



## THE PLAIN TRUTH

One day, there the Plain Truth came to town. It didn't wear anything, it was plain and naked. Naked as the day you were born. It would have loved to visit some people. But none of the people was willing to welcome it or even talk to it. Just the other way round: Everyone that saw the Plain Truth was ready to escape. It frightened them. That made the Truth very sad indeed. It was upset that none of the people wanted to deal with it. One day it met the Fairytale. The Fairytale looked ever so great! It wore the most magnificent clothes made of a most beautiful shiny material and it wore magic jewellery. Fairytale was a feast for the eyes. When the Fairytale noticed how sad the Truth looked, it asked: "What's bothering you, my dear? Why do you walk along with such a sad expression on your face?" The Truth replied: "I'm not feeling well at all. As you know I'm pretty old and I feel very much alone. None of the people wants to talk to me. Everyone is scared and they run away as soon as they see me!" The Fairytale thought about the words and said: "You know - the fact that you're old isn't bothering anyone. I'm old myself and people still love me. Sometimes I think even the older I get the more they love me. But I've found out one thing. Let me tell you: People like it, when you dress up and when you wear jewellery. You can borrow some of my magnificent shiny dresses. You'll see, my dear. They'll love you!" The Truth acted on its advice and put on the magic dresses. Since then people have started to love the Truth. But only when it presented itself with stories and fairytales.

***If the Truth makes herself a bit prettier and dresses up,  
we do love the Truth, don't we.***

We all know that. If there's anyone confronting us with the plain truth, we would rather not listen. The actor Max Frisch put it in a nutshell: "The best and most secure camouflage is the plain truth", he said, "cause no one believes it!" That's what it's like: Of course we must not change the truth – but in a new dress with some jewellery, it might be more likely to be heard. Let's take the King's Jesters back then. These were the only counsellors, that were allowed to confront the King with the truth. But what they had to do was, to pimp it up with jokes and some humor. To go back even farther, there was the old tradition of the Khoisan - Bushmen: It is the oldest folk of the world that does love the truth. The word "lie" doesn't even exist in their language. But what they always did was to tell the truth in an attractive way with a good story.

# STORYTELLING - THE PRESENT-DAY ART

We can wrap up the truth in stories and communicate knowledge and information with the help of images. Once Laurie Hutzler, a very well known script expert from Hollywood, said: "We tend to forget a lot. But we'll never forget emotions that have been stirred up by stories." Working on an emotional level, we may even utter the most unwanted truth.

## Practice



*Imagine, a good fairy could solve your most difficult problem. Write a short story, where you just continue after the following phrase: "When I woke up this morning I realized that ...." Having done this, could you discover at least one statement, you haven't seen before? Well – then you might have learned of some truth about yourself... a bit dressed up and maybe a bit prettier though.*

## SCHEDULES

conflict.art	01-03.02.2013, 13-15.09.2013, 21-23.02.2014
sense ability move	28-30.06.2013
move seminar	19-21.04.2013, 11-13.10.2013, 11-13.04.2014
coachmaster	26.01.2013, 20.07.2013,
Energievampire	07-08.03.2013, 02-03.05.2013, 24-25.10.2013

<http://www.dotbooks.de>



**Die Gopalan-Strategie - Neu**  
Folgen Sie dem Ruf des Abenteurers!  
Ein erlebnisorientiertes Arbeits-Buch

**Autor:** Susanne F. Gopalan

dot  
books

We'll be happy to send you more informations.

Please do not hesitate to contact us: [seminar@gopalan.de](mailto:seminar@gopalan.de)

Susanne F. Gopalan | Performance Coaching & Training | Am Römerkastell 9 | 73525 Schwäbisch Gmünd |

Phone 0049 (0)1728725231 | [susanne@gopalan.de](mailto:susanne@gopalan.de) | [www.gopalan.de](http://www.gopalan.de)

If you wish to unsubscribe from our moveletter, please send us an email.