

A Great Horned Owl is perched on a dark, textured branch. The owl has large, bright yellow eyes and prominent ear tufts. Its feathers are a mix of brown, tan, and black, with a mottled pattern. The background is a soft, out-of-focus grey. Overlaid on the owl's chest is the text "Lookers Tell Their Stories" in a white, bold, serif font with a blue outline.

**Lookers  
Tell  
Their Stories**

LOOKERS  
TELL  
THEIR STORIES



Just One Look Press

## LOOKERS TELL THEIR STORIES

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## Preface

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; the one perfect idea, the one 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 1969, when he was twenty-seven years old, John discovered the idea of Social Justice and set out to become the perfect Communist revolutionary. In 1975, he joined with a small group of anarcho-communist radicals, and embarked upon a series 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, John was shot and captured during a bank robbery; in March, during a trip to the hospital, he escaped.

In March of 1978, after two years on the run, robbing banks and organizing property bombings, John was captured by the FBI. He was tried, convicted, and sentenced to thirty years in federal prison.

In March of 1979, he escaped again from the federal prison where he was serving his sentence. He was put on the FBI's Ten Most Wanted List on April 24, 1979.

On December 17, 1981, after two years on the FBI's Ten Most Wanted list, he was captured for the last time and returned to prison.

In June of 1994, in the fifteenth year of his imprisonment, John had an overwhelming experience of awakening that took him completely by surprise. He spent more than a year and a half in the fully open awareness of spiritual awakening,

which then collapsed, leaving him bereft.

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 that experience. This effort unexpectedly brought him to true freedom by means of an extremely simple act of attention.

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

Carla Sherman (née Vilela Baptista) was born in 1961 in Rio de Janeiro, Brazil. In 1987, she earned a Bachelor of Arts degree in Romance Languages (French and Portuguese) and, in 1991, a Master of Arts degree in French Literature, both at Universidade Federal do Rio de Janeiro (UFRJ) [Federal University of Rio de Janeiro]. She taught French and French Literature at her alma mater and at Universidade Estadual do Rio de Janeiro (UERJ) [State University of Rio de Janeiro].

She worked for over twelve years as a



freelance translator and conference interpreter for the Consulate General of France in Rio de Janeiro, TV Educativa (TVE), and a number of publishing houses and magazines. She also worked for over ten years as a freelance translator for Drei Marc, a subtitling company in Rio de Janeiro.

In July of 1997, Carla was a doctoral candidate at UFRJ, preparing her PhD dissertation in French Literature, when she came to the United States to attend a silent retreat. That was her very first time in a spiritual meeting and, on the third day, she had an overwhelming experience of awakening. She went back to Rio for a few months and then came back, this time to Boulder, Colorado. In Boulder, Carla met John Sherman. She went back to Brazil after a couple of months.

A few months later, in January of 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 John was released from parole in August of 2007.

In 1999, John and Carla started meeting with people to speak about the Self-Inquiry of Ramana Maharshi. After a few years, dissatisfied with the results, they concluded 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 meet with people from all lifestyles,

mostly online, to speak about what they see as the root cause of all purely psychological problems, which they call the fear of life. In these meetings, they would talk about what the fear of life is, how it comes to pass, what gives rise to it in the first place, how it manifests in life in general, and what every person can do to be free of it once and for all.

Over the years, they developed a theory about the origin of human mental suffering and a practice that goes to the core of it, eliminates it, and produces an automatic regeneration of the mind and a life lived in a new, sane way.

John and Carla developed The Just One Look Method in the course of twenty years listening to people speak about their experience.

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 free of charge to everyone. There are no requirements and no strings attached.

# Introduction

This book contains reports and reviews we have received from people all around the world who have looked at themselves in the manner we recommend and are now living a life free of psychological misery. 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.

Many of the reports presented here are from people who have looked at themselves, have gone through the entire recovery process and have come out the other end free of the mental misery that used to afflict them. They will 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 in their own lives.

These reports and reviews were sent to us

in emails or letters, posted on the Just One Look Forum and on websites such as GreatNonProfits.org, Amazon.com, etc., from 2011 through 2019.

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.

If you have not tried Just One Look yet, we hope these pages will give you enough motivation to try it for yourself. There is nothing to lose, and a sane, self-reliant life to gain.

*John & Carla Sherman*

*December 20, 2019*

*Ojai, California*

# Acknowledgments

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

We are also very grateful to our friend Franz Felix Müller, who read the manuscript several times and made many useful suggestions.

# The Stories



**2011**

## **The fundamental cause of suffering**

This medicine requires no change in beliefs, religion, political stance, or much new learning. It is the simplest of things, learning to look at yourself. This is not navel gazing, chanting, or some special state of awareness or enlightenment. It is just you, looking at you. Easy instructions that can be done any time, any place, whenever you remember to do so. What could be simpler?

No expectations are set regarding the ultimate outcome, except that you will be free to live your life without the insane fear that causes so much suffering. You will go sane. There are no promises of fantastic experiences, or mind-blowing insights, unless you consider being free from fear a fantastic experience.

There is no sales pitch here, no follow up system to buy to get to the next level or any other spiritual path nonsense. This is not another treadmill of spiritual practice, filled with promises that cannot be kept, offered by someone with something to

gain as long as you need them. Get on with Just One Look today and see how wonderful life can be.

Many thanks to Mr. Sherman for putting this simple approach out there that directly addresses the fundamental cause of suffering that is generally accepted as normal life.

*J.S. (United States) June 11, 2011*

## **Not a quick fix but a real fix**

I came across the Looking in 2006. This was five years after a very quick meeting I had with John and Carla. At this point, I was steeped in the spiritual lifestyle. I was immediately taken by the simplicity and practicality of the Looking. At last, there was something I could actually do.

Fortunately, I was able to grasp what John was speaking about and was pretty successful in attempting it. I would say that my one obstacle was an internal pressure, a physical sensation. With patience, I moved past this and began to quickly touch the reality of me. The most helpful of the pointers for me was and is “I am here. I am always here.”

My life has changed in many ways during the course of recovery. I still have challenges. They are always there. I get frustrated and overwhelmed but these states pass rather quickly. I am less superstitious about these states and moods. These days, I am very happy and content with my life.

I love sitting with my partner and watching TV. I love walking my dogs, listening to music, doing the work that I do. I no longer require big ecstatic experiences. I am happy with my life just as it is.

My advice to people just beginning with Just One Look would be to be as patient with the process as possible. It is not a quick fix but it is a real fix. Also, it is good to focus only on this for a while. Set the spiritual teachings down for a while. They can always be picked back up again, with a much different perspective. Give yourself the space to experience this work unencumbered by other things.

*B.A. (United States) July 24, 2011*

## No more searching

Looking at myself has had a remarkable effect on my perception and experience of this life. I hope that my story will encourage others to really go for it and not get as frustrated with themselves as I got with myself. My suggestion is to try to do it and not give up until the Looking is doing itself. Then relax and enjoy the ride.

Before beginning John's practice of looking at myself, I had an intense yearning. A gnawing desire to be different than I was. I was not happy with myself; I was not happy with how I was experiencing life. I wanted to change both. I also experienced a subtle, and sometimes not so subtle, background of fear and anxiety.

After twenty-five years of searching, I found John Sherman. His simple suggestion to shift my attention to the feeling of me sounded like something I could do. I just needed to understand where to find this me he spoke about.

Basically, it was an experience of trial and

error. At first, I had many doubts and felt that I was doing it wrong. I got frustrated with myself because I did not think I was remembering enough or going deep enough. But I did not give up. I continued for several years to try to find this feeling of me, to understand what it was that John was suggesting I put my attention on. I believed him when he said, “You cannot do it wrong” and that “things will change over time.” I was determined to see for myself, as he suggested.

I had erroneously believed that I needed to remember to look at myself every minute of the day and found that, no matter how hard I tried, I could not do this. Another hint that served me well was, “Just keep looking whenever you remember to do so.” This allowed me to relax and stop getting so frustrated with myself. I also loved when he said that the only time that counts is when you remember to look at yourself and all the rest is beside the point.

One of his helpful hints was that this feeling of

me that I was to look for was no different from the feeling of me that I remember when I was a child. He also said, “Look and see if ‘I’ is always here.” I found, as he had suggested, that there was never a time that this feeling of “I” was not here, and that this feeling of “I” or me-ness never changed.

John also suggested that nothing could help or hurt this feeling of me and that this me was just the simple, ordinary feeling of me. He said to look for myself to see if this was not true. I did look and found that “I,” this me-ness, stayed the same even though my mind would decide that I was hurt or angry, happy, or suffering. I could see for myself that this me was untouched whatever emotions or moods appeared, stayed for a while, and then disappeared. This was very freeing!

My relationship with my life now is often one of wonder, joy, and immense gratitude. I am enjoying the adventure as it unfolds, even when the circumstances are seemingly difficult or my reactions come from old habits or patterns. I watch



and, amazingly, there is little or no judgment of me and others. Nothing is heavy anymore. I no longer have the feeling that I need to change my life or myself. Life is no longer a problem. I do what comes naturally and spontaneously. I no longer feel the heavy burden of being responsible for my actions and having to do the right thing. I do what I do. It is light and easy!

*C.P. (United States) July 27, 2011*

## Restored to sanity

Looking at me has been quite a trip. A year and a half of looking at myself every single minute of every single day. Most nights, I would wake in the middle of a nightmare and would find myself looking for hours before going back to bed.

When I first saw John, it was on the internet. I was surfing reports on electroconvulsive shock treatment and its harmful effects on the physical body. After completing a series of unsuccessful shock treatments, I found myself disabled for the first time, mentally and physically. We had spent our last money on it because my wife and I figured it was my last desperate attempt at some sort of sanity. We were wrong and I was trapped in this miserable, disgusting, frustrating life with no way out.

John's suggestion hit me because I was in such bad shape, my mind unable to concentrate, and bedridden, but I knew I could do what he was asking. I bet myself that what he was saying was

true. That it was an action that was a skilled one and also the easiest. I knew I could do it and I knew I was crazy enough, and desperate enough, to try it with all my heart. I was going to make sure I did it the best that I could. At my house, our computer is set up in front of three six foot bay windows that open onto a balcony with clear glass sliding doors.

This is where I was sitting when I called John on the phone and spoke to Carla and John for the first time. It was in March of 2010. While on the phone with John, he was telling me to look inward and try to look at myself. I did it repeatedly, while speaking to him, and I told him that could not be it, that it was too easy. He told me that, because of what I had done for a living, it was probably easier for me to do it than for most. This depressed me more, now knowing that it was an action I do hundreds and hundreds of times every day. After I hung up the phone I sat for eight hours moving my attention inwards.

When I turned forty years old, I first started

really feeling depressed. It would not go away and I started seeking help for a myriad of psychological problems. I left Las Vegas in 2003 with my mind confused, depressed, and anxious. I tried every possible thing I could think of, which led me to the dangerous decision to get ECT treatments. The doctors told me it could actually screw my mind up to the point where I would never be able to play high limit poker again. I did not care, I felt so bad. It did not matter anymore.

A month earlier, I was walking outside with my wife and my dog when I collapsed on the ground unable to breathe. She rushed me to the hospital and I stayed there for a week. I was diagnosed with bad COPD and put on 24 hour oxygen. I kept smoking anyway because it was one of the few distractions from the miserable life that I had.

After I hung up from the first phone call to John and Carla, I started looking at myself and never stopped for a year. I would sit in front of my computer either looking at John's videos or

listening to podcasts. I would sit there and join John and the group on every possible Open House, Worldwide Online Meetings, and four Five Day Online Intensives.

Right away, the Looking caused me to feel better. Except for a two-week bout of terror in the beginning, it has been great. Now I could actually do something that made me feel better every minute of every day.

After three months, I could see half the room and many of the trees in front of me. I noticed how much better I was feeling and the sunlight felt great. I would sit and just let the light come into my focus of attention, which was me. I would sit with my eyes open as much as possible trying to turn my attention inwards. I would try to turn attention inward while I also would always remember to feel what it was like. I loved this. I quit smoking cigarettes as if it was easy. I just did not want one. I had gone back to my lung doctor two months later and he said that I had had a complete recovery and

that he had never seen anything like it.

Other unbelievable things started happening for me. My mind started clearing up and my vision did also. My mind correlated directly with the physical states that I experienced every day. Some days where my eyes got wider and more light was taken in, I would experience progress in my physical condition. I experienced states of clarity, oneness, bliss, and others, only to have John and Carla always there to keep me on track and tell me they do not mean anything and to keep looking.

It actually hurt me to turn my attention in with my eyes open and this was in my dark room. I had to start in the dark because I could barely open them in the living room with the sun coming in.

Now every single day is one of sunshine for me. I would never be able to confuse myself again about what or who I am. It has become so ingrained in me that whatever I attend to is me. I am also positive that every other thing I do not attend to is me. In other words, it has become obvious to me that my

mind is the only one that there is and everything whatsoever is in it. It is all in me and it is simple and clear. We are all different because we are all born with our own unique personalities. I see that to be a very good thing. If you really believe that we are born with our own personality and that we really have no say over it, it would be ridiculous to have any resentment towards one's behavior. Even our own has to be accepted on that account. We all always are doing the best we can. I know that.

