

How Do You Communicate Love--or Anything Else?

What Happens to Communication When Subconscious Clues Are Missing?

What happens when all that is left is a hastily written and then hastily read message on a computer screen?

Dire warning ahead!

According to a recent blurb from the Associated press, 71% of business executives prefer to communicate with each other and with employees by email.

Ten years ago only 13% cited email as the preferred method. Back then 48% preferred the telephone.

You may have noticed this change where you work. You rarely talk to your co-workers anymore. You rarely use the telephone to call them. Your dialogues are reduced to discussion "threads" on a monitor. No sound. No vocal inflections. No grins or grimaces. Just silly emoticons now and then.

Without subconscious clues, communication has to be purely left-brained. It comes from the 98% of your brain that uses words.

If you don't use words carefully, a whole lot of miscommunication occurs. But that is the least of the problems from communicating almost exclusively in words on screen. Consider the following deadly serious implications:

1. Balance

If you spend 40 + hours a week using only your left brain, you lose the insight and creativity of your right brain. You need your whole brain in balance to work and play well.

2. Imagination

Imagination, a right-brain function, is required for problem solving. How you imagine your world is how it will be in

many ways. Einstein imagined riding a beam of light way out into the universe. In the process he discovered the theory of relativity that I could understand if I knew the math. At least, I can imagine it.

3. Patriarchy

The more left-brained a society, the more patriarchal and war-like it is. It makes sense to the left brain to wage war. It doesn't make sense to the right brain.

4. Killing

If you kill a human being face to face, you see his facial expression. It's a rare person who would not have a gut reaction to that. If you kill people from a helicopter, you can see the victims, too, but from some distance. From an airplane you would be concentrating with your left brain on the machine you are operating and barely notice who dies. If you program a predator to kill for you, you feel nothing.

There is great danger in spending 40 + hours a week feeling nothing. There's great sadness in a career with no friends of your own.

When subconscious clues are missing so is genuine brainstorming, as well as laughter. Emailed humor is canned, not shared.

With cell phones you get voice inflection, at least. Yet, you know as well as I do that cell use has cut down on "face to face" "all out there" "this is what you get" "all me, all you" communication. Recent reports in the press show cell phone use in families is causing excessive stress and discord. Psychologists are advising folks to turn the cell phones off. Save them for emergencies.

Texting: imagine where that leaves us.

Let the cyber bullies beware!

Now, I'm a left-brained writer. I spend a lot of time with words. I'm fascinated by language. However, I once watched a group of writers dancing on the same floor as a group of professional dancers. The backs of the writers were as

straight as their pens. The backs of the dancers moved with the music.

Nothing anyone can write says "I love you" better than the look in the eyes of one not writing or saying those words--just looking and dancing.

May you express your whole mind, which includes your body, to somebody today.

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The Whole-mind Writer