

Leaflet for Local Groups of Honest Sharing according to Gopal

Honest Sharing Level 1 (L1)

For Group Leaders and Participants

Important information for orientation and transparency for everyone involved:

1. This document, consisting of 10 pages, must be handed out by the Group Leader to each participant before their first participation.
2. Group Leaders are *not* licensed mental health professionals or therapists and are not trained by me. Honest Sharing is not a therapeutic offer or medicine, rather it is a self-help method. Each participant is responsible for themselves. If necessary, seek professional help.
3. The group must be called “**Local Group**” or “**Local Group according to Gopal.**” The description can be formulated in your own words. Register your Local Group or online group at <http://www.honestsharing.org> on the world wide map of hearts.
4. **The structure described must be adhered to!** The process itself must not be changed or expanded or mixed with other methods! Sharing multiple times during the same session by the same person is not allowed! **There is no physical contact (holding hands, touching feet, etc.) between the participants during the session!** You can build in your own things *before or after*, e.g. sound bath, etc.
5. **FLOATING has *nothing* to do with Local Groups. FLOATING is trauma therapy. FLOATING may only be offered by trauma therapists trained and certified by Gopal.**
6. All participants should be encouraged to offer groups themselves. There can't be too many of these groups. We need thousands in every city.
7. For further information and details see the FAQ at www.traumaheilung.net/en/local-groups/faq/.
8. Please contact my office directly at office@traumaheilung.net if you, the participant, have the impression that the Group Leader is not adhering to the correct structure, the participants tell endless stories instead of Honest Sharing or something else unusual. You can tell whether Honest Sharing is done correctly when you (usually) afterwards experience a feeling of deep connection, peace and freedom.

If you, the Group Leader or participant, are unsure how Honest Sharing works, please participate in an Honest Sharing workshop and watch these YouTube videos:

[“Honest Sharing * International Network / Community”](#)
[“HONEST SHARING International Introduction \(Gopal\) Part I”](#)
[Honest Sharing Demonstration](#)
[The Honest Sharing Guide](#)

9. If you, the Group Leader, are unsure and you would like to clarify details about **Honest Sharing**, please contact a **mentor** at office@traumaheilung.net.
10. To make absolutely sure that you stick to Honest Sharing, you *have to* **start each sentence, really every sentence, EXACTLY like this.**

- **I sense** ... [relaxation, pain, lightness, etc.] **in my** ... [stomach, neck, right knee, etc.]
- **I feel** ... [sadness, anger, jealousy, happiness, etc.]
- **My head thinks, [that/whether]** ... [that I'm ok / whether I am doing Honest Sharing correctly?, etc.]

Share the content of the three levels: body sensations, emotions and thoughts. If you can't remember this, print out these three green sentence beginnings, and take them with you to the group to read. Sharing some thoughts, you have to leave out the word "that," which is why it is in square brackets, e.g. when a question arises in your head: "My head thinks, what should I eat tonight?" or "My head thinks, whether I should eat pizza tonight?" The order doesn't matter. You can also start with the body level or the emotional level. You can leave out levels or stay with one level for as long as you prefer, like only share your thoughts.

- 11. Honest Sharing should take place without distractions in the room, hence without children, pets, food and drinks, etc. It's also best to not place candles, flowers or other things in the center.**
There are no visitors allowed.
- 12. Chatting/texting in Telegram or other social media is NOT Honest Sharing! The process only works through physical presence or if there is no other way, via phone, Zoom or Skype, but not with text messages.**
13. Eyes/eye contact: The eyes should remain open and focused on the speaker. At the same time, it is always important to respect your own boundaries. You don't have to maintain eye contact, but it would be good if you could look at the other person, for example, at the feet or another part of their body. This would maintain contact.
14. Honest Sharing / Local Groups only take place with an upright spine! That means all participants are sitting. It works best if everyone sits comfortably in a chair. The back of the chair should be high enough so that you can really lean on the back of the chair and your spine can relax. You generally *shouldn't* sit on the floor or even in a meditation posture. Lying down is generally not permitted during Honest Sharing (unless sitting is not possible for medical reasons).

Many thanks to everyone who is taking part in this movement and is helping to create a new, beautiful world :-). There will always be a need for clarification, that is not a problem.

Let's all have a wonderful time together :-)

Goyal

Structure of the Local Group Process

1. Each participant can talk undisturbed 10 minutes (time will vary depending on the size of the group). Share all 3 levels, i.e. thoughts, emotions and body sensations, what moves them at this moment. (If possible, no stories from the past and no thoughts about the future.) It is important to not push yourself too hard and feel uncomfortable, e.g. "I would like to stop here and not add anything more".
2. All other participants give their full loving attention to whoever is speaking. **The rest of the group listens with all their attention (100%)!** The process only works if you (want to) listen openly!
3. The Group Leader makes sure that nobody speaks in between, that the time is kept and that the focus is always on who is currently speaking. He / she takes part in the process in the same way as the participants and has the same amount of time to do Honest Sharing.

