

AFTERLIFE EXIT

Latest update, March 27, 2024 (with an Addendum added at the end).

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Forewords by Wes Penre:

The following paper is written by Suzaku, a friend of mine, and a forum member at wespenreboards.com. This was written to make exiting from this Matrix through a hole in the Grid as smooth as possible. Also discussing potential obstacles that the soul might encounter in the astral on its way out, this paper becomes extra valuable.

Please read and also download the PDF file to always have it handy. Also, feel free to distribute this paper in PDF to anyone you think should have it. The more people who can exit this 3D Construct after death, the better for our entire human soul group.

Enjoy,
Wes Penre

[IMPORTANT! If you downloaded this essay prior to March 27, 2024, please delete that version and reread and redownload the version below].

AFTERLIFE EXIT

Latest update, March 27, 2024 (with an Addendum added at the end).

I wrote this paper because I want to share the information contained in this writing with you before I die. I can leave this world with full satisfaction, knowing that I imparted this knowledge to you, gained through years of truth-seeking. I do not desire to force my beliefs and values on you, and I will not be upset if you entirely reject the opinions and beliefs in this paper.

In this paper, I am giving an overview of what we can expect when we are in the astral realm and in the realms beyond. This is information you need, so you can understand the purpose of this paper—how to break the cycle of reincarnation and return to the Greater Universe, from which we originated. Using all that I have learned, I have included the most essential information to become free by exiting this reality forever after your death, through a “hole in the grid.”

The Grid

The grid is a metaphysical barrier that prevents humans from exiting our physical reality (also called the Kenoma, Matrix, or the Construct). Once outside our reality, you are “free forever,” able to retain your unique consciousness, escape reincarnation, and you will be immortal. My intention is to exit this reality through a hole in the grid as soon as possible, immediately after realizing that I am dead.

Here is a recent YouTube video, “**The Soul Net: The "Grid in the Sky."** It is about the Grid:

<https://www.youtube.com/watch?v=fAHagWBRUYQ&t=2s>

The holes in the grid have been corroborated by several different remote viewers and by Wes Penre (<https://wespenrevideos.com>, <https://wespenreboards.com>, and <https://wespenrevideos.com/the-complete-work-of-wes-penre-and-ariel-glad/>). Excluding Mr. Penre and the remote viewers, I think all of us lack the personal experiences and confirmed references to undeniably prove the existence of the holes in the grid. So, we must use our own intuition to make the decision whether the holes in the grid exist.

Is there another method to exit our reality than the holes in the grid? Unfortunately, I do not know of any other method. No one has provided a solution, other than Mr. Penre's source concerning the holes in the grid.

The Exit Out of this Reality

After death, you will be in a different plane of existence than you were in life. That plane is called the "astral". Within the astral, immediately after death, any disease, infirmity, or disability that you had prior to your death will be gone. For example, if you in this life were totally blind you will be able to see things clearly in the astral after your death. Do not worry that any infirmity, disease, or disability will prevent or reduce your opportunity to exit this reality.

The Grid is a vibratory energy grid, preventing exit out of this physical reality. At death, look above you and use your deceased body as a reference to search for a hole in the vibratory energy grid. After you've spotted the Grid, look for holes. There should be plenty of them, (think of the many holes in a Swiss cheese), and you can focus on any of these holes. It's like seeing a hole in a texture that is otherwise uniform in the vibrating energy Grid texture. That hole is where you want to exit, and you do it by using thought, intention, and focus.

The astral is thought-responsive, so when you think something, it will happen or manifest. So, if you think (project) yourself to be outside the Grid, through a hole, you will, in the next moment, be outside our grid. It is likely that you will perceive the holes to be inky black, but they could be of a different color, depending on your personal perception. What is important is to exit through any of the holes in the Grid you may envision. There are no "false holes" leading to disaster.

Passing through this hole will lead to a universe that is outside the 4% visible universe that we can see with our eyes (the spectrum of visible light). When you are outside our grid, all the memories from your past lives will return to you. The restoration of your memories is confirmation that you are outside the grid.

To move in the astral, use your "True Intent". **True Intent is a focused unadulterated pure intent to accomplish a single purpose!** The universe responds to a person's true intent, created "within" the consciousness (mind), then making that intent a true reality (outside the person) that is observed by the senses. The Quantum Mechanics scientific model agrees with this concept that consciousness alters physical reality.

The "True Intent" focus must be more than mere concentration. The focused intent must have the complete exact conceptual design of the object to be created, the teleport destination, or action to be implemented. It is like providing simple exact instructions to a person or a machine. These

“Pure Intent” instructions must be pure, unadulterated, and unambiguous to understand and complete in concept for the executor (the Universe, machine, or person) to execute instantly. “True Intent” is the original intention that will bring you out of this place in no-time and without any hindrance. No ifs or buts—just do it. And you can do it because your original intention (True Intent) is pure and unadulterated.

To move through the hole, use your True Intent to teleport instantly without the passage of time. Since you lack a physical body in the astral, the speed of light is no longer a limitation on how fast you can move. To relocate in any direction, use your True Intent to imagine (project) yourself at the desired location, and after the intent is implemented, you will teleport to that location.

A Simple Three Step Exit Sequence

1. If your mind is dazed or confused, or due to the violent circumstances of your death, use the pure focused “True intent” to command **“Clarity NOW!”** to gain mental clarity.
2. Use true intent to show a hole in the grid. The wording suggested is **“Show me the holes in the grid NOW”**. Ignore everything other than the search for a hole in the grid. Alternately, you can use your senses to search and identify the hole in the grid. In my opinion, using True Intent to command the hole to be shown will be faster than taking time to search for a hole.
3. Immediately after the hole in the grid has been located and identified, use the True intent focused on the located hole: **“I am through that hole at the highest aspect of myself where all my memories are restored NOW !”** The word **“at”** is preferable to the word **“to”** because **“at”** means that you are already at the location you desire to relocate. If you use the word **“to,”** this would imply a passage to the desired location which could take the passage of time.

Note – If for any reason, you have a problem seeing the Grid, or if you are uncertain whether it’s the Grid, you can always use the command, **“Grid Clarity NOW!”** That will show the Grid.

