

# COSMIC FRIENDS ON TV

521. On development of humanity. (Received by Vlastimil H.)

January 21, 1999. 6:16-7:56 a.m.

Place: Sumperk.

Good morning **Creator**.

“Good morning Vlastik. What do you want to talk about today?”

About the development of humanity. Is it possible?

“Sure it is. The development of humanity goes in a direction which is not quite the way toward better tomorrows. Do you think that wars, killing, diseases and all other are here because it is supposed to be so? Not at all. All these things taking place here are well planned and orchestrated by the Forces of darkness, which strive to even more discourage and ground you. But I have given you a choice. You don't have to choose this, you can set face against it, turn to the light and to beings living in it. Everything presented to you as an unchangeable fact can be changed by your mere thought. But the more given situation touches more people, the more thinking is needed to change it. If you need to change something in a relation to somebody else, it is necessary to change thinking exactly toward him. However, if it is a situation that touches more people, e.g., firing from job or closure of a firm, it is necessary that these people look at this from a different perspective. Every coin is double-sided and nothing is so hot as it was cooked, to speak in your earthly terms. So it is desired that one sits down in silence and asks oneself: ‘Why was I fired, or why was the firm closed and how did I contribute to its failure? Could I change something before that?’ Sure, you can always find things to change and improve. At the very least, you are now a bit wiser. Just that you stop and look upon yourself from without is a big progress. This means you perceive yourself as an independent thinking being and not as a part of the herd. **Being part of the herd is very comfortable.** But when you don't know where the herd goes and you don't participate in determining the direction, then don't marvel and curse at it. It is useless for you yourself permitted this by your passivity. **A good means to occupy you and put you to silence is television.** Just take note of those pointless shows, programmes and series you are fed with. And you often swallow it hook, line, and sinker. Now you are surprised of my term “swallow hook, line, and sinker”, but why couldn't I use parables and phrases you understand? It is essential to understand what I want to tell you. Regardless of the language. You use language to communicate and so to convey thoughts, experiences. When prescinding language, thoughts will remain. But these are essential. These control your acts and deeds. Hence, upon misbehavior, you must return to the wrong controlling thought. She caused that you didn't behave in a different way.

It is quite difficult for some of you (most of you so far) to discern your inner voice, your thoughts from thoughts that someone alien insinuates you. The more you listen to alien thoughts, the more you let yourself be controlled. But beware! It is necessary to distinguish whether the fundamental thought is a creative thought, full of love, or it is a thought of hatred, greed and destruction. This way you can work your way to the point you will control and manage your own thoughts and you won't be a mere toy of somebody else. Much like people are good and bad, full of hatred, so there are good and bad beings in the universe. Take a think and you will find this polarity everywhere. It is arranged so due to your evolution, so that you manage to liberate yourselves and make a choice. **By watching television, you're**

**choosing the passive role and the reception of alien thoughts.** And television has the filling function instead of the educational function. (*Information = light, editor's note*). You call it amusing function. You often have a fear of staying alone, you fear your own thoughts and so, in order to not hear them, you rather stuff up your senses with television, radio, etc. Of course, I don't have relaxation music in mind, at which you relax and let your thoughts flow freely and you just observe them from a distance. I mean music produced by some bands which invokes in you a thrill, heart beat, rush and stress. Everything quakes and shakes in you and you still listen to it. Why don't you listen to your body? I have given it to you so that you could try it and discern what is good for you and what is not. I am now talking to every one of you who is reading these lines.