I run five miles every morning and work out with weights every other day. I have never felt better. My memory is also better than ever. Years of drugs and abuse do not seem to have damaged anything. I can now recall early memories with crystal clearness and know I have always felt this way. Actually, anything I seem to do has my unique presence. I feel sharper than ever in my mind. I can figure probabilities faster and more correctly than I did when in my twenties.

My mind and body have been restored to

sanity by looking. All neurotic defense mechanisms have been burned out leaving a healthy attention able to attend to the good things in life. But now I know that they are all good. What a bonus. Now compassion is there always because that has always been my nature. No matter how bad off I was, I had usually always been a nice guy. So now, I seem to be nice and thoughtful because that is how I always am when I do not think my life is in danger.

So I love life. There is no resistance. It turns out it is all good, and the best part is that it is really all me. The same me I felt when I was a kid. It seems to be exactly the same. Me with a twist; and the twist is that I am the container of it all. And I always know it.

I cannot express my love and gratitude enough to John and Carla Sherman, who have with compassion, patience, and generosity, helped me get my mental and physical health back, but mainly showed me that I could get the straight dope about myself.



I am the luckiest person in the world to have met you guys.

*M.S. (United States) October 27, 2011*

## Simplified things a great deal

John, having been a student of the mind and predominantly Eastern philosophy for just the last five years, I stumbled upon your website. Your concept of Looking is actually consistent with the Buddhist principle of pure awareness, consciousness unadulterated by endless thoughts and emotions or, in your words, me. Always available to us no matter what is going on around us. The skill, of course, is mindfulness and the ability to engage in it.

I like the way you have taken this all-important concept and removed it from any religious or spiritual context. By doing so, you appear to have simplified things a great deal. I look forward to reading your e book and best of luck with your endeavors.

*T.H. (Australia) November 10, 2011*

## Cuts through all the nonsense

After having tried Self Inquiry, meditating on the “I am” and reading hundreds of spiritual texts I became exhausted. Through the search, I came across John Sherman’s message. It is very simple and straightforward but it requires some sort of dedication to stop focusing on the contents of experience and just look at the one experiencing. It is you. No practices, no rituals or belief systems are needed to find freedom from the fear and alienation that comprise most people’s experience. I strongly recommend his book.

*D.D. (United States) December 23, 2011*

**2012**

## Serotonin and an update

I started the looking about three and a half years ago. Within about two years, I saw immediate, gratifying results. After a lifetime of heavy anxiety, I was starting to experience an inner sense of okayness and lightness that seemed to manifest magically. Then, gradually over time, the joy was submerged under the usual anxiety and depression, only this time I was more anxious than usual about the anxiety, because I knew that there was nowhere to go from here. I chalked up my “failure” to the fact that I have acute hormonal problems. I have been diagnosed with low levels of serotonin, dopamine, estrogen, thyroid hormones, testosterone, progesterone, and apparently adrenaline as well, and have been taking vitamins, minerals, and hormones in order to help me function. I also have been taking antidepressants without which I cannot digest enough food to sustain myself, because eighty percent of serotonin receptors are in the intestinal tract. When I went off of them, my brain was so out of

whack that it felt like I was drugged with anti-cocaine. Of course, such a drug does not exist, but if it did, I imagine its effects would be what was happening to me: great difficulty in processing the simplest information, and a sense of helplessness, meaninglessness, as well as a chronic feeling of horror and panic. In addition, I was barely able to sleep more than four or five hours a night: around half of what I was used to sleeping. I came very close to suicide during this three-month period.

For many years, I was obsessed with the questions: Why do I need medical help to balance my body chemistry? What is wrong with me? Is my condition environmental, genetic, or a combination of the two? And since 2008, Is the looking not supposed to fix my hormones?

At this point finding answers to these questions feels less urgent. I continue to experience many unpleasant physical and mental symptoms. Just as John has said on numerous occasions, the point of the looking is not to rid us of our problems, although

it will help us deal with them more intelligently. Now I find that when a symptom appears, instead of fighting it, more and more I tend to ride it like a wave, as though I were a surfer. Should I rest? Should I push through the fatigue? Should I eat something? Should I refrain from eating?

The lifelong efforts based on fear and resistance in order to cope with the many facets of this condition are subsiding bit by bit. Now, instead of wondering what the heck is wrong with me, I am better able to see things for what they are, which in turn helps me deal with the situation at hand with more awareness. Over the last three years, I have gathered more information about my condition than what I had gathered up until now.

What I find so magical in this looking is that the instinct to put the cart before the horse is gradually disappearing. My life is showing me the truth of John's message that the problem is not in the content of the mind, nor is it in the circumstances of my life. Now, when I notice things that I do not

like about what I am experiencing, I seek less and less to correct them. What is new is an awareness of these arisings as simply unpleasant, but with less of an urge to change or fix them.

I have noticed that over the last six months or so, the urge to look has almost disappeared. A whole day can go by and I do not look. When it does occur to me to look, sometimes I take a glance, but without the frenzied need to squeeze a peek at myself. The excitement of “scoring” is gone and has been replaced with a gentle sense of familiarity and centeredness.

At the same time, I am still the same person with the same quirks and personality flaws. What is interesting is that I find that my behavior is guided less by my feelings and confusion. These days I am less defensive, and less reactive.

I am still waiting for the other shoe to drop, because I have never been able to sustain any permanent progress along this path of liberation. In the past, when I have fallen, I have fallen mighty



hard. At this point, it is obvious to me that I have no control over how things will evolve. I feel like a gambler playing the roulette wheel who has put all of her money on one number. Yet I cannot think of anything more sensible to do.

*N.M. (Germany) June 11, 2012*

## What is present just as it is

Recently, with regularity, I am able to see what is present just as it is. I do not believe I can put it better than that. It happens when I am thinking thoughts, when I am stressing out about something, trying to get to sleep at night, or just driving the car and watching the scenery pass by. It is the most pleasant simple state of just allowing whatever is present to be present, no matter what “grade” I am giving it—in fact, the grading process falls into the same place—it is just what is.

The other side is that the stress and the discomfort of being in new or seemingly uncontrollable situations with others is causing me physical distress. Trips, meetings, gatherings where I used to try to hide my fear and it would successfully take quieter forms in my body are now rising to the surface in discomforting physical forms that I am no longer able to successfully hide. Because of that, I am outed—these old, long hidden fears that my body accepted and quietly held for

me, are held no longer. It appears to me that they are coming out, coming forward, and, hopefully, coming through and out of me. But regardless of their journey, it is now clear to me how ancient this fear is, and how I have hidden it from myself, probably in shame, for my whole life until now. Because of that, I am having to step up to the fact of it—whatever is, is present!—and just live through it, in the midst of it, because of it, and in spite of it. I am not sure how gracefully I am doing this. In the midst of it, I will often feel despairing, but then my view clears and I can just see what is. This is just what is, and I am okay.

The fear of life may be still alive and well in me—and yet, there is this looking that is occurring more and more regularly, filling me with life. I am no longer doing the inward looking “as if my hair was on fire”—in fact, I seldom think of it anymore but, now and then, I will point my attention/intention inward and, in that moment, again, I simply see what is present in such a fresh way that

I am astonished by it.

*D.W. (United States) June 14, 2012*

## **Anxiety dramatically diminished**

I first learned of this organization in 2007, when a friend sent me a link to their website. Since then I have been listening to their podcasts and doing the one simple act they advocate.

Recently, when I noticed my underlying anxiety had dramatically diminished, I could see the effects in my life, and I volunteered to help them in their efforts. All of my contacts with this organization indicate they have the highest integrity. All their time, energy, and money goes toward furthering their efforts to communicate one simple act that can free people from the fear that ruins our enjoyment of life.

In order to exclude no one, they offer all of their services free of charge and rely on donations to support the organization. There is no heavy handed pressure for donations. As far as I can see, everyone is treated equally whether they donate or not.

*L.C. (United States) July 17, 2012*

## **Burdens have been lifted**

Life can be difficult and many of us go on one search or another to find relief, to find meaning. My own search took the form of meetings, constantly reading metaphysical and philosophical books, and seeking out groups interested in these same studies. It was in one of these groups that I heard the name John Sherman mentioned.

I will always be grateful for this couple and the enthusiasm they expressed about John's meetings. I immediately browsed the Internet and found out that he and his wife, Carla, lived 2,400 miles across the country from me!

To make a long story short, I eventually attended one of John and Carla's retreats in 2005 and came away knowing that I had found what I had been looking for! John Sherman has a way of reassuring one that everything is all right, right now, and that life is here for one to enjoy. He has shown me how to neutralize the effects of conflict in my life. Burdens have been lifted.

I continue to study and stay in touch through CDs, articles, podcasts, etc. Although we are not pressed for donations, I do donate when I can. I also purchase CDs from his retreats and meetings.

What John and Carla are doing for our world is beyond words. If grace could take a form, it would look like the two of them!

*E.R. (United States) August 17, 2012*

## **It does work**

Several years ago, I was freely given what I have so desperately needed all my life: myself! This gift, given to me through the work of John and Carla at the Just One Look Foundation, has not only freed me from an endless and fruitless search for peace but also allowed me the freedom to give of myself to others.

I do not know why, or how, what John suggests (to look at yourself) works; I know only that it does work. Happiness abides in this Looking.

I unequivocally support the Just One Look Foundation, and recommend their work to all who seek the truth.

*K.H. (United States) August 18, 2012*



## Lasting effect

For as long as I can remember, I have been grappling with trauma that occurred in early infancy. As a result, my life has been full of struggle and despair. Nonetheless, I searched high and low for a way out. I was blessed with having found many powerful sources of help along the way. Yet not one had a lasting effect. Until I found the offering of John and Carla Sherman.

This discovery is the most significant thing that has ever happened to me, and I am convinced that it is the key to solving the world's most intractable problems.

John and Carla offer their services selflessly and wisely, sharing their resources, knowledge, and time to all who request it, asking for nothing in return. I can think of no one more worthy nor of a more valuable endeavor.

*N.M. (Germany) August 19, 2012*

## Life-changing work

During the time I have been involved with the Just One Look Foundation, I have been honored to get to know and work with some of the amazing people who have committed to Just One Look.

John, Carla, and those who are cooperating with them are donating countless hours to this life changing work. I have chosen to donate time and money to the Just One Look Foundation and expect to do so for as long as I am able.

*W.C. (United States) August 21, 2012*

**2013**

## **Everything is different**

Everything is different now as compared to the time when I started looking at myself. Thank you. God bless you.

*D.S. (Serbia) January 23, 2013*

## Valuable, practical, and effective

My wife and I interviewed John Sherman regarding his work and his instruction in looking at yourself. We found his instruction to be valuable, practical, and effective.

John Sherman is dedicated to offering his simple technique to humanity in a selfless way. He and Carla work diligently and tirelessly to bring this message to the public in a simple, unpretentious way. May John and Carla Sherman keep up this inspiring work!

*R.S. (United States) January 26, 2013*

## **A fundamental shift**

I stumbled upon John and Carla Sherman's work less than a year ago and the tuning fork of pared down authenticity of the message and its delivery grabbed my attention then.

However, I was not prepared for the fundamental shift that appears to be taking place because of the Looking. I feel I am just beginning, but a beginning it is, and this simple act is changing lives one at a time. I feel enormous gratitude.

*D.N. (United States) April 8, 2013*

## **It saved my life**

When I found the Just One Look Foundation I was lost, scared, and feeling suicidal. I had tried for more than twenty-five years to fix myself through religion, spirituality, psychology, philosophy, and good health habits.

Though these practices did help to deal with symptoms, none could effect a cure. I was ready to give up and check out when I stumbled onto the Just One Look Foundation's website.

I was elated to find that there was no charge for services, and that there were no requirements. How ironic that, after spending decades and all of the money I had spent, I would come across a cure for what ailed me that was free and effective.

After trying to do what John and Carla suggested I found deep and lasting contentment and a genuine love for my life as a human being.

Many of my neurotic habits have left me or are on the way out, and I cannot even imagine not wanting to be alive. The Just One Look Foundation

saved my life! I highly recommend the simple services that they provide.

*M.A. (United States) April 8, 2013*



## **A revolutionary breakthrough**

The Just One Look Foundation is the non-profit that provides the basis for the communication of what I consider to be of great importance to all human beings.

John and Carla Sherman dedicate their life to communicating a revolutionary breakthrough in ending the fear-based experience of life that has blocked our natural connection to our world and each other.

As a psychologist with over forty years of practice, who has engaged with the spectrum of teachings, belief systems, practices, philosophies, not to mention sex, drugs, and rock and roll, I have finally come upon a man who discovered the simple act that turns all that came before it on its ear.