About six months after my original writing, Mr. Wes Penre’s **“The ORION Book”** was published in January 2023. In his writing, Mr. Penre, has good recommendations how to successfully execute your intentions. I included these suggestions because I believe these ideas will really help people successfully exit. These recommendations are quoted below:

“There are three things you need to combine to get the best result when you execute your commands, and for many of us, these three things will happen automatically. But I still want to mention them:

1. **Imagination.** *You imagine the outcome in your mind. For example, you imagine yourself outside the Grid before you are there.*
2. **Intention.** *You need a clear intention that this is what you want. You can’t be in doubt about it, or it won’t work.*
3. **Thought.** *Execute the command in your mind. Some souls don’t need to do this; it’s enough to set the intention and they are on the other side. They think in packages rather*

than words, and all they need to do is to spot a hole in the Grid, and before they know, they are on the other side. The intention to go there, without a conscious thought about it, will work for some.”

- “The ORION Book” - Page 355, Hardback Edition

Some notes about the exit sequence:

1. Ignore everything other than what is needed to exit from the Kenoma.
2. Use of the word “**now**” takes away all confusion, and the only thing that can happen is that the command gets executed in the exact moment the **NOW** is thought. If the **now** command is not used, there may be a delay between intent and implementation.
3. **Search for the hole in the grid before using intent to go to the highest aspect of oneself** because if you use the intent to go to the highest aspect of yourself before finding the hole, you could accidentally go to the highest aspect of yourself within the Kenoma instead and not exit.
4. **Freewill.** You have absolute free will to choose anything but must accept the consequences of your choice. Without your expressed or implied consent, nothing and no one, guardians, relatives, spirit guides, pets, and friends will not have any power over you and cannot stop you from exiting (you are free to exit). Guardians are beings that through fear and intimidation will try to gain your expressed or implied consent to remain in our reality through your submission or appeasement to their demands.

When you arrive in the astral plane after your death, you have absolute free will and are not bound by any soul contracts or failure to declare sovereignty.

Soul contracts are agreements between you and entities (gods, powerful beings, unseen beings, and others) made pre-birth or during your life. The soul contracts and soul contract amendments are legally null and void (lack power over you) because these entities use fraud, deception, mind control, technology, and coercion to gain your expressed, implied, tacit, or assumed agreement and consent. Astral beings and others will try to manipulate your feelings of fear, duty, obligation, and guilt to gain your consent for obedience, in accordance with the legally null and void soul contract or soul contract agreement to remain within the Kenoma and to follow their directions.

Will a soul contract prevent a person from exiting? No, because once the intent, “I am through that hole at highest aspect of myself where all my memories are restored” is implemented, the person is outside the grid, regardless of soul contracts made in life or at pre-birth.

Declaring Sovereignty is a written and/or oral declaration to break any soul contract, soul contract amendment, allegiance, servitude, duty, obligation, and relationship to any being with whom you may have a relationship. Sovereignty declarations usually specify exact beings (parties) and all potential unknown parties, whose relationships and agreements are to be totally severed, null and void.

You do not need to declare sovereignty before or after death because you are already sovereign. Sovereign, meaning that you are not a subject, servant, or slave of another, whether it is a god, unseen entity, or some other being. When you provide the consent to obey, you **give up your power of free will to the being that was given your consent**. Be aware that astral beings will try to use fear, coercion, obligation, and other manipulative means to deceive you into thinking that because you failed to declare sovereignty, you are under their power and control. Ignore these astral beings and their false claims; we are beings of freewill and can leave the Kenoma as we please.

5. The Law of Manifestation. The most familiar of all the laws of attraction, this law states that the object of our constant focus will manifest in our lives, irrespective of whether it is positive or negative. All our thoughts and feelings are mirrored in the world around us, making our minds an incredibly powerful tool. The more positivity we manage to infuse into our minds, the more we get in our lives. The converse is also true, i.e., the more negativity we manage to infuse into our minds, the more of that we get in our lives. Using the Law of Manifestation, you can create an intent that when you arrive in the astral, you will be alone, peaceful, and the holes in the grid will be easily seen directly above you, allowing an uneventful and safe exit. To establish a peaceful arrival: Before your death, regularly visualize arriving in the astral plane that, when you look around, is empty and unoccupied by any being other than yourself; quiet, tranquil, and with the holes in the grid appearing very big, easily seeable within the uniform texture of the vibratory energy grid. However, if you create an intent that the astral afterlife will be filled with scary beings and obstacles, you will encounter these fears in the astral, possibly making your exit difficult.

6. Absolute worst-case situation where a “hole in the grid cannot be identified and located. If a “hole in the grid” is not visible, as a last resort use the “True Intent” - **“I am at the 'highest aspect of myself' outside the grid, where all my memories are restored. NOW”**. **Remember that you need not worry. If you use the Law of Manifestation, in that prior to your death, you manifest the intent that all holes in the grid will be true portals for exit, then the holes will exist, will be visible, and all holes you observe in the astral will be true exit routes.** This worst-case scenario should not occur.

7. Communication. Lacking a physical body within the astral and outside the grid within the greater Universe, you will be able to communicate telepathically with others. Be aware that initially you may lack the ability to shield your thoughts from other beings, who can mentally communicate with you and have the ability to shield their thoughts from you. Eventually, outside the grid, within the greater Universe, but not within the short time you are in the astral, you will be able to shield your thoughts from others. Beings you may encounter may choose to use pictograms (pictures) instead of speech to communicate with you. Pictograms are more accurate to convey true meaning than speech sounds that often have multiple meanings.

8. The grid has an effect of blocking the memories that are stored within the Greater Universe to be accessible to humans inside the grid. Once you have exited the grid, the grid can no longer block your memories from returning. Therefore, if your past lives memories start returning, it is confirmation that you are outside the grid. If you are at the “highest aspect of myself” within the

grid, you will not regain any memories, but will instead lose the memories of your most recent life the longer you remain within the astral plane, which is within the grid.

