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**EVERYTHING is
communication -
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is EVERYTHING**

Be Happy Be Healthy

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The connection between communication, health and the conscious mind

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My main goal for this article is to raise awareness for the connection between communication, mind and health. I will use several terms and concepts without relying on a more detailed explanation.

Presenting various aspects, thoughts and ideas connected to my work, I would like to offer some food for thought. Working with patients for many years, I have been inspired to think about the multitude of possible interactions and various perspectives. All these aspects of interaction and communication on many levels influence our conscious mind and our health, while also being mutually dependent. This is the focus of the following article.

The overall motto is a quote by Ulrich Schaffer:

"Lead the way," the soul said to the body, "he doesn't listen to me, but maybe he'll listen to you."

"I'll get sick, then he'll have time for you," the body said to the soul.

Communication - what could that be?

At this point, I would like to mention that self-awareness is a prerequisite for successful communication. How authentic am I in my communication? What do I say, what do I signal?

Friedemann Schulz von Thun, Paul Watzlawik and Marshall Rosenberg are among the most eminent communication experts.

Ideas about language

The most commonly known aspect of communication is language. Many people are unaware that body language, facial expressions, gestures, the inner experiences (emotions and feelings) and the interaction between understanding and feeling are also elements of communication. The idea that we communicate all the time and remain in constant contact with our environment by way of chemical, physical, electrical, electromagnetic and quantum physical means seems rather strange to us. We are not consciously aware of this, because it seems so commonplace that we never think about it. Therefore, we remain unaware of the consequences. Everything correlates and communicates.

To put it simply:

Everything is communication, communication is everything.

Information exchange happens simultaneously on different levels. There is nothing that isn't communication. We send and receive constantly on all levels. Even devices communicate by sending and receiving.

Genetically speaking, we have been shaped and influenced by a long period of evolution. However, we have also been shaped and influenced by old concepts and belief systems, some of which have existed for centuries. In this respect, I interpret evolution as constant communication between the environment and all living creatures. Our genes do not just react to external stimuli such as nourishment, movement, climate and the like, but also to our internal experience, conscious or unconscious. We think that the process of civilization has been our main formative

influence, overlooking millions of years of previous development.

Ideas about thought

We are familiar with the interaction of body, mind and soul. What would it mean for us if we were to switch to a different perspective and change the order - soul, mind and body?

Even the Buddha recognized that we are shaped and influenced by our thoughts. Our mind molds and shapes matter.

Some of the findings in the field of quantum physics are very interesting in this respect and might inspire us to come up with new approaches and perspectives.

We might also recognize it in the technological development of our world. Humans have ideas and visions which we turn into concrete thought before communicating them and creating new things thanks to our excellent inquiring minds and love of adventure. New technology again inspires us, creating an ever-ascending spiral that motivates us to discover and develop more - "higher, further, faster". We call this industrial development - and right now, we are in the era of digital development. It happens by means of communication, the exchange of different thoughts and ideas.

Ideas about perception

When we think about ourselves and the world we live in, we use many different terms synonymously. It depends on our individual worldview. Some people differentiate between rational and irrational, conscious and unconscious or - as mentioned above - between body, mind and soul. In psychology, we distinguish between the conscious, subconscious and unconscious mind. Several approaches have been

developed. In this article, I'm going to take the liberty of switching back and forth between different approaches. How we see the world is rooted in different worldviews and mainly in the one we decided to make our own. My personal perception of the world is always my choice - and every person's choice is deeply personal and individual. This is a major influence on interpersonal communication.

We all have our own complex and individual view of the world and thus our own truth. This is the perfect breeding ground for misunderstandings, conflicts, projections and double meaning. We often speak without hearing each other, while remaining utterly convinced of our own opinions. In extreme cases, we fight about the correct version of the truth.

