

Video 169: The Virus

by Ariel Glad, July 30, 2019

[This is a video transcript]



Humanity is infected with a virus, and it may not be what you think. In much the same way the human brain is compared to a computer, indeed, the computer was modeled off the human brain. Or perhaps it is the other way around – everything is an inversion, remember? We live in the mirror, the artificially created copy of a reality, from which we have been severely restricted in our ability to perceive anything outside the mirror. Some humans are created to better facilitate this virus infection, and some are just weakened to the point that infection becomes easier. It's very similar to how one person's computer may have excellent virus protection software, firewalls, and detection capabilities and another person's computer may have none. One computer is significantly more vulnerable than the other, and there are various levels of vulnerability in between those two extremes.

When we think of technology, we think of external devices that we hold in our hands, push buttons or touch screens, watch images, and access files of

stored information that may or may not exist in physical form in 3D. They do exist in the digital nonphysical realm, though, and they exist in the physical realm when we take them from the digital realm and bring them into 3D existence such as printing a file. The only thing we did was to take them from the nonphysical and bring them into the physical. These devices are portals that allow our consciousness to access another realm and BE accessed by that realm. This realm is not physical, and yet it holds a copy of us within it. We are affected by what happens in this nonphysical realm and those effects are becoming greater and greater as humans advance in their usage of such portals or devices to access this realm. Much of our time is being spent, much of our consciousness is being focused, inside this realm and, for many, that digital cyber space is more real than the 3D world to which their 3D body is attached. How can that be? All that is needed for the nonphysical realms of this Earth construct to invade your physical reality is your mind. When you allow your mind to be opened to these nonphysical realms, you open a portal into them. Once that happens, in the same way connecting your devices to the internet opens a portal for viruses, bugs, and all sorts of malicious malware to invade your physical device through this portal, or allows you to take what is “in there” and bring it “in here”, when we open our minds to the nonphysical realms we allow whatever is there to come into our lives.

The way our Earthly construct is designed contains many, many realms or levels of existence, of which our physical reality is only a very small portion. If we could use a metaphor to describe this construction, we might say that our individual physical life experience is only a single fish in a vast sea of unknown and unseen experiences that we have no awareness of. Is the fish aware of the level of salinity in the water or the percentage of algae, good and bad, that it must swim through? No, not really. It might get an indicator of some kind when things get out of balance and seek to find a cleaner or more appropriate environment for itself. These things can greatly affect the fish and possibly kill it, but for the most part, that fish is unaware of these

important factors that determine how well the fish can enjoy its life experience in the sea, not to mention the predators that are slinking around in the shadows watching the fish and waiting for the right moment to claim it as a meal. Yet, all these things exist in the fish's environment, its "world", whether the fish is aware or concerned about them or not.

We are similar to this fish in that there are many things which may affect our quality of life to greater or lesser degrees and we have no awareness of them. The sea that the fish lives in is the nonphysical realm, which to most of us remains hidden and imperceptible to our physical senses. Yet it's there, and we are very connected to it in ways that are vital to our existence and our ability to navigate this physical life. Just like connecting to the internet opens the portal to allow viruses to infect our devices, connecting to the nonphysical realms opens the portal to allow similar viruses to infect our consciousness; our **minds**.

You may say, "I don't astral travel, channel, or anything like that so how am I connecting with the nonphysical realm?" Every single human on this planet is connected to the vast and infinite realm of nonphysical reality because the mind is the portal, and our thoughts determine what we bring through that portal into our lives. Even though we can't see them, every thought we have is expressed in a nonphysical environment which is just slightly out of phase with the frequency of this physical reality. This slight adjustment in frequency keeps this area of our Earthly construct hidden from our physical senses, but that doesn't mean it isn't as real or just as interactive as the physical environment we can perceive around us. In fact, it is probably MORE interactive than most people would like to consider. It is this realm from which our physical reality is being created. We do nothing in this life without first thinking about it. If the physical reality we see around us every day is our conscious mind, this slightly out of phase and mostly imperceptible realm which is hidden would be our subconscious. Our minds, our consciousness, has been split or divided, and the most

obvious result of this and benefit for the Overlords is that this creates the amnesia that permeates our consciousness. It also has another benefit in that humans are kept unaware of the connection their thoughts have with the creation of their physical reality.