9. The reason for being at the “highest aspect (best version) of myself” is because this location is where you will have the highest abilities (including memory) that are available in your surroundings. **The “highest aspect of myself” location is the most desirable (best) dimension, space (location) and safest for yourself, where you will be at the best version of yourself.** If you are at the “highest aspect of myself” outside the grid within the greater universe, your surroundings are the Greater Universe. Therefore, your abilities will be 100 percent of what is possible within the Greater Universe. If you are at the “highest aspect of myself” within the grid, your abilities will be limited to only what is possible within the grid. Since the space enclosed by the grid is only 4 percent or less of the universe, your potential abilities are much smaller than what would be possible if you manifested outside the grid in the Greater Universe.

10. **Feelings of Unworthiness.** You do not have to be a holy person, saintly, or a morally perfect person to exit through a hole in the grid. Remember, you are passing through the *hole* in the grid—not the grid boundary itself!

11. Prior to your death, try to develop into the best version you want to become. Remember that the Universe is thought-responsive; it will use your version to determine where you will be when you use the True Intent, “I am through that hole at the highest aspect (best version) of myself”. Even though you exit through a hole in the grid, if your personal traits need significant improvement, you may not arrive at your desired location. **You should avoid suicide. Taking your own life greatly lowers the quality of your personal traits and your version of the highest aspect of yourself.**

I do not know the consequences to your version of the highest aspect of myself after successful exit if suicide is chosen when one is terminally ill and when in chronic unbearable pain, and recovery is impossible. This is a personal judgement and free will decision.

You can improve your personality and character prior to your death by controlling your reactive desires within your consciousness (mind), making you react without thinking carefully about the consequences of your actions. To break most personal habits or traits, it takes a minimum of 21 consecutive days of implementing new behavior to replace the undesired behavior and have it eliminated.

Some personality traits and habits take more than 21 days of continuous efforts because the events triggering reactions do not occur continuously over 21 days because these events may be outside your control. For instance, if you are sensitive to trivial insults, you may not be exposed continuously to insults every day for the 21 consecutive days needed to make a reactionary behavior modification.

An example of the need to control reactive behavior would be if you are very sensitive or petty to perceived insults or criticism, and you may “reactively” respond to the perpetrator, causing undesirable future consequences. When you encounter beings in the Greater Universe, these

beings may lack the range of human emotional intelligence (e.g., empathy), values, bias, and beliefs, and may look entirely inhumanly alien in form. If you reactively respond to an insensitive or trivial irritating behavior from such beings, the misunderstanding can possibly cause you lasting future harm.

You will never become a “perfect” person. Avoid accumulating guilt that can be used against you by astral beings that you may meet in the astral plane. These astral beings can read your thoughts to identify your weakness that can be used against you. These beings will try to use your guilty memories and regrets to manipulate you into remaining within the astral plane and reincarnating back into the Construct to remedy past failings in your prior life.

Instead, when you have a behavioral failing, admit your failing, take corrective action, try to not commit the same shortcoming again, and forgive yourself. You are not perfect. Undoubtedly, you will commit the same shortcoming again. Simply do your best to try to reduce the frequency of your shortcoming to get in better control of your own mind. Just strive to become the best version of yourself that you want to be so you can reach the best possible potential dimension and safest location in the Greater Universe after your exit through the grid.

ASTRAL PLANE OBSTACLES

Fear

Fear and feelings of helplessness are the greatest obstacles that will prevent exiting. Anticipated visions of fear and helplessness in the afterlife while alive will become manifested in the astral after death. Since what is manifested into reality (created) “within” one’s mind becomes manifested “without” (outside) of the body. **Fear and feelings of helplessness are the greatest means of controlling people.** Fear, coercion, intimidation, or deception to prevent humans from exiting would not be required if consent was not needed. No one can prevent a human from leaving the Kenoma without gaining their consent.

Discernment

Discernment is essential to avoid trickery in form of illusions that will prevent exit. Illusion and reality are not easily distinguishable in the astral. You may see illusions based on preconceived afterlife beliefs such as “heaven”, “hell”, or other afterlife beliefs. Therefore, I think that after death it’s best to consider everything as illusions in the astral, except for the “holes in the grid.”

If you use the Law of Manifestation, to imagine that all holes in the grid will be true portals for exit, then all holes that you observe in the astral will be true portals to exit through.

If due to fear, you use the Law of Manifestation, imagining that only *some* holes in the grid may be portals for true exit and some false illusions, then some holes that you observe in the astral will be true portals for exit, while others will be false illusions.

The following test is for those who fear that some holes in the grid may be illusions. **Remember that you need not worry. If you use the Law of Manifestation, that prior to your death, you**

manifest the intent that all holes in the grid will be true portals for exit, then all holes that you observe in the astral will be true exit routes.

The test if the hole is an illusion is when you use the True intent focused on the located hole: **“I am through that hole at highest aspect of myself where all my memories are restored NOW !”** and you do not teleport or relocate. This means the universe will simply not allow you to teleport through the illusory hole where all your past memories will not be restored. In this case, just pick another hole to exit.

Be confident that using the True Intent, **“I am through that hole at the highest aspect of myself where all my memories are restored NOW“**, will not allow you to go through any false destination; the thought responsive universe will not allow it.

The best method is simply to use the “Simple Three Step Exit Sequence” and use the Law of Manifestation that prior to your death. If you manifest the intent “all holes in the grid will be true portals for exit”, then the holes shown in step 2 will always be true and not an illusion.

Tunnels of Light and Attachments

The tunnels of light, spirit guides, deceased relatives, pets, and deceased friends are means to deceive humans into consenting to remain within the Kenoma. Spirit guides, friends, pets, guardians, and relatives will use emotions and feelings (e.g., love, peace, happiness, acceptance, fear, loyalty, and duty, etc.) to gain your consent to steer you into the tunnel of light. Entering the tunnel of light will greatly increase your danger of remaining within the Kenoma. Remember to consider that **everyone you meet in the astral could be an illusion.**

You may never see a tunnel of light, or you may see one or more tunnels of light. Be advised that these tunnels can have different colors, such as white or gold. **Exit before entering the tunnels.** Your teleportation power using True Intent is much more powerful than any tunnel’s attraction power to pull you into the tunnel. Just teleport as far as possible and directly away from any seen distraction. **Do not enter any tunnel of light.**

If you should enter the tunnel of light or any place after passing through the tunnel of light, use the True Intent, **”Show me the holes in the grid. NOW”**. This intent will teleport you where you will see the holes in the grid and allow you an opportunity to execute an exit intent.

