

Six Giant Corporations Control the Media, and Americans Consume 10 Hours of ‘Programming’ a Day

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If you allow someone to pump hours of “programming” into your mind every single day, it is inevitable that it is eventually going to have a major impact on how you view the world. In America today, the average person consumes approximately 10 hours of information, news and entertainment a day, and there are 6 giant media corporations that overwhelmingly dominate that market.

In fact, it has been estimated that somewhere around 90 percent of the “programming” that we constantly feed our minds comes from them, and of course they are ultimately controlled by the elite of the world. So is there any hope for our country as long as the vast majority of the population is continually plugging themselves into this enormous “propaganda matrix”?

Just think about your own behavior. Even as you are reading this article the television might be playing in the background or you may have some music on. Many of us have gotten to the point where we are literally addicted to media. In fact, there are people out there that become physically uncomfortable if everything is turned off and they have to deal with complete silence.

It has been said that if you put garbage in, you are going to get garbage out. It is the things that we do consistently that define who we are, and so if you are feeding your mind with hours of “programming” from the big media corporations each day, that is going to have a dramatic affect on who you eventually become.



These monolithic corporations really do set the agenda for what society focuses on. For example, when you engage in conversation with your family, friends or co-workers, what do you talk about? If you are like most people, you might talk about something currently in the news, a television show that you watched last night or some major sporting event that is taking place.

Virtually all of that news and entertainment is controlled by the elite by virtue of their ownership of these giant media corporations.

I want to share some numbers with you that may be hard to believe. They come directly out of Nielsen's "[Total Audience Report](#)", and they show how much news and entertainment the average American consumes through various methods each day...

Watching live television: 4 hours, 32 minutes

Watching time-shifted television: 30 minutes

Listening to the radio: 2 hours, 44 minutes

Using a smartphone: 1 hour, 33 minutes

Using Internet on a computer: 1 hour, 6 minutes

When you add all of those numbers together, it comes to a grand total of more than 10 hours.

And keep in mind that going to movie theaters, playing video games and reading books are behaviors that are not even on this list.

What in the world are we doing to ourselves?

The combination of watching live television and watching time-shifted television alone comes to a total of more than five hours.

If you feed five hours of something into your mind day after day, **it is going to change you**. There is no way around that. You may think that you are strong enough to resist the programming, but the truth is that it affects all of us in very subtle ways that we do not even understand.

And as I mentioned above, there are just six giant corporations that account for almost all of the programming that we receive through our televisions. Below is a list of these six corporations along with a sampling of the various media properties that they own...

Comcast

NBC
Telemundo
Universal Pictures
Focus Features
USA Network
Bravo
CNBC
The Weather Channel
MSNBC
Syfy
NBCSN
Golf Channel
Esquire Network
E!
Cloo
Chiller
Universal HD
Comcast SportsNet
Universal Parks & Resorts
Universal Studio Home Video

The Walt Disney Company

ABC Television Network
ESPN
The Disney Channel
A&E
Lifetime
Marvel Entertainment
Lucasfilm
Walt Disney Pictures
Pixar Animation Studios
Disney Mobile
Disney Consumer Products
Interactive Media
Disney Theme Parks
Disney Records
Hollywood Records
Miramax Films
Touchstone Pictures

News Corporation

Fox Broadcasting Company
Fox News Channel
Fox Business Network
Fox Sports 1
Fox Sports 2
National Geographic
Nat Geo Wild
FX
FXX
FX Movie Channel
Fox Sports Networks
The Wall Street Journal
The New York Post
Barron's
SmartMoney
HarperCollins
20th Century Fox
Fox Searchlight Pictures
Blue Sky Studios
Beliefnet
Zondervan

Time Warner

CNN
The CW
HBO
Cinemax
Cartoon Network
HLN
NBA TV
TBS
TNT
TruTV
Turner Classic Movies
Warner Bros.
Castle Rock
DC Comics
Warner Bros. Interactive Entertainment
New Line Cinema
Sports Illustrated
Fortune
Marie Claire
People Magazine

Viacom

MTV
Nickelodeon

VH1
BET
Comedy Central
Paramount Pictures
Paramount Home Entertainment
Country Music Television (CMT)
Spike TV
The Movie Channel
TV Land

CBS Corporation

CBS Television Network
The CW (along with Time Warner)
CBS Sports Network
Showtime
TVGN
CBS Radio, Inc.
CBS Television Studios
Simon & Schuster
Infinity Broadcasting
Westwood One Radio Network

Fortunately, those enormous media conglomerates do not have quite the same monopoly over the Internet, but we are starting to see a tremendous amount of consolidation in the online world as well. Just check out [these numbers](#)...

Overall, the top 10 publishers — together owning around 60 news sites — account for 47% of total online traffic to news content last year, with the next-biggest 140 publishers accounting for most of the other half, SimilarWeb found.

The biggest online news publisher for the U.S. audience was MSN, owner of MSN.com, with just over 27 billion combined page views across mobile and desktop, followed by Disney Media Networks, owner of ESPN and ABC News, with 25.9 billion.

The battle for the future of this nation is a battle for the hearts and minds of individuals.

And it is hard to see how things will be turned in a dramatically different direction as long as most of us are willingly feeding our hearts and minds with hours of “programming” that is controlled by the elite each day.

The good news is that there are signs of an awakening. More Americans than ever are becoming disenchanted with the mainstream media, and this is showing up in recent survey numbers. Here is [one example](#)...

Trust in the news media is being eroded by perceptions of inaccuracy and bias, fueled in part by Americans’ skepticism about what they read on social media.

Just 6 percent of people say they have a lot of confidence in the media, putting the news industry about equal to Congress and well

below the public's view of other institutions.

As Americans (and people all over the world) have lost confidence in the mainstream media, they have been seeking out other sources of news and entertainment. This has greatly fueled the rise of the alternative media, and the dozens of websites all over the Internet where [this article](#) will ultimately be published are examples of this explosion.

You can only enslave people for so long. Ultimately, they will want to break free of the chains that are holding them back and they will want to find the truth.

In this day and age, it is absolutely imperative that we all learn to think for ourselves. If you find that you are still addicted to the "programming" that the giant media corporations are feeding you, I would encourage you to start unplugging from the matrix more frequently.

In the end, you will be glad that you did.

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