Leaflet for Honest Sharing Part 2

More Details and Support

It is important to understand, that *only by following the given structure and by speaking without identification (sentence beginnings!) allows transformation*. If this is not adhered to, everything stays the same and there is a negative effect on the group. Therefore, as a Group Leader, you have to ensure, in a gentle and friendly way, that both are adhered to!

Speaking without identification means that I use the sentence beginnings in every sentence. This detaches me from the content of the experience levels. (see point 10 above).

Arrange an interview with potential new participants, before you allow them into the group. Make sure they've watched the Honest Sharing videos and understood the concept. Clarify any unanswered questions and do a short trial of Honest Sharing. Then take your time to decide for yourself whether to admit them.

Some people find it very difficult to stick to the structure and to communicate without identification. This can go so far that, due to great suffering, it is no longer even possible to communicate using the green sentence beginnings. In such cases you, as a Group Leader, can proceed as follows:

Explain to the participant that it is possible to simplify the whole thing even further at the beginning by giving three sentences and only having them say these three sentences exactly, *even if this does not reflect the inner state of the participant*. As soon as it is their turn, they should say the sentences only once, then it is the next participant's turn. This relieves the participant from their inner state, they are only in focus for a very short time and can initially *get used to the new form of communication*. Have them print out these sentences and, if in doubt, even read them if they can't memorize them. Absolutely and rigorously insist on the correct, error-free reproduction of these exact sentences:

- I sense tension in my body.
- I feel anger.
- My head thinks, that Honest Sharing is very interesting.

If that is too overwhelming, then simplify the process even further by asking the participant to only share the first sentence: exactly as it is written, only once when it's their turn, *even if this does not reflect the internal state of the participant*. As I said, it helps to get used to this new form of communication first:

- I sense tension in my body.

Let this sentence be printed and, if in doubt, even read it out loud, if it can not be memorized. Absolutely and rigorously insist on the correct, error-free reproduction of this sentence. If this

is also not possible, e.g. because the participant reproduces the sentence incorrectly over several sessions, they do not agree with it and are arguing with you, etc. then ask them to leave the group and get professional help, in form of psychotherapy.

For example, you could say by email or in person: *"The requirement to participate in this self-help group is that you want to share at least rudimentarily honestly and that you are willing to adhere to the structure. Since it turns out that you don't do this even in the simplest form, I want you to leave the group and seek professional help. You are welcome to try again at a later date."*

But, if it works with this one sentence, then after a few sessions, let them say all three given sentences. And then later add their actual inner states and share honestly in the normal way.

What is NOT included in Honest Sharing?

Desires, needs and dislikes: they are a mix of thoughts and repressed emotions. E.g.: "I feel the need for a hug." is not really Honest Sharing. Correct would be: "I feel loneliness. I feel sadness." My head thinks, that a hug would help. Also, "I don't like the way XY looks." is not Honest Sharing. Correct would be e.g. "I feel anger. I feel aggression."

Sensory impressions: they do not belong to the three inner levels, but represent the interface to the outside. For example: "I see the red flowers there, they are beautiful." This is absolutely not Honest Sharing. Of course one can share what is triggered by sensory impressions on the three inner levels, e.g. "I feel happiness. My head thinks, that the red flowers are very beautiful."

Impatience, boredom, resistance: these are transitional states just before emotions arise. So instead of saying "I feel impatient" or "I feel bored", it is better to say: "I sense stress in my body. I sense tension in my body." or "My head thinks, that something should happen now." or "My head thinks, that all of this is totally pointless here."

Description of external circumstances: All of this is NOT Honest Sharing: "I feel abandoned." "I don't feel understood." "I don't feel noticed." "I feel manipulated." Correct would be: "I feel sadness." "I feel anger." or whatever the emotion is, that we associate with the external process or the situation. You can also share the mental part, e.g. "My head thinks, that I have been abandoned." or "My head thinks, that I am not understood."

Activities, actions, doing: Everything that relates to one's own activities or the activities of others is not Honest Sharing. In general, it belongs to the previous point "Description of external circumstances." For example, "I'm going to sit down properly now." is not Honest Sharing. Correct would be: "My head thinks, that first I am going to sit down properly now."

Projecting stress in the body and the idea of having to do something onto Honest Sharing: Frantically trying to communicate honestly instead of actually doing it. So Honest Sharing would be: "I sense stress in my body". "My head thinks, that I have to do everything right, otherwise I will not be allowed to participate."

