

“Local Groups of Honest Sharing according to Gopal” - Leaflet

Honest Sharing Level 1 (L1) and Level 2 (L2)

For Group Leaders and participants

Important information for orientation and transparency for everyone involved:

1. This leaflet, consisting of 7 pages, must be submitted by the Group Leader to each participant before the first participation.
2. Leaders of group meetings are not licensed mental health professionals or therapists and are not trained by me. Honest Sharing is not a therapeutic offer or medicine, but is a self-help group. Each participant is responsible for themselves. If you need professional help please see a therapist.
3. The group must be called “**Local Group**” or “**Local Group according to Gopal**”. If used online, add the link <http://www.honestsharing.org>. The description can be formulated in your own words.
4. **The structure described must be adhered to!** The process itself must not be changed or expanded or mixed with other methods! Each person shares only once during the Honest Sharing. Sharing multiple times during the same session by the same person is not allowed as it is counterproductive! **There is no physical contact (holding hands, touching feet, etc.) between the participants during the sessions!** Do not chat afterwards as it is counterproductive. However the Group Leader can build in their own things *before* or *afterwards*, e.g. sound bath, etc.
5. **Floating does *not* belong in the Local Groups. Floating is only for experienced therapists!**
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 FAQs:
<https://www.traumaheilung.net/en/local-groups/faq/>
8. You can tell whether Honest Sharing is done correctly if at the end of the session you feel deep connection, peace and freedom. If you, as a leader or participant, are unsure how honest sharing works, please watch these YouTube videos:

[“Honest Sharing * International Network / Community”](#)

[“Honest Sharing w/Gopal Norbert Klein”](#)

[“HONEST SHARING International Introduction \(Gopal\) Part I”](#)

If a participant tells endless stories instead of honestly communicating or something else is obviously wrong, then the Group Leader needs to get the group back into the process. If as a participant, you have the impression that the Group Leader does not adhere to the structure, please contact Gopal directly.

9. If the information is not sufficient to give you as a Group Leader a clear feeling of how **Honest Sharing** works, please contact one or more of the **Mentors** at https://t.me/Local_Group_English or (<https://www.traumaheilung.net/en/local-groups/faq/> and get support.

10. To make absolutely sure that you stick to Honest Sharing, you can **start each sentence, really every sentence EXACTLY like this.** (But there is no obligation to do it like this)

• **In my** [stomach, neck, right knee, etc.] **I now sense...**[relaxation, pain, lightness, etc.]

• **I feel right now ...** [sad, angry, happy, etc.]

• **In my head is the thought that ...** [I'm wrong, everything is stupid, person xyz

is very nice, I am not understood.]

Talk about the content of the 3 levels in this order, first body sensations, then emotions and only at last share your thoughts. If you still have time and want to, then start all over again with the body sensations. If you can't remember this, just print out these 3 green sentence beginnings and take them with you to the group to read. It is helpful at the beginning to learn to communicate without identifying with the 3 levels. Following this order can be helpful at the beginning, but it is not an obligation to do so.

11. Honest sharing should take place without distractions, i.e. without children, pets, food / drink, etc. in the room.

12. Chatting in Telegram or other text messengers is NOT Honest Sharing! The process only works through physical contact or if there is no other way, via Zoom or Skype, but not with text messages.

Many thanks to everyone who is participating in this movement and thus helping to create a new, beautiful world :-). Don't worry, every now and then there will be more questions, we will clarify them.

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

Gopal

Structure of the group process

1. Each participant can talk undisturbed for 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 to 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 communicate.

Honest Sharing Leaflet Part 2

More details and support

It is important to understand, that *only by following the given structure and speaking without identification allows transformation*. If this is not adhered to, everything stays the same and it has 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 put a phrase in front of every sentence that detaches me from the content of the experience level (for examples see point 10 above).

Arrange an interview with potential new participants, before you let them into the group. While doing so, make sure they've watched the Honest Sharing videos and understood the concept. Clarify any unanswered questions and do a short trial Honest Sharing. Only then decide for yourself whether to admit this person to your group.

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 in the form of the green beginnings of sentences. In such cases, as a group leader, you 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 internal situation of the participant*. As soon as it is their turn, they say the sentences only once, then it is the next participant's turn. This relieves the participant of their inner state. They are only the focus of the whole group for a very short time and can initially *get used to the new form of communication*. Have them print out these sentences and, in case of doubt, even read them if they can't say them by heart. Absolutely and rigorously insist on the correct, error-free reproduction of these exact sentences:

I sense tension in my body

I feel angry

My head is just thinking this is all strange

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

I sense tension in my body

They can have this sentence printed and, if in doubt, even read it if they can't say it by heart. Absolutely and rigorously insist on the correct, error-free reading 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, like 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 communicate 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 point in time. "

If it works with this one sentence, then after a few sessions have this participant say all 3 given sentences. And then later they can share their actual inner states and honestly communicate those as normal and build up to the Honest Sharing.