Here is a video, explaining the tunnel of light: **”REINCARNATION IS A TRAP - The True Purpose of the Tunnel of Light,”**

<https://www.youtube.com/watch?v=7Lj7W-ZiR8Q&t=4s>

I recommend that you should never enter any tunnel of light under any circumstances. Why take chances to lose your exit?

Lingering

Curiosity, ego, and sentimentality may lead to failure to exit. If you think too much with your intellect, willpower, and discernment to separate illusion from reality, you will fail to exit. Illusion could cause you to make a decision that will prevent you from exiting. Curiosity and sentimentality (attachments) to your former life could cause you to remain so long in the astral that you forget how to exit and about the dangers of astral beings.

Eventually, in the astral you will lose your former life memories, including the memories of how to exit. Here is the problem: we are incarnated here in our bodies, and the brain and the physical cells in the body store memories from our current lifetime; memories from childhood and up to present age. The brain and body cells keep our memory reasonably intact throughout our lives. However, when we die, at first, we still have memories from the life we just finished, but within a short time, the memories start to fade in the astral, and we forget about the life we lived. Memory loss has been reported in many Near-Death Experiences (NDEs) and during regression therapy.

There is no long-lasting safe refuge or shelter from harm within the astral. For safety, you have to get completely out of the astral, which is within the Kenoma. Remember, you will gradually lose your memories in the astral. In a short time, you will begin to lose memories of your past life. In time, you will forget about how to exit and the dangers of interacting with astral beings.

Even though you will have greater and new abilities within the astral, astral life will not provide a better life or a true alternative escape from the physical world in which you departed as a living person. Astral beings can be extremely deceptive, manipulative, and seek their own best interest, and not what is best for you. These beings will seek to manipulate your thinking, beliefs, and values for their own self-interest. Remember, the astral is still within the grid and as long as you are within the astral, you are not free and are exposed to many obstacles.

Keep your curiosity under your conscious control. I think it is best to exit as soon as possible, abandon your ego, and all attachments to this physical reality.

Traveling to a Hole in the Grid

A compromise to one's curiosity is to travel to an identified "hole in the grid" so that one can "sight see" (observe) the astral on the journey to the hole. The concern is you may encounter astral beings, who will try to gain your consent to remain. Humans have a weakness for "worship", obedience, and submission to supernaturally powerful beings. Although the astral beings cannot force or capture you without your consent, they may use your subconscious fear, weakness, and cultural beliefs to gain your consent, agreement and submission to their desires and goals.

Remember that words have power. Word selection and choice can make a great difference. Many common words used today have precise ancient occult meanings in addition to the modern cultural meanings.

It is for this reason I advise to **avoid using the words "to" and "going" in your intent to exit through a hole in the grid.** For example, if you use the intent "I am **going**" through that hole **"to"** the highest aspect of myself where all my memories will be restored now", this intent will mean that you are traveling to the hole which will allow time for astral beings to intercept you and delay your journey to the hole. Remember, ignore everything except what is needed to exit. Using **"to"** or **"going"** in your intent implies movement and a passage of traveling time. You do not know how long this traveling time will take.

However, if you should use the word **"to" or "going"** in your intent erroneously, you should immediately after you realize your error, use the intent, **"I am through that hole at the highest aspect of myself where all my memories will be restored NOW !"** Alternately, a much worst choice is to use the intent, "Travel to that hole in the grid, faster NOW!"

An important note is that if you use the word **"to"** in your intent to go to an identified hole in the grid, you still must create another True Intent to exit through that hole. Using **"to"** only moves you adjacent to the hole in grid that is located on the inside of the grid within the Kenoma. Remember, you must go to the highest aspect (best version) of yourself that is outside the grid and our reality. Using the word **"at"** in your True Intent will teleport you through the identified hole in the grid and outside, within the Greater Universe, where all your memories will be restored.

Mental Rigidity and What is Possible

The "mind" is an enabler that will allow people to comprehend truths, to perform great acts or can prevent persons from seeing and understanding truths due to strongly fixed rigid beliefs, emotional attachments, or fears. We can block our perception of what is possible by our own bias of what we think is possible. Once our perceptions of limitations are gone, possibilities and opportunities that we previously thought impossible become available. **If a person, while living, does not believe that "holes in the grid" can exist for true exit or does not create "holes in the grid" within their minds, after death, they will not see the holes in the grid and will instead be trapped within the Construct.**

Guardians, Relatives, Friends, Spirit Guides, and Pets

After death, you may meet astral beings within the astral. Astral beings may appear to be guardians, relatives, spirit guides, pets, and friends. Spirit guides are entities that include "Ascended Masters," relatives, friends, religious belief beings (Buddha, Jesus, Valkyries, saints, gods, etc.) and others. These astral beings can imitate and impersonate even more convincingly than today's artificial intelligence computer emulations. **Remember, nothing in the astral is for certain real; everything is most likely illusion, and only the holes in the grid are real and true exits.** The astral being(s) that you recognize are usually imposter(s), using illusion to deceive you. I also need to mention that there is a reasonable chance you will meet no one on your way out—particularly if you exit without delay and keep focused.

What do you do if you get distracted or stopped on the way out the Grid by the guardians, who appear to be so powerful that they can force us to remain without our consent? The answer is that

they will NOT stop you—the guardians will let you go unless you give expressed or implied consent to stay. Without consent, guardians, relatives, spirit guides, pets, friends, and all others have no power over you - you are free to exit.

Why the astral beings can not prevent humans from exiting without consent.

Remember the difficulty of trying to oppose a person who is unafraid of death and has nothing to lose. To successfully exit the Kenoma, one must be fearless and discard all their Kenoma attachments. The mental mind and determination of a person who does not fear death and has nothing to lose is the same as the person who is fearless and has lost all their Kenoma detachments.

