

This is a Seed Zine.  
Copy it, Fold it, Plant it.  
(Seedzines.com)

P.S. I often send vocal messages — via text, signal, Vocarod.com, or Marco Polo.

- ### Resources to Go Deeper:
- Interview w/ Sophie Strand - [tingur1.com/hh/p95f8](http://tingur1.com/hh/p95f8)
  - Podcast ep. "The Road to the Emerald" (pod: The Emerald)
  - Book: "Silent Messages" by Albert Mehrabian

There is a place for written words, certainly. (That's why I made this Zine!)

**Side Note:** Notice how handwriting carries essence, by the way — How different does it feel to see my words typed in this font? **How about this one?**

And, when you seek deeper connection, warmth, or clarity...  
 - Could your message be spoken aloud?  
 - Could you connect in person?

Wishing you communication that brings back the missing 93% — so you can feel what's truly being shared.

A Seed Zine by:  
Rebecca Roots

# MORE THAN WORDS:

## The 93% Missing in Written Communication

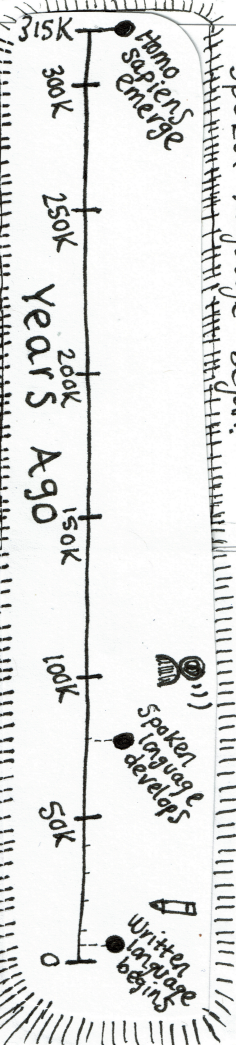
Consider your communication spaces:

- Which offer face-to-face connection?
- Which tend to be typed or text-only?
- Which feel nourishing?
- Which leave you a little depleted?

Where might tone or presence bring more ease than written words?

Are there places you've used only text, where a voice or face could offer more clarity, kindness, or connection?

How does your body respond when communication includes more than just text?



Then, somewhere between 100,000 and 50,000 years ago, spoken language began.

For hundreds of thousands of years humans and our early ancestors communicated with the Earth through body, presence, gesture, and energy. Our first language.

Ever received a text, email, or comment that left you feeling confused, frustrated, annoyed, or hurt? You're not alone. And, it makes sense!

So in written text, 93% is missing! No wonder messages get misunderstood.

The next time you receive a message that stirs you, pause.

\* \* \*

Remember: Your body might be responding to what's not there — the missing tone, expression, or felt presence — not necessarily the sender's true intention. (Our bodies are wise. They listen for what feels safe, attuned, & connected, when that's absent, it's easy to misread.)

What if their intention was more generous than it seemed?  
 What if your body just didn't have enough to go on?

\* All years approximate, that could be a whole zine itself!

Written language arrived just 5,000 years ago — and without the context our bodies expect.

And for ~10,000 generations all stories, wisdom, and cultural memory were shared orally — in real time, body to body. Our bodies know how to listen — to gestures, breath, silence, energy — the subtle cues that make meaning whole, the language we've lived in for most of human time.

Now, I'm wary of how many ways of knowing that can't be measured, and Albert Mehrabian's book on nonverbal communication offers these numerical approximations:

COMMUNICATION IS...

