

## Television

0137 Television

Q-13. What warnings or advice can you give in relationship to television, radio, movies, newspapers and magazines?

A-13. We would find that that which would manifest in these manners as communication on your plane, would reflect the nature of thinking on this plane. That which has come as disease is often given through these media into these bodies. We preach not doom, but seek that you would be aware that you have given yourself to the control of others in receiving into self, without sorting out these things, that which you would believe and that which you would accept, that which you would find entertaining. Now, if you would understand the self, see that diet that you would feed to the sub-conscious mind. Be aware of that which you would watch, and what you would entertain yourself with. And you would see that food that you are assimilating for spiritual growth.

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