In much the same way that a virus can wreak havoc within the operating system of your computer, so much of what we are creating with our thoughts are coming to us from the nonphysical realm and wreaking havoc on every aspect of our lives. We've been infected by a virus of our own making because we do not know what we are creating, and it is a plague of the mind.

We addressed the concept of entitized thoughtforms in a previous video, so let us briefly revisit that concept. It is key to understanding what we are dealing with and what we can do about it.

Every thought you have doesn't just stay within your mind. Because your mind is connected to the nonphysical realms, these thoughts are projected into this nonphysical, out of phase, area of creation within this construct. When we create an identity of ourselves on the internet, whether willingly by social media accounts, or unwillingly by institutional requirements, we create a copy of ourselves that exists in a digital form, which is a nonphysical layer of reality through which we can interact with the physical reality. This identity is real. We may have put fake information about ourselves online to present an image we want others to have of us, but that doesn't mean it isn't real. When you are online, that avatar is YOU. When you act as this avatar, true or not, you are interacting with other people as this identity. You have agreed to accept this identity as a representation of you. You, as this avatar, can say things, do things, which have real and tangible impacts on your environment and other people. It is REAL.

So, too, when we have thoughts and feed these thoughts with enough of our energy (in the same way we create an online avatar or representation of us), these thoughts become stronger and stronger, eventually becoming their own entity, their own identity. These thoughtforms, if strong enough, can become self-aware and begin seeking out more of the energy that created them – more of the same thoughts from which they are formed.

This is the virus, and every single person on this planet is infected by it. This virus wreaks havoc on our operating system. As these entitized thoughtforms begin their seeking, they are capable of manipulating every facet of human existence to get what they need. They are using the portal through the human mind, and therefore manipulating a human's ability to create their reality, in such a way that will ensure they get what they need. This can be anything from nightmares to illness, and a variety of ways in between that are as infinite and as unique as each individual mind on the planet. They know what scares you. In the nonphysical realm, in which they were created and exist, your thoughts are open to them through the portal of your mind that En.ki has manipulated to be just slightly out of phase with physical reality so that humanity is not seeing what they are creating. If we could, we would certainly be more careful with our own thoughts and the thoughts we provoke in others. If you knew that every time you insulted someone, whether out loud or only in the silence of your mind, you fed a parasitic entity attached to you or to another person, would you work harder to have better thoughts? Would you work to find the root of WHY you feel that way and what makes you think those thoughts?

What if the anger and stress that is causing your high blood pressure was actually the result of an entity manipulating your thoughts and your situations to create a more and more stressful or angry environment so it can get more energy food from you? As it gets stronger and stronger, it will eventually spread to others in your life to whom you are close, and will begin the same cycle with them, as well. As you infect your children with it, the

doctors will simply say your medical problems are hereditary and there is nothing they can do. It's just "something that happens". YES, these entity attachments can pass from generation to generation, following a family line or a family name. You pass your tendency to cope with emotional problems to those around you, who unknowingly pick up the same coping mechanisms, which then result in generating more energy for that entity to feed, and thus spreading the attachments or the virus. Cycles of abuse, indeed! Whether our coping mechanism is alcohol, drugs, unchecked anger, escapism of any kind, depression, or physical abuse, we risk spreading our own attached thoughtform entities to the others around us when we intentionally or unintentionally encourage them to develop the same energies we have.

Once these things are strong enough to take on form, they are often the cause of depression, accidents, illness, loss of jobs, destroyer of relationships, and at the root of nearly every psychological disorder. The ones that are very strong will ruin lives with their destruction. The ones that feed on your fear KNOW what you are afraid of by having intimate access to your mind (your mind created them, after all) and are capable of generating a monster, a reptilian ET, a demonic gargoyle, or whatever it knows will accomplish the task of generating more fear. The stronger they are, the MORE frequent and the STRONGER their tactics will become. In other words, if you are VERY afraid of encountering some type of scary alien or satanic demon, these thoughtform entities can project the exact image of your worst nightmare into your mind and make you think you've encountered one. The strongest of these entities can even be so strong as to project an image or form to an entire room of people, if everyone in the room has the same kind of thoughtform attachment or belief.

