

# Mind Control in the Media: How Hypnotic Language Guides Public Opinion

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## Introduction: The Influence of Crime Dramas and Docu-Entertainment on Our Beliefs

The **media** is a powerful tool that shapes our perceptions of the world around us. This is especially true for the **crime dramas** and **docu-tainment** genres that dominate modern television and streaming services. While these shows are often framed as mere **entertainment**, they have a profound impact on our beliefs, especially when it comes to concepts of **justice**, **morality**, and **human nature**.

But what if these shows are doing more than just entertaining us? What if, on a subconscious level, they are **shaping our belief systems** and **influencing our spiritual process**?

This article examines how crime shows—through the **narrative structure**, **hypnotic language**, and **emotional triggers** they use—subtly guide our beliefs, planting internal **prompts** that affect the **witness within**. We'll also explore how these forms of media, by framing situations as **black and white**, can disrupt the **non-judgmental soul**—the part of us that naturally holds space for empathy, understanding, and neutrality.

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## Section 1: The Role of Hypnotic Language in Shaping Beliefs

- **Subliminal Influence of Crime Dramas:** Crime-related shows and documentaries often use **narrative techniques** that introduce **judgments** about people's behaviors, actions, and choices. The language used to describe **criminals** or **victims**, the **moral dichotomies** presented, and the **resolution of justice** subtly implant **judgments** in the viewer's subconscious. These beliefs are then adopted as **truths**, despite being based on fictionalized scenarios.
- **Story Dynamics and Their Impact on Perception:** Crime shows are designed to evoke **strong emotional responses**—fear, anger, or disgust. These emotions, in turn, activate specific **neurological responses**, influencing how we see the world and others. When we're repeatedly exposed to scenarios where moral decisions are presented in an

oversimplified manner (good vs. evil, guilty vs. innocent), we begin to internalize these as **truths, shaping our unconscious beliefs.**

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## Section 2: The Witness Within: The Non-Judgmental Soul

- **The Spiritual Aspect:** The **witness within** is the part of the self that **observes without judgment**. It is **non-reactive** and simply allows for experiences to unfold, offering clarity and spiritual growth. This is the **soul's perspective**, where we are able to discern, understand, and make decisions from a place of **neutrality** and **empathy**.
  - **How Media Disrupts the Witness:** Crime shows often frame people's actions as **irredeemable** or **inexcusable**, focusing on **punishment** rather than **healing** or **understanding**. This creates an internal dynamic where we **stop observing and start judging**. By continually exposing ourselves to these scenarios, we begin to mirror the judgment embedded in the media, not just toward others but also **toward ourselves**. The **witness within** becomes clouded by the **compulsive need to judge**, diminishing its ability to stay neutral and compassionate.
  - **How Crime Dramas Promote Judgment:** By portraying victims and perpetrators in extreme black-and-white terms, these shows instill the belief that we must see the world in **binary oppositions**—good and evil, right and wrong. This contrasts with the deeper **spiritual wisdom** that teaches **balance** and **wholeness** in the human experience. As we **identify with the judgments** expressed in these shows, we lose touch with the **neutral witness** that resides within us, unconsciously reinforcing a cycle of **judgment and separation**.
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## Section 3: The Harm of Disconnected Judgment in Media Consumption

- **The Cognitive and Spiritual Disconnect:** By repeatedly consuming crime-related media that reinforces **dualistic thinking** (guilty vs. innocent, good vs. bad), we **disconnect from our higher selves** and our **spiritual capacities** for discernment and compassion. This kind of programming doesn't just influence how we perceive others; it **affects how we view ourselves** and our decisions, creating a **spiritual blockage** that hampers personal growth.
- **Emotional Conditioning:** Crime dramas are engineered to condition **emotional responses**—fear, anger, and shock. These responses **override the witness within**, creating emotional bias and judgments that prevent us from embracing the **whole truth** of any situation. This can lead to **heightened emotional reactivity**, where we see the

world through a **lens of fear and condemnation** instead of **compassion and understanding**.

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## Section 4: Restoring the Witness Within: A Path Toward Non-Judgment

- **Reclaiming the Power of the Witness:** To restore the **witness within**, we must practice **self-awareness** and mindfulness in the media we consume. Choosing content that fosters **neutrality, compassion, and understanding** can gradually heal the disconnect that crime dramas create. It is important to remember that **media consumption** affects not just our minds but also our **spiritual bodies**. By carefully curating the content we engage with, we can begin to realign ourselves with the **non-judgmental soul**.
  - **Spiritual Practices for Reconnecting with the Witness:** Engaging in regular practices like **meditation, mindful reflection, and spiritual reading** can help quiet the mind and restore our ability to observe without judgment. We can also engage in exercises like **self-inquiry**, where we examine our **beliefs and biases** and challenge them with the wisdom of the **witness**—the part of us that sees beyond the dualities of good and bad.
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## Conclusion: The Awakening of the Witness Within

In a world saturated by crime-related media that amplifies **judgment**, it is more important than ever to reconnect with the **witness within**—the part of us that sees without reacting, that understands without condemning. By recognizing how **hypnotic language** in the media shapes our beliefs and **emotional responses**, we can begin to **free ourselves** from the cycle of judgment and **reclaim our spiritual clarity**.

What if, instead of consuming content that reinforces separation and fear, we choose to **engage with media** that invites us to see the **whole picture**—the beauty, the pain, the lessons, and the **wholeness of each experience**? What if we start to reclaim our **witness**, turning away from judgment and toward **compassion, understanding, and growth**?

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## References

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