

## Highlights:

[4:32] The messages we let in to our lives affect our behaviors. Media can be used to indoctrinate.

[12:56] Entertainment always has a message.

[15:00] Most of what the media teach is inconsistent with what Serve No Master teaches.

[17:28] We absorb messaging as children from children's shows.

[20:11] Most celebrities say one thing but do another. There is no consistency.

[25:19] Start thinking of everything you bring into your life.

[26:34] Make an active decision about what you want to watch. This will allow you to determine the course of your life and will put you back in control.

**Sponsor SEM Rush** – <u>https://servenomaster.com/semrush</u>