**I repeat it again and I will calmly repeat it even hundred times to each of you:**

**ONLY YOU SELECT YOUR FUTURE AND AFFECT THE PRESENT.**

It is and will be so and it will never be other way. Learn to listen to yourself and your surroundings with love, with love and feel. **You need no television, radio or even music.** All you need is in your within. Music, for example, can only help you to manage a bit of your way to me. It is a vibration which makes every cell of your body vibrate, and the coarser human and his thoughts, the coarser music. Love does not need loudness; Love needs harmony and unity of the body and the spirit. Let light penetrate into yourself, into your within, and leave off everything that darkens your senses, occupies your mind with uselessness. Saying this, I don't mean that you do not take part in public events or watch events around you. It is necessary, however, to look at it differently - from an observer view and to listen to your feelings which are telling you how this or that influences you. You, Vlastik, are quite sensitive and you have had an opportunity to experience on your own skin, so to speak, what TV watching can do with a human. (*I've had big troubles with the stomach and I've often run to the toilet – receiver's note*). And now realize that people who watch TV watch all those "garbage", as you call it. What space is left here for people to think, to communicate, to solve problems? Surely much less with these means. You let yourself be stressed just to catch up with this or that TV programme. You rush about, thus destroying yourself. Where is the comfort, quietude, harmony of home where you want to return? You nullify it by single running a TV playing a drastic movie. **Like hypnotized, you let yourself get dragged into the story, which actually does not directly relate to you. As if there were not enough problems around you to solve. Isn't this a game? Game with you, your mind? The impulses you receive from the dark part of my Universe try to control you even through this medium called television. And I permit all this, because this is the Universe of free will and you make decisions.** I can help by means of an advice, by means of my Love which I embrace you with at any moment. But only you decide whether you want it or not. I'll give everybody what he needs to understand. To understand that one cannot build the Cosmos on the fundamentals of hatred, but on the basis of Love. This Love penetrates everything – even a stone – and it is only necessary to learn to perceive and feel it and to discern what is good. The higher number of people awakes and realizes this, the better the life on Earth will be. It is not just the phrase "to learn to discern good", **it is the very nature of decision making.** Decision making at this time on future. You then collectively create a thinking of a group or a family, town, state, continent and planet. All this sums up, all your thought impulses are catchable and recordable. Everything you do or think of is constantly recorded in your diary, which you carry with yourselves, but which you don't see so far. **Once you end this life, you will review it. But you will not be able to influence anything you've done anymore. Now you still can. Never is too late, and the sooner, the better, the bigger reward you'll get afterwards.** Your greatest reward in this life is your good feeling of well-done work, of what you have managed, of how you've helped

others, etc. **In essence, there are no bad people, but only uncomprehending ones** – those who have not understood how to behave, act and think. It is just a question of becoming aware of and realizing this fact. **Therefore, do not judge anybody; just set example, explain and spread light further to your surroundings.** All this will amply return to you in your children, in the relationship of neighbors toward you and in your friends. With time moving on, you'll find out that you are not alone, that you have more friends and that they are full of love just like you. Again: **The same attracts the same. What you send out you receive.** But do not slouch your head, everything can be turned to good. Why the pessimism in the heads of some of you? Change your attitude to life and seek the learning resulting from given situation. The humanity evolves in such a way and direction as your thinking evolves. Pessimistic, destructive thinking leads to destruction. However, isn't it just a destruction of something old, some outlived values and systems? Shouldn't an essential change be made here? Every one of you will find the answer to this in your heart. When everybody makes a change in his heart and thinking, no wars and hatred will be necessary, for you will be full of love. Every one of you is concerned, so don't be always interested in others. One must begin somewhere and also must end somewhere. Only life is eternal. Those who still cannot understand what I'm telling them by various means will later come to their understanding. But maybe it will no longer be on this beautiful green planet."

**536. The flu epidemic and television.** (Received by Ivo A. Benda)  
**February 2, 1999. 10:46-10:54 p.m.**  
**Place: Zlin.**

"Dear Ivo,

You are asking if frequent watching TV is somehow related to the present influenza epidemic. Yes, it is. The mechanism that works here is that watching negative films impairs and weakens the body which, in turn, becomes an easy target of viruses, which are everywhere in big numbers. Yes, people who don't watch TV have mostly positive vibrations and so they are not easily attacked by viruses.

Yes, dear Katka, you have a correct opinion on this effect and so one can see the rule of law, in terms of which a **human who is negative and controllable has still a lot of work on himself/herself to be done, and the illness is an opportunity for him/her to start that work.** Yes dear, this is the creation of our beloved **Creator**, and so millions of people are trying to work on themselves in this unpleasant way.

This message is given to you by **Ashtar**, the commander of the Grand Cosmic Squadron, himself."

*Thank you dear Ashtar for this message. We like you a lot. With love, Ivo & Katka.*

**Excerpt from book *Bringers of the Dawn – Teachings of the Pleiadians.* Chapter 8 – *Outside the Ultimate Tyranny*** (Received by Barbara Marciniak)

**1992**

The ultimate tyranny in a society is not control by martial law. It is control by the psychological manipulation of consciousness, through which reality is defined so that those who exist within it do not even realize that they are in prison. They do not even realize that

there is something outside of where they exist. We represent what is outside of what you have been taught exists. It is where you sometimes venture and where we want you to dwell; it is outside of where society has told you you can live.