If a person is unwilling to remain within the Kenoma, what can the astral beings really do? Astral beings can not kill or destroy a person. Since people have an immortal spirit with a unique consciousness, humans can not be killed or destroyed by astral beings. Astral beings can not capture a person for the purpose of holding the person, until they forget how to exit. Simply, without consent, capture is impossible because the person through intent can teleport far away from the hostile astral beings. If astral being(s) could unconsentually force you to remain in the Kenoma and prevent your exit through a hole in the grid, why would they seek your agreement and consent to remain?

The great “Truth” is, if the mental mind and determination of a person, desiring to exit through a hole in the grid, is the same as a person who does not fear death (fearless) and has nothing to lose (lost all their attachments to this physical reality), the astral beings and all others can not prevent that person to exit without their consent.

Inside and outside this Construct, it is possible that astral beings may follow you for the purpose of keeping you within the Construct. Once you give implied consent (e.g., implied consent - if outside the grid by moving back inside the grid) or your expressed consent, by your expressed words or actions, you may have permanently ended your opportunity to exit after your immediate past life!

I do not know, after providing the astral being(s) your consent to return to the Construct, whether you can successfully withdraw your consent through express declaration and continue your exit out of the Kenoma forever. If you are in this situation, you have nothing to lose by trying! If you are unsuccessful, your situation is the same as if you did not try.

In this after consent situation, immediately withdraw consent through express declaration, and if within the grid, exit through a hole in the grid, or if outside the grid teleport away.

My opinion is, why take any chances risking everything through interactions with astral beings? Ignore everything and use “True Intent” to teleport far away from these obstacles.

All the beings you will encounter in the astral can be extremely narcissistic, psychopathic, untrustworthy, deceptive, manipulative and have the objective to manipulate you into remaining within the Kenoma. The longer you remain within the astral, the greater these

obstacles will increase for you. **Exit the Kenoma through a hole in the grid as soon as possible!**

You Can Only Save Yourself

In the astral, you may meet relatives, friends, spirit guides, and pets. Even when these encounters are not illusions, you cannot save anyone you meet. One of the reasons is, those you encounter in the astral must have **gained the knowledge about how to exit prior to death to allow passage out of this reality. If they do not know about the “holes in the grid” and did not create the “holes in the grid” within their minds in life, or do not believe that the holes in the grid exist as a true exit, they will never see the holes in the grid as a true exit in the afterlife.** Therefore, you can save no one except yourself. Ignore everyone you meet in the astral. Do not linger to talk with anyone because it will waste valuable time. **Leave as soon as possible.**

Best Time to Exit Through a Hole in the Grid

The best time to exit is as soon as possible, immediately after you realize that you are dead. The second-best time is before interacting with distractions (the tunnels of light or astral beings). There will be a short time immediately after death until these distractions appear.

Whom to Trust

Do not trust any astral beings, because they can be extremely deceptive, manipulative, do not have your best interest in mind, and may even temporarily follow you outside the grid. These astral beings seek in their minds what they think is best for themselves and for you. The goal of the astral beings you encounter will be to send you back within the grid.

Exercise caution: Non-astral beings that you may encounter outside the grid are not all trustworthy. Even these non-astral beings may be self-serving and may not always seek your best interests. Remember, until you can shield your thoughts from others, exercise caution in your interactions with all other beings. It's a learning curve, but you will learn rather quickly once you are there.

Use your intuition that is part of your consciousness (thinking) to protect yourself from foreign minds entering your consciousness to mislead and manipulate you. People say that they can sense (outside their bodies) through their intuition whether something such as articles they read or whether videos watched are true or false. People often claim that their intuition can assess people to determine whether that person is genuine and of their true nature.

To be able to discern one's true thoughts from a foreign entity within your mind, your intuition outside your body must be the same as that inside your mind, and your intuition inside your mind must be the same as your intuition outside your body. Rely on your intuitive feelings to avoid later regrets.

You must use your intuition to determine whom to trust. If your intuition provides warning signals, do not allow your rational mind to provide reasons to override those intuitive feelings. You can teleport away from those your intuition does not trust. Do not allow fear or feelings of helplessness to sway your judgement and actions. **Fear and feelings of helplessness are the greatest means of controlling people.** You already have everything you need to be successful in exiting this reality and in the universe beyond the grid—there are no tests to pass, certificates to be shown, or accomplishments to be proven. Your intuition will guide you to whom you can trust as friends. Through your own abilities and power, you can remain independent, free, and successful outside the grid.

We must change our thinking and bias to be successful in the Greater Universe outside the grid. Like nonjudgmental, sincere, truthful, innocent infants, we must be able to gain friends among beings who are alien in appearance. People are “pure”, “sincere” and “truthful” when born, but become corrupted through trauma and suffering as adults. People later in life show insincerity, deceit, and “duality”, meaning two sets of behavior (English idiom, meaning “two faces”) to different parties or situations for manipulation. Do not allow cultural bias, beliefs, and insecurities gained during your life to harm future relations with those who will be your true friends. The beings that you meet, like yourself, can sense insincerity, deceit, and hidden agendas through observation, or possibly by reading your unshielded mind.

In this world, there is a familiarity of bond that passes even between generations, between those holding strong common cultural values and feelings. When people holding such values meet, there is a familiarity, a closeness, and “bond” amongst individuals who have never met before. However, when two people meet who do not strongly share common cultural values and feelings, even though they are of the same ethnic, racial, generational, and geographical location, there is a lack of closeness, and no bond. The lack of bond means that even though these two people share physical, genetic, generational, and geographical location characteristics, those two people will feel they are strangers to each other.

Outside the grid, the familiarity of bond concept will guide you to those whom you can trust as friends. Your intuition will reveal that these beings share your values and feelings. Shared values and feelings are the foundation of true companionship and friendship. You will meet trustworthy friends, where you are accepted, welcomed, valued, protected, safe, and with those who share your values and seek your best interests. Your intuition will confirm whether those you have met are trustworthy friends. Know that these true friends will educate and help you with your new life and abilities outside our reality.

Where To Go When You're Outside This Construct

What you will see outside the grid is what your preconceived bias, beliefs, and feelings will allow you to see. If you abandoned all beliefs and expectations, you would see the true reality. You will regain many abilities that you thought were not possible for a human in our physical world, such as flying without using technology.

