

## Media Fast

My husband and I started the New Year with a challenge! We engaged in a two-week media "fast". That is to say, that we turned the television off completely. With any "Fast" there are stages you go through; withdrawal, deprivation, and then you begin not to miss what has been removed. I must admit, I missed Katie Couric and felt out of the loop on Hollywood gossip. Rich, missed the play off-games and O'Reilly. But all in all, the results of this "Fast" were very interesting.

Our motive started as a bet, more than a resolution, and a search for some quiet time with less noise in our lives. We began to read more, do projects we had put off and things started getting done. We ate dinner at the dining room table instead of in front of the television and actually had meaningful conversations. We read the newspaper. We began to realize that as we all struggle through each day with lists of things to do, e-mails and voicemails, the TV had a numbing effect. There was no outlet to think, it was as if all the obligation of life gradually built up a dam, brick by brick, each fitting together to block out a stream of thought, creativity and peace. The media "Fast" opened the dam.

In the silence of the morning, I found my creative juices again and was able to focus and meditate. We didn't get all worked up everyday about negative news stories. Ultimately, we found that as much as the TV can be numbing and soothing, it is an energy vampire. It has the capacity to suck you in no matter what your interest level. You get the sense that there might be something you're missing. But there really wasn't!

In the end, what you're really missing is; quality time with yourself and your loved ones, meaningful conversations, excellent books, a clear mind and the stillness of no interruptions. Try a little less TV time and you'll find a little more "you" time.