Ideas about control

Basically, we feel secure when we can explain and contextualize everything. If we have everything under control, we think that we are safe. Some people believe that we will reign over nature and our environment simply because we believe that we can control the world by means of technology. Computer language even reinforces this assumption. We tell ourselves that the world is clear and unambiguous and controllable. This belief is reflected in our communication at work, for instance. The basic binary concept of computer language with the numbers zero and one is often applied to human action, forgetting all about human nuances. Thank God that people do not function like computers. We possess many options for complex communication. We can only hope that humans will never permanently conform to such a black-and-white system. The complex human spirit is essential for survival and needs to be protected, I think.

Ideas about needs

People have a variety of needs which are communicated directly or indirectly. We think that our lives are only worth living if all our needs are being met. Our basic needs such as food and rest and other basic needs are indispensable. Other needs such as recognition, love, appreciation, trust and achievement vary in their meaning and importance for each individual. Machines and computers, on the other hand, just require regular maintenance or the occasional update to run smoothly. Sentient human beings are much more complex. We are not functional units and need fulfilment machines, even if we do feel that way sometimes.

'Need fulfilment machine' is a term I coined several years ago. Our need to be important to other people, to have meaning, to occupy a secure place within the community, to be part of something bigger, to receive recognition and appreciation, to feel loved - all of these are essential for our survival. And we are prepared to do a lot - even everything - for them. Sometimes we are even willing to abandon ourselves. All of these interactions, especially those regarding the fulfillment of our needs, often function through nonverbal communication. Our expectations of our environment or even of ourselves are often communicated in nonverbal ways, often without being aware of it.

Ideas about optimization and digitization

Optimizing production processes might be useful for maximizing margins, but it also has an impact on human communication. The idea of optimizing people to make them a better fit for these production processes and for changed societal structures is still very much a subject for debate. The consequences of this endeavor for humans and humanity are unforeseeable.

Smartphones and digitization change our communication. Smartphones make it easy to alter communication by offering abbreviations and emojis. Digitization is also going to be a strong influence on our communication - as well as on our coexistence, our conscious minds and our health. It is possible that the consequences will be so far-reaching that we might consider making a proper case in favor of humans and humanity one day.

No matter how highly developed a society may be, the basic issues and conflicts of human coexistence and communication remain. The high-tech world we live in causes some people to experience an undefinable feeling of emptiness. It is very likely that our basic human needs will not change even in an increasingly virtual world.

But then, what does communication entail?

We communicate mainly through language and we know now that this form of conscious communication accounts for approximately 10% of our overall communication, which means that 90% is nonverbal. Our body language, facial expressions, posture, charisma, moods, clothes, the sound of our voice and our emotionality are also factors in our communication.

We have many ways of communicating with one another, e.g. sign language, music, theater, games, art or the written word.

Communication is a vast field, because even the cells in our bodies communicate with each other on various levels. Personally, I find it fascinating that the most formative events in our lives can trigger epigenetic changes. Everything we experience deeply seems to be coded into our epigenetics. This includes positive and negative events. For me, this

means that we use our emotions and perceptions to communicate with our own genetics. In addition, we cannot ignore the genetic influence of our long evolutionary development.

Our words often have a double meaning. Double meaning can be described as follows: I say one thing, but I mean something else. I use my body language and expression to convey a meaning that differs from the words I say. The things we say are often not in keeping with the things we think and mean. The recipient of this communication decides which messages they are going to receive. This leads to many misunderstandings and insecurities, thus creating an obstacle for clear, authentic communication. Unconscious conflicts also impede clear, successful communication.

And let's think about how we communicate with our selves - our bodies, our metabolism, our genetics, our feelings and emotions, our subconscious and unconscious mind.

Do we hear or understand the signals our soul is conveying through different channels?
How do I connect with myself and my environment?
How aware and mindful am I in my communication?
Can I smell myself or others?
How does communication with myself work by means of the different senses?
How receptive am I to signals?
Am I able to interpret the various signals correctly?

Usually, we are a product of the experiences we encounter in our early childhood and the decisions resulting from them. Communication within our own bodies often doesn't work right and might be expressed as feeling unwell or becoming ill.

