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MENTAL POLLUTION

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Abstract:

Similar to a computer, the untrained human mind whose protection filter is set to a low level is under constant visual attacks of all sorts. Given this, mental pollution acts like a computer virus, a code that replicates by copying itself to another program, document or e-mail, thereby seriously slowing down memory operations. Also, it can erase data or damage the computer's hard disk, which is analogous to long-term memory in the human brain. Interestingly enough, lab experiments on rats have revealed that these animals simply choose to starve to death when they are tempted by brain reward-stimulus circuits in quests for neuro-orgasms. These rats rarely attain balanced brain chemistry, while the orgasm they experience results in a hangover that lasts for weeks. The same condition is also true for the human mind; the unnecessary over-discharge of hormones triggered by electrifying visual stimuli can lead to long-lasting forgetfulness, fatigue and serious concentration problems. In such a case, a person cannot make sense of whatever he is studying until the side effects of mental pollution are over.

KEY WORDS:

Mental pollution

INTRODUCTION

Well then, let me first clarify what I mean by “mental pollution” to overcome any terminological confusion throughout the article. Certain images of different sizes, qualities and shapes displayed on billboards, shop windows, posters, brochures, magazines, ads, TV, movies, videos, Web sites and so on constitute mental pollution. Depending on their form and characteristic, they may greatly abuse human mental energy and lead to chaotic and disturbing emotions. The more irrelevant, enticing or lustful images are, the more detrimental they are to our social and academic life. Obscene pictures, in particular, a common form of mental pollution nowadays, are the most deleterious to the human mind in that they provoke lustful feelings, fantasies and disruptive emotions, which drastically increase blood pressure and heart rate and thereby intensely weaken the memory. As an example, a study by Brad J. Bushman has apparently revealed that watching violent television programs has adverse effects on one's ability to remember.

Fethullah Gülen, a renowned modern Islamic intellectual, reminds us persistently of the seriousness of the topic, while more people today than ever before complain about forgetfulness and memory weakness. According to Gülen, the process of learning has become longer than in the past, and forgetfulness, like an infection, has become prevalent among all levels of society due to polluted minds teeming with irrelevant information. He also points out that long ago people complained when they were not able to memorize and recite by heart a page after only one reading. In this day and age, people complain about weak memory and confess that they have great difficulty memorizing a short text that they have read more than 20 times. For a keen memory, his message to the present generation is to stay away from useless routines, frivolous conversations, irrelevant knowledge and sources of obscenity.

Similar to a computer, the untrained human mind whose protection filter is set to a low level is under constant visual attacks of all sorts. Given this, mental pollution acts like a computer virus, a code that replicates by copying itself to another program, document or e-mail, thereby seriously slowing down

memory operations. Also, it can erase data or damage the computer's hard disk, which is analogous to long-term memory in the human brain. Interestingly enough, lab experiments on rats have revealed that these animals simply choose to starve to death when they are tempted by brain reward-stimulus circuits in quests for neuro-orgasms. These rats rarely attain balanced brain chemistry, while the orgasm they experience results in a hangover that lasts for weeks. The same condition is also true for the human mind; the unnecessary over-discharge of hormones triggered by electrifying visual stimuli can lead to long-lasting forgetfulness, fatigue and serious concentration problems. In such a case, a person cannot make sense of whatever he is studying until the side effects of mental pollution are over.

Better thinking can also become habituated and entrenched. That is the good news and it is what you can achieve. Better thinking in small steps is the path to release from overpowering, rotten feelings.

All of us think in habituated patterns, many of which are completely loony. We are going to look at two basic types of troublesome thinking patterns. Between them, there is a phenomenal amount of mischief and misery created out of good emotional energy. They are Faulty beliefs, Thinking errors

Both of these easily become habituated and are responsible for most of the pain and suffering in our world. They can be described in one simple term: "mental pollution" - by far the most serious kind of pollution facing us. Mental pollution is widely prevalent, actively shaping our life energies into all sorts of chaotic, disturbing emotions. It also has a whole lot to do with determining how we behave. Once the human race sorts out the mental pollution problem, then we will be able to solve all of the other kinds of pollution problems, in pretty short order.

A great deal of public attention in advanced countries goes to considering how to cope with elimination of wastes from our wasteful way of life. It is toxic waste material that causes most concern in the environment and is now considered unacceptable to the community worldwide.

However, we have yet to admit the dangers and destructive effects of mental pollutants that continue to degrade the quality of our mental fitness and undermine the progress of our modern culture towards the ideal of human health and well being.

Regarding individual choice and respect for this freedom right each one of us enjoys and wishes to retain, it is up to us what we choose to read or listen to, to absorb, to transmit, and to eliminate. This corresponds with our right to put into our bodies our chosen food.

But our mental environment, the world in which we live with our minds, just as surely as our physical environment is universally shared. It is a complex mix of influences that have a positive or negative general mental influence upon humanity as a whole and to which we react as individuals.

Unwanted material enters our minds uncensored by our use of conscious choice as a by-product of what we watch in public entertainment, public press items, and as a result of absorption of energy in-group situations where we share the same mental atmosphere.

We are willing to raise our voices individually and as a group to make complaint about physical environmental issues and do so very vocally. But we are either unaware, or not interested in applying the same criteria to mental health and mental pollution. It is time to recognize the damage caused by the toxic mental material found in both group venues and in private mental space. Once toxic material is identified, it is logical that it will be restricted or prohibited from use.

Honour Your Feelings

Hate and anger are two emotions that you may encounter on your path. In healing and recovery, you may experience these emotions again. Resolving the thinking behind these emotions can happen only after they have been given the respect and honor that they deserve - that you deserve. This is done by finding ways to express them, safely, without dumping them all over anyone who comes near you. That may happen too - it sometimes goes with the territory - particularly if you bottle up your anger and hate.

Having learned that these are just thoughts, that thoughts shape good emotional energy, Sorting out anger- and hate-making thinking is something that happens after the anger and hate have been validated - given the space to unfold, to be expressed and to be respected.

Working On Mental Pollution

In preparation for working on the thinking patterns and faulty beliefs that create your emotional misery, remember the principle of creative laziness. Take some time to consider the following points. Together, they describe a strong beginning position. Come back to them regularly. Find your own words to state them to yourself. Above all, seek your own understanding. Look for real evidence.

Take note that this could only have happened if your thinking had actively shaped your emotional energies at that very moment of time. See. It works just like that. Instant karma. Now that's evidence! So consider the following recommended position statements:

1. If I am upset, it's my own habituated thinking that is doing it, and I am the only person who can do

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something about my thinking habits, no matter how these habits may have started.

2. If I am all bunged up emotionally, then I am likely saying things to myself that are not completely accurate or that are based upon faulty beliefs about myself, others and life in general. I am jumping to conclusions and ratings of human worth out of sheer habit.

3. It will be better when I consider another point of view about what is going on. It is very possible that I have made some thinking errors and hold some faulty beliefs.

4. It will be better when I debate, dispute and challenge my thoughts and beliefs, so that my own understanding grows to fit reality a little bit better, rather than fitting my habituated ideas.

5. So what if I have some mental pollution. Who doesn't? It's just habit thinking. I can deal with it, step-by-step and day-by-day.

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