



Human beings behind masks

Wearing face masks has been shown to have no physical health benefit as protection against infection (1), but actually causes multiple harms (2). What does it do to us?

- Masks make it difficult to perceive the feelings of the person you are talking to, which can lead to misinterpretations and thus reduce confidence in your own perception. One of the lessons in the Klasse2000 programme, for which I have been a volunteer health promoter since 2006, deals exclusively with facial expressions as part of body language. The evidence-based programme was created to strengthen the life skills of primary school children and to develop their social behavior. What happens when the mask removes 40-60% of the other person's facial expression?
- Masks are a muzzle. We are told to keep our mouths shut. Speaking and hearing what is said is impaired and thus interpersonal communication is made drastically more difficult. Wearing the mask "speaks" for itself: "Stay away from me, we are in a state of emergency, you are sick, I am sick, I am a danger, you are a danger that I have to protect myself from and fight against. Remember: Nothing is normal."
- Masks create a silent, faceless and standardized mass that is frightening. A forced "normopathy" is created. A normopathy is a personality disorder involving compulsive and over-conforming conformity to supposedly prevailing behavior and rules of a society, whereby the "sick" is no longer perceived as a disorder (3). The impression is created that wearing masks is normal and "it's the way it should be" because, after all, all fellow human beings wear a mask.

You are deliberately prevented by a mask from "showing your face", from being perceived by others as an individual and a human being. But if you do not show your face, you cannot be recognized. Your counterpart, in turn, is prevented by your mask from recognizing you as a human being. This divides society into possible "friends" or "enemies" behind the mask. Do not allow yourself to look for "friend" or "enemy" behind the mask. Because behind every mask is a human being who deserves your goodwill, trust and freedom. The freedom to decide about your own body, the freedom to move whenever and wherever you want and the freedom to have your own opinion. Take your freedom and show, despite the mask (or without, as often as possible), that you are a compassionate person and no one has to be afraid of you. Three songs by one of my favourite bands "Black Pumas" (4) are not related to the current situation, but give valuable tips especially for the current situation: Show your true colours, refine your soul and simply get to know your counterpart better. Enjoy!

(1) <http://www.aerztefueraufklaerung.de/masken/index.php>

(2) <https://visionlaunch.com/more-than-a-dozen-credible-medical-studies-prove-face-masks-do-not-work-even-in-hospitals/>

(3) Christopher Bollas: Meaning and Melancholia – Life in the age of bewilderment; Routledge, 2018

(4) <https://www.youtube.com/watch?v=HzebWEwHJuo>

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