After taking his suggestion to try the act and pay attention to the shift in my experience of life, I cannot express my surprise at how it worked exactly as he predicted and opened up a new realm of clarity and effectiveness in my life.

I now work to help bring more exposure to this foundation and its potential to bring sanity to humanity.

*R.P. (United States) April 8, 2013*

## Greatly enhanced my life

In all my experiences with non-profits, I have never come across one that is more transparent and run by more dedicated people than the Just One Look Foundation. John and Carla Sherman have selflessly dedicated their lives to raising awareness of their Just One Look message, an idea that has greatly enhanced my life.

I am proud to have been able to contribute to this wonderful organization that has helped so many. John and Carla are so hard working and I am happy to know them.

*A.D. (United States) April 11, 2013*

## A simple method

The Just One Look Foundation is the ultimate non profit. Everyone should visit their website and just try its simple approach. There is no pressure to sign up for anything, get involved, or even to hang around. It just presents just a simple method that could change your life dramatically and lots of encouragement from others if you need it.

*J.J. (United States) April 13, 2013*

## **It truly changed my life**

I first encountered this organization when I downloaded John's book, Look at Yourself. I was facing a time of great personal challenge following a surgery that included many nights during the recovery period where sleep was elusive.

I learned about a concept that is so simple and yet so profound that it truly changed my life.

*K.S. (Ecuador) April 24, 2013*

## A voice in my life

John Sherman has been a voice in my life for well over ten years now. All his teachings are available free of charge, which indeed was helpful to me as a Buddhist monk without a penny to my name for sixteen years.

Over time, John has simplified his message, and there is now a thriving community of people who have followed his instructions and reaped the wonderful benefits.

John and his wife Carla strike me as people of exceptional integrity. I could not think of a more valuable message than theirs. I keep listening to everything John says, at least a couple of times a week.

So of course, I am delighted and proud to contribute financially every month. Shine on, John and Carla!

*B.L. (Sweden) April 24, 2013*

## **Living without fear is amazing**

Many non-profit organizations do great work to alleviate the symptoms of immediate suffering in human lives. The Just One Look Foundation, and the work of John and Carla Sherman, does more. The simple suggestion they give to look at the feeling of you is enough to end the cause of all the insanity we inflict on each other.

Perhaps at first, this looks like a big promise but it works, as I can say from my own experience. As a child, I remember many moments when I felt this sense of me which, if I look now, is the same as it was then. I always felt something was wrong with me feeling constantly fearful, anxious, and unworthy, which led to depression and over the top emotions. I thought if I could just find the right teacher, healing technique, spiritual path, enlightenment, etc., all would be settled and I would finally live in peace and bliss. Since first looking at myself five years ago, all these ideas have simply

fallen away.

I guess you have to try it to believe it, but living each day without fear is amazing, so of course I support this wonderful community and I would love for all humanity to benefit from this.

*R.I. (Canada) April 25, 2013*



## **The effects are undeniable**

I think John Sherman has discovered the simple thing that is accessible to everyone. He has moved away from spiritual language and talks about his technique in psychological terms. A child could do the Looking. It takes almost no time or effort, nor even belief investment. You can go on believing non dualism, Hinduism, fundamentalist Christianity, etc. – the effects will be the same. There is no cost and he claims that one successful attempt is all you need to unravel the fear of life. Sounds too good to be true? It does, but I have experienced effects over time that are undeniable.

Many of the reports on his discussion forum sound like enlightenment, yet there is consistent experiencing of these outcomes by many who experience the effects of the Looking. The consistent commonalities are: it is not what they expected, fear and anxiety are gone, the experience of life is more intense (filters are off), there is a richness and beauty to life, both good aspects and bad, there is a strong

sense of compassion and intensified feeling of others' suffering as boundaries are dropped (often causing people to withdraw a bit from society), and they lose interest in concepts and conceptual thinking and the need for understanding. Life simply becomes more experiential and direct.

I have experienced some of this in the last year and a half and the process continues to deepen. I strongly urge you to take a few seconds of your meditation practice to look at yourself in the way Sherman describes. Cannot hurt and it may be enlightening!

*O.O. (United States) June 6, 2013*

## Something is shifting

Wow! What a relief! Cut out all the culturally corrupted spiritual teachings and religious delusions. So simple, so direct, so clear. Something is already shifting. What it is I cannot say, but I feel it. It feels like something really solid in the midst of myself. Finally, the simplicity of it makes absolute sense.

*I.W. (South Africa) July 7, 2013*

## Now the search is over

John, I wrote you from Rio de Janeiro back in 2008. Now I write to you four years later to say that I am amazed as each day begins, and all my mind's troubles and problems have absolutely vanished. I am practicing Zen meditation in a local zendo, and everything has changed.

As you said, it may take time, and it really did take time, but now the search is over and I am here to thank you.

*E.S. (Brazil) July 11, 2013*

## No words to describe it

It took me three years of listening to John's talks to get a vague understanding of the context of fear that polluted my life. The need to understand fear has been slowly fading away since last year, although things are still crazy sometimes in my personal existence and the rest of the world continues to be a total mad house.

The power of my internal reactions to what is happening in the outside world does not grab my attention so much as it used to. There are no words to describe why or how this is happening.

*R.W. (Denmark) July 19, 2013*

## **Brilliant**

Brilliant, this is what I had been searching for the last thirty years.

*J.M. (Nigeria) July 20, 2013*

## A silent detonation going off

I would not trade this for anything. I am so grateful, John, that you stood in front of your bookcase and said in eight minutes what my guru could not say in twenty-five years! My friend saw it, and told me of it. Three months later I went to him and asked him, “Can I see it?” I watched it twice, and I remember saying to him, “It is like a silent detonation going off somewhere.”

I tried, with everything I have, I tried, still do... I am sick of people saying you sound like someone else, seriously. I would tell them to fuck off...

If you want to leave bullshit, tired old bootless endless spiritual blah out, just do it! Look at yourself!

Thank you Carla and John.

*J.M. (United Kingdom) August 4, 2013*

## **The rug has been pulled out**

I have been doing the Looking off and on for many months now, and there has been an obvious change. There is a simple sense that something that was previously there is just gone and that aspects of it are still present but are flaring up and dissolving over time: that underlying elusive anxiety and fear John speaks of. It is like somehow the rug underneath my feet has been pulled out, and I am face to face with life and in reality, there is nothing to fear and no division between life and me.

Still, old patterns are very strong and prevalent; the intensity with which I feel things is overwhelming, old pain is coming up constantly.

However, there is always a sense and an opportunity to see that these passing feelings do not define me and that it is possible to feel them and let them move through me without getting caught up in them.

I am having a very rough time on the one hand and, on the other hand, there is a paradoxical



calm, and peace, and a growing sense of wellness. Something is happening inside that I cannot describe.

*D.L. (United States) August 8, 2013*

## **A breakthrough in consciousness**

After forty years practicing as a psychologist and, in my personal life, studying everything I could find in the area of self realization, awakening, enlightenment, I came upon the Just One Look website.

Since then I have taken on the simple suggestion to look at myself and followed the guidance of John Sherman. I have had a breakthrough in consciousness that has totally recontextualized my life. I suggest that anyone who suffers anxiety, depression, or fears of any sort listen to what John Sherman has to say.

*D.R. (United States) August 21, 2013*

## A shifting of perspective

Life has been busy recently, but I wanted to share what has been happening with me of late. It has been three years and three months into the Looking for me, and I have to say that over the past six months to a year, I have noticed a profound change. Many of the psychological mechanisms that had made my life quite miserable in the past seem to have fallen away or are in the process of falling away. Many of the things that I felt would never change have indeed loosened their grip and made the process of living intelligently much easier.

As someone who spent the first three years of this ride terrified that I had not done it right, that I had not seen it, who felt that every time John said that you cannot do this wrong, those words just did not apply to me.

I now realize that those thoughts are just part of the defensive structure created by the fear and the truth is that this process just takes time. I have wanted to speed it up, wanted assurances that it

was working, wanted to compare my recovery to other people's to see if I was behind. The thought that I was just letting time pass in misery while not doing anything to make my life better just made me crazy.

Again, those feelings have eased and if anyone reading this now can relate to this craziness, I say to you: Just hang on, take a deep breath and trust that things will get better.

Life is still life, and it seems that to make some grand pronouncement about how much better things are now is somehow missing the point. Yes, many of the neurotic mechanisms that had made me crazy in the past have eased of late. I am still aware of many of them, and the most honest thing I can say about the process of recovery is that there is just an ever so slight shifting of perspective that does not change the life itself but rather the urgency and desperation with which I viewed it.

I cannot stress enough how much John's recent commentary about the importance of moving your

attention to the breath when the mind starts to get crazy has helped me. Besides the act of Looking, I think it is the single most insightful thing he says.

John has talked about the fact that there is nothing to be done about the craziness of the mind. It is not personal, it is purely mechanical, and moving one's attention away from crazy making thoughts is the only sensible thing to do. I highly recommend doing this if you are struggling.

In short, as someone who has haunted the forums looking for some report from anyone saying that this works, I can now say I see it working in my own life. I have no doubt that my understanding and experience of life will continue to grow and evolve and I look forward to seeing it unfold.

*A.D. (United States) September 25, 2013*

## No spiritual overlay

This act of looking inward works, and it has been extraordinary in my life. What is beautiful about it is that it does not require a spiritual overlay. No need for guru worship, altered states, counting chakras, sacred books and places, and all the rest of it.

This perspective is available in other places, but John is one of the people who puts it out most clearly, most simply. Others do the same thing but without his immediacy and lack of pretension.

In my situation, turning to a simple awareness that I am has led to serenity, more joy, and overall, a sense that all is well. There is little drama in my life, and while to some that may sound dreadfully dull, I am quite content with the lack of razzle dazzle!

*J.A. (United States) November 15, 2013*

## **One body, one mind, one life**

One result of Just One Look that I have noticed more and more recently is that I now have one life. What I mean by that is that when I hear many people speak and write about their life and experiences, they seem to refer to two different lives: one inner life and one outer life.

I can remember that I used to do that too, and to think that you have to combine those two lives can be a real struggle: “Am I doing what I think is right? Should I do something else?” “My life situation does not match my deepest thoughts and feelings. I want to find my destined purpose in life, which will make my inner and outer lives become one.” “My inner life is very private and complicated and hard to share with others.”

I am certain that the experience of having two lives that must be combined to give them meaning is the experience of all kinds of people, not just spiritual seekers or contemplative personalities. I see this struggle everywhere I look.

For me, this struggle is over. I have one body, one mind, and one life. And I must say that this feels great and I can almost not remember that it ever was otherwise. I honestly do not know what inner life means anymore. I do not experience having anything special inside myself.

When I write about this, I notice that there is something that used to be here and is not here anymore (probably the context of fear). It feels like something really complicated, heavy, and bottomless has left me. Now I feel me being here, interacting with my life. This almost sounds stupid but that is what I feel.

This new experience just confirms to me what I have seen for some time now and what John has said all along. Namely, that the feeling of me has healed my mind and that, in turn, has resulted only in ordinary sanity. What I have wanted all along is plain, ordinary sanity, and that is what I have gotten. My mind is more interested in sanity. Or maybe more uninterested in insanity.



For example, when I talk to my friends about these matters, I almost feel simple minded. I never follow along into what I see to be not worth attending to. It is not that I only want to speak of the act of inward looking and what I believe that act is capable of. I love to look into almost everything but if I feel that the drive behind what is said is coming from the context of fear, I never give in to it. That is not a struggle for me; I am just not interested. I will not serve fear anymore. One look at you leads to one sane mind and one sane life.

*N.L. (Sweden) November 30, 2013*

## **This is for everybody**

Dear friends, another year has passed, and it is time to get in touch again. Instead of writing about us, however, I would like to share with you an experiment that I am carrying out with myself for over a year now.

As some of you may know, it is a long time now that I have been searching for truth and freedom. I had been fortunate in meeting good teachers and people on my way and to find deeper understanding. Yet, aspects of my inner condition, in spite of much that got resolved or simply vanished, remained unsatisfactory.

A little more than a year ago, through the Internet, I got in touch with John Sherman's *Just One Look*, which convinced me immediately to try it. It sees our fear of life as the basis out of which all our individual psychological mechanisms develop, and that means that the fear of life coins our life experiences. Therefore, we do everything to protect ourselves from life and its imponderability while at

the same time we long for nothing more than life with everything that it may have in store for us.

For myself I can only say that this is true. The fear of mastering my life has been present in me since very early childhood. Fear has always been my most loyal companion. Many life decisions were made out of fear.

John Sherman himself lost his fear of life and then has found out what it was that freed him of his fearfulness. He calls it Look at Yourself, which means look at that me that, in the background of each of us, though hardly perceptible, is always present and does not change during a lifetime. This look at oneself, he says, snuffs out the fear of life so that gradually our neurotic mental and emotional structures dissolve and vanish.

Since he is convinced that our fearfulness of life is the cause of all the crazy actions and behavioral patterns that endanger ourselves and the world to the point of self destruction, he, his wife Carla, and by now many others aim at making accessible to as

many people as possible this simple act of looking at oneself. The hope is to contribute to the healing of ourselves and the planet.