Where to relocate is your choice. My recommendation is to use True Intent to relocate to where you will be accepted, welcomed, valued, protected, safe, and be with those who share your values and seek your best interests.

Simply execute the intent: **“I am at where I am accepted, welcomed, valued, protected, safe and with those who share my values and seek my best interests. NOW.”** Make sure not to use **“I will be where I am accepted...,”** because that implies the future. **“I am where I am accepted...,”** implies instantaneous, which is what you want.

About six months after my original writing, Mr. Wes Penre’s **“The Orion Book”**, was published in January 2023. In his writing, Mr. Penre recommended immediately after exiting the Kenoma to meet the highest possible incarnation of the Queen of the Stars. Sophia is the Queen of the Stars, who will provide you with knowledge, safety, assistance, and security. My opinion is meeting Sophia is the best choice immediately after exiting the Kenoma.

Immediately after successful exit, I recommend using command intent, ***“I am at the highest aspect of Sophia, Queen of the Stars, NOW”***.

Use the word **“at”** instead of **“with”** because **“at”** is a more precise word than **“with”**. The word **“at”** is precise because it expresses location or arrival (within Sophia’s immediate presence), time (immediate after using the word, **“Now”**), object of an intent (**“Sophia, Queen of the Stars”**), and state or particular point on a scale (e.g. **“Highest Aspect of Sophia”**). The word **“with”** within the intent context indicates only to be **“accompanied”** and not necessarily the immediate presence of Sophia. Clearly **“with”** is not as precise as **“at”** for implementing the intent, **“I am at the highest aspect of Sophia, Queen of the Stars, NOW”**. " Since so many of the multiple meanings of the word **“at”** fit the intention of immediately meeting, the highest aspect of Sophia, I believe **“at”** is the best choice.

The greater universe, outside the grid, is filled with stars, planets, and space. Using **“above”** and **“below”** as a spatial reference will be difficult. For example, what if you see two mountains that are connected to each other and whose peaks are facing directly opposite to each other in the Void. If you can stand up with your feet on the mountain ground on either of the mountain peaks, which mountain is **“up”** or which mountain is **“down?”** Therefore, **“above”** and **“below”** concepts must be abandoned. Consider space is **“all there is”** and not divided into **“above”** and **“below”**.

You will be able to shape shift outside the grid and in the astral plane. Do not spend valuable time trying to shape shift in the astral because of the astral plane lingering obstacles. When you shape shift, you can regain your human form through True Intent. Just use the True Intent, projecting an image of your desired human form within your consciousness into reality by the intent **“Human form, NOW”**.

PARTING THOUGHTS

What you are: You are a spirit and a unique consciousness that wears a “soul” as an inner garment, and a “physical body” as an outer garment. Your true origins to where you may

choose to return is not in this physical world but far beyond the grid in the spiritual heavens. Your purpose in life is to develop and manifest “good” character traits and to successfully leave this physical world to your true origins. Good character traits are benevolence, mercy, forbearance, courage, kindness, love, integrity, honesty, forgiveness, trustworthiness, magnanimity, justice, honor and not being “petty”.

Our world is ruled by a psychopathic alien intelligence (Overlords or Archons) that is hostile to humanity. These Overlords control the world through Elite human minions for the total enslavement and exploitation of all humans. This world will always have corruption, cruelty, exploitation, death, illness, and wars. The Overlords have made every effort to render humans powerless through a shortened life span, memory impairment, disinformation, lies, corruption, fear, greed, and technology.

The Overlords and their minions have infiltrated all religions. The Overlords can use one religion to appear to have protective powers against evil. Using religion against an evil influence is a deception because both religion and malevolent influence are two branches of the same organization. I do not recommend seeking a “High Priest,” Shaman, Occult master, astral being, Ascended Master or religious official to combat malevolent unseen entities, or for help with exiting this Matrix, because these adepts and the malevolent influences in this life and after death are two branches of the hostile alien intelligence's organization. We can “save” ourselves through exiting without help from gods, aliens, high priests, religion, etc., but we cannot save anyone other than ourselves.

The holes in the grid exist and are a true exit out of the Construct. Exiting through a hole in the grid is only available for a short time on this timeline. Although the holes in the grid will continue to exist after the next one to three generations, exit may be impossible for humans that are trapped within the Singularity’s “immortal” cyborg transhuman bodies. These immortal transhumans can not leave their physical bodies to exit through a hole in the grid.

Our consciousness can change reality. This consciousness “within” our minds, (creates) an intent that manipulates the energy waveforms existing outside (“without”) our bodies in the universe into the actual physical reality that is outside our bodies (“without”) that is observed by our senses. This ability of consciousness was proven in the famous Quantum Mechanics Double Slit Experiment (https://en.wikipedia.org/wiki/Double-slit_experiment). The first three parts of the **Holographic Universe Workshop** explain how consciousness creates reality. <https://holographicuniverseworkshops.com>

Our focus should be where we will be going. We lack the resources, abilities, and time to learn the truth about our past. The powers controlling this world remove, exclude access, hide, and lie about all tangible confirmable artifacts or places that would undeniably publicly prove our true past and history. The old publicly available histories may be corrupted, mistranslated, have missing texts, or are simply untrue. Just because a writing is older does not mean that it is more accurate or truthful than a more recent writing.

In the end, no matter how much information we seek to make a rational cognitive consciousness evaluation, something will always be missing to prevent a conscious logical decision based on a

complete set of proven mutually supportable confirmable facts. The Overlords' minions have withheld public disclosure of the truth from the public through destruction, concealment, corruption, whistleblower condemnation, and lies concerning physical evidence and writings. We must use our intuition (gnosis) to decide what to do and what to believe, Unfortunately, this intuitive decision making appears to be similar to "religious faith".

Gnosis is intuitive self-knowledge and an ability to make decisions using our intuition.