What is NOT included in Honest Sharing (HS)?

Wishes, needs and aversions: they are a mix of thoughts and repressed emotions. E.g. : "I feel the need for a hug" is not really HS. It would be better to say: **"I feel lonely and sad. My head thinks a hug would help.** Also, "I don't like the way XY looks" is not HS. Correct would be **"I feel anger and 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." That is absolutely not HS. Of course one can communicate what is triggered by sensory impressions on the three inner levels, e.g. **"I feel happy. In my head is the thought 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 and tension in my ... (body)." Or "In my head is the thought that something should happen now."** Or **" In my head is the thought 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 misused." Correct would be: **"I feel sad."** **"I feel angry."** Or we share the emotions, that we associate with the external process or the situation. You can also share the mental part, e.g. **"In my head is the thought that I have been abandoned."** Or **"In my head is the thought that I am not understood."**

Activities, actions, doing: Everything that relates to one's own activities or the activities of others is not HS. In general, it belongs to the previous point "description of external circumstances". For example, "I'm going to sit down right now." Is not HS. Correct: **"The thought in my head is that first I should sit down properly."**

Projecting stress in the body and the idea of having to do something onto honest communication: Convulsively trying to communicate honestly instead of actually doing it. HS would be: **"I sense tension in my(body part)." "My head thinks that I have to do everything right, otherwise I am not allowed to participate."**

Uncertainty, confusion, inner chaos and feeling muddled up: all of this only exists in the head! Therefore you can always communicate this using the levels: **"I feel insecure. In my head is the thought that my head is producing a lot of confusion right now."** Then concentrate on something in the body, for example: **"I sense warmth in my feet."**

Confusing actual thoughtlessness with the thought that the mind is still: When the mind is really still, we couldn't say anything, we would be silent. The statement: "I'm not thinking anything at the moment." Or "It's quiet in my head." represent a contradiction and is not HS. Correct would be **"My head thinks that there are no thoughts."** ;-)

Escape into energy rooms: Instead of communicating thoughts, emotions and body sensations, the following can happen: "I perceive anger in your aura." "I see you have positive vibes." "I feel my Prana." All of this is not HS! I'm not saying that it doesn't exist. However, it is not helpful and prevents transformation. You can for example, instead of "I feel my Prana", say: **"I sense a tingling sensation in my back"**, as it communicate the physical correspondence of it.

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

Acting out the emotions of insecurity and projecting it onto the HS: It is not HS to say: "I first want to know whether it is safe enough here before I honestly communicate." Correct would be: **"In my head is a thought, that it is not safe enough here for me to share honestly."**

As a reminder, Honest Sharing doesn't mean ignoring or overcoming your limits, it just means communicating them! There is no real danger (anymore) to communicate exactly this. The maximum that is possible 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."

HS levels briefly explained:

L1: Honest Sharing **does not** contain any **reference** to the other person. When communicating the thought level, we omit everything that relates to other participants in the space. So we're **not** saying, "There's the thought that Peter looks happy today." Instead, we leave out such sentences or make them more general so that nobody can feel addressed in the room. You can use "In my head is the thought about a person"

L2: Honest Sharing **with Reference** as described here **can** contain a reference to the counterpart. So we can say, "In my head is the thought that Peter (present) looks happy today."

L3: Honest Sharing (**Advanced Mode**) with exactly 3 people and without time limit for each person but all 3 exchange their thoughts together and without identification.
<https://www.traumaheilung.net/en/text/honest-sharing-level-3-advanced-mode/>

L4: Honest Sharing - **telepathy** - very advanced. It is only suitable for people who already have a lot of experience with the basic HS, e.g. in local groups, in partnerships and level 3. Experience in meditation is also helpful. Honest sharing L4 no longer contains any conscious activity, but consists of pure awareness of the exchange of subtle information between two or more people without the need for words! It creates the basis for building conscious telepathic networks

What is Bypassing HS?

Bypassing HS is when you **try to create an internal or external state which is currently not there** OR **deny a state which is there, either secretly inside you or to keep something away from you**. This is not HS, but misuse of HS. These behaviours are Strategies of Action used to bypass Honest Sharing.