I too have decided to support this effort, also because it is, without any requirements such as trainings, previous courses, teachers, travels, and money, open to everybody. Everyone who wants to can take part, independently of their economic situation.

Still, I define this project for myself as an experiment with myself because I cannot say yet with absolute certainty that it works. But I notice many changes in me that quite surprisingly happen without effort. For example, finally I let myself be in peace, just as I am. Lifelong feelings of obligation and musts, comparisons, judgments of myself and others slowly diminish. I am always less interested in my own story and babble, less interested in social conventions and requirements. Instead, I am very interested in the world, in people, especially children and young ones, life in all its forms. There

are moments of gratitude for being in all this with this, my own, consciousness.

Thus, my gift to you this year is the Just One Look website. Maybe some of you got curious, will want to see for yourselves, and will decide to try The Just One Look Method, and pass on the information to others.

A saying of Mandela that I ran across these days fits well with Just One Look. He says, “If we are freed of our own fear, our life automatically frees the others.” That is my wish for all of us: that our life and that of others may be free of fear and that the madness in the world may stop.

*I.C. (Italy) December 20, 2013*

## **I have no more anxiety**

When I was a child, I was not happy because I had very strict parents who robbed me of all my freedom. I was a very freedom loving boy and I felt very restricted in a family that never could, and never would, understand me. There was a lot of psychological cruelty handed out to me by my father and a hell of a lot of bullying I was subjected to by the other kids. I come from a very rough part of London called Peckham, and I was an extremely sensitive young lad.

When I grew up, I married a beautiful Australian girl, who is still my beloved wife after fifty years. We immigrated to Australia and, after about three months, I decided to join the Army. I volunteered to go to Vietnam so I could pay back the kindness that the Australians had shown me by receiving me in their beautiful country.

I served in Vietnam for about nine and a half months, and then they decided to ship me back to Australia because of injuries and illness. When I

came back, all my troubles started, and I developed PTSD, even though I had not really been in much danger during my days of war. I was filled with a terrible anxiety, and was terrified of both life and death. I had these periods of deep, deep dread that completely ruined my life. I was angry most of the time, and I detested everybody I ever met, with a vengeance that was hard to understand.

This got worse and worse as the years proceeded, and I tried everything to control it, from counseling to reading every kind of self help book. I read every religion, and all the stuff by many different spiritual teachers, until I had a bookcase brim filled with all the books I had read. I tried every kind of meditation, plus yoga, tai chi, and many other things. However, nothing worked. They helped a bit but not enough to stop the ugly terror I felt.

Then, one day, on the Internet, I came across a man named John Sherman, who has helped so many people, and thousands of people now practice what

he advocates with much success. John told me that all I had to do was close my eyes and look at the me ness of me; it was as simple as that.

At first, I laughed at him, with his simplistic approach to gaining back one's sanity. But I was desperate. I had walked out on my wife for a year and given everything I had away. My anger was getting worse and worse and, when I finally came back to my family, I really was not worth being with. My wife tolerated me because she loved me so totally, but I could tell that I was leading her into psychological and physical illness.

So I gave John's method a try. I meditated every day using my me ness as a meditation point. I do not mean my thoughts or sensations, emotions or such. I mean me, the part of me that actually runs the show. The me that always seems hidden but is always there in the background. I noticed some changes in me very quickly, but then the progress became slower, but very steady. Now I have been doing this for nearly five years, and the difference in



me is phenomenal. I am so happy now, that I could almost scream with joy. I have no more anxiety, and the dread that once debilitated me is totally gone.

My neurotic fear of death has faded and, although I do not want to die, when it comes, I will be totally ready for it. My life is so beautiful these days and everything seems so beautiful and crystal clear. These days I walk on feather feet, and I am so grateful to John and his wife Carla for what they gave to me. I really want to share Just One Look with anyone who cares to listen.

*P.D. (Australia) December 23, 2013*

**2014**

## **It is all just me**

It has been a while since I posted on the Just One Look Forum, but the most recent grassroots podcast inspired me to share my experiences. Although I have not been active on the forums, I have continued to check in regularly to read the posts and listen to podcasts. In times of distress and confusion, usually a post would show up that helped me gain some clarity around my experiences. Most recently, Niklas's blog post has been helpful in that his experiences seem to mirror many of my own and I appreciate his ability to communicate his process in a very clear way.

I have been engaged in Just One Look since 2011. The more intense part of the recovery process seems to have passed but, as Niklas pointed out, the recovery is never over. I recently have been experiencing quite a bit of confusion around what direction to take in my life. The default pattern for me is to think that if I was doing this right I would be immune to confusion and, if I just contacted

a deeper part of myself, the truth would shine through and everything would be crystal clear. I can see that this belief is just a leftover of the fear and my spiritual conditioning. It is a fear of failure and my experience is that learning comes from being engaged with my life, trying things out, taking risks, and learning from my mistakes.

I also have come to see that there is no deep place in myself to contact because, upon investigation, I do not sense a difference or separation between an inner self and an outer self. It is all just me. My life is unfolding and I am becoming more intuitive and skillful in my navigation even during confusing and troubled times.

To get a more objective viewpoint, I asked my two best friends if they had seen changes in me in the past few years. They both said that I seem much more comfortable with being myself and I do not get stuck in my personal dramas nearly as often as I used to. This past year has been tumultuous to say the least, but I feel that I have been able to roll

through it with a bit more gracefulness than in the past.

I guess what keeps me coming back to the Just One Look Forum over and over again is the distress I see and feel in this world. I do not want to discount the acts of kindness and beauty but, from my observation, many humans seem pretty neurotic, anxious, and miserable and this saddens me. As much as I sometimes want to run to the desert, get far away from humanity, and live a simple, peaceful existence, the reality is that this is not how my life is unfolding. I recognize that we are all in this together, and that part of my process is sharing my experiences and this act with others.

I have shared the act of looking at yourself with most of my friends and family. A few have tried it, but most have shown no interest, which may have to do with my lack of skill in communicating it. It seems to me that the human drama is compelling and addictive and, personally, I had to come to the end of my rope before I tried this. I hope other

people are smarter than I was and do not wait until the desperation gets too intense before they try something so simple.

I feel fear and resistance around trying to communicate my experiences to a larger audience. I feel that I have not gained enough insight or I am not skillful enough to help other people. But the fact is that the act of looking at yourself speaks for itself. I just have to get people to try it. Simple as that.

*N.G. (United States) January 24, 2014*

## What is really needed

Just One Look brought with it a lot of heartache. But in the end, I can attest that it works.

Most of the misery is created by expectations. There are too many contradictory suggestions out there about what to do, and too many outlandish promises.

Just One Look does not bring anything other than what is really needed. Ultimately, attention must be moved back consciously, no matter why I think I should do it. It is also evident now that the movement of attention can be communicated without reference to any special thoughts or theories, because it is an organic physical sensation like the movement of one's limbs.

Other practices emphasize the thoughts that accompany the act of trying to free oneself from discomfort, while missing the main point. This easily communicable suggestion to move attention back separates the Looking from all else, and it works. It gave me not what I thought I wanted,

but what I actually needed.

*V.R. (United States) March 28, 2014*



## **Just One Look changes things permanently**

I can testify that things do get easier. I am about two and a half years into this process, and I had terrible peaks of suffering. Now it seems to be weakening. My confidence that Just One Look really changes things permanently is growing. I used to suffer intensely before I came to Just One Look, and it continued after the Looking.

I was not sure whether it was the recovery or just the same old suffering continuing, but now it seems that things have changed. It has become more apparent in the last few months. That is quite thrilling at times, and it is kind of very natural and not a big deal. It seems like a paradox at first but it makes perfect sense.

What comes to doubts, I can say that I certainly had those, and they are not entirely gone even now. But as I had nothing else left, I sort of attached my hopes to this act while, at the same time, I had cynical and skeptical thoughts about it. I felt there was no further harm done by choosing to consciously

indulge in wishful thinking and entertain a belief in this act, and this work, and John's reassurances. I felt it was my last straw, anyway. I felt free to play with belief and faith.

The feeling that there is something wrong in any given situation or moment is kind of still there, but weaker than it used to be. I do not quite feel at home yet. I still feel very cut off from people and lonely, which is my main, and worst, issue perhaps. It did not seem to go at first, but now it appears not as often and as intensely as before. I am not as anxious to make something out of my life.

I do not have any very urgent questions anymore but I am curious about many things about Just One Look and especially the view on things that emerges as a result. I can get a glimpse of it in John's responses to questions in videos and sometimes it blows my mind. Really surprising statements such as how oneness is already all of our experience anyway, so not a big deal.

I can now see clearly why those things become

big issues. We want larger-than-life stuff because we really want out of this life. We make everything larger than life because this life is the last thing we feel we want. It all makes sense now.

I feel too that it would be marvelous if there were some systematic survey or statistics gathered about people who have engaged in Just One Look. I was happy to read the paper on the therapeutic viewpoint of this work that was published and made available on the website.

*S.V. (Finland) April 13, 2014*

## The miracle happened

When my husband came back to Australia from Vietnam, this was when it all went pear shaped. He started to change. He became very aggressive and psychologically cruel to me and our three children, and was like a keg of dynamite just waiting to explode. He would argue about everything and anything, and got involved in many very nasty fights. No one could tolerate him for very long, and myself and the children often felt like we were walking on eggshells whenever he was around.

He turned to alcohol, and cannabis, and he was always off his head on any one of those drugs. Having said all this, he was never physically aggressive to me or the children.

Anyhow, this all came to a climax when he suddenly walked out on us all and decided he wanted to live like a bum. He said he wanted his freedom. This was the last time I saw him for a year, when, because I loved him so very much, I asked him to come back to us again. He came back,

but nothing really changed. In fact, I told him he would never change, and I honestly thought our marriage was beyond repair. He had done so much counseling, read every book on self-help, and tried religion (all the major ones), but nothing had really helped.

Then one day, about five years ago, he was perusing through the internet, desperate to find someone to help him get rid of this evil that lurked within him. He came across a man named John Sherman, who claimed that he could help people with this simple little action that he gave him to do. In his desperation, he put his whole life into this simple act.

He never strayed from this path and, after a month or two, things started dropping away. Each day he seemed to get more and more happy, so happy in fact that he seemed to bubble with happiness. His anger started to drop away gradually until it disappeared completely. He still loves to argue, but he never has to be right all the

time and treats it all as a game. How anyone can change so dramatically is completely beyond me, but the miracle happened, and the evidence is here before me.

If I ever won the lottery, I would donate half of it to The Just One Look Foundation, and would be totally happy to do this. But the only thing that my husband and I can do is spread the Shermans' work any chance we can get. We both owe them so much.

My husband and I are now the happiest couple that ever walked the face of the earth.

*V.D. (Australia) April 17, 2014*

## A tough nut to crack

John, it has been seven years since I first contacted you and you replied with your simple yet powerful message.

I am happy to report that the ensuing time has seen a gradual but undeniable reversal, for lack of a better word, of the identification with my story to simply being me.

I write to you this time because of a moment that was so simple that it blew me away. While driving to work, I was feeling the joy of simply being here when my mind jumped up as if to say, Do not lose this! At the same time, the knowledge appeared that it could not be lost, because I have always been here!

To experience this rather than just understand it intellectually from watching your talks was very freeing. I seem to be a tough nut to crack, being more of the gradual type, but cracking I am.

For even the relative reduction in suffering that I have experienced I am enormously grateful.

Thank you very much for being here with me.

*G.F. (Canada) April 26, 2014*



## Not waiting for Godot anymore

Slightly over a month ago, I passed the three-year anniversary of joining the Just One Look Forum. After what seemed like a clear insight, I, like many others, went through a period of what is called recovery. I felt frustrated, and, having begun this journey when in pain, what felt like significant pain, it was hard to have patience when I heard that all would be well, eventually.

Of course, I believed that I would be the one who failed at this, plus, having been through the spiritual treadmill, where nothing else had resulted in the enlightenment I had sought, I felt cynical and wondered if I was once more wasting my time.

When I came upon Just One Look, I had already just about given up on any spiritual practices and/or paths, but, as with other things in my life, presumed the fault lay within me. I was too flawed, not committed enough, not deserving enough to have been handed the keys to the queendom. And buried within this was a mostly subconscious wish

that somehow, in some way, I would negotiate all the promises made in Advaita and all the other spiritual paths I had pursued and wind up in bliss, if only I managed to hang in there a bit longer. That I had not was my fault, and a source of sorrow and shame.

Even until most recently, I have had periods where I felt on track with this process of looking at myself, only to plunge into confusion again, and, I can say it is only in the last day or so that I have come to an understanding of Just One Look that had not arrived until now.

Some thoughts that came to me this evening about what distinguishes Just One Look from any of my previous pursuits included the fact that, since beginning with the Looking, I have not really looked at anything else to resolve or ameliorate my condition.

