

The Miracle of Turning Off TV

Two years ago my life was very different. I was wasting enormous amounts of time and money on bad habits. Every day was like the next and the last. No growth, no forward movement. I was stuck in a rut as the years sped by me. Although these behaviors are termed "bad habits," I felt powerless to change them. I was living my life in a trance. Turning 40 was a huge wake-up call. I needed help to turn my life around.

The Overcoming Soft Addictions Living a Conscious Life Training gave me the help I needed. I learned the reasons behind all my addictions. I learned how to honor the pain of the little girl inside me. With the support of my fellow retreaters and monthly follow-up meetings I learned how to let go of these addictions. I found new ways to deal with my pain. I discovered new, more healthy and supportive behaviors to replace the old mind numbing ways. My life now bears little resemblance to the way it was not so long ago.

Writing this I think, this must have been someone else's life, not mine. It's hard to imagine that the only time I turned off my TV was when I went to bed, that I never exercised, that I would eat four Dove bars in one sitting. I was self-medicating my pain in the only way that I knew. As I learned new skills, my old addictions began to drop away. My experience with my TV addiction is a good example of how this process works. I remembered being white-knuckled at the thought of not watching my TV. What would I do with myself? Having to sit with the panicky feeling I would get as the sun went down. Home all alone in the dark. NO! NO WAY! I dug my heels in and refused to even try. I began to consider putting up some "guard rails" around my TV watching after getting some loving support from other former TV addicts. The "guard rails" put some limits and boundaries around my unconsciousness of TV. Little by little I reduced the time I spent in front of the tube. The first to go were the A.M. shows. No more Oprah. I was amazed at how much more I got done in the morning. This might be a good idea after all. Next to go was the all-day marathons on the weekends. Then I got stuck for a while. Evening TV still filled a void in my life, and I wouldn't let go. I broke every commitment I made to cut back. However, as I did more of this work and my consciousness began to rise, I became dissatisfied with many shows. Dysfunction was rampant. Sitcoms became offensive. I grew shocked at the violence in some of my favorite shows. Was this something that I really wanted to expose my "little girl" to? What was all this violence doing to my psyche? I began to watch only Channel 11 and movies. At the same time I was building a life outside of my home. Soon, with the help of my support groups at the Wright Institute, most of my evenings were filled with conscious, nourishing supportive activities. Then a miracle occurred.

The miracle is in the retreat center. It is a place where I was able to experience an addict-free life. To live a life so full and rewarding that there was no need for addictions. I learned there to touch my soul and I felt truly full for the first time in my life. This was what was missing. The lack of connection in my soul and spirit left a void in my life that I tried to fill with my addictions. Finally I could let go. After living in that blessed space, TV became an offense to all that I had learned and experienced. I have not turned it on since. I have no desire to. I have too big a life to waste my time in that way. My needs are being met in healthy, conscious ways. I will no longer settle for "fast food" when the banquet of life awaits me. live a life so full and rewarding that there was no need for addictions. I learned there to touch my soul and I felt truly full for the first time in my life. This was what was missing. The lack of connection in my soul and spirit left a void in my life that I tried to fill with my addictions. Finally I could let go. After living in that blessed

space, TV became an offense to all that I had learned and experienced. I have not turned it on since. I have no desire to. I have too big a life to waste my time in that way. My needs are being met in healthy, conscious ways. I will no longer settle for "fast food" when the banquet of life awaits me.

Filename: Turning off the TV
Directory: C:\Documents and Settings\Andrew\My
Documents\Websites
Template: C:\Documents and Settings\Andrew\Application
Data\Microsoft\Templates\Normal.dot
Title: Two years ago my life was very different
Subject:
Author: Collin Canright
Keywords:
Comments:
Creation Date: 4/25/2005 3:16:00 PM
Change Number: 2
Last Saved On: 4/25/2005 3:16:00 PM
Last Saved By: Andrew
Total Editing Time: 5 Minutes
Last Printed On: 4/25/2005 3:17:00 PM
As of Last Complete Printing
Number of Pages: 2
Number of Words: 844 (approx.)
Number of Characters: 3,490 (approx.)