You have been controlled like sheep in a pen by those who think they own you- from the government to the World Management Team to those in space. You have been deprived of knowledge by frequency control. Think of frequency as individual broadcasting and receiving through which you dial into the station of your choice. It is the broadcasting of carrier waves of intelligence. The range of frequency is unlimited, and the range of intelligent matter transmitted is unlimited.

Frequency control limits the number of stations you can tune into. As members of the Family of Light, you must anchor new frequencies through static chaos and bring them into the physical realm. The range of accessibility on this planet to a variety of frequencies has been very minimal for a long time because of many things that you most desperately need to become aware of. As you learn about your own personal history and discover patterns of ineffectual behavior that you must break and change, the planet pulses through its own patterns of behavior. You are about to repeat history as a planet in a most dramatic way.

You have come to alter and remove the frequency of limitation and to bring in the frequency of information. When you are informed, you move beyond the need to be in fear. When you feel uninformed and out of control, you do not understand the bigger picture. Each of you came to awaken something inside yourself, inside the coding of your being-the DNA-and you are responding to it. This is why you are on a search in all directions of your life.

You and multitudes of others have begun the mutation process on the planet. As you mutate electromagnetically, you alter your frequency or the tune that you broadcast. You will eventually outgrow the frequency that holds you down and continually blasts you with chaos and confusion. Eventually, when you alter, carry, and maintain your own frequency, you will vibrate differently and thus affect everyone around you. They will feel the availability of this frequency alteration, which will then move like a wave around the planet. As the planet accepts this new frequency that you have worked very hard to obtain, those at the end of the domino chain will receive it. This new frequency is called knowledge, light, and information. It is called being taken out of bondage. You are being taken out of disinformation and misinformation and you are becoming informed; you are coming into light.

As each of you has been assigned to become informed and to bring about a frequency alteration on this planet, you must learn to become Keepers of Frequency. You must rise to a certain place of knowledge and consistently stay there. You must become in command of your body so that you can will it into stillness or into activity. You must be able to go inside yourself and heal what needs to be healed emotionally and physically. You must begin to part the jungle of self and find the clearing so that you can show others the way. Sometimes you will show others the way not by speaking to them, but just by maintaining, living, and working on your own frequency and having the courage to do this.

As systems busters and potential Keepers of Frequency, you will obviously go into the areas where your specialties are most needed. Many of the beings who have incarnated as members of the Family of Light came to the United States because this is the land where you can make the most progress. This also happens to be a land where denial is pervasive. You believe that you live in the land of the free and the home of the brave, yet you live in the most controlled experimental society on the planet. The tyranny that has been set up here is rather interesting, because it is a tyranny without walls. As a country and a collective consciousness, the United States still has not reached an awareness that something is not

right. The environment of the United States is actually much more controlled than that of the former Soviet Union, where the control was obvious.

Because everyone is so frightened of giving up the system in the United States, they are going to be *forced* to give it up. The system is corrupt, it does not work, it does not honor life, and it does not honor Earth. That is the bottom line. If something does not honor life and does not honor Earth, you can bet it is going to fall, and it is going to fall big time.

Consciousness must change. This is part of the Divine Plan, and this opportunity and setup are not going to be missed. There has been an overinvolvement in the material world and a complete lack of understanding of the nonphysical world that exists all around you, so there will be a reprioritizing of what comes first in life. People will stand up, once they have lost everything, who had never thought of standing up when they owned everything. People will awaken to the incredible potential of themselves.

In the next few years, a connectedness and communal cooperation will begin to run through this country so that you will stop separating yourselves with respect to political ideology. That separation was designed. Whenever a people are separated, and they focus on what they do not have in common or label themselves different from others, it is a perfect disguise to keep them from discovering what they do have in common. This separation keeps people from banding together and becoming very strong.

Much of the political maneuvering going on, particularly in the United States, is purposely designed to separate you. Look at the New Age. Do you see how the New Age is separated? All kinds of things are said to keep you from discovering what you have in common. When people discover this, they will begin to get angry. As more and more of the methods of control and separation are revealed to you, the anger will build in the United States. Events will occur that may look as if the country is falling apart, yet they will serve the purpose of bringing people together. A new pride and a new sense of integrity will come about, because this is what is designed for the times.