That was not true of myself in the past, when I would find a new possible spiritual approach, do it for a while, and then start seeking once more. If

nothing else, John Sherman made it clear to me that there was no purpose in looking further to cure my disease, and that neither the bliss states nor any other transcendent state would be the answer to what I thought was the problem. There was no point in looking at any place other than me.

And I could see how the spiritual exercises, the directions, were an attempt to fix something that was not broken. Each of them had an implicit message that something had to be done, that this thing would fix my problem, and the result would be a new and improved me. I have stopped looking for this fix, and have stopped believing in it, and the good news is that the inferiority complex I had from my lack of success, spiritually and otherwise (because surely everyone else was succeeding), has disappeared.

It was such a saving of time, to no longer have to devote myself to practices, to the juggling of belief systems, trying to figure out which one would lead me best to nirvana, buying into cultures of guru

worship in all their various forms, and not having to feel a failure for having failed at achieving what I thought they would give me.

The most recent development has happened during a time when I have been traveling, and I feel that I want to test it out when I return home to see if it remains, but what it feels like is this. I had been, when I was able, following John's instruction of shifting attention away from what I would call neurotic and usually painful thoughts. I had been doing it for a while, and, as I guess I got the knack, I nearly did not need to examine the thought itself. It was the energy and the emotional pain, actually felt as physical pain, that told me when I was sliding into another one of those that were obviously rather useless thought patterns and, sometimes, when I noticed this slide, I would refocus on my breath and, for sure, it would be a thought I had no need to entertain. So, rather than as a discipline, it has begun to happen as a natural occurrence, I would say.

The other thing I could say about noticing this is that this I am realizing that this is a natural place to live, except for excursions into the past or the future that are helpful and not neurosis-based. And then I realized that, of course, that would be a natural development in a life that was not being lived from a context of fear. It would, for the most part, float at ease in the present moment.

This is beginning to give me what I think John is talking about when he says there is a reason for the success of Just One Look and that each of us will eventually see what it is for ourselves.

It is such an energy saver to not have to carry a whole structure of beliefs in one's head, to not have to engage in endless practices that will result in a better, improved me, that ultimately fall away under duress. During my recent travels, I have experienced aggravation, less than pristine emotional responses to being around other people (relatives, for example), physical extremes from lugging around luggage, but there was a core me

that knew none of this affected or really put me at stake.

Waiting for enlightenment to clean up the mess of my life for me is now like waiting for Godot. My life, here and now, is what I have wanted. Not only is my life not perfect, I no longer have perfect as a criterion for my life being what it needs to be; it is sufficient to know that I am not at stake here, nor am I to blame. Life keeps showing up, and I meet it with as much grace and aptitude as I have in the moment, and see a way for it to go forward as best I can. This gives my life what I feel is an increasing intelligence, or rather, it gives me an increasing intelligence to navigate my life.

I will be returning home this Thursday, and I am somewhat eager to see what that will bring. There were moments, at the beginning of this month-long excursion, when I sincerely questioned why on earth I had done this. It had been four years since I had seen relatives. And even now, toward the end, I questioned my sanity in doing it for this

long a time. However, it has definitely given me the opportunity to practice this endeavor under what I would consider adverse circumstances and to see that not one of them caused me to be at stake.

I am writing this because this feels like the first moment, after more than three years, that I feel I have more than a toehold on what Just One Look promises to bring. I do not think I am done, and yet have a sense of a more intelligent experience of the not-at-stake aspect of life and through practicing moving my attention from what does not serve me. It is a moment of more certainty about the direction of this endeavor, and I hesitantly, yet happily, note it as possibly my tipping point.

I go forward in curiosity and gratitude for my deepening understanding of what John and Carla are attempting to communicate to what felt like a very obtuse version of myself. Thank you, John and Carla.

PS: I have now been back home four days. I had a deep emotional tumble on my second day home

that really scared me and made me think, perhaps, it had all been a dream – a dream of progress, if you will.

In the past, under such circumstances, I had reached out to someone or other for emotional support. This time, with the thought of radical self-reliance in mind, I did not. I stayed with myself, riding through all that was arising, with no thought of improving or otherwise getting rescued. I tried focusing on breathing, but that did not work too well. I gave myself permission to do nothing, even though that did not feel very comfortable, because I could think of nothing to do. This lasted until the next day, and my fear, as always in circumstances such as these, was that I had landed in an endless hole that I would not come out of. The next day, I continued doing nothing, until a moment when I thought of going for a walk, and took a shower preceding this. It was beautiful outside, and I immediately let go of my miasma and was in the present moment once more.



The thing I did not do that I would have done before was to analyze my thoughts and feelings and formulate conclusions. Even when I could not return to my breath and felt really bad, I did not try to solve it through thinking. I felt that would be going down a tunnel that really did not need exploring and that there was no solution to be derived from such an exercise. I think because I did not try to come to a logical reason for why I felt as I did, I was able to let go sooner. I also feel that the radical self-reliance I practiced was a step forward, as someone mentioned in a post recently, from going to someone else for bolstering up or for a solution. The issue that had provoked my immediate emotional downfall was related to feeling estranged and alone in the world, and, strangely, after not looking for a solution from someone else, I now feel more connected to others.

I do not understand exactly how or why this process works, but today, I think I am feeling clearer than I ever have in the past or at least not for a very long time. This is really new for me, who has

fought alienation, loneliness, and depression most of my life. I think, especially for older people, who, consciously or not, see little of their life remaining, the idea of not knowing how long this process will take is a little daunting. For myself, I will say that these past three years, when I knew there was something to what John was communicating, but not when I would see a result, this has been more than worth it.

In deep gratitude to John and Carla.

*M.R. (United States) May 12, 2014*

## A pioneering spirit

There is a big difference between intellectual understanding and deep knowing. The word “grok,” from the book *Stranger in a Strange Land* comes to mind. To understand something intuitively to the core. I think what brings me back to the Just One Look community is that the experiences people are sharing here feel authentic, and they are very similar to my own. We are not talking about spiritual ideas or ideals here; we are actually taking it upon ourselves to try what John and Carla Sherman are suggesting and reporting our authentic experiences.

There is a pioneering spirit here, and many courageous people who have realized they are their own salvation. Not God, or enlightenment, or some guru, or a perfect romantic partner, which was my form of seeking.

I arrived at Just One Look out of desperation, and probably intuition, and John and Carla pointed me in the right direction. Now that the most intense

aspects of the fear have dissipated, I am continuing to work on strengthening my attention with the Self-Directed Attention exercise.

I have found that anything movement-based works for me. Walking and counting my breath, or doing Tai chi. I also started taking Alexander technique lessons, which are based on the premise of inhibition and redirection of attention. And sometimes, when I am really having a hard time, like someone else reported, I have found that doing nothing is the best response.

*N.P. (United States) May 20, 2014*

## Changes happen under the radar

The first time I looked at myself, I just thought it was nothing and moved on without a second thought. It took me two years to return to the Looking, mostly because somehow I found myself doing it automatically from time to time. I took up the Looking for about three or four months on a regular, daily basis.

The only thing I noticed, at first, was that there was a certain discomfort that I had my entire life, like a hidden pain that had changed my entire perspective. And that was gone, suddenly. One day it was there; the next day I could not find it anymore.

After that, I went through an intense process of change that continues even today, after more than four years, although it is not nearly as intense anymore. The changes that happened to me had two distinct characteristics. Most of them happened long before I was able to acknowledge them and, once they happened, they felt like they had always been

there. The point that I am trying to make here is that changes may happen under our conscious radar. For me, I only realize something has changed when I am in situations where my limits are somehow tested. That is when I see that my personality has completely changed for the better.

Stick to the Looking as much as it seems the case to do so. There comes a day when looking at yourself happens only rarely, only if needed.

Concerning my relationship with others, I can tell you that it is not easy in my experience. Looking at yourself erases all the barriers against life, and that means being open to others, more so than before. For me, if I am in the company of people who are suffering, I cannot stop that from reaching me. I do not want to either, but there is no protection anywhere, no wall that I can conjure up. Fortunately, the same thing happens if I am in good surroundings. The silence of a church or the beauty of nature touch me on the deepest level, just like the pain of others does.

Once you are free of the fear, when you meet people that are open and vulnerable, it changes them, it touches them. It is not easy, but you get stronger in time, provided you offer yourself the rest, beauty, and peace you need when you need them.

My impression is that, by default, we are, all of us, meant to embrace the world and one another, to find solutions and to ace problems, not to hide, close, or wither in denial.

*D.G. (Romania) May 30, 2014*

## The inner dialogue is gone

The internal dialogue, that inner voice has been there with me for so long I hardly noticed its presence. It is a constant drone of comments about me, my life, what should be, what should not be, wonderful spiritual matters, always there, always singing the same old tune, measuring life in past pains and sorrows, and bringing them up again and again with monotonous regularity. Sometimes that voice is friendly and happy and the whole world is full of love and bliss and then, suddenly, as circumstances dance to a new tune, the voice is triggered off into destructive negativity.

Seeing that I do not have to listen to that voice has been a great revelation. Just One Look brings it to an abrupt end. This petty dictator had complete power over my life and it is astounding to discover life is much better without it, no matter what it is talking about.

*N.M. (Spain) June 11, 2014*



## **The separation from life vanishes**

In my life, I tried therapy, meditation, inquiry, etc. Progress was made but the feeling of neediness remained. It all felt like a house built on sand. Trust and stability were lacking in spite of all my efforts.

Looking at myself immediately felt like being at home or reconnecting with something that, without my being aware of it, had always been there.

It is true; the separation from life vanishes, as someone has pointed out. The hope to finally be helped or saved needed to be, and finally could be, given up. I stopped looking for support from outside and, instead, it is always me with myself. Inner strength, stability, stamina are growing, in spite of the discomforts of the process. It is uncomfortable, but not different or worse from what I have known. I can take it and I want to know. I do not avoid, or run, or ignore anything.

What I notice in all this is that I begin to see myself with greater clarity; myself as this person,

this character, with all its shortcomings, which I had hated all my life. Already, that is liberating.

I am curious what will be coming next. And, although I am rather sloppy and tend to forget, the training of putting attention on the breath entering and leaving the body is helpful. Switching from thinking to the nose is, if I am attentive and willing to do so, immediate. And it connects inside and outside, which seems significant, although I cannot yet say why.

*I.R. (Italy) June 15, 2014*

## On the cutting edge of life

To those who have lost faith in politics and religion, John Sherman offers a clear explanation of the true nature of human suffering, and offers us all an important key that unlocks the deep mystery of how to once and for all free oneself from the eternal fear and frustration of human existence.

In my own case, this sharing has helped me become more self-reliant in discovering the true nature behind many of my personal problems.

I recommend that anyone who wants to be on the cutting edge of life take a look at what is going on at Just One Look.

*R.H. (United States) June 19, 2014*

## **Huge life-enhancing benefits**

John Sherman has taken a highly important and ancient life-transforming practice and he has found a way to deliver it to humanity in a simple and easy to understand way.

The non-profit-making ethics that John and Carla Sherman employ further enhance the veracity and sincerity of his teaching.

I fully support and endorse their status and hope that as many others as possible get to hear his message and experience the huge life enhancing benefits it can bring.

*M.B. (United States) June 24, 2014*

## Crystal clear cutting through

John Sherman's talks and his crystal clear cutting through any complicated methods enabled me to recognize the majestic beauty of our humanity.

The simple act of looking at yourself could enable all us to fall in love with everyday life and to appreciate its unspeakable wonder. I am eternally grateful to John and Carla.

*S.W. (United Kingdom) June 24, 2014*

## **A life-changing approach**

John Sherman's approach is simple, yet life-changing. I became attracted to his teaching as I found it placed focus where focus was needed: the act of Looking at Myself. I continue practicing and supporting his teachings, as I see its clear impact on my life.

*S.S. (Australia) June 25, 2014*

## The ultimate intimacy

I discovered, within just a few months with John Sherman, what I had been yearning for my entire life, and I had spent years searching for it elsewhere. John's work freed me from any context for my life except myself, my own true knowledge of me. I am attracted to spiritual practices, but now I see that what John offers is independent of any religion or spiritual practice, yet it is inclusive of all.

He has worked hard to keep his language free from terminology that excludes anyone, including spirit-speak, and talks directly to the matter at hand: shifting our focus to a palpable sense of what we call me, and soon any other delusions we may have about who we are vanish, never to return.

It is the ultimate intimacy and love to fall into yourself and discover all that you already are and have always been. Life becomes a daily adventure of learning how to live a more skillful human life, with joy and contentment.

*.J.S. (United States) June 26, 2014*

## Solitary or collective freedom

After the Looking, it seems that we are either drawn towards solitary freedom, and our focus is mostly inward, or we are drawn to our collective human situation, and everything that comes with that, and our focus is mostly outward.

