



**Lookers
Tell
Their Stories**

LOOKERS
TELL
THEIR STORIES



Just One Look Press

LOOKERS TELL THEIR STORIES

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CONTENTS

Preface	xi
Introduction	xviii
Acknowledgements	xx
The Stories	1
2017	2
Practical benefits	3
A more practical approach	3
An effective tool	5
The proof is in the pudding	5
What is right and true	7
Our human nature is not a prison anymore	8
The key to the door	8
An almost magical transformation	9
A change from seeking to finding	9
A very direct manner	10
Great, pure, simple	10

Lifesaving advice and guidance	11
An invitation to look	11
My life has changed dramatically	12
This could change the world	12
It worked for me	13
Something that actually works	13
Increased learning capabilities	14
One of the most powerful tools	15
Completely certain that it works	16
This method really works	17
I feel my life rebuilding itself	18
2016	22
Just One Look has worked for me	23
Inner fortitude	24
Taking back control	25
Everything is already okay	26
It just blows my mind	28
Life-changing information	29
A spark into the darkness	29
Life is not a chore anymore	30
The missing piece	31

Slow but steady progress	33
Nothing short of revolutionary	34
Not looking for other options anymore	35
It is totally in my hands	36
Less reactive behaviors	37
I had misunderstood this work	37
Old, destructive patters are gone	38
Fear is the only problem	43
A simple medicine	43
This thing is real	44
This is stunning	45
Fundamental changes	45
Remarkably successful	46
Hopefully this will spread out	47
An adventure, not a burden	47
Very simple, focused practice	49
The fog of fear	49
It gets so much better	50
2015	53
The anxiety has disappeared	54
Just One Look changed my life	57

I was handed my life back	58
Very practical advice	59
Hope for humanity	60
A lifelong quest for an escape	61
2014	63
Hitting the reset button	64
Trying to feel me	64
Amazed at the changes	65
A strong foundation	65
A lot of energy is freed up	66
The mother of all life hacks	67
Yeah, I'm sweet	68
Never expected it to work so well	69
Completely different now	70
Life has found me finally	71
This message is for everyone	72
Almost too simple	73
What a genius way	74
It comes natural to donate	75
Just One Look changed my life	76
True peace is at hand	76

The root cause of suffering	77
Vital work for the human society	78
The ultimate intimacy	78
A life-changing approach	79
Crystal clear cutting through	80
Huge life-enhancing benefits	80
On the cutting edge of life	81
The separation from life vanishes	81
The inner dialogue is gone	83
Changes happen under the radar	84
A pioneering spirit	86
Not waiting for Godot anymore	87
A tough nut to crack	95
The miracle happened	96
Just One Look changes things permanently	98
What is really needed	101
It's all just me	102
2013	106
I have no more anxiety	107
This is for everybody	110
One body, one mind, one life	113

No spiritual overlay	115
A shifting of perspective	116
A breakthrough in consciousness	118
The rug has been pulled out	119
A silent detonation going off	120
Brilliant	120
No words to describe it	121
Now the search is over	121
Something is shifting	122
The effects are undeniable	122
Living without fear is amazing	123
A voice in my life	125
It truly changed my life	125
A simple method	126
Greatly enhanced my life	126
A revolutionary breakthrough	127
It saved my life	128
A fundamental shift	129
Valuable, practical, and effective	129
Everything is different	130

2012	132
Life-changing work	133
Lasting effect	133
It does work	134
Burdens have been lifted	135
Anxiety dramatically diminished	136
2011	139
Cuts through all the nonsense	140
Simplified things a great deal	140
Restored to sanity	141
Not a quick fix but a real fix	147
The fundamental cause of suffering	148
2010	151
John's insights are brilliant	152
Fundamental presence	153
Simple truth of practical living	153
As clear as it gets	154
Contact us	155

Support our work	156
Stay connected	157
Resources	158
Other Books by John & Carla Sherman	159

PREFACE

John and Carla Sherman started working together in 1999, when they were married. In 2000, they founded The River Ganga Foundation, a public 501 (c)(3) non-profit organization, to support their work. Their offices are located in Ojai, California.

John Sherman was born in 1942 in Camden, New Jersey. Like everyone, John spent most of his life unconsciously searching for the one perfect path out of the wilderness of human life, looking for the perfect idea, the perfect thing to think, to understand, to want, to have, to believe, to become that would bring him salvation and satisfaction. The course of John's search was extreme compared to most, but the result was the same: nothing worked, nothing ever does.

Late in 1975, when he was thirty-three years old, John discovered the idea of Social Justice, and set out to become the perfect Communist revolutionary. He joined with a small group of anarcho-communist radicals called the George Jackson Brigade, and embarked upon four years

of bank robberies, property bombings, gunfights with the police, two escapes from federal prisons, and two years on the FBI's Ten Most Wanted List; all done in the name of supporting the struggles of the American worker for justice.

In January of 1976, he was shot and captured during a bank robbery; in March, he escaped. In 1978, after two years on the run, robbing banks and organizing property bombings, John was captured by the FBI, tried, convicted, and sentenced to thirty years in prison.