The material realm is one area that everyone relates to. Life in the United States translates into how much money you have in your pocket and how much money the government wants out of what you have in your pocket. Taxes will be the issue that will create both the greatest amount of havoc in the United States and the greatest amount of unification, because you all have taxes in common. You may not worship the same God, but you all pay taxes.

In a clever move, the Middle East crisis allowed the government to have what it wanted without going through the problem of asking your permission for a tax raise on gasoline. You see how clever these things are? With a few more taxes piled on top of one another, people will begin to examine the quality of their lives. You will see a lot of anger in this country, because many people will feel powerless. Anger is one of the first emotions that will occur when people finally understand the manipulation that has been going on and begin to get in touch with their feelings.

Modern technology is one of the biggest weapons of frequency control. You have been sold devices for entertainment and convenience, and they are all involved with frequency control. We recommend strongly that you get rid of your television sets. **They are the primary tool used to manipulate your consciousness on a day-to-day basis.** This experiment is so finely tuned that you respond subliminally to disease via the television. So there is an entire generation that is **killing itself** by watching television-and **supporting the medical society** while they are doing it.

Sometimes liberating information is broadcast-perhaps even a New Age show. However, you may watch such a television show about how uplifted and unlimited you can be, while subliminally you are being hit with a frequency that keeps you from original thinking. This subliminal keeps you immobilized and holds you in a "survive, arrive, be-on-time, be-silent, go-to-work" society. Television also promotes inactivity and a sedentary, obese life. Look around you. ***Wake up, humans!***

Most of the subliminals on television are done through technology that was developed in conjunction with off-planetary beings. The use of subliminals to upset human consciousness has become a worldwide program. If you think about the houses that have two, three, and four televisions in them, you must agree that this has been a very successful marketing program. Some people who know about the subliminals on television feel that they are immune to them. However, the effects of television are so permeating that no matter how clear you say you are going to be, you cannot counterbalance what the technology is presently doing to your vibrational frequency.

We have said that there are entities who feed off your emotional bodies. Think about what a clever tool television is for them. All over the world, billions of humans are emitting emotional juices into the atmosphere based upon what they are watching on the tube. They don't have to have too many wars anymore to get you all riled up-they can simply make movies!

People who need to watch television are not tapping into the wealth of information within their minds and immediately accessible all around them. As a matter of fact, if you really want to evolve, do not read your newspapers, do not listen to the radio, and do not watch television. If you are able to be media free for periods of time, and you disengage yourself from the frequency of chaos and anxiety and stress and hustle-bustle and temptations of all kinds that you don't need, you begin to get clear. You begin to listen to what is going on inside of yourself and to live in the world and not necessarily be lost in it. You become clear. We cannot emphasize this enough!

Electronics also jam your frequency. Even when they are not specifically designed to jam your frequency, sometimes there is incompatibility between the electronic frequency of something and yourself. Plus, as we said, many of them are designed to create static so that you will always stay at a certain vibratory rate, turning you into safe, harmless, inactive, productive cattle.

**What about computers?** The second most predominant piece of hardware in the United States is the computer. How many of you go to work on computers and end up getting headaches, particularly when you work for large corporations and are hooked up to their mainframe? Large companies are into aspects of mind control; they use your minds to generate energy to achieve something for themselves. Personal computers are not as potent and powerful.

Some new inventions are going to surface in the nineties very underground inventions, because they will never be given patents to be promoted in the marketplace. There will be a whole underground economy based upon barter, in which certain inventions will be traded between people. There will be technologies that can counteract much of the frequency control: these technologies can change the quality of your air and water, and they can eliminate and seal off your home so that you are an integral of energy and nothing can bombard you. There are technologies that do phenomenal things. Do you understand how technology has been used against you? It has not been used *for you*. Television is not necessarily bad in itself, but it has been put to ill purpose. There is nothing wrong with technology. *It is how technology is being used* that is the bottom line. That is the difference.

The education system is another area where you are controlled. Most of what you are taught is malarkey. You work hard, take loans out, and pay money to learn something that is antiquated before you even set foot in the door, particularly in the realms of scientific, mathematical, psychological, and medical exploration.