Everyone has these attachments, and some are stronger or are weaker than others. Some have greater impact or influence in our lives and some less.

We didn't write this to scare you or add to your entity attachments. Absolutely not! We have written this to tell you what to do about them and help you believe in yourself. You have created them or allowed them to become attached to you by your own beliefs and thoughts, and you can banish them just as easily. We would like to offer you some suggestions. Just as the nonphysical realms are perhaps 90% of our experience here, so also 90% of our reality is controlled by our thoughts. That means that intentions are everything and create the most effective results and success. Intentions must be felt and believed in your heart, though, to be the most effective, and we understand that this is the hardest part. We've been there. As long as we are here, we all have to work on this aspect of ourselves without fail or we will find ourselves once again being messed with by malicious thoughtform entities.

HAPPINESS IS THE WEAPON. Yes, it is really that simple. However, happiness doesn't seem to be that easy for us here, does it? It is unfortunate that being sad, angry, or dissatisfied with life is the default operating system of our consciousness. We all have this attitude at varying strengths and at various times throughout our lives, and it's because those pesky attachments start feeding on us from the moment we are born here. We hardly have a chance to get up on two feet before they begin their attempts. For some of us, finding joy and peace will be a little or a lot more difficult than others.

YOU MUST WANT TO BE FREE OF THESE THINGS IN YOUR LIFE. Remember intention is 90% of the effectiveness of whatever steps you take.

DO NOT TALK TO THESE THINGS. DO NOT DIRECT YOUR ANGER TOWARD THEM. DO NOT CONFRONT THEM. DO NOT TRY TO VISUALIZE THEM. DO NOT ADDRESS THEM IN ANY WAY. Focus your mind on cleaning your space and yourself. Have the intention of "I am clean," and "This room is clean." Don't be afraid of them. These are not ETs or the AIF. These are thoughtforms and it is completely within our power to dissolve them.

We want to help, so let's try starting with some of these recommendations:

Take care of yourself -

- 1) Eat well. This includes your physical body and your mind. Eat good food. By good food, we mean food that gives you pleasure. Eating a plant-based diet will have no long-lasting health benefits if you hate it or resent not being able to enjoy a good steak or having your favorite birthday cake. Your attitude and your beliefs (intention) have more effect on your health than your perceived vices or bad habits. If you believe, "These things will eventually kill me," then those things will, indeed, eventually kill you. Your thoughts create your reality and what you experience.
- 2) Pay attention to the music you listen to. We all have our unique tastes in music, and that's great. However, if you find yourself attracted to music that makes you feel sad, angry, aroused, or destructive, re-evaluate whether this taste in music might be feeding lower emotions and therefore could indicate that you're being manipulated by malicious thoughtforms to listen to what THEY want and the feelings or emotions they hope to generate through you for them to feed. Begin to pay attention to what you enjoy. If you enjoy songs that make you cry or enjoy songs that have violent imagery associated with them, you might need to evaluate WHY you enjoy them and take a look at those thoughts. You might discover that you would be better off without them, so don't do things that encourage them.
- 3) Clean your space. If you have trash or clutter that needs to be dealt with, then deal with it and clean it out. No one enjoys being in a messy and smelly environment, so if you do, then you are being manipulated to create this type of environment for these entities. They enjoy feeding upon the emotions it is creating for you or others who must encounter your environment. Just as these nasty creatures can have an EFFECT in our physical life experience, they can also be AFFECTED by things in our physical life and what we do.
- 4) Light up your space. These entities love darkness. Flood your space with sunlight or bright artificial light. Take time to go outside on a sunny day to get

some relief. Sunlight makes them dissolve, literally. Many thoughtforms get attached to us as children when we feel monsters are lurking in a dark closet and other such thoughtforms. LIGHT UP THE ROOM. If you are feeling especially vulnerable, sleep with the lights on and allow children to sleep with the lights on, as well. Masks or covering for the eyes can be used if the light is interfering with sleep.