For me, the latter has occurred. Since I have experienced sufficiently that there is nothing to be found inward other than me, the feeling of me as person, I started to lose interest in myself (the feeling of me that is here all the time and has been so all my life). I have concluded that I do not have an inner life. Everything that goes on, thoughts, feelings, and experiences, is going on outside of me. I am not even that interested in the Looking anymore. It seems to me that it only makes sense to talk about looking inward when we are talking about the act itself and, after that, I have found that the direction inward does not have any meaning.

My direction is outward and, because outward is where life is, I get more and more involved in



what is going on around me, and what is happening in the world. The more the neurotic fear leaves my mind, the more I get involved and interested in our actual human situation. When seeing our human situation for what it is, with no psychological mechanism left to make it possible to look away from life, it almost feels like I am “doomed” to take part in our collective destiny. I have no choice; I am human.

So, my focus turns towards humanity and not away from it and I am not only talking about the big abstract number of us humans that we call humanity. I am also talking about those whom I see every day. The woman I live with, my family, my annoying neighbors, the people I meet at work, and so on. I want to give what I have found to my fellow human beings. I care about the well-being of others. And I am especially interested in sharing the simple and powerful possibility of becoming free of psychological suffering, which we are working with here. I think it is such a sad truth that so many

of us suffer in silence and believe that that it is normal and just the way life is. I also have a lot of personal experience in psychological suffering, so the area of mental health is very dear to me.

So no, I do not feel free. I feel obligated to try my best to pass this possibility on to others and that is also what I want to do. I am not interested in finding freedom. The troublesome nature of life is much more interesting than peace and stillness are. Why should I want peace while I am still alive? I want life, and as much as possible of it. When I am lying on my deathbed, hopefully many years from now, I do not think I will look back at my life wishing that there had been more moments of peace and stillness in my life. I guess peace and stillness come one day when it is all over, but that time is not now. Now it is time to live and participate in what is going on around me.

*N.L. (Denmark) June 28, 2014*

## The root cause of suffering

Why would you not support John and Carla Sherman's work, when they are amongst the very few who have understood the root cause and underlying mechanics of our human suffering and self destructive behavior, and they even have developed a medicine, a simple act, called Looking at Yourself, that will wash our human mind clean from its deadly malfunction, so that we humans can take part in life with all our resources and be constructive?

*C.S. (Norway) June 28, 2014*

## True peace is at hand

After decades of searching for the meaning of life, of my life, and reading dozens of books, if not hundreds, attending seminars, watching videos, going for psychotherapy, etc., to get some satisfactory kind of answer, stop mental anguish, and enjoy the ride, I finally found John and Carla Sherman, who are devoting their lives through The Just One Look Foundation to help us all get rid of the fear of life with this very simple act of looking at yourself.

I am now enjoying my life more and more, in spite of difficulties that keep arising, as before, but they certainly do not have the same impact. True peace is at hand and I will always be thankful to John and Carla who are truly supportive in our endeavor. They more than certainly deserve your support.

*E.D. (Canada) July 1, 2014*

## **Just One Look changed my life**

John Sherman's Just One Look quite simply changed my life. The anxiety, depression, shame, and anger I carried around like a backpack is gone. What is left is a growing clarity and curiosity about life. It has become more an adventure than a burden. I do not think there is a sum of money that can cover this rebirth or repay John and Carla. I give what I can with no reservations.

*J.K. (United States) July 1, 2014*

## **It comes natural to donate**

Carla and John are the first people who discovered a simple method that can be applied by every human. If you apply this method, you will be free from all psychological misery and you will be able to realize your full potential. This is all anybody could want from life. And it is free.

I understand that what I write above is hard to believe. So, try it yourself. It is simple and cannot do you any harm.

If you followed so far, you will understand why it comes natural to donate.

*A.P. (United States) March 18th, 2016*

## What a genius way

It is very difficult to try to look at emptiness, and try to create images and beliefs of the infinite awareness, and try to believe or recall that I am that. I know I am that, but since it is not enough to know intellectually, I was left with mere frustration.

Also with fear, not only for living this life, but fear for such a great and magnificent beingness that is there but seems to flee all our attempts to reach it and especially all our attempts to be effortless about it, always still wanting to get more in touch with that, your real self.

What a genius way you introduce with Just One Look. I get to look at myself a lot now. Previously, I mean before I learned about you, I had some so called experiences. Some of them made me want to keep them or return to them, such as love and softness; others were so powerful, like everything stopping and life running like a film, or just the sense of a lot of power, that I was afraid even to remember them.

Now, I do not fear. I see myself most of the time. I am just calm and curious about every moment. I am relieved of many things, many stupid and destructive feelings. They either do not come anymore or they appear weaker, me seeing them, a bit dreamlike, and I am able to choose to leave those thoughts alone.

I am very, very grateful. Thank you so much. My deep respect and appreciation.

*O.O. (Finland) July 14, 2014*



## Almost too simple

John and Carla Sherman offer a simple and effective means to end human suffering to anyone with ears to hear it. Stripped of the mystique and romance that accompanies most prescribed roads to freedom, it is almost too simple, and it may be hard to believe that it actually works. But when you listen to John speak, you know that it has worked for him.

I believe Just One Look has also created a shift in my own life. Personal anxiety is so missing in my daily experience that I sometimes feel nostalgic about it, which gives way to compassion.

I find The Just One Look Foundation's full disclosure of finances quite unique and refreshingly innocent for this world. They make it very easy to trust that any money donated to them will be put to good use.

*C.L. (United States) July 15, 2014*

## **This message is for everyone**

The spiritual realm seems to have been in the hands of, or hijacked by, a small bunch of what seems to me to be relatively wealthy people for quite a while. Or so it seems, based on what I watch and listen to. But John, your message is for the proletariat, for people who cannot afford to go on retreat or visit India. It is for everyone, because of its simplicity.

My experience of listening to those people is that there has always been a nagging suspicion that they are kind of in it for the money. Anyway, it is just a feeling I get when I watch them. Initially I am positive, but then I look at the little circus around them and feel disappointed because, as you say, they basically just keep talking but offer nothing practical! Anyway, I am confident that the word is getting around very quickly now. Word of mouth works very quickly, when there is something new to talk about.

*A.M. (Spain) September 4, 2014*

## Life has found me finally

Previously, in my search for the perfect, the sublime, the extraordinary, I would scrutinize every sensation to see whether it was authentic, novel, etc., judging it like an expensive wine. Not surprisingly, I found a fault in everything. Especially in relationships.

After about one year into Just One Look, more and more I do not compare sensations to any silly and obscure reference, but apply what John Sherman calls self-reliance and guess what? Fulfilling relationships, romantic and also at work, just happen. Opportunities everywhere. I feel I do not even need all that, but it is sweet, and I am grateful

Life has found me finally. Before, I felt lonely, almost an outcast. I still have anxieties: that I am doomed, that I will end on the streets, unemployed, an alcoholic, an addict, etc., if I continue on the slippery slope that got worse since the Looking, when I stopped being vigilant 24/7. To keep these anxieties at bay, the Self-Directed Attention practice

is very helpful.

*B.M. (Switzerland) September 8, 2014*

## Completely different now

I have meandered in spiritual circles for quite a while and stumbled upon John and Carla Sherman's work in 2008. For a short time, I enthusiastically translated some of John's articles and then cooled off or got distracted by something else.

But perhaps this initial looking set a root in myself, and I rediscovered John and Carla again a few months ago. What can I tell? I have not had a serious recovery period so far. My life is now as it has always been. It has its ups and downs, accidents and unexpected events, not always pleasant. But my relationship with life and people is changing very incrementally, not dramatically, not overnight, no enlightenment or anything like that. But it is completely different now compared to what it was even a couple of month ago.

I do not know how to fully express my deep and genuine gratitude to them both, to what they are doing.

*T.V. (United States) September 11, 2014*

## Never expected it to work so well

I found John's name while reading commentaries on another person's YouTube video. I checked out John's videos to learn a bit more about him, and I gave Just One Look a whirl. I never expected it to work so well.

Right from the beginning, I noticed less agitation upon thinking, and less anger and resentment when things did not go my way.

I do not do the Looking a lot, because it worked the first time. I wanted it to work, so I guess I was pretty motivated to look for myself.

My husband noticed the difference right away, but was not convinced it was permanent. It has been a while now, and it is staying, so he decided to try it too. So far, so good.

What I like is that we laugh more. We see our silly problems, and work on solutions, but there is very little skin in the game. So, if something does not work, we can just move on. No shaming, no guilting, no suffering. Do not get me wrong, things

still bother me, but I do not suffer over them or build them up out of proportion.

I wish I had had this method years ago, before I spent a fortune in therapy, plus the expense of making bad decisions based on emotional reactions, but you cannot change the past. My present is pretty good.

*R.H. (United States) September 23, 2014*

## Yeah, I'm sweet

John, this body touched myself, and it is with great thanks to your slow and persistent determination to communicate the move properly that I write to you today. I do not really know what to say, but yeah, I am sweet. I cannot find a difference between my body and the world any longer, and I am always here, behind and within the experience. I really do not feel like I am done but, as you said, that was not the point.

The point is that now I know who I am and I am myself. Everything else is the same, just more pleasurable.

I wanted to say, because I have thought about you saying it, the thing about the learning. I just love learning things more now. There is a natural fascination with life and with learning things. I mention it because I have noticed it, and it is kind of nice and simple. I believe you helped point me in the right direction, me, and I hope my writing this here may be of some benefit to others who are



attracted to you. Good luck, man.

*T.H. (Australia) October 2, 2014*

## **The mother of all life hacks**

I have come to think of Just One Look as the mother of all life hacks. Nearly everything gets distorted without their proper context and nothing is in their proper context if it is in the context of fear. Your eating gets out of control, your exercise neurotic, you do not sleep well, and you escape to work if your mind is enslaved by the fear of life. But freed from it, you are neither neurotically obsessed with nor in denial of these things. And the Looking is a true hack in the sense that it is easy, fast, and comprehensible to all. It is simply the single most important and most beneficial thing you can do for yourself. The second most important hack is the Self Directed Attention training.

I have come to think that to do anything the best way possible you need to start with looking at yourself, if you have not done it already. It sets the proper foundation. It applies to any area in life whether it is scientific, artistic, technical, or anything else people do. So, one avenue to spreading the

word about the Looking could be as a starting point to any skill or practice one does or teaches. For example, if I were to teach landscape painting (my special interest), I would start the session by inviting people to look at the me where the vision and sensation of the view ends up.

After looking inward, you look outward to the world, the view in front of you, and the thoughts and feelings it evokes. This way you would have accomplished the single most important life intervention without even realizing what you have done. Later on, if the interest is there, you could expand on looking at yourself and Self Directed Attention. The trouble with it is that it is somewhat too good to be believable, and you have to see its effects in your own life.

*S.V. (Finland) November 27, 2014*

## **A lot of energy is freed up**

I guess the Looking and Self Directed Attention free up a lot of energy previously diverted to fear and angst. We have to do something with that energy, right? I spent a perfectly enjoyable afternoon knocking around my basement trying to make it more energy-efficient, solving problems, and creating new ones. I was totally absorbed in the work and the physicality of my movements.

Life is a never-ending source of conundrums and puzzles. Our bodies and minds just seem to create an agency or connection between disparate materials and energies.

*J.K. (United States) November 30, 2014*

## A strong foundation

I feel there is tremendous value for me in learning to focus my attention. For example, I feel very anxious quite often around 5 PM so, when I feel that sensation coming on, I move my attention to the breath, then the sense of me. It seems that drawing attention away from the anxiety sensation dissolves it, for that moment anyway. I am not giving energy to it.

The sensation comes back for a while, but each time I gain confidence that I can move my attention away from it.

Lately, I have noticed that this sensation is not often here anymore. I know that for me it has taken time, and I am not sure why that is, but I feel that Just One Look gives me a strong foundation, something I did not have before.

*M.I. (Canada) December 14, 20145*

## Amazed at the changes

I do not know why this process takes a long time, but it just seems to. When I think that I spent the first thirty-five years of my life terrified, it makes sense that it would take years for the fear of life and its effects to unwind. There is light coming through, though. I am about four and a half years in and I have been honestly amazed at the changes that have taken place inside my head over the last six months.

I have done the Self-Directed Attention practice for the past couple of years because John recommends it, and I find it very helpful.

*A.D. (United States) December 14, 2014*

## Trying to feel me

So, what happened to me? The separation between my body and me went away. I am more alive than ever! Sometimes I just watch myself and am amazed!

What John Sherman said was true for me: getting this body in contact with me made all the difference. It is true that when I see myself, it is unmistakable. And the only guidance is that I am trying to feel me. Life is a gem. It is very alive. Thank you.

*T.H. (Australia) December 15, 2014*

## **Hitting the reset button**

Self-Directed Attention is key for myself. I do the breath work a few times a day and it helps pull me out of my thoughts just for a moment. Almost like hitting the reset button. Over time, it has become more automatic. I find tai chi helpful, as it is extremely physical and requires me to focus on very subtle movements and sensations. There is a skillfulness that is developing in all aspects of my life, and I feel that I can cut off useless thoughts a lot quicker than in the past. It is a process, and one that I suspect is lifelong.