If I cannot be authentic with myself, if I am not aware of myself, I can't be authentic and aware in relation to others. This may lead to misunderstandings, double meaning, projections etc. What does my partner in communication even receive anymore? An old hermetic maxim makes this clear:

As above - so below, as below - so above.
As inside- so outside, as outside - so inside.
As in big things - so in little things.

Whatever happens on any level of reality also happens on every other level. The macrocosm is reflected in the microcosm and vice versa.

Only through understanding myself will I be able to understand my partner in communication. The more authentic I am, the more relaxed and clear I appear to others. Thus, conflicts with other people may also reflect parts of ourselves that are unknown to us.

Where do we focus our awareness?
From what perspective do we look at the world?
Are we able to appreciate the other person's position?

The solution lies in our willingness to keep developing our conscious mind in a positive way.

The conscious mind and its importance for communication and health

The following example shows how gridlocked and limited our perceptions are.

A professor gave each student a piece of paper with the black dot in the center. Their task was to describe the piece of paper. Without exception, all students only described the black dot which accounted for

only a small part of the white piece of paper. The large white area surrounding the black dot was not noticed or described by any of the students.

This shows that our already large conscious mind grows even larger with the addition of the subconscious and unconscious. Personally speaking, being aware and mindful does not just mean that I am conscious of my thoughts and concepts but also that I am aware of my environment and my interaction with it. Finding a constructive way of handling the challenges life has to offer, e.g. insults, is absolutely essential because insults can make you sick. We need to engage with everyday challenges in an active and solution-oriented way. We decide whether we are going to take this as a chance.

What feeds our conscious, subconscious and unconscious mind?

It is fed by our thoughts, our emotions and feelings, experiences and decisions, which in turn are connected to belief systems, dogma, truths and ideas. It has become common knowledge that our conscious mind is not objective and that our subconscious is controlling us more than we might like. This can be triggered by dissociated emotions, fears and conflicts. Being aware of this is an essential requirement for effecting permanent changes in ourselves. Usually, it is not enough to make a rational decision to change your own behavior. Our behavioral structures, which we have developed in early childhood, are rooted in our interpretation of our experiences and the resulting decisions. Each decision has its own story, in many cases one we can't recall anymore. Our behavioral patterns and behaviors are often connected to emotionally painful experiences. Back then, we had to manage these situations - and the resulting decisions might influence the rest of our lives.

If I am aware of myself, if I am less controlled by unconscious experiences and decisions, I become clear, authentic and autonomous. It is a lasting positive influence on my life, my communication and my health. This in turn increases my self-reliance and agency. Thus, we gain access to constructive action and positive momentum, because we are ultimately responsible for our own happiness.

This continuous process requires lifelong attention. It is a great challenge for each of us, because our environment and society are changing faster than ever before. Unfortunately, we are unable to adapt as quickly as the changes demand. In addition, our conscious mind develops so quickly that our genetics can't keep the pace. This is a major influence on our health.

Being healthy - what does that mean?

Our health is closely connected to our conscious mind and communication.

How much consideration do I afford the signals of my body?

How do I cooperate with my body?

By means of nutrition, physical activity etc., I communicate with my body and with my genetics. The fields of epigenetics and psychoneuroimmunology clearly point to these complex interactions.

We can also see more and more just how much the nonobvious influences our subconscious, our own conscience and our health.

I would like to emphasize that health should not be reduced to a physically perfect body. We are still very much guided by the idea that a healthy spirit can only live in a healthy body. That is not true.

"Insults can make us sick." We are insulted and insulting beings. The important question is how we are handling being sick or insults - in a constructive or destructive way?

We are sensitive beings who carry grievances, injustice, pain, fears and shocking moments. All of these things were done to us and we, in turn, have done them to others. Each of us has made decisions according to our experiences, has chosen one way of managing life and has thus developed individual patterns and behaviors. Some strategies are seen as more positive than others, but they are all on the same level in the sense that they all achieve the goal of survival. At the same time, we also chose the perspective from which we are going to see the world and the truth we intend to live.

