Twitter Thread by Drebonacci

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There's a reason why they coined the term "couch potato". Excessive TV watching turns you into a potato in time. Research has shown that when you are watching TV, your higher brain regions shut down, and activities shift to the lower brain regions. Your lower brain is set in a

"fight or flight" response mode. In the long run, your higher brain regions experience atrophy due to lack of usage. There have been studies that TV viewing among children leads to lower attention and poorer brain development. TV is like a tune in station, a place where you're

completely cut off from reality and falsely presented news/ideologies about real world (media/movies)

Watching Netflix series on your laptop all day is no different. Movies/series subconsciously programme the brain by presenting it with a false perception of reality. This is

dangerous because it can warp the very reality you live in. Yes, i use movie clips and tv shows as content, but mostly for information purposes to show you the kind of programming used and what it means.

Watch documentaries on YouTube/Vimeo about real shit. Spend your time

loading your brain with useful knowledge instead of junk thats designed to programme your thoughts. All media, including movies, newspapers, the news, magazines etc, are all owned by just a few corporate entities. This means only a few corporations control the narrative. The

owners of these corporations are very much the elite themselves. They use their power, as controllers of most media, to aid their agendas by controlling the way we perceive reality. This is only possible when you are tuned in. So the solution to not being manipulated is very

simple. Tune out. "The most potent weapon in the hands of the oppressor is the mind of the oppressed" - Steve Biko.

Movie ■ : The Network (1976)

#consciousness #awareness #awakening #freedom #freethinkers #nwo #agenda21 #illuminati #conspiracy #newworldorder

#truth

Credit @azeemalii