

# Media Mind Control

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*In this media mind control article I explain how media controls your thinking. I also give some advice on how to prevent yourself to be controlled this way.*

If you are reading this article it is likely that media mind control subject is not something new to you. But most of the population would be shocked to find out this. Media controls you in such a subtle way that the majority of population would not even believe that this could happen. Media controls you in many ways: through commercials, TV news, newspapers, radio news, movies and sometimes even through the internet.

## HOW DOES MEDIA MIND CONTROL AFFECT YOU THROUGH COMMERCIALS?

Do you know that you can be affected by TV commercials even if you shift your focus away from television? This is because commercials are so powerful that through the repeat exposure they affect you on an unconscious level. All you need to hear is 5 seconds of the repeated commercial (you don't even have to see it) and your unconscious mind 'gets the message'.

Next thing you know, you are buying something from a shop you did not even plan to buy!

Commercials are getting more and more sophisticated. Thus they affect your mind to even greater extent. Their repeated exposure lets commercials really sink into your mind, affecting you unconsciously. You may not even notice how often the same commercial is running.

Repeat exposure is the single most powerful tool of convincing. Every big brand knows that. People associate repeat exposure with credibility. They don't even know what impact this exposure is making on them.

You may think that if a commercial is run often, it means that the company selling the product is credible. Thus, the product should be very quality and would not do any harm. This is just how your 'logical' thinking works.

Such company can sell anything to you. The product can be bad or good, it does not matter. Repeat product exposure will convince you that it's quality and good. Is it? It is up to you to decide now:)

Commercials also affect your confidence level. When you are frequently exposed to a certain type of living, you try to strive to live in that particular way. This is where media mind control has a strong hold on people.

For example, in commercials there are many good looking people. This prompts you to strive to look as good as them. Some of you succeed. But what if you cannot look as good as someone on TV? Then you fall into depression, become shy, angry and think that the world is unfair. You stay single as you think that no one would date you... effects are indeed countless.

Do you still think it is so innocent to watch commercials?

As I am now living in the United Kingdom I have noticed that the ads do not include as many very good looking people as in some other countries. The ads usually show every day people. The result? Less super thin women, less shy people, more self-expression.

Although I do not watch TV for a year now, I can still comment from what I remember.

How to protect yourself from commercials affecting you? ...Stop watching TV.

Can't stop watching it? I cannot help you then. There is no other cure from media mind control, I'm afraid!

## **HOW DOES MEDIA MIND CONTROL WORK THROUGH TV NEWS?**

This is the worst method to control people. TV news keep people at a very low – Fear – consciousness level. Their message is always the same: “You have to fear as today ..... happened”.

Do not believe that? Before almost every single sentence they say, just add "You have to fear because..." they will let you know what you should be scared of today.

Your argument might be "But everyone is watching news!" My answer to that would be that not everyone is doing that. Yes, the majority of people do, but they are on a low consciousness level. They let media mind control work in their lives.

News silently instil fear in people through sophisticated ways of presenting information. Do corporations behind news consciously try to instil fear? I honestly don't know. I suspect that, but my suspicion is not based on any evidence. I just feel that this might be the case.

It seems that they choose to rather tell bad news than good ones. They would rather tell that someone in some small town was killed, than telling that people have increasing amount of opportunities to become financially free. They would rather give an insight into the scarcity of water in some particular region than inform about unlimited amounts of resources in other regions.

Of course, you may argue that it is bad to be ignorant about subjects I've mentioned above. I happen to disagree with that. You see, the more we think about poverty, the more poverty we create. The more we think about abundance, the more abundance we create.

Don't understand what I'm talking about? You should learn about universal laws. And that topic is too large to cover here.

You probably get the impression from watching news that there is nothing good happening in the world. That we are all 'doomed'. This is just another nonsense that media mind control impressed on you. The reality is so much different. And you will never understand this unless you stop watching TV.

There are so many good things happening in the world. So many people are becoming millionaires, there are millions of them, and plenty of people are becoming extremely wealthy at this very moment. Finally the inspiration and empowerment can reach you so effortlessly through books and articles of people that experienced that. It is becoming so much easier to travel the world, to understand different cultures and to explore subjects that interest you.

The world is becoming, it is certainly not ending!

Yet... if you are a frequent news watcher my previous words should sound like something too good to be true.

## **HOW DOES MEDIA MIND CONTROL AFFECT YOU THROUGH NEWSPAPERS?**

Newspapers affect you less, but they use the same method as TV news.

The better thing about newspapers is that people are usually bored to read long articles, thus they skip some content. Therefore, they do not absorb all the negative information newspapers have. Media mind control still has a grip on such people.

Newspapers still tempt you to read the contents with shocking pictures and interesting headlines.

Radio news affect you less as you do not see any images associated with the content.

## **HOW DOES MEDIA MIND CONTROL AFFECT YOU THROUGH MOVIES?**

Movies usually have different effect than news. There is less media mind control involved. Instead of instilling fear, they maintain your [Comfort Zone](#). You see, you can choose whichever movie you like to watch. It is not the same as mixed content that you get in news.

If one movie fits your current comfort zone, you watch it. If the movie promotes lower or higher lever of consciousness, you usually refuse to watch it.

If you want to advance in personal development, movies that maintain your comfort zone will stop your advance.

and the more you advance, the less movies there are to choose from.

For example, at the time of writing this article, I am on the Acceptance level of consciousness. This is the 12th level of consciousness. Mostly people are in Fear level (the 5th level).

If you feel fear, you still are on the 5th level.

I very rarely watch any movies at all. I could go to the cinema to watch some comedy or a feel good movie, if I wanted. That would probably lower my consciousness level a bit, but I would regain it shortly.

Instead of watching movies, I prioritise my time to create **value**. I would rather write another article that would raise your consciousness, than waste time staring at the TV screen.

If you are at the level of fear, some movies can actually raise your consciousness. 'The Secret' movie would be the best one to watch at this level. You will feel empowered and in control of your life. You will feel more resistant to the media mind control.

Whenever you feel inspired and feel like you could 'move mountains' , it means you are raising your consciousness level. Keep doing whatever makes you feel this way!

## ***Can media influence you through the internet?***

Usually not. Unless you consciously choose to read news and other damaging content.

The great thing about internet is that it can raise your consciousness to a great degree. There are many articles and advice available that can inspire you and make you feel good. Be selective though, because nothing can guarantee if the article was written by a person that knows the subject he is writing about. But you can usually feel if the article is original.

## CONCLUSION

The best decision I've made so far in my life is to stop watching TV. It looks quite innocent to spend couple of hours of your time staring at the screen. But nothing could be further from truth. The reason why it feels 'innocent' to watch some TV is because media mind control works in a very subtle way.

I have noticed that I was slightly addicted to TV watching. So when I stopped I still felt the need to watch it. During that time I kept being resistant and would not watch anything on television. After couple of weeks I began to feel differently.

I started setting different goals for me to achieve, since I had more time to work on myself.

I started realising that I could achieve much more in life than I imagined before.

I started being persistent and organised.

One by one, I achieved my set goals. Life kept getting better and better.

Now there are so many exciting things I want to experience, create and learn! There is absolutely no time for something as useless as TV.

I would rather create value, make difference in people's lives, travel and continuously improve myself.

Life is so beautiful once you get rid of the media influence.

You don't have to compete any more, competition is useless. You are the creator, you provide so much value and originality that you are well above anything that seems competitive.

You feel inspired and happy.

You feel joy and love. You feel great!

Don't believe it? Stop watching TV and you will see what I mean!

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