In March of 1979, he escaped again from the federal prison where he was serving his sentence. This time he was placed on the FBI's Ten Most Wanted list. In April of 1981, after two years on the FBI's Ten Most Wanted list, he was finally captured for the last time and returned to prison.

In 1993, John discovered Tibetan Buddhism, and he was stunned to see that the teachings were completely familiar to him, although he had never actually heard them before. He took refuge and bodhisattva vows from a Tibetan lama who visited the prison in 1993. He had finally found what he had been looking for. He now knew that he had always been a Buddhist.

In June of 1994, in the fifteenth year of his imprisonment,

an American spiritual teacher came to the prison where John was serving his sentence. John found himself face to face with her and, in that meeting, discovered himself to be eternally and unconditionally free.

That experience of complete fulfillment and of the oneness of all being lasted for over a year. When it collapsed, as it must, John decided to study Ramana Maharshi's teachings, because he believed that Ramana was the clearest of all teachers. His goal was to figure out what action Ramana was recommending, to do it, and then confirm that the entire idea of liberation was a hoax, and all things spiritual were just stories we told ourselves to get us through the days without dying from despair at the obvious uselessness and hopelessness of our lives.

John spent the rest of his time in prison trying to find something that he could do that would bring him back to the state of indifference and apathy that he had enjoyed prior to meeting that spiritual teacher and being taken by the false promise of freedom. He devoted all his time to the practice of the self-inquiry of Ramana Maharshi and trying to get to the core of it. He wanted to prove him wrong and, by doing so, be free of all yearning for liberation. This effort

unexpectedly brought him to true freedom by means of an extremely simple act of attention.

Three and a half years later, in 1998, he was released on parole. Upon his release, John moved to Boulder, Colorado.

Carla Sherman was born in 1961 in Rio de Janeiro, Brazil. She spent many years studying Literature, Psychology, and Philosophy, in an effort to find an answer to her questions about the nature of being human. She was awarded a Bachelors Degree in French and Portuguese, and a Master of Arts Degree in French Literature, both from the Federal University of Rio de Janeiro (UFRJ). She taught French and French Literature at her alma mater and at the State University of Rio de Janeiro (UERJ). She worked as a translator and conference interpreter for more than twenty years.

In 1997, Carla was a doctoral candidate at UFRJ, preparing a thesis on French author Philippe Sollers, when she came to the United States during the summer break to attend a silent retreat with the same spiritual teacher John had met in prison. That was her first spiritual meeting and on the third day of the retreat, she had an overwhelming experience of

awakening. When the retreat was over, she went back to Rio and resumed her life there. The next summer she came back to Boulder, Colorado. In Boulder, Carla met John. She returned to Brazil at the end of the summer to finish her thesis. A few months later, in January 1999, she came back to the United States, this time to California, where she ran into John again.

By then, after a year and a half of spiritual awakening, everything had fallen apart, and she felt completely lost. She started looking for a way to gain back the experience of the oneness of all being. This effort led her to look at herself, although she did not know it at the time. This was the beginning of a process that eventually brought her to true freedom.

John and Carla were married in June of 1999, in San Rafael, California. In 2001, they moved to Ojai, California, where they live with their cat, Switters. Carla became an American citizen in February of 2007 and, in August of 2007, John was released from parole.

In 1999, John and Carla started meeting with people to speak about the self-inquiry of Ramana Maharshi.

Over the years, dissatisfied with the results, they came to the conclusion that they had to find out why people were not getting the same results they had gotten from it. They decided to discard all spiritual concepts, ideas and terminology, and find a way to speak with people in plain, simple language about their own experience. They met with people from all walks of life to speak about the fear of life, which is what spoils human life, how that comes to pass, what gives rise to it in the first place, how it manifests in the life in general, and what every person can do to be free of it once and for all.

Over the years, they have developed a theory about the origin of human mental suffering and a practice that goes to the core of it, eliminates it, and allows for the reconstruction of the mind in a new, sane way.

The Just One Look Method was developed by John and Carla in the course of almost twenty years speaking with people all over the world and providing them with guidance and support.



One cause. One cure.
Just One Look

Just One Look is an extremely simple approach to psychological suffering unlike anything you have ever tried. It will rid you of the root cause of your dissatisfaction with life and the painful yearning for peace and fulfillment that seems never to be fully satisfied.

John and Carla Sherman offer The Just One Look Method completely free of charge to everyone. No requirements and no strings attached.

INTRODUCTION

This book contains a small selection of the reports we receive on a daily basis from people all over the world who have looked at themselves and are now living a life free of fear, depression, and anxiety. Their writers have used the Just One Look Method to eliminate the foundation of fear that is at the bottom of the mind for most of us, and they are, like us, experiencing life in a brand new, previously unsuspected way. We call ourselves *lookers*.

Many of the reports presented here are from lookers who have gone through the entire process and have come out the other way. They give you a good sense of their experience of life before and after Just One Look. Other reports are from people who are just beginning to see the miraculous effect of Just One Look.

