

# Friday Open HoonDokHae Discussion

## The TV is speaking, should I be listening?

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By Romania CARP

Romania CARP organized in Peace Center – Bucharest, the weekly HoonDokHae meeting. This week's topic was "The TV is speaking, should I be listening?". As material for reading we used some parts from the book "Revrăjirea lumii" or "Why we don't want to get away from TV" written by Virgiliu Gheorghe. In this book, the author presents why watching television is affecting us more than we are aware of.

It started by underlining that "when we read a book, we build in our minds the image of the objects, situations and people being presented in them. By reading we also become authors, creators because we rebuild the storyline in our minds. By jumping head first in the ocean of images and fantasy that are continuously generated by the TV screen, the human being unwillingly enters in the fiercest of slaveries: the slavery of the mind.

The author is warning us that the television has an influence on both the cortical activity of the brain and the heartistic power of the individuals that choose to live TV-show moments. First of all, the televised experience is modifying the brain waves, by diminishing the beta waves all the way down to zero, meaning that it influences the energy support of brain activism of thinking, analysis and decision processes. Inhibition of left

brain hemisphere activity, which reduces its functioning, induces a radical shrinking of critical decision capacities, creativity, response, and therefore reactivity of the cortex to stimuli received from the television.

Even if we don't realize it, the price we pay for the pleasure of spending some time in front of the television is the actual freedom of thought, self-choice and the flexibility of deciding who we want to be. Through the mechanisms that it's putting in motion, the television has easy access to the control panel of our conscience. Forcing its own image of the world onto the spectators' minds, television leads to a real distortion in perceiving reality."

Also, J Mander states that: „We change into the images that we keep in our minds”.

The final message, that was expected to put the participants' minds into motion, brought a controversial idea: "If people decide to, they can rebuild a healthy family life, community relations. With priority, they should develop a relationship with God, whom, one way or another, we are all unsuccessfully searching for, in the place where He will never be, inside the superficial and emotionless world of television." Even if God is so important in our lives we often disregard and ignore His presence and don't include Him in our daily affairs.

To give the chance for everybody to say their opinion we separated in four teams and discussed on the topic. The debates were interesting and everybody had a strong word to say. The general realization was that the television has a negative influence, especially if it occupies too much of our time, if the programs are chosen randomly/immaturely and if we start making a habit of it from a young age.

After we finished the team-time we met again and from each team we had a representative that shared the conclusions from their discussions.

A.: "the TV is distancing us from the society. Even if initially it is just a tool, not evil in itself, we have to keep a measure of it or it might hurt us if it crosses certain boundaries. So it must be used to bring the world closer than to take us further from it, it is for expanding knowledge not limiting our thinking."

D.: "for some people the TV is a way of escaping a society that doesn't welcome them and doesn't accept them for who they are, but under this state we might misunderstand what we see on the TV, as it many times happens when we compare our life and how we look to the unrealistic models that appear in the media. So often media becomes evil because it functions with the purpose of economic gain and it makes people confused concerning what is good and what is evil."

M.: "Television brings an early maturing of young children. It affects the development of their brains and it often becomes a habit that limits them."

A.: "The TV is powerful and it easily influences people. People are being offered an example of successful living but it is never shown how the people reached this state and this makes it seem fake and unachievable. But we want to have a life through which we can also inspire others and teach them how to become better."

Points of view were different but we hope that everybody can be aware more of the influence that television and mass-media have on us, because most of the time we are not focusing on this.

We hope that our guests got inspired from this time spent together and that they will search more for personal answers and will be more open to the relationship with our Heavenly Parent.

Thank you so much Heavenly Parent and True Parents!!