Uncertainty, confusion, inner chaos and turmoil: all of this only exists in the head! Therefore you can always share yourself in such states like this: "My head thinks, that I am confused. My head thinks, that the many thoughts trigger chaos within me." Then focus on something in the body, for example: "I sense warmth in my feet."

Confusing actual absence of thoughts with the thought that the mind is silent: If the mind is truly silent, we would not be able to say anything, we would be silent. The statements: "I'm not thinking anything right now." or "It's quiet in my head." are formally not correct and represent a contradiction. It is not Honest Sharing. Correct would be e.g. "My head thinks, that there are no thoughts." ;-)

Escape into energy realms: Instead of communicating thoughts, emotions and body sensations, the following can happen: "I perceive anger in your aura." "I see you have high vibration." "I feel my Prana." All of this is not Honest Sharing! I'm not saying that it doesn't exist. However, it is not helpful and prevents transformation. Also, the sentences are formally not correct (sentence beginnings). You can for example, instead of "I feel my Prana," say: "I sense tingling in my back," hence, sharing the physical representation of it.

An absolute no-go is to say something about another person or to ask questions! During Honest Sharing we only share what is *inside us*. We never speak directly about the outside world and don't ask questions!

Acting out the feeling of insecurity and projecting it onto Honest Sharing: E.g. It is not Honest Sharing to say: "I first want to know whether it is safe enough here before I share myself honestly." is not Honest Sharing. Correct would be: "My head thinks, that it is not safe enough here for me to share myself honestly."

As a reminder, Honest Sharing does not mean to ignore or overcome your boundaries, it means to share exactly those! There is no real danger (anymore) to communicate exactly this way. The ultimate possibility and completely correct Honest Sharing would be: "My head thinks, that I don't want to say anything. My head thinks, that I don't want to listen to the others."

Honest Sharing Levels briefly explained:

L1: *Honest Sharing Level 1 **does not** contain any reference to other participants. When sharing the thought level, we omit everything that relates to other participants in the room. So we do **not** say: "My head thinks, that Peter looks happy today." Instead, we leave out such sentences or formulate them more generally so that no one in the room feels addressed.*

L2: *Honest Sharing Level 2 **can** contain a reference to other participants. So we can say, "My head thinks, that Peter looks happy today." **Level 2 is only intended for groups, couples, etc. who have had a lot of experience with Level 1 and can therefore tolerate the sharing of thoughts that directly concern them!** Everyone has to agree to this. If even one participant has doubts or does not feel comfortable with it, Level 2 must not be done.*

L3: *Honest Sharing Level 3 is done with **exactly three people**. There is no fixed time window for each person. This is for those who are already experienced in Level 2.*
<https://www.traumaheilung.net/en/text/honest-sharing-level-3-advanced-mode/>

L4: *Honest Sharing Level 4 is done **telepathically**. It should only be done additionally, and by those who have had a lot of experience with Level 1-3. Previous experience in meditation is also helpful.*

What is Honest Sharing Bypassing?

If I misuse Honest Sharing as a concept/strategy to create an inner or outer state that is *not* there now, or to keep something inside or outside of me away from me that *is* there, then it's *not* Honest Sharing, it's a strategy of action.

The *concept* of Honest Sharing can be misused *to prevent* actual contact! But only if you deviate from the actual Honest Sharing by any form of "doing." As soon as I "do" something, I no longer share what is inside of me. Sharing has *nothing* to do with doing.

Merging Type: The deepest repressed emotion of this type is anger and hatred. Therefore, there is a tendency among unaware people of this type to misuse Honest Sharing as a concept to create pseudo-contact so that these emotions do not surface. With the help of the idea of Honest Sharing, an attempt is made to get a distorted form of closeness and connection, which is similar to the early childhood-time mother-child connection, not the adult level. It is about, for example, demands for constant (superficial) contact, external guarantees, commitment, etc. The independence and vagueness of the other is perceived as threatening. The Merging Type unconsciously equates this with separation. *The (unconscious) Merging Type can not understand that the partner's freedom and independence does not necessarily mean that they separate or that separation threatens!* Along with this, they project the early childhood experience of separation, which actually happened, into the future and try to prevent it at all costs (e.g. by making demands to do Honest Sharing more frequently and regularly). However, they do not notice that they actually only want to avoid the associated, unprocessed emotions.

Honest Sharing Bypassing for the Merging Type ends as soon as they stop doing and acting out and start getting into real connection and give the other space and wait it out. At some point they have to share their taboo, namely the fear of loneliness, abandonment and the associated emotions of anger and hatred.

