

THE DANGERS OF TELEVISION

Beware of the televisions abilities ability to hypnotize, alter moods, and even cause depression

Share with others.

There may be an object in your home that you unwittingly allow to lead you into a type of hypnotic trance. If you are the like the average American, several rooms in your house are equipped with an object that you focus your eyes on. It flickers every few seconds, and can produce a hypnotic-like trance. It is one of the most popular devices of our time—the television set.



More than 96 percent of American homes have at least one set.¹ Jerry Mander found that although there are many ways to be hypnotized, a number of experts defined hypnotism in such a way that television aptly fits the description. The classic setting for TV watching is similar to a typical environment for hypnotism induction—a darkened room, a flickering light (the TV set) as a single-minded focus, and freedom from outside diversions.² People watch programs provided by TV stations, cable companies, satellite networks, videos, and DVDs. The range of programming is diverse—movies, documentaries, sit-coms, sports, music, education, nature, news, *ad infinitum*. Does what you watch have any effect on your mind and character? It clearly does. From the standpoint of both depression and the frontal lobe, the most disturbing aspects of television relate to the veritable explosion of both sexual content and violence.

Television, Sexual Arousal, and Depression

Other Dangers Television Poses to the Brain

Video Games are No Different

Well over a decade ago there were more than 3000 scientific studies published on the effects of television on the mind.³ Research continues on the interrelationship. More than 500 books have been written on the subject. It is one of the most well researched subjects in our culture, yet most people have little awareness of TV viewing's solemn consequences. Television news programs often publicize lifestyle-related scientific studies, but little is said about the studies done on the effects of television on the mind. We cannot expect the television industry to reveal the truth about itself, but we do not have to remain uninformed.

Six decades after David Sarnoff, President of RCA, unveiled the first television at the 1939 World's Fair, it is time to ask, what is television doing to our country? More specifically, what is television doing to me?

All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any (1 Corinthians 6:12 NKJV).

The apostle Paul tells us that we need to be watchful to not be brought under the power of anything other than God. Although television might not be bad in itself, its use is rarely beneficial to us and we need to be careful about falling into its power.

[Read more about the power of TV in our next article](#)

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