- 5) Take showers, often. Running water has been proven by those who have had success in dissolving these stubborn attachments to get rid of them. When learning about alchemy and the elements, it was widely held ancient knowledge that accomplishing manifestation could be assisted by the elements of earth, fire, water, air, and ether. When cleaning is what is required, then the elements that are appropriate to motion are used; water and fire. Both these elements are used to purify. (Thank you, Gene, for sharing your vast knowledge of this!) With the intention to be “clean” of negative thoughtform attachments, a good long shower, at least once a day, and often more than once is successful in cleaning our nonphysical body as well as physical body. After a cleansing shower, put on a fragrant lotion, deodorant, or oil that has a pleasant scent to you. These entities are attracted to repulsive scents like decay and rot, and they are also repelled by scents that are lovely. Roses, sandalwood, and lavender are a few to try. Because intention is most of the battle, if you ENJOY the scent and it brings you a calm and happy state of being, then use it.
- 6) Get enough rest. No mind is as vulnerable as it is when we are overtired, or just tired. One of the easiest ways these negatives entities have to influence us is to disrupt our sleep, either by inducing repetitive thoughts and nightmares or by causing insomnia. This is intentional. The less sleep and less rested we are, the more easily we are manipulated and the harder it is to focus and have clear thoughts. To put it simply, we are weak when we are tired. Why do you think children are so provoked to believe a monster is under the **bed**?
- 7) Develop and work on your “inner smile”. In the Taoist tradition, one of the most popular inner alchemy practices is the developed practice of the inner

smile as it relates to all the bodily organs and functions. This is a physical meditation and visualization practice that one can work on, but for our simplified purpose of knowing how to combat pesky, malevolent thoughtforms, we think the concept is self-explanatory. When you develop an inner smile, your physical and nonphysical aspects generate a light, or a frequency, which is of such a high vibration that negative entities are repelled and effectively banished. Because these entities are dwelling within the nonphysical planes of existence in this construct, they can “see” our light or lack thereof. A person who is giving off a frequency of an “inner frown” is like a homing beacon to these entities. This person is exactly what they are looking for and will attract them like a moth to a flame.

These practices and examples should give you enough of an idea as to how we attract them and how we get rid of them to make some significant differences in your life. If you would like to learn more about these topics, we would recommend reading the incredible articles and publications of Tom Montalk, books by Robert Bruce, and lectures by William Bloom. There are others, as well, but these are the ones we have felt helped us the most. If you know of more, please leave a comment for us and others so that we may all work to help each other.

If you feel you need help or support from others, to have somewhere to express yourself with those who will understand without passing judgement or criticism, please consider interacting on our forum. One of our members, and a fellow patron, felt we all needed such a place to connect and so a private area of the forum has been created for just such a purpose. Because this video is for patrons only, if you are watching this video, and you have not already registered an account on our forum, please consider doing so. It is one of the benefits we offer our patrons and it is already available to you. We hope this video has given you some encouragement and ideas for how to best make the changes you want for your life that brings you more joy and peace.

As we mentioned at the beginning of this video, the nonphysical realm or portion of our Earthly construct makes up most of our experiences and these nonphysical realms or layers of reality are huge by comparison. While this video only deals with the layer in which we use to manifest our thoughts, the layer closest to us, relatively speaking, there are other layers of reality in which humans also occupy in the nonphysical realms after they have made the choice to no longer incarnate in a physical body. These are humans who have advanced in their physical life experiences to the point that they have been promoted to the next class or layer of existence. They have achieved what they intended to achieve in such successful fashion that they are given new tasks or new jobs to perform within this construct. They also interact with us, but their interactions are much more deceptive and difficult to recognize. We call these advanced humans guardian angels, spirit guides, and various races of ET collective intelligences at one end of the spectrum, and demons, archons, and various malevolent ET collective intelligences at the other end. They are just as real as you and me, and even they are not aware of the deception. They are simply being convinced to participate in another type of reality simulation, all of which are STILL inside this matrix/patrix. The manipulation and deception continue even more heavily after we have left this physical life if we choose to remain here. We'll discuss these "advanced humans" in the next Patreon video.