What do you do when you live in a society that rewards you for degrees? You begin by saying, "I believe that I formulate my world. I believe that I do not need these credentials to define my existence. I can be unique unto myself, sovereign unto myself." Come up with a method or way to explore the world without degrees. Education is actually the pursuit of knowledge, and knowledge can come from a walk in the desert. It does not have to come from flipping pages in a book. It is not harmful to explore a little bit of schooling, but don't buy into the idea that what you are being taught is correct.

You are controlled and separated by issues that strike at the core of your emotions. The abortion/pro-life issue is not a global issue, it is a national issue. Sometimes it does look as if innocent victims are trampled or stampeded by events that seemingly have nothing to do with them. Of course, that is what you have been taught-that you are powerless and can only be saved by the mood of the gods, which has never been the case. Those who find their lives taken by accident or violence *select it*.

The pro-life/abortion issue has been purposely orchestrated in the United States by different factions within the government to create a lack of harmony. Divide and conquer, and you own the people. Allow the people choice, freedom, and the ability to continuously improve their lives, and you cannot own them. Whenever people oppose people, those in control benefit, even down to the issue over abortion.

How do they benefit? They keep women from uniting with each other and men from uniting with each other here in the United States. They keep people in fear. They convince you, by continuously putting these issues before you, that a woman has no control over the birthing process in her body. You don't need abortion: you never need to get pregnant in the first place if you don't desire it. How? By will. A woman can say to herself, "I am not prepared at this time for a child." Or, alternately, "I am in receptivity of a child." When you own yourself, you will not need permission from the government about what you can do with your own body.

Violence on the streets of major cities is another subtle means of control. The big cities in the United States-Los Angeles, New York City, Washington, D.C., and so on-are **energy buckets**, or holes, where energy comes into the North American continent-or has up until now. There has been an increase in violence in these cities because it is known that if unrest can be kept brewing and reported, it can be a likely vehicle for manipulating the entire nation. These things are purposely set into motion on the physical level and assisted on the etheric level because the more fear that is generated the more those in charge can feed on it.

When a woman goes out with her family and is assaulted, and her young son, a seemingly innocent victim, fights the assailants and goes down by knife and dies totally unexpectedly on his vacation, the fear that is promoted throughout multitudes of people feeds many. The fear that the war in the Middle East brought about was phenomenal.

You have been raped of your life force. If there is anything that you as members of the human species have in common it is that you have been raped for your emotions. Others have played your emotions as though they were instruments, and they have never let you know the power you have with your emotions.

Always this whole story comes back to emotions. Emotions are like tickets that can get you places and plug you in. You are incredibly rich. If you would only realize how wealthy you are with your emotions. The lower vibratory beings, if we may be so bold as to call them that, exist off emotions in a very small range of frequency-emotions that are based on fear, chaos, and violence.

The ability to use the human will over the human mind is your ultimate resource. This ability to master the body according to your will is exactly what the people in charge of the planet do not want you to figure out. As more of you become sovereign and in charge of your own frequency, those who do not want the new frequency here will bring an opposite frequency to create chaos, confusion, and polarity. Always, whenever a society is on the verge of a huge leap or change, there are diametrically opposed activities.

Always look at an issue from the perspective of the bigger picture so that you have neutrality with it, for the picture gets bigger and bigger all the time. The planet is headed for a major confrontation with certain entities. We are simply pointing this out; we are not here to promote fear. Fear is what the other team wants you to feel. We want you to understand that *you can change anything you want to change*. This is going to be a game of numbers in the future, because you will work together to bring yourselves to a place of empowerment.

We are asking humans to come into full function as members of the Family of Light by imaging and energizing the pillar of light and pulling it inside the body. Command it. Make it your intention every day to operate with a cordon of light, for light frequency connects you and fills you with protection and information. Feel it move into the base of your spine, down your body, and into the Earth, as well as coming out of your solarplexus area like a fountain and forming a golden shield of light around you. As you use the solar-plexus area to determine what is going on, you will learn *discernment through feeling*.

Earth's owners have not wanted humans to understand that their feelings and emotions are like a crop, such as wheat, that can be harvested. If you are in charge of your own harvest, then others cannot take advantage of you and use you unless you decree it. When you operate with a certain frequency and sovereignty, those who wish to control you are not interested in you. They want a fearful, chaotic frequency, which is what nourishes them. Fear and chaos have predominated on this planet because these entities have stirred them up. They have divided and conquered everywhere to create that frequency. When you operate in peace and love and with information, you alter the structure of this place drastically: you bring choice of frequency back to this planet.

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