

Television is Tele-Visham

Discussion

Young people should realise that the root cause of all their bad thoughts and bad actions is the food they consume. The nature of the food determines the state of the mind. Food does not mean merely what is eaten, but includes all that is received through the senses and stored in the mind. The mind has the power of attraction. It attracts impressions of all kinds from the external world. What do we find in every home today?

There is a television set. T.V. sets are installed in every room in the houses of the rich. From the moment television made its appearance, the mind of man has been polluted. Before the advent of T.V., men's minds were not so much polluted. Acts of violence were not so rampant previously. Today T.V. is installed in every hut. People watch the T.V. even while taking food. The result is that all the foul things seen on the T.V. are being consumed by the viewer. Concentration on the T.V. affects one's view of the world. The scenes, thoughts and actions displayed on the T.V. set fill the minds of the viewers. Unknowingly, agitations and ill feelings enter their minds. In due course they take root and grow in the minds.

Hence while taking food, you should not discuss dreadful incidents. No room should be given to subjects which excite the mind. Silence should prevail during eating. Even sound waves enter into us and affect our minds. Hence people should avoid T.V. while taking food.

There is now what is called "Star TV." It is doing great harm to human life. The temporary satisfaction given by it is followed by lasting damage. It is like a sword coated with honey. As you lick the honey, the sword will cut your tongue. Not Bhaarith alone, but the whole world is suffering from the consequences of T.V. The world is racked by disorder, discord and frustration. Students! Apart from educational programmes, do not look at T.V. at all, especially while taking food. Concentrate on the work on hand, whether it be eating or anything else.'

Sathya Sai Baba, Sai Kulwant Mandap, Sankraanthi Day, Jan 15 1996,
Sri Sathya Sai Speaks, Vol#29, Discourse 3

<http://www.sssbpt.info/ssspeaks/volume29/sss29-03.pdf>

'Dear Students! As long as you are here, you are safe and secure. When you get back to your homes, you are assailed by various distractions like television, video, cinema, etc. All these pollute your hearts. The programs on the television are very attractive, but you must realize that they are shown to you not for your gain but for the gain of sponsors and advertisers. Watch only such programs that are related to education, or those dedicated to moral values. TV has, in fact, become a disease of modern times. So, it is not TV but TB (tuberculosis). If there are no moral thoughts in you, what will happen when such programs are watched?

If you have leisure, take a walk. Don't sit in front of a TV set. You become so addicted that when someone intervenes, you lose your temper. Even the sound from the kitchen disturbs you, where your mother is busy making dinner for you. Why don't you get up to help her and make her happy? This is the main principle of our culture: Help ever, Hurt never.'

Divine Discourse on 22 November 1999

XVIII Convocation of SSSIHL Sai Kulwant Hall, Prasanthi Nilayam

Sathya Sai Baba, Brindavan, Sai Kulwant Hall, Prasanthi Nilayam, XVIII
Convocation of SSSIHL, 22 November 1999

Sri Sathya Sai Speaks, Vol#32 Part II, Discourse 15

<http://www.sssbpt.info/ssspeaks/volume32/sss32p2-15.pdf>

Questions

1. Do you feel there is a correlation between the food we eat and our thoughts? Swami says that if we watch TV and eat, that can disturb and agitate our mind. Did you experience this? Can you share an example ?
2. Do you think it is possible that the family can sit together on the table and eat happily without watching TV? What strategy have you followed to achieve this?
3. Swami says that, "The mind has the power of attraction. It attracts impressions of all kinds from the external world. The viewer is consuming all the foul things seen on the T.V.. Concentration on the T.V. affects one's view of the world. The scenes, thoughts and actions displayed on the T.V. set fill the minds of the viewers." According to you, how do TV and movies influence the mind? Are these influences positive or negative; are they short-term or long-term? What is the effect of this pollution or addiction in our minds and in our behavior?
4. Swami calls TV as TB. Do you also feel the same? Why? Do you think it is critical to fight against this disease? What methods are you using that have helped you? Share ideas that have worked for you or for your friends.
5. How do we share this teaching with our children? How can we convince our children its importance? Is it easy in today's media dominated world for our children to follow this? Please share any strategies that have worked for you.