

Television

Effects of TV on the Brain, the Mind, and on General Health

(a) TV Rays

“According to Daniel Reid, writing in the Tao of Health Sex and Longevity, the rays from a TV flicker erratically, causing uneven and irregular stimulation of the retina: *‘This choppy stimulus is transferred directly into the brain via the optic nerve, which in turn irritates the hypothalamus. In scientific experiments conducted in the US but ignored by both the government and the television industry, rats exposed to colour TV for six hours a day became hyperactive and extremely aggressive for about a week. Thereafter they suddenly became totally lethargic and stopped breeding entirely.’* In effect their endocrine systems had been ‘burnt out’. Equally significant was the fact that during the experiment the TV screens were kept covered in thick black paper so that only the invisible rays came through. Thus the damage was done, not by the visible rays, but by the invisible radiation. These findings were echoed by Dr. H.D. Youmans of the U.S. Bureau of Radiological Health, quoted by Associated Press in 1970: *‘We found rays escaping from the vacuum tubes to be harder and of higher average energy than we expected. They penetrated the first few inches of the body as deeply as 100-kilowatt diagnostic X-rays. You get a uniform dose to the eyes, the testes and bone marrow.’* Dr. Robert Elder, director of the BRH, testified before Congress that even very minute doses of radiation, which fall below the legal limit cause damage and that the damage is cumulative” (<http://www.thetruthseeker.co.uk/print.asp?ID=67>).

(b) Vibrations

“The broadcast media – TV in particular, and it does not matter what program is being broadcast – sends out vibrations. These unseen vibes transmitted through the TV set are most likely an energy wave of some sort, possibly an audio wave of a frequency beyond the normal range of human hearing. ... So what impact do these vibes have upon the mental condition of people? Carefully-designed scientific studies have been performed supporting what the authors call the hypersonic effect – that even without hearing it, high-frequency sound can have a measurable effect on the mind. I believe that these covert signals that are broadcast through TV and other media are not in the range of normal human hearing but they are targeted towards the part of our brain that we call the subconscious. So these vibrations from the TV embed information into the mind without the person being consciously aware of it. ... The constant barrage of these signals (apparently being broadcast even when the TV set is turned off), create something comparable to a force-field around a person’s mind that keeps it sedated” (<http://apocalypse2010.blogspot.com/2010/02/dont-touch-that-dial.html>).

(c) Major Impact on Brain Chemistry

“Dr. Aric Sigman, a British psychologist, analyzed 35 different scientific studies on television and its effect on the viewer. ... it produces an almost narcotic effect on your brain, actually numbing areas that would be stimulated by other activities, like reading. ... Through his research, Dr. Sigman has identified 15 negative effects that he believes can be blamed on watching television: Obesity, trouble healing, heart trouble, decreased metabolism, eyesight damage, Alzheimer’s disease, decreased attention span, hormone disturbances, cancer, early puberty, autism, sleep difficulties, increased appetite, limited brain growth, diabetes. Watching TV also has a major impact on brain chemistry. In fact, the longer you watch, the easier your brain slips into a receptive, passive mode, meaning hat messages are streamed into your brain without any participation from you. Violent images on TV stimulate your body’s ‘fight or flight’ response to stress, but since you know the threat is not real, you suppress it. This engages your brain in a constant mode of impulse and suppression, and when you turn off the TV, all of this built up impulse must be released. This is one reason why television has been blamed for disorders like ADHD” (<http://articles.mercola.com/sites/articles/archive/2008/03/22/a-one-eyed-invader-in-the-bedroom.aspx>).

“Your brain is more active when you are sleeping than when you are watching television. Since the health of your brain is largely determined by how much you actively use it, watching too much television can therefore have a detrimental effect on the health of your brain. One of the reasons why brain activity is so low when watching television is because you don’t really have to do any thinking. When you read for example, you have to mentally create images of what you are reading. This requires significant brain power to do. So when you are reading, you are effectively exercising your brain. ... Excessive television viewing has also been linked to degenerative brain disorders later in life such as dementia and Alzheimer’s disease” (<http://www.eruptingmind.com/effects-of-tv-on-brain>).

“When you watch TV, brain activity switches from the left side of your brain (responsible for logical thought and critical analysis) to the right side. This is significant because the right side of the brain tends not to critically analyze incoming information. Instead, it uses an emotional response which results in little or no analysis of the information. In other words, this is like someone telling you something and you believing what they say without doing your own research. For this reason, people who watch a lot of TV tend to have a very inaccurate and unrealistic view of reality” (<http://www.eruptingmind.com/effects-of-tv-on-brain>).

(d) Altered States of Consciousness

“Through imagination a person abandons his or her thoughts to the action on the screen. In a very real sense one enters into an altered state of consciousness. Fantasy becomes reality and reality becomes a vague intrusion upon the outer edges of one’s awareness. It’s during such an altered state of consciousness that the mind becomes most vulnerable to suggestion (Albert James Dager, *Children’s Television: Misshaping Our Future*).

“Watching TV puts the viewer into a highly suggestible sleep-like hypnotic state. This provides easy access to the subconscious and is one reason why it is easy to fall asleep whilst watching television. The hypnotic effect is largely caused by screen flicker which lowers your brainwaves into an alpha state, a state of mind that you would normally associate with meditation or deep relaxation. In most people, this occurs within 30 seconds or 3 minutes for very light and infrequent viewers” (<http://www.eruptingmind.com/effects-of-tv-on-brain>).

(e) Control Over the Mind

“The word ‘cinema’ is derived from the word Kinesis which means ‘movement’, and from which we get the term ‘moving pictures’, shortened to ‘movies’. Kinesis or motion is a type of energy known as Kinetic Energy. Movies, of which TV programs are a type, all have kinetic energy associated with them. Magic is defined as a form of energy and one of the effects of magic is ‘mesmerisation’. The art of mesmerising is the ability to cast a spell, hold someone spellbound. Mesmerising is a hypnotic technique that literally gives the hypnotists control over another person’s mind. Movies, including TV programs are often characterised as ‘mesmerising’, ‘magical’, and ‘spellbinding’. It is the stated goal of any movie to hold their audience spellbound, to captivate their minds, to embed a message into their conscious and subconscious mind that will remain long after the show is finished. ... In the case of [TV] broadcasting, information is sown into a person’s mind. In a very literal sense a net of electronic signals is cast, and a web of (dis)information is woven over a person’s mind” (<http://apocalypse2010.blogspot.com/2010/02/dont-touch-that-dial.html>).

“TV is an excellent tool to program the mind. It provides easy access to the subconscious, reduces your ability to analyse incoming information and ensures constant daily exposure via a physical addiction. The main concern with watching TV is that you have no control over what is coming into your mind. Some things may be good, whilst others may be bad. This relates to what you consciously see, but there are greater concerns regarding the things you don’t see: subliminal messages/pictures/suggestions, words and phrases being used in specifically crafted ways to influence your thoughts, etc” (<http://www.eruptingmind.com/effects-of-tv-on-brain>).