The **concept** of Honest Sharing can be misused to **prevent** actual contact! However, this happens only if you deviate from the actual Honest Sharing, using any form of "doing". As soon as I "do" something, I distract myself from Sharing Honestly what state/emotion there is. Sharing has **nothing** to do with doing.

Merging type: The deepest repressed emotion of this type is anger/hate. Therefore, there is a tendency among unaware people of this type to misuse HS as a concept to create pseudo-contact to avoid these emotions rising to the conscious awareness. Using the idea of HS, an attempt is made to get a distorted form of closeness and connection, which is similar to the early childhood-time mother-child connection, instead of the adult level.

For example, the Merging type makes demands for constant (superficial) contact, external guarantees, liability, etc. The independence and lack of clarity of the other is perceived as threatening. The Merging type unconsciously equates this with separation. **The (unaware) Merging type cannot understand that freedom and independence of a partner does not necessarily mean that he or she separates or that separation threatens!** In doing so, they project the early childhood experience of separation, which actually happened, into the future and try to prevent it at all costs (e.g. to make HS more frequent and regular by making demands). But they do not notice that they actually only want to avoid the associated, unprocessed emotions. Bypassing HS for the Merging type ends as soon as they stop doing and acting out (like helping or asking) and start getting into real connection and gives the partner room and wait it out. At some point they have to share their taboo, namely the fear of loneliness, being abandoned and the associated emotions of anger and hatred.

Autonomy type: The deepest repressed emotion of this type is grief. 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 communication, they are usually “encouraged” by their partners. This type knows little or 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!** If an Autonomy type of person takes part in the HS, their tendency is to devalue the whole thing, to react with anger, to criticise, to discuss or to withdraw directly or indirectly from the HS, for example to always postpone the dates or to give excuses as to why HS is not possible today. They only do all this in order not to endanger the feeling of independence and thus to block out deeply repressed feelings. Bypassing HS 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.

There is a tendency to find the Merging type more frequently in women and the Autonomy type in men.

At the end of our path we all come back to anger and hate, 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 we actually are. Love, Consciousness, Infinity ...

Leaflet Part 3

The Key to Learning HS / Proper Thought Sharing

The release from the thought level is the key to doing Honest Sharing properly. We solve the identification with the thought level by formally correct and Honest Sharing of the thoughts! At first it may seem like brain acrobatics to create distance to your own thoughts with HS. But relatively quickly it becomes completely natural and runs automatically and the magical effect can unfold :-)

Honest sharing works with mathematical precision if you use 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 the HS formally correct, your meeting is useless. HS only works with absolutely 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: Wrong beginning of sentence

Wrong: My mind thinks...

Correct: My head thinks...

Wrong: My head is wondering if you like me.

Correct: My head thinks if you like me.

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

Wrong: There is the thought of connectedness.

Correct: My head thinks I'm connected now.

Wrong: My head thinks a lot of crazy things.

Correct: My head thinks there's a lot of muddled stuff in the head.

Wrong: My head thinks about doing right and wrong.

Correct: My head thinks it's important to do everything right.

Wrong: My head has escape impulses.

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

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

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

Wrong: There is stillness in the head.

Correct: My head thinks it's still in my head.

Wrong: My head is empty.

Correct: My head thinks that the head is empty right now.

3rd error category: mix-up of planes

Wrong: I feel confusion in my head.

Correct: My head thinks I'm confused.

Wrong: My head is attracted to you.

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

4. Error category: Too long sentences, from the correct beginning of the sentence to storytelling

Wrong (too long): My head is thinking about the situation at noon today, when the cashier asked so rudely why I wasn't wearing a mask and...

Correct: My head is thinking about the situation with the cashier this afternoon.

Wrong (too long): My head is thinking that this reminds me of a situation with my father when he was with me...

Correct: My head is thinking about a situation with my father.

Wrong (too long): My head is thinking right now that EM is much nicer in person than with Zoom. My eyes don't even know what to focus on.

Correct: My head is thinking right now that HS is much nicer in person. My head thinks I don't know what to fix.

5th error category: Acting out strong feelings on the mental level

Wrong: [formally correct, honest sharing of thoughts, but noticeably accompanied by strong feelings, especially anger or sadness and/or accusations, attacks, insults, etc.]

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

General tips:

- Speak short sentences
- Whenever possible, form sentences with “that”:
"My head thinks **that...**" instead of just "My head thinks..."
- Speak slowly
- Take a short break after each set
- Look at others while sharing thoughts (don't separate yourself from others internally)

At the end of our journey we all come back to anger and hate, 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...