Gnosis is gained through a life changing experience, not a mere accumulation of facts. A good explanation is, "**Gnosis Explained,**" given by Stephan Hoeller in the video link below:

<https://www.youtube.com/watch?v=7mTdckgTMUQ>

SUMMARY – THREE STEP EXIT SEQUENCE TO EXIT

1. If your mind is dazed or confused, or due to the violent circumstances of your death, use the pure focused "True intent" to command "**Clarity NOW!**" to gain mental clarity.
2. Use true intent to show a hole in the grid. The wording suggested is "**Show me the holes in the grid. NOW!**" Ignore everything other than the search for a hole in the grid. Alternately, you can use your senses to search and identify the hole in the grid. In my opinion, using True Intent to command the hole to be shown will be faster than taking time to search for a hole.
3. Immediately after the hole in the grid has been located and identified, use the True intent focused on the located hole: "**I am through that hole at the highest aspect of myself where all my memories are restored NOW !**"

Notes - For any reason, you have a problem seeing the Grid, or if you are uncertain whether it's the Grid, you can always use the command, "**Grid Clarity NOW!**" That will show the Grid.

Suggestions to consider when trying to execute your exit intent:

1. **Imagination.** You imagine the outcome in your mind. For example, you imagine yourself outside the Grid before you are there.
2. **Intention.** You need a clear intention that this is what you want. You can't be in doubt about it, or it won't work.
3. **Thought. Execute the command in your mind.**

CONCLUSION

The purpose of this writing is to provide you with a choice. If you in your mind create (visualize or imagine) that the "holes in the grid" are all true exits out of this Construct while alive, after your death, all the holes in the grid that you observe will be true exits out of this Construct. Whether you choose to go through a hole in the grid is your decision. **You must make the decision using your own free will to do what your intuition tells you is best for you, so that you will have no regrets.** Do not make your decision to please or gain acceptance

from anyone. I strongly encourage you to focus on exiting this reality as soon as possible, once you realize that you are dead. Ignore everything, except what is essential to exit. I wish you the greatest future happiness.

AFTERLIFE EXIT ADDENDUM

The purpose of my Afterlife Exit writing (link at <https://wespenrevideos.com/2022/07/21/exit-handout-steps-to-leave-the-matrix/>) and this Afterlife Exit writing addendum is to help as many people as possible confidently and without fear successfully exit this Construct (also known as Matrix, Physical Reality or Kenoma).

PHYSICAL BODY ALTERATIONS PREVENTING EXIT

Many people are fearful that exiting is impossible due to alternations to their physical body or the belief that their body has the Christian Biblical “Mark of the Beast”. **The belief that any combination of physical corruption, alterations or markings of your physical body will prevent or hinder your successful exit is false.** The decision not exiting because of your false belief that physical corruption or alterations or markings of your physical body made exiting impossible or difficult is your implied consent to remain within this Construct.

Do not be concerned that any combination of physical corruption, alterations or markings of your physical body through nanotechnology, DNA, or any other method will prevent or hinder your successful exit. The reason is that any physical body corruption or alterations or markings has no effect once we are no longer physical and are no longer attached to our physical body. After exiting we do not need help to remove any corruption, markings or alterations from us that was made to our physical body because like our physical body vanishes, these corruptions or alterations or markings vanish and no longer exist.

NEED FOR RECEPTIVE MIND

It is very important to realize that if you do not believe that an escape through the hole in the grid exists or is possible, your mind will not recognize an exit, even if it is within your sight. To illustrate, there was an experiment where a hypnotist, hypnotized a man into believing that a real physical object, a watch did not exist. When his daughter, held the watch in front of her chest, the man on viewing his daughter did not “see” the watch, but saw through the watch, seeing through her chest, as if it was invisible. Consequently, through disbelief, for the man, the watch did not exist. My opinion, is if you do not believe (not create) within your mind prior to death that an exit exists in the **grid**, you will not see the **grid** exit. This situation is similar to a person, with strong dogmatic beliefs, who cannot comprehend or recognize a reality different from their strongly held beliefs. Simply stated, **a person lacking a receptive mind that the holes exist in the grid, will never see the holes.**

SCARY AND OMINOUS HOLES IN THE GRID

A person prior to death may create fear in their minds that the holes in the grid are too ominous and scary to enter. Consequently, after death in the astral, they will see holes in the grid as scary and ominous. Another concern is that the illusion creating astral beings that control the tunnels of light could create illusions that the holes in the grid appear to be too scary and fearful to exit or pass through.

A simple solution is to choose to exit through a hole that is not scary and ominous. However, if all the holes appear to be scary and ominous, you should exit through any hole in the [grid](#) that you identify because the universe will simply not allow you to teleport through the illusory or false hole. If you do not teleport through your chosen hole, just pick another hole to successfully exit.

Be confident that using the “True intent”, **“I am through that hole at the highest aspect of myself where all my memories are restored NOW“**, will not allow you to go through any false destination; the thought responsive universe will not allow it.

I suggest to use the “Three Step Exit Sequence” described in my writing “Afterlife Exit” writing and the Law of Manifestation. **If you use the Law of Manifestation, that prior to your death, you manifest the intent that all holes in the [grid](#) will be true exits and not scary or ominous for exit, then all holes that you observe in the afterlife astral will be true exits and not scary or ominous.**

THREE STEP EXIT SEQUENCE TO EXIT

1. If your mind is dazed or confused, or due to the violent circumstances of your death, use the True intent command **“Clarity NOW!”** to gain mental clarity.
2. Use True intent to show holes in the grid. The wording suggested is **“Show me the holes in the grid. NOW!”** Ignore everything other than the search for a hole in the grid. Alternately, you can use your senses to search and identify a hole in the grid. In my opinion, using intent to command the hole to be shown will be faster than taking time to search for a hole.
3. Immediately after the hole in the grid has been located and identified, use the True intent focused on the located hole: **“I am through that hole at the highest aspect of myself where all my memories are restored NOW !”**

Notes –

- a. **Ignore everything other than what is needed to exit from the Construct.**

- b. For any reason, you have a problem seeing the Grid, or if you are uncertain whether it's the Grid, use the command, "**Grid Clarity NOW!**" That will show the Grid.
- c. **Search for the hole in the grid before using intent to go to the highest aspect of myself.** If you use the intent to go to the highest aspect of yourself before finding the hole, you could accidentally go to the highest aspect of yourself within the Construct instead and not exit.
- d. "**NOW**" **takes away all confusion, and the only thing that can happen is that the command gets executed in the exact moment the NOW is thought.** If the "NOW" command is not used, there may be a delay between intent and execution.
- e. "**True Intent is a focused unadulterated pure intent to accomplish a single purpose.** The universe responds to a person's true intent, created "within" the consciousness (mind), then making that intent a true reality (outside the person) that is observed by the senses. The "True Intent" focus must be more than mere concentration. The focused intent must have the complete exact conceptual design of the object to be created, the teleport destination, or action to be implemented. It is like providing simple exact instructions to a person or a machine. These "True Intent" instructions must be pure, unadulterated, and unambiguous to understand and complete in concept for the executor (the Universe, machine, or person) to execute instantly."