*N.G. (United States) December 18, 2014*



**2015**

## A lifelong quest for an escape

During the recovery period, lifelong mechanisms for dealing with a seemingly threatening life become meaningless because the underlying cause, the fear of life, has fallen away.

However, their replacement with new, authentic ways to deal with sensations takes time. During this period, it is the old mechanisms that are still available and operate, despite their inefficiency. This creates stress.

It is my experience that more can be done than just controlling one's attention. Accelerating the recovery period is an important topic. Controlling attention is certainly the core of efficiently dealing with this period. However, there is no need to abandon all other methods of healing that humans have found. What is useful depends on each individual life history and it is hard to generalize.

What helps me is to establish a healthy life style, such as exercising, reducing alcohol consumption, being in nature, not engaging in other people's

drama, and staying true to myself. Other things that I found during my lifelong quest for an escape prior to Just One Look are now much easier to implement.

*B.M. (Switzerland) February 28, 2015*

## Hope for humanity

John Sherman manages to convey, in a direct and simple manner, the simple act of inward looking that eradicates all fear, misery, aggression, hatred, etc. from one's life. In recent years, he has divested himself of all spiritual and esoteric terminology to make this simple teaching accessible to all who hear it. It is a great blessing and hope for humanity.

*D.G. (Ireland) June 30, 2015*

## **I was handed my life back**

I did the Looking several years ago, and I must say that the effects never cease to amaze me. There are so many facets of my personality that were formed and solidified due to the fear of life that it has taken a long time for many of those traits to fall away. Depression and anxiety are finally gone.

From the first look at myself, I felt I was now in the driver's seat. It is like I was handed my life back and now it was up to me. It is not like someone telling you to take responsibility, or telling you how your life should be without all those bothersome thoughts and emotions. In fact, John and Carla have been immensely helpful along the way, sharing their own experiences during the recovery period, but never interfering with my own individual process. Their advice, over and over, is simply to look at yourself and, if you feel to share your experiences, to post them in the Just One Look Forum as a way to support one another.

Their observation that we only have control

over where we place our attention is a powerful help as I go along, and immediately verifiable to anyone who tries it.

Life is a mystery for sure, but this work exposes a practical truth with no spiritual elaboration. You are here and you can fully engage in your life without fear. It worked for me!

*M.I. (Canada) July 1, 2015*

## Very practical advice

In my opinion, and going by just the actual results that I have experienced in my day to day life, this non-profit organization should be on top of all the ones we have on this planet!

We have a large number of non-profit organizations and they do contribute to some well-being or work on some aspect of people's life on the physical level. However, the biggest problem is the suffering, misery, conflict, anxiety, fear, etc. that reside in our minds and thereby influence how we perceive our life and live it.

What this organization run by John and Carla is teaching, and showing the way to, is how we can get rid of all that and live a happy, satisfactory, and free from fear life, and that changes how we perceive everything else. They provide very practical advice and a method that can be followed to get there. I hope and wish everyone in the world gets a chance to hear about Just One Look and try it.

*T.K. (United States) July 1, 2015*

## Just one look changed my life

I am from Bulgaria. It works! I can tell this after two years' experience. How it started? I knew that I am always the same and there is no change in my core. I was remembering moments of my childhood and it seemed to me that then and now I am always the same. When I read about the childhood memory technique, it was like a moment of enlightenment for me, everything was clear!

I tried to look at me, and it was done from the first shot. Two or three days later, I was feeling great, like never before. I cannot describe this. This continued for about two weeks and then came the worst. I did not know at the time that there was such a thing as "the recovery period." In short, for a year and half, I was in mental hell.

Now I think that fear is still here sometimes, but now I know it and there is no drama. I just know that it is not me. Or, to be clearer, shit happens, but it does not touch me. I just keep moving forward.

Before looking at me, I got up every morning



with anxiety, easily refusing every opportunity. I did not want to even go out for a walk, and I was constantly worried about the future. In the recovery period, this was worse.

Now it is all gone. Yes, the life is same, but my attitude is not. I want to say much more about how Just One Look changed my life, but it is not easy for me to do it in English. In the near future, if I have the financial opportunity, I wish to expand John and Carla's work here in Bulgaria. I think often of this. And, in the end, thank you John, thank you Carla, thank you all for this gift. God bless you.

*S.M. (Bulgaria) August 11, 2015*

## **The anxiety has disappeared**

Looking back, my life has seemed to be on a gradual decline, with social anxiety and a general unhappiness being my main focus for the last twenty-five years or more. I maintained friendships somehow, but my anxiety kept driving me away from anything but a minimum of social contact. I eventually succeeded about three years ago, as I had, for about two years, barely seen the friends I had for twenty years or so. I had gotten into spirituality and I found that I was isolating myself more and more, except for going to work. My personality, as it were, was disappearing and just felt like a dull shell as my work mates went about their lives.

I used to go walking in the hills alone hoping for a respite from my ever chattering negative thoughts, and the times when the biting wind and rain silenced my mind were bliss. About two and a half years ago, I reached the top of a hill I was climbing, sat down, and realized I had no friends, and no girlfriend. I have always had a problem

with relationships and, although I have been with some great women, my anxiety could not handle it. I had nothing to say to people, even to my family, as I was doing nothing.

I was at my lowest ebb and, in searching the web, I found John Sherman's website and gave it a go. Well, for a couple of months afterwards, I had some really low moments but they passed, and then I felt like life had decided to stick its boot up my ass.

I gave away all my spiritual books to the charity shop and stopped searching for others. I decided to take up golf lessons just to try something new and get out of the house. That was about the same time that one of my old friends appeared at my door for the first time in over two years. It was uncanny, as he liked playing golf too, so we decided to have a game.

From there, I began going out with my old friends again. Do not get me wrong, all my anxieties did not just disappear, but they are gradually

diminishing. The first sign I noticed was that before, whenever I met someone, or even heard a sound, a knot immediately would appear in my stomach. After a while, I realized that was not happening anymore.

As these anxieties disappear, I find I can talk to the neighbors and not worry about what they think of me, even if the usual small talk is a struggle. This also allows room for me to relax more and conversation happens more easily.

I have also joined the local squash club, and I even played for their league team last night. Sitting on that hill a few years ago, I would not have believed I would be able to spend an evening with a group of people I do not know that well, and really feel welcome.

My friend at work also asked if I would play for the local bowling team. He had asked a few years ago, but at the time there was no way I could have done it. But this time, I decided to play. The anxiety has disappeared and an I'll give it a go attitude has

taken its place.

I always use that hilltop moment as a reference point in my progress because you start doing things that seem to be no big thing now, and so you easily overlook the fact that, sitting on that hill, these things at the time seemed completely impossible.

I have never felt so excited about the future, knowing that, after twenty-five years or more of unhappiness, in such a short space of time all the things that had been holding me back are falling away and my personality is freeing itself from the shackles of fear. I cannot wait to see what unfolds. Thank you, John and Carla for everything.

*P.F. (United Kingdom) September 23, 2015*

**2016**

## **It gets so much better**

When I started with Just One Look six months ago, I was very eager to be able to have definite indications that I had finally found an answer to my never ending quest. I was quick to latch on to brief glimpses of vastness and peace that sometimes were part of looking at myself.

True to what John says, that all passed, as transformation persisted. You stop looking for change because undeniable change occurs. Perhaps that is all just part of the change.

It gets so much better. The pre Looking self has no idea. There may be some intuition at times, but it gets little airtime in a fear-based consciousness.

*B.P. (United States) January 14, 2016*

## The fog of fear

I think less and less of my own recovery now. If I deliberately focus on nuances in my mind, I see almost instantly that my mind is far from healed, but I have to stop what I am doing and actively scan myself to take notice of it. Otherwise, I function fine on a daily basis and I get things done more effectively than I thought was possible for me. So my thoughts about Just One Look and the fear of life now are almost exclusively directed towards others.

I am also pretty fed up with the fear of life. It ruins so much. The fear of life has taken my whole family. Anyone that I am related to by blood is more or less handicapped by the lifelong effects of the fear. It is almost impossible to have an open and sane relationship with them.

When my wife and I had our son a year ago, this became even clearer. Neither my family nor my wife's family can uphold a sane and natural relationship with our son. They are there and, at



the same time, they are not. They cannot step out of the fog of fear. And that is really hurtful to see, for them, for myself, and for my son.

And what is true in my own family is, of course, true of the big human family. We do not have, for the most part, any real access to each other because of the fear of life. And this is no theory for me. It is the sadness that seeing this produces that most profoundly affects my daily life and my view of this work.

*N.L. (Denmark) February 23, 2016*

## Very simple, focused practice

I support a number of non-profit organizations but this one is my favorite. It is very obvious that John and Carla Sherman are not in this to line their own pockets — just the opposite. They live on a shoestring in order to bring us all a simple technique to improve our lives and end much of the suffering and fear that deeply underlies the human condition. They tirelessly work to, repeatedly and patiently, teach their powerful but very simple, focused practice. Thank you John and Carla!

*Y.P. (United States) February 23, 2016*

## **An adventure, not a burden**

John and Carla Sherman are doing something for humanity that no one has ever done before: to simply reconnect with ourselves and, by doing that, become free of the rampant anxiety that drives us to neurosis or, should I say, to stupidities, as John so aptly says.

I am becoming functional at work as I never was before, without so much effort as before, and I am even having fun. This is no small feat, to have fun going to work being sixty-two years old. And I am even considering taking no retirement or at least I have stopped dreaming of the day when I will at last retire and relax.

Life goes on and gives me a kick, but I do not worry anymore about the future, or very seldom. Life is becoming an adventure, not a burden, with me having to see to it and worry about it. No more of this.

It was only in June 2015 that I really started with Just One Look, and I can already testify that

it works. I always wanted to get back to myself, not knowing what that really meant. I keep giving a small donation each month to John and Carla, hoping this will help to keep them afloat and continue their extraordinary work!

*D.P. (Canada) February 23, 2016*

## **Hopefully this will spread out**

Humble, caring, and transparent people. I am a bit sad that this insight has not spread out to the whole world yet, but hopeful that it will.

*P.A. (Ireland) February 23, 2016*

## Remarkably successful

Since I finally recognized that I was without the fear of life, my life has utterly changed from hesitation and discomfort to joyfully and simply living. And this has come from the simple act of looking at me that John Sherman describes.

John and Carla Sherman live to share this understanding which is so remarkably successful for everyone who tries it. I have listened to John speak since he began his work, and the most remarkable thing is that he has shared his evolving understanding with us as it happened.

John and Carla live on just whatever we all can spare to keep this work going. It is abundantly clear that reaching as many people as possible is the motive for continuing this work. I heartily recommend Just One Look to everyone.

*H.W. (Australia) February 23, 2016*

## Fundamental changes

Hello, John and Carla, thank you. Now I do not know what to say. I have been thinking about contacting you for a while to describe the fundamental changes that have been slowly taking place in the last four to five years since I discovered your book *Look at Yourself*. Just thank you. My life is now actually following the tracks that I have dreamed of. I do not know exactly what it is, what will be, but it is certainly happening. A major reason I wanted to contact you is that I have had many difficulties in the recovery process.

I now understand it and I am better and better in coping with it. It is just that I needed to fold down these feelings into words.

I know that you understand this process and it would strengthen me to realize that I am not alone with it. It is hard to grasp, especially for my parents who are the closest to me, but that is getting better too. I am finding words and ways to explain it to them. Also, I am blessed with many friends who

are going through the same process, so I am not really alone.

*J.K. (Finland) March 8, 2016*



## **This is stunning**

It was only after the fear of life had disappeared from my life that I realized it had been there at all. All my old pursuits have remained, except one: the great self justifying spiritual search.

Now I do things spontaneously, following my passions, and then live with the feelings that arise, on the full spectrum from exhilaration to despair. The need to justify occurs as thoughts but it does not underlie my actions. It is such a relief, even in the midst of a day or two of misery.

Nothing lasts long enough to stop me from getting on with enjoying living. This is stunning. John and Carla Sherman have found the key. If you read this and wonder, try Just One Look.

*H.W. (Australia) March 15, 2016*

## **This thing is real**

My life has been gradually changing for the better after I started with Just One Look.

This thing is real and, as it turns out, actually the only thing that puts an end to our endless need to fix something in our lives.

The anxiety and PTSD symptoms I have had for almost a decade seem to be dropping away by themselves. So, what else is there to say? Try it for yourself if you feel that there is more to life!

*A.P. (United States) March 18, 2016*

## A simple medicine

The Just One Look Foundation is making John Sherman's work for humanity possible. John has developed a unique and profound understanding of why we humans end up creating such a heavy mess out of this wonderful world that we live in.

The understanding he is working to convey to us all is ahead of the paradigms that underlie all the misery that we have been creating up to this day. Based on this understanding, he has introduced a simple medicine that destroys the foundation of our self destructive behavior.

