

Handout Local Groups by Gopal

For Group Leaders and Participants

Important information for orientation and transparency for all involved people:

1. This handout consists of 2 sheets and must be given to every interested person by their first group participation.
2. Group leaders are *no* therapists trained by me. It is not a therapeutic group but a support group. Everyone takes part on his/her own responsibility. If you need professional help please find another place to go.
3. The group must be called „**Local Group**“ or „**Local Group by Gopal**“. You can create a description in your own words. If published on the internet you have to add a link to the origin: www.traumaheilung.net/en/
4. **The structure of the process must be kept!** The process itself must not be modified oder mixed up or extended with other methods! Only one single round is allowed per session, not several in a row! You can add your individual items *before* or *after*, e.g. sound massage etc.
5. **FLOATING is *not* part of the local group process. FLOATING is for experienced therapists only!**
6. All participants shall be encouraged to offer local groups themselves. There can't be too many groups. We need thousands of them in every town.
7. If you as a participant have the impression that the process is not exactly followed, for example people telling endless stories instead of honestly sharing then please contact Gopal directly. Also do that if anything strange happens that makes you feel unsafe. If the process is done correctly you usually have feelings of deep connection, peace and freedom after the group.
8. To be absolutely sure that you follow the concept of honest sharing according to the local group process **start every, really every sentence EXACTLY like this:**
 - **In my** [belly, throat, right knee etc.] **I perceive now...** [relaxation, tension, pain, ease etc.]
 - **Now I feel...** [sad, angry, joyful etc.]
 - **My head currently thinks that...** [I am wrong, everything is stupid, xyz is very gentle etc.]

It means to share the content of all three layers in that order: first body sensations, then emotions and finally the mental content (thoughts). If you still have time in your time frame just begin again with your body sensations. If you can't remember these green sentences you can print them out and bring them to the group.

Thanks a lot all those who participate in this great movement and thus help to create a new, beautiful world :-) From time to time there will be the need to clarify things, this is no problem.

Happy gatherings for all of us :-)



Structure of the Group Process

1. Each participant can talk 10 minutes (depending on group size) undisturbed about the content of his/her main centers: thoughts, emotions and body sensations. It is about what is there right now, what is relevant in this moment. (Better not talk about happenings and stories of the past, nor ideas concerning the future.) It is also important to respect your own borders and limits, e.g. „I don't want to tell more“.
2. All other participants of the group put their whole energy into a loving awareness towards the talking person. **The rest of the group listens consciously 100%!** Only with this open listening the process will work!
3. The group leader takes care that nobody interrupts the one who is currently expressing him/herself, that the time is kept and that the attention of the group is always with the talking person. He/she also takes part in the process and has the same time to express him/herself.