Autonomy Type: The deepest repressed emotion of this type is sadness. In order to prevent this emotion from arising, *any* form of real exchange or even relationship must be *fundamentally* prevented. Autonomy Types are usually not interested in Honest Sharing, they are usually "encouraged" by their partners. This type knows little to no possibility of distancing themselves during contact or in a relationship in order to maintain the feeling of independence, which they believe they need for their inner stability. *The (unconscious) Autonomy Type cannot understand that making contact on the emotional level does not necessarily mean that their openness, feelings and needs are being abused!* The tendency, if they do take part in Honest Sharing, is to devalue the whole thing, to react with anger, to criticize, to pick a fight or to withdraw directly or indirectly from Honest Sharing, for example by always postponing the dates or by giving excuses as to why Honest Sharing is not possible today. They only do all this in order to not jeopardize the feeling of independence and thus to suppress deeply repressed feelings.

Honest Sharing Bypassing for the Autonomy Type stops as soon as they become active in contact and take up space. At some point they have to communicate their taboo, namely the desire for closeness and contact and the deep sadness that goes with it.

The trend tends to be that one finds the Merging Type more frequently in women and the Autonomy Type in men.

Leaflet for Honest Sharing Part 3

The Key to Learning Honest Sharing / Correct Thought Sharing

The detaching from the thought level is the key to doing Honest Sharing correctly. We dissolve the identification with our thought level by formally correctly Honest Sharing the thoughts! At first it may seem like brain acrobatics to create distance to your own thoughts with Honest Sharing. But relatively quickly it becomes completely natural and flows automatically and the magical effect can unfold :-)

Honest Sharing works with mathematical precision if you do it correctly. In the following list you will find typical examples of mistakes made when sharing thoughts and how to do it correctly.

For Group Leaders: You have to correct your participants! If you don't correct your participants so that they do Honest Sharing formally correctly, your meeting is useless. Honest Sharing only works with absolute correct application. If in doubt, sit down with participants in private and practice sharing thoughts without identification until it is really understood and used correctly by the participant.

1. Error category: Incorrect sentence beginnings

Incorrect: My mind thinks...

Correct: My head thinks, that...

Incorrect: My head wonders if you like me.

Correct: My head thinks, whether you like me.

2. Error category: meta context/narrative about the thought space instead of concrete thoughts

Incorrect: There is the thought of connectedness.

Correct: My head thinks, that I'm connected now.

Incorrect: My head thinks a lot of confusing stuff.

Correct: My head thinks, that there's a lot of confusing stuff in the head.

Incorrect: My head thinks about doing right and wrong.

Correct: My head thinks, that it's important to do everything as right as possible.

Incorrect: My head has impulses to escape.

Correct: My head thinks, that I would like to get out of here.

Incorrect: My head doesn't want to think anymore.

Correct: My head thinks, that all this thinking is getting to be too much.

Incorrect: There is silence in the head.

Correct: My head thinks, that it's quiet in my head.

Incorrect: My head is empty.

Correct: My head thinks, that my head is empty right now.

3. Error category: confusing levels

Incorrect: I sense confusion in my head.

Correct: My head thinks, that I'm confused.

Incorrect: My head feels attracted to you.

Correct: My head thinks, that I'm attracted to you.

4. Error category: Sentences that are too long, from the correct sentence beginning to storytelling

Incorrect (too long): My head thinks about the situation at lunch time today, when the cashier asked rudely if I wanted anything else.

Correct: My head thinks, that the cashier this lunch time was not friendly.

Incorrect (too long): My head thinks, that this reminds me of a situation with my father when he tried to convince me to go to the sport festival.

Correct: My head thinks, that my father was always challenging.

Incorrect (too long): My head thinks, that that Honest Sharing is much nicer in person than on Zoom. My eyes don't know where to focus.

Correct: My head thinks, that Honest Sharing is much nicer in person. My head thinks, that I don't know where to focus.

5. Error category: Acting out strong feelings through the thought level

Incorrect: [formally correct Honest Sharing of thoughts, but noticeably accompanied by strong emotions, especially anger or sadness and/or accusations, attacks, insults, etc.]

Correct: [First communicate the emotional level, e.g. "I feel anger.", "I feel hatred.", "I feel sadness.", "I feel jealousy." Then communicate the thought level.]

General Tips:

- Speak short sentences
- Whenever possible, form sentences at the thought level with “that”:
"My head thinks, **that** ..." instead of just "My head thinks ..."
- Speak slowly
- Take a short break after each sentence
- Look at the others during Honest Sharing
(Don't separate yourself from others internally)

At the end of our journey we all come back to anger and hatred, sadness and love. As soon as these levels are communicated again among us humans, spiritual dimensions open up that are beyond what can be communicated with language. From this moment we no longer need language, we then live in the free flow of energy or love, which is what we actually are. Love, Consciousness, Infinity...