Suggestions to consider when trying to execute your exit intent:

1. **Imagination.** You imagine the outcome in your mind. For example, you imagine yourself outside the Grid before you are there.
2. **Intention.** You need a clear intention that this is what you want. You can't be in doubt about it, or it won't work.
3. **Thought.** Execute the command in your mind.

MENTAL IMPAIRMENT PREVENTING EXIT

A concern exists that mental impairment, Alzheimer's disease, memory loss, and brain damage after gaining the knowledge to exit will prevent a person from successfully exiting through a hole in the grid after their death. Irregardless what happens after gaining the knowledge to exit, people will still be able to exit using the knowledge and memories gained in their most recent life for a short time before these memories are lost in the astral.

My reasoning is based on the following:

1. Life memories are stored outside the physical body. Immediately after exiting the [grid](#), people lack physical bodies, yet all past life memories return. Therefore, memories are not stored in the body.

2. Near Death Experiences (NDEs) prove that human consciousness is outside the physical body. People that have NDEs are really visiting the astral but cannot exit because of the metaphysical connection to their living physical body. In some NDEs, people are physically “brain dead” and clearly demonstrate lack of cognitive abilities to observers. Yet, these NDEs, show that people are able to cognitively reason and remember their memories. These NDEs show that mental impairment due to physical trauma does not eliminate a person’s true cognitive ability or erase memories. So, a person, who appears to cognitively impaired to observers actually still has cognitive reasoning but due to their physical impairment cannot communicate to observers. I recall reading about bed ridden comatose people, fully conscious and cognitive but were unable to communicate to medical care providers, friends and relatives.
3. NDEs have documented that physical disabilities in life no longer impair people. People that have been born “blind” are able to “see” with great clarity and heightened ability within their NDE.

Consequently, a mentally impaired person or a person, whose brain was totally destroyed after gaining the knowledge to exit will know how to exit immediately after death. An extreme example, is where a person’s head is destroyed instantly in an explosion. Although, the person’s physical head no longer exists, that person will possess cognitive abilities and access their memories immediately after death.

Exit as soon as possible after you know that you are dead. NDEs have revealed that people have great mental clarity and can recall their current life memories without impairment. However, your memories of your past life and knowledge to exit will begin to disappear the longer you remain in the astral. Also, the great dangers of meeting astral beings and tunnels of light will increase the longer you stay in the astral.

There is a German remote viewing study of the tunnel of light. (http://signallinie.info/die-lichtfalle/#session_02). You can use google translate, the Firefox web browser or other translator to translate this German writing into your language. This study shows that the best time to exit is immediately after death and before entering the tunnels. There will be an unknown short time period between your arrival in the astral and the appearance of the tunnels of light and astral beings.

It is very important to **exit through a hole in the grid as soon as possible after realizing that you are dead in the astral while you still retain your memories.**

EXIT METHOD AND INTENT WORD CHOICE

There is a concern of forgetting the “proper words” or something that will prevent successful exit. “My Three Step Exit Sequence to Exit” is only my suggested wording and the method that I will use to exit through a hole in the grid. **You must use something that is your very own method or something that you completely agree and adopt as your own method.** Your

personal choice method must be something that you will not have later regrets in using. After all, exit is your own decision. You must use what you are very comfortable and have no regrets in doing. If you have any concerns or discomforts about a method that is suggested, that method is really not your own.

An alternate exit method instead of using words is what Wes Penre, wrote in his *The ORION Book* – Page 355, Hardback Edition.

“Thought. Execute the command in your mind. Some souls don’t need to do this; it’s enough to set the intention and they are on the other side. They think in packages rather than words, and all they need to do is to spot a hole in the Grid, and before they know, they are on the other side. The intention to go there, without a conscious thought about it, will work for some.”

Adopting another person’s method where you have concerns and doubts is really not your own and can lead to later regret. A life or death analogy similar to exiting out of this Construct, is going to battle using another person’s weapons or techniques that you know how to use but have little experience instead of using your own weapons or techniques that you have great confidence and long experience. In battle, using another person’s weapons or techniques will likely result in lack of confidence and a possible regret of not being able to use your very own weapons and techniques. Clearly, you would have greater confidence of success in using your own weapons and techniques than that of the other person. This exit is of ultimate importance. Do not try to please other people in your method of exit or decision to exit. Do what you think is best for you and what you will have no regrets in doing.

DO NOT COMMIT SUICIDE TO EXIT THIS CONSTRUCT

You should avoid suicide. Committing suicide to prematurely end your life, harms not only yourself but those who care greatly for you. Taking your own life greatly lowers the quality of your personal traits and your version of the highest aspect of yourself outside this Construct. The reason for being at the “highest aspect (best version) of myself” is because this location is where you will have the highest abilities (including memory) that are available in your surroundings. The “highest aspect of myself” location is the most desirable (best) dimension, space (location) and safest for yourself, where you will be at the best version of yourself.

I do not know the consequences to your version of the highest aspect of myself after successful exit if suicide is chosen when one is terminally ill and when in chronic unbearable pain, and recovery is impossible. This is a personal judgement and free will decision.

CONCLUSION

You have the knowledge, overwhelming ability (can exit easily) and a resource abundance to successfully exit this Construct into the Greater Universe. Nothing except your own consent to remain will prevent you from leaving this physical reality for a better future. My

recommendation is that **as soon as you know that you are dead, exit through the holes in the grid as soon as possible and ignore everything other than what is needed to exit.**

March 24, 2024

Best Wishes

Suzaku

(Also known as Guy and 浦田 雅意)