 years now and never knew what it was.

**Comment:** I can't say for sure, of course, because it's your experience, but it sounds very similar to what happens sometimes when a person is in the twilight zone, just before they fall asleep. In that stage, the soul/mind leaves the body to a certain extent, and the twitching is just muscle spasms when the mind diminishes its control over the body.

In your specific case, it sounds like the meditative state you might have been in created the same reaction—sometimes for the same reason explained here, but you also seemed to be able to reenact this specific movement with your mind. You say that since then you have reexperienced this twitch for 6-8 years, often without provoking it. It's difficult to say exactly what it is that triggers this movement each time, and whether it's for more than one reason, depending on your practices in general.

There are other medical conditions, as well, that can create this, so if you feel it's relevant, you could also see a doctor to exclude some other reasons than the ones I have suggested.

**Question 3:** On the subject of sleep: Do souls need it like human bodies do? Because frankly that sounds terrible, given our circumstances here on Earth, and how there's virtually no "safe place" to rest in the astral plane.

**Comment:** It's my understanding that the soul/mind does not need to sleep, but the body, acting like a battery in 3D, needs to recharge, which it is doing when it's sleeping. But if we think about it, the mind is not still and dormant when the body is asleep. It's in the astral, "dreaming" and experiencing. The dreaming part is not, from my understanding, a sleep state of the soul/mind, but an active part that we humans, in our 3D form, interpret as something connected to a sleep state when in fact it's a state of being awake because the mind is awake.

**Question 4:** Whenever I try to meditate or do silent work, I can hear a frequency barrier of sorts. It feels like a buzzing internal sound. What could it be? Have you ever come across something like this?

**Comment:** It seems like your soul/mind is trying to leave the body in a so-called out-of-body experience (OBE). If we listen to those who consciously have OBEs, such as William Buhlman, Robert Monroe, and Dr. Tom Campbell, they all tell us that one of the first signs that the soul is about to leave the body is the internal buzzing sound inside us. When we experience this, and if we want an OBE, just continue what we're doing, and there is a chance we'll get an OBE.

**Question 5:** When I leave this planet and have managed to escape the Matrix, and I've willed myself to Orion; if I instruct my children to call for me when their time is up, will I hear them? If so, can I assist them out of the Matrix?

**Comment:** There are a couple of ways that I know of for a 3D human to contact the KHAA, i.e., the Greater Universe outside the Matrix, but both methods require training and repetition. The first is by using double-terminated crystals. Crystals are good for storing information and for communication. I personally am not trained to do this and wouldn't even know where to begin. The second is through orgasms—particularly the female orgasm. A person can, before having sex, make a firm decision that during orgasm, they will open a

portal between themselves and whomever they want to communicate with in Orion. With the right training, this can be achieved. Again, this is nothing I am capable of training anybody in.

So, because of the density difference between our Matrix and Orion, the Greater Universe, it is not so easy to communicate between the two. My advice is to discuss this with your loved ones, and suggest they exit the Matrix first, and afterward, they can just think themselves to you, and they will be there in an instance. For example, a son who wants to meet his mother after entering Orion could think, "I am with my most recent Earth mother NOW!" That will execute the intention immediately when he says NOW.

**Question 6:** In the KHAA, where everything is thought, can you create anything you want just using your thoughts as in, *I can think of something and it will appear*, since it's the speed of thought?

**Comment:** As a creator "god," i.e., a spirited human, or a spirited soul in general, you can create with your mind and manifest it. This I learned is the case during my WPP years, but it is also very well documented in the book, "Seth Speaks," channeled by Jane Roberts. Seth is a discarnate human, who has worked as a spirit guide in the astral and is currently working as a messenger (channel). He explained the creation process splendidly. But people have, through OBEs, also explained the same phenomenon happening in the astral.

We humans, even in our ignorance, create all the time with our minds, and we're not aware of it. The lower astral plane is full of our metaphysical creations—some of them never manifested in 3D "matter." Many of these creations in the astral are only partly created, such as a third of a house, and half a car, etc. This has also been described by mediums, by OBE'ers, and by others.

Here in 3D, the creation process is slow, though, because of the density. If you put an intention out that you want a Ferrari, you create it in the astral—the astral being the lower dimensions of the mind above the "earth mind"—you probably won't have a Ferrari immediately, but if you keep that intention alive, without contradicting it, sooner or later you may get one.

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Have a great day and I'll be back soon!