Ideas about constructive changes

There is great potential in the exploration of our unconscious world, because every story we uncover gives us a chance to connect to our emotions and feelings and make a conscious decision in favor of more authenticity and autonomy. Our brain begins to make new synaptic connections. We need to give everything to achieve sustained changes. This process takes at least three weeks in order to give us opportunities for more nuanced responses to similar situations we might encounter in the future. Our muscles alone need at least 10,000 repetitions to effect lasting changes to our motion patterns. This process requires great effort and cannot just be phoned in.

In the following I am going to discuss the subject of insults. Every instance of being emotionally hurt or insulted is an opportunity to influence our health in a positive way. Sustaining a psychological wound, an

insult, I can react by asking the question, "What does that have to do with me?" I think this question is very important because it helps me step out of the projection and focus on myself.

I use my hurt feelings as a chance to become more aware of and mindful with myself.

The following attitude helps us deal with hurtful situations: "Catching the other person in doing me a favor." This is an important step towards taking more responsibility for my personal health.

Of course, a balanced diet and enough exercise etc. are very important as well.

To reiterate: Our body is made to cooperate to interact with ourselves and our environment.

With mindful, unequivocal and clear communication we can develop our personality and identity. Then, one of the basic principles of appreciative communication can be applied: "Don't be nice, be authentic."

In order to be successful, we need the following basic requirements: A positive attitude (authentic, autonomous) and a willingness to change our thoughts and attitudes. It only works if we continue to practice and keep at it. Since humans are individuals, we always act individually. Therefore, we need an individual approach.

I have a few closing remarks regarding the subject of health. It is interesting that hospitals are always seen as places for the sick, not as places where healing happens, where health happens. When we talk about our health, we usually talk about illnesses.

Hans Kruppa offers the following definition of illness:

Illness is a symptom of a life gone astray. It slows down the speed of movement, because a slower life

can find the way back to itself. The body refuses further superficiality and forces life to go deeper.

Humans have always had a lot to say about health and healing. Here are a few examples.

The perspective of Tibetan Buddhism:

Comprehensive healing must come from the mind. It is particularly focused on the healing power of meditation on love and compassion.

The perspective of Islam:

The healthy human body must be understood as a vessel for the gifts from God. Therefore, it is precious and must be protected. A religious belief that declares health to be a gift entrusted to humans also implies that humans are responsible for maintaining or restoring it. In the afterlife, Muslims are held accountable for the way they have treated their bodies, which results in eternal reward or punishment. Islam sees illness not as a sin but as suffering, sometimes as a trial that will help the believer rediscover their own way to God.

The Greek perspective: Hippocrates and Aristotle

Health is the interaction of balance, harmony and stability. Health is the responsibility of each individual. Living a healthy life and acting in a responsible manner were the prerequisites of good health. The focus was not on the illness but on the afflicted person, the human being. The body was seen as a holistic entity and people were most concerned with the prognosis, i.e. the course of an illness and the treatment as such.

The perspective of traditional Chinese medicine (TCM):

TCM understands the body as a connected system in which all body parts, organs and organ systems

as well as the mind are connected by energy gates or meridians. A person is considered healthy if all their energies are harmonious and balanced.

All of these perspectives indicate that the soul is an important element and a strong influence on our physical well-being. Many published accounts of the experiences of seriously ill people show that human beings are much more than their bodies.

Healing happens on different levels. Various accounts indicate very clearly that sustained healing and lasting health are only possible if the soul is integrated into the process.

Self-awareness is necessary for humans to be able to engage with themselves and their environment: With their emotions, spirituality, nutrition, exercise, occupation etc. With their life and way of living and their relationship to their own selves, the world and all of Creation. This approach includes many different aspects. With for me, being healthy also means living with others and learning from one another.

Is work an integral and natural part of our life?
Or do we see work simply as earning a living, as a detached and unconnected period in our life?

Everything we think, feel and do, say, eat, move etc. influences us and is part of our communication. Everything is interconnected. Everything is communication, communication is everything.

Are we aware of this?