The reports included in this book were sent to us in emails or letters, posted in the Just One Look Forum, or posted on websites such as GreatNonProfits.org, Amazon.com, etc., within a period of about eight years, from 2010 through 2017. They are presented here chronologically,

from the most recent to the earliest ones. We also divided the reports into eight parts, one for each year.

We have identified the writers only by their initials to respect their privacy, although all reports included here are publicly available on our website and other places on the Internet. We also have added the country they wrote from to give you a sense of the worldwide reach of Just One Look. Some of the reports were slightly edited for grammatical consistency and readability.

We hope that this book will be useful to those who are just starting with Just One Look as well as those who are having a difficult recovery after having lost the fear of life.

And if you have not tried Just One Look yet, we hope these pages will give you enough motivation to try it for yourself. Why not? There is nothing to lose, and a sane, true life to gain!

John & Carla Sherman

May 21, 2017

Ojai, California

ACKNOWLEDGEMENTS

Our deepest appreciation and gratitude to all of you who have taken the time to share with us your experience with Just One Look.

THE STORIES

2017

PRACTICAL BENEFITS

I really like that John and Carla focus on the practical benefits of inward looking in everyday life. I like that so-called spiritual experiences and theory are not the main event and that talk about recovery seems to be welcome and not put down as story.

I like the down-to-earth practicality here and have seen recovery in the last year in my life and I am not searching for spiritual experiences.

It's beautiful that John and Carla are doing this work and not charging exorbitant prices, making it accessible to all.

I love their honesty and openness about this process and when I read the forum rules today with the ban on theory and spiritual comparison, etc., I had such a big smile. John, rebellion, maybe it's just what's needed.

A.W. (United Kingdom) May 15, 2017

A MORE PRACTICAL APPROACH

To me, it's practically a no-brainer that John and Carla's work would result in not only psychological, but physical healing as well. All dis-ease (hyphen intentional) has its

roots in fear, and is a product of the mind/emotions. There's nothing random. Even some allopathic doctors are starting to wake up to this fact. So it doesn't make sense to me that the Just One Look Method would affect only psychological difficulties and that we should seek out doctors and drugs for physical problems, although I do understand why some people still feel the need to do so.

I've encountered, read about, and heard about many healings without medical aid, and had a few healings of my own, but was never able to rid myself of the chronic condition I now have. I'm convinced that it's nothing but fear, and the daily practice of self-directed attention has made this very clear to me. In any case, I feel that Just One Look has a more practical approach than spiritual healing modalities, and therefore the potential to help a lot more people simply because it's so practical and not difficult to do. I'm just a beginner here, but I'm already starting to see and feel results.

A.D. (Brazil) April 27, 2017

AN EFFECTIVE TOOL

What John is speaking about is what I've found that those few people who have been able to effect what would be considered "miraculous" healings throughout history have also emphasized as a major key to healing itself. But I've never seen them present what I experienced as an effective tool for doing so. I do believe it's like John is talking about, that a lot of times these insights certain people have had about all of this have been confined by spiritual/religious belief paradigms of the time which clouded the clarity of practices of gaining insight into one's true nature.

A.S. (United States) April 26, 2017

THE PROOF IS IN THE PUDDING

I have a report to make. I could have made it years ago, and I probably did in one form or another. Ten years or so have gone by since I first heard you speak. At that time, I knew the seed for something big had been planted. I knew how my mind could change for the better.

You promised the end of misery and suffering if I eroded the foundation upon which they arose. By looking within—

not for answers but simple, straightforward looking at myself—I would cure my mind of the unseen proclivity to fear, which drives my reactions to circumstances. You suggested I wouldn't know when misery and suffering were gone, to be replaced by ease and peace and joy. When I asked what proof you had, you said it would be in the pudding.

It is with extreme gratitude that I acknowledge the cooking has been accomplished, the pudding proof-positive that your method works. The space of being here has supplanted torment. Sure I feel overwhelmed at times or experience dread arising for this or that reason, but such are rare, old acquaintances, nothing to be concerned about.

Words or concepts like “escape” or “need” or “should” have pretty much gone out of my vocabulary. I am transparent to life, not victimized by it. Circumstances are inherently neutral, I realize, and I would not have come to that realization had I not seen for myself what you have been so consistently teaching. With practice and determination, I feel I am the master of my own domain. The circumstances of my life have nothing to do with me.

Thank you many times over. In my estimation, you

are one of the greatest teachers – certainly for me the most helpful.

J.T. (United States) April 26, 2017

WHAT IS RIGHT AND TRUE

After five and a half years, I think the best way I can sum up the looking and its effects is to quote many others. It's not what I thought it would be. It's not bliss or enlightenment, in whatever form that takes in one's mind. It's something other. Sometimes ineffable, yet deeply tangible. You have the exact same life, but it is deeply altered. At first, you really want to heal, physically and emotionally, and you look for signs everywhere, then it doesn't matter and you become familiar and easy with your quirky hurting life, and then... you heal. The healing is not some triumphant release, it's just easy and natural, simply because you stopped being obsessed with what's wrong. It happens on its own time and you begin to trust this. That laser-like focus, attenuated by fear, on what is wrong shifts and diffuses to a broader field, your life. What is right and true.

J.K. (United States) April 29, 2017