*C.S. (Norway) March 26, 2016*

## **Fear is the only problem**

Dear John, dear Carla, everything you promised has come true. Fearfulness is departing—it will never come back. Fear is the only problem. Attention is the only power we have. It is not magic. All I ever wanted is my life as it is. There is no end to this. The Looking brings sanity to anyone who tries it.

Only you can understand my gratitude. Hope to meet you both soon!

Much love and stay well, my friends.

*R.A. (Sweden) April 12, 2016*

## Old, destructive patterns are gone

Basically, all negative emotional patterns are gone. The anxiety and depression syndromes that infiltrated my whole life are gone. I still get anxious and depressed, to be sure, but these instances do not last long. My preoccupation with salvation, enlightenment, and spiritual perfection is mostly gone.

I am still somewhat a bystander to this process, peeking through the windows of spiritual forums to see what others are doing, but less and less inclined to engage myself in these discussions, even to try to explain the effects and simplicity of the Looking. Fear seems to be a powerful force that keeps us away from the thing which would mean its end. At all costs!

The endless spiritual fantasies about liberation and oneness are simply no longer necessary or even desirable. I find myself bemused that I was ever so deeply caught up in these endless discussions about spiritual liberation, salvation, non duality,

ego, reincarnation, consciousness, etc.

Guilt and shame, which drove many of my actions and feelings all my life, are greatly diminished and almost gone. I have had to learn and rely on other motivational forces, such as creativity, truth, quality, meaning, etc.

Many of the perseverative, idiosyncratic habits and thought patterns that were fueled by guilt and shame simply dropped away. The avoidance of and attempts to ameliorate guilt and shame are no longer necessary. Beer gets undrunk in the fridge, junk food sits, neglected, in the cupboards.

Tasks, work, problem solving have all become easier, more efficient, and enjoyable. I simply go to work and do what needs to be done without much fuss and with much less procrastination. I have struggled with ADHD and executive functioning difficulties most of my life, which was made worse by anxiety. I had difficulties with focus, working memory, memory, and planning. These issues have been greatly reduced and ameliorated. I can sit

down to a task and get lost in it without becoming distracted.

These instances of flow have increased enormously. In the past, immersion in a task or process to the point of timelessness only happened when it was something I enjoyed, like building with my hands, watching movies, etc. Now I get caught in the flow while driving, doing chores, at work, and doing other routine things. The internal complaining and desire to be elsewhere during times of boredom or even painful experiences is greatly reduced.

My body was another lifelong obsession. I am no longer obsessed with my looks, my health, or my ailments. I have found it satisfying to take care of my body and health rather than be obsessed with perfect health and fears of illness. I find pleasure in exercise, qigong, cooking and eating, and growing whole foods. Rather than thinking of these things as salvation, now I see them simply as fulfilling activities in and of themselves that promote positive

energy and enjoyment. I can now eat “bad” food occasionally without fear and guilt and I do not binge on them as before. My energy levels and stamina for life are higher than ever.

I am not perfect by any stretch. It has been interesting to be honest with myself and allow the truth of my faults and imperfections to come through, something I once avoided at all costs. I always considered myself a nice guy. In fact, this persona was critical to the idealized self I had created. I had to have people like me, and I went to great lengths to obtain the approval of others.

I tend to be socially introverted, but I have a great love for people. It always bothered me that I was not more extroverted and socially available as I was often stricken went away, I can tolerate a room full of strangers, but it is simply not my preference. I am learning to parse my social energies without beating myself up about not being social enough. I still occasionally awake to nightmares, as my dreams seem to be a channel of the fear I am not



experiencing while awake.

I have never believed I would experience life in this way, nor have I ever even imagined life could be experienced in this way. My recovery was rather wretched and afterward there was an emptiness, a vacuum, left by the absence of fear. I had relied on fear all my life; an awful baseline from which to measure every paltry nuance and twitch. Without it, there was not much meaning. The psychologist Martin Seligman stated that he noticed that, when his patients recovered from depression and anxiety, they were not necessarily happy. The absence of pain was not fulfillment and happiness. This too was my rather numb experience for a year or so after the Looking. In the aftermath of the Looking, I found that meaning, aka life, filled the void eventually and reliably.

It took a while to get here and I look forward to an ever-evolving relationship with this human life as it expands outward. If I could get here with all my doubts, fits and starts, and exquisite neurosis,

so can humanity as a whole.

*J.C. (United States) April 24, 2016*

## **I had misunderstood this work**

I realized that, when I first encountered it in 2007, I had conflated John Sherman's work with that of other teachers whose lives had been transformed through some realization, awakening, or enlightenment experience.

Recently I came across John's Buddha at the Gas Pump interview, one in a series that brings the experiences of such teachers into focus on YouTube. My curious mind caused me to look at some of the other interviews, a couple hundred in all.

One after another, I saw that the experiences of those teachers contained absolutely nothing that would help me. Their experiences are unique and idiosyncratic to them, and trying to change my own life by learning about their lives would be tantamount to watching an interview with Prince, or some other unusual celebrity, and trying to become like them. Absolutely ridiculous and irrelevant! One thing about John's message that differs entirely from that of all of those teachers is the account of

losing the “enlightenment experience” and then facing life as it is.

Now that is something that I can absolutely relate to. How ironic that someone who “lost enlightenment” could help me so much more than someone who had “gained it!”

*D.D. (United States) May 9, 2016*

## Less reactive behaviors

After so many years of seeking, the one thing that probably gets in my way is the timing of the process. I just want it now! And I know that is the fear disease speaking.

I am very interested in learning more about the part where John says that people do not notice when there is a change. I take this to mean that, as the time passes, by engaging in this process, one may not notice a change, but there is a sense of less reactive behaviors, that life is going by easier.

I love the way John includes details that I have never heard before. It is much support, when I do not know anyone with whom I can talk to about this process.

*J.L. (United States) May 15, 2016*

## **Not looking for other options anymore**

It has been about a year since I first did the Looking and I now seem to have come full circle. I just realized this while listening to John Sherman's podcast again recently.

My life is feeling easy and uncomplicated now, and I have a gentle sense of simple fulfillment and joy most days, even when there is some physical discomfort.

I do not seem to be looking for alternative options to what actually is no longer—to the occasional surprise of my mind!

I have been doing Self-Directed Attention too. Anyway, much gratitude and love.

*R.H. (United Kingdom) May 17, 2016*

## **Nothing short of revolutionary**

Led by founders John and Carla Sherman, The Just One Look Foundation makes available to everyone, free of charge, a simple, direct, and powerful approach to dealing with human fear and suffering. Through their website, discussion forums, and webinars, they have created a highly supportive community in which anyone can learn this approach, ask questions, and engage with others who are doing the same.

Despite the fact that thousands of people actively participate in this community, I have found John and Carla to be incredibly responsive and accessible.

As a long time spiritual and intellectual seeker, I have to say that this work is unlike any other I have encountered, and is actually nothing short of revolutionary.

*D.M. (United States) May 22, 2016*

## Slow but steady progress

I had seen John Sherman almost twenty years ago in a video interview with an American spiritual teacher, but I was in no way ready to begin the journey at the time, and really did not become fully ready until the death of my wife of twenty-five years turned my life upside down, and forced me to become more honest with myself.

I had tried many approaches to self-healing and self-realization, but I either did myself more harm, or felt hopelessly blocked and stuck. During a state of despair, which alternated with avoidance, I stumbled upon the Just One Look website.

In the few months since I have been doing the Self-Directed Attention practice, my outlook has begun to shift toward hope and the real possibility of recovery. My negative thought patterns do not have the grip on my attention to the degree that they did before, and I can see slow but steady progress toward what I think John would call sanity.

I am grateful that both John and Carla are so



accessible and giving and that, in spite of my old self-defeating habits of mind, I can always find renewed understanding and encouragement on their website. Remorse and grief will no doubt continue to arise, but they will not overwhelm me as before. It is never too late for a second chance.

*J.S. (United States) May 26, 2016*

## The missing piece

I first came across John Sherman and Just One Look before he started calling it that, about ten years ago. At that point, I am certain that I did the Looking, and I continued to follow John, as his way of describing this act developed away from the world of spiritual seeking into the much more practical thing that it is now.

Everything John said about what it is like to be sane, and what it is like to experience life without the craziness generated by the fear of life, felt intuitively true and desirable to me.

However, even though I had done the Looking repeatedly, I still felt miserable. I believe John has said that the Looking will cure you of the disease, but it takes a while for the symptoms to go away. Well, I felt anything but cured and, to be honest, I felt very little difference when compared my mental state with what it was before I had done the Looking. I had remained miserable in the same way that I was before the Looking, even though my

life circumstances had improved greatly in many ways.

Recently, the misery became such a problem that I started flailing around for anything that might help, and I came back to see what John was up to lately.

A few days ago, I listened to his podcast on the Self Directed Attention exercise, and I am starting to think this may have been the missing piece for me all along. I have been practicing the exercise of focusing attention on the breath and, outside of that exercise, I am practicing becoming aware of what I am attending to and determining if that is useful to me or not. At times, and this is a hugely different experience for me, I actually am able to decline to attend to thoughts, feelings, or internal monologues that I see to be harmful.

I will be honest. For a while, I felt rather disappointed and disillusioned about the act of looking at myself. I always felt John and Carla sincerely believed in its effectiveness but, for some

reason, it just did not seem to work for me. I am excited to give this approach another try with the tool of Self-Directed Attention to help me through, as I hopefully go sane. I am very grateful to John and Carla for continuing to do this work, and for the support of this community.

*Y.H. (United States) July 8, 2016*

## **Life is not a chore anymore**

I give this non profit organization five stars because it has exceeded my expectations by miles. After hearing The Just One Look Foundation's message, I have become at home and satisfied with myself and my life in a way I had never expected to be possible.

There is no longer an urgent need to fix anything or to get anything different from what I already have—be it material things, relationships, or even my own psychology. Life is not a chore anymore! To say that the relief is immense is an understatement.

Before I tried the Just One Look Method, I was always searching for a way to make myself feel safe and comfortable. I did not see it at the time, but I thought that, if only I got what I wished for, everything would be all right and I would live happily ever after. I put great stock in those ideas. But every time I got close to, or even realized those wishes, I was already busy thinking something else

would do it, and I was not even able to fully enjoy my own achievements. And that went on, and on...

This method works like nothing else. And I tell you from my heart, it works for everyone who tries it. Please support this work with what you can donate, and do not forget to try it and see for yourself if there is anything worthwhile here! It does not take long and you will not regret it, I promise.

*R.A. (Sweden) July 27, 2016*

## **A spark into the darkness**

John and Carla Sherman's work is great. It enables people to take the first step toward different and fulfilled living. And, amazingly enough, they do it for free.

Please help them to carry the spark into the darkness by donating!

*J.W. (United States) July 28, 2016*

## **Life-changing information**

The Just One Look Foundation is a great non-profit organization that gives away valuable and potentially life changing information to the world, all free of charge. Zero cost. I discovered them almost a decade ago, and I have been continually impressed by their great work since then.

*V.R. (United States) July 28, 2016*



## **It just blows my mind**

I had a mystical experience in July of 2012. Since then, I had been driving myself crazy trying to find a way back to that oneness. Everything in my life had left me empty and unfulfilled. Seeking had been a way of life in one form or another. Seeking for money, love, recognition, approval, etc.

After two weeks of Self-Directed Attention, focusing on the breath, I have seen the obvious! I am plumb crazy! Afraid of everything! Committed to distraction to avoid who knows what.

This practice gives me some insight into how my mind actually works, without having to study some manual, or adding more ideas to contemplate endlessly in hopes of a cure. Learning to focus my attention where I want it to be, rather than where it is called to go, I feel is a way to learn to love myself. A way to finally quiet the self hating voice. And, in the process, stop the voice of hate for everything eventually. I am nowhere near that, but I have a sense that I have never had before that, if I am

diligent and dedicated to this practice, the result is guaranteed. So much is observed as I do this, it just blows my mind!

*R.W. (United States) August 3, 2016*

## Everything is already okay

It has been several years since I was in touch with you. So far I have been posting all my reports on the forum because you have encouraged people to do so in the past, since people might find something helpful in what other individuals have experienced. Today I really want to thank you for everything you have done and continue to do.

Things really do play out just as you say they would. I am by no means finished, but I am starting to feel less of a need to be finished anyway. I still experience what I see to be signs of the fear disease, but they are becoming less and less of a big deal, and I am even starting to gain some level of skill at managing my self- destructive thought patterns and behaviors. I feel, on the one hand, that I still have a long way to go, but on the other hand, I have a growing sense that everything is already okay.

I cannot tell you how huge the Self-Directed Attention exercise has been for me. I am convinced that the Looking is what gave me the ability to

receive the benefit of that exercise, but before I started doing the exercise, I was really overwhelmed by misery and, honestly, I saw little difference when compared to before I did the Looking. For me, the looking may have unlocked the door, but Self-Directed Attention is what has enabled me to step through that door, walk out into the world, and start feeling like it is okay to participate in life.

Thank you so much for your patience and dedication in bringing this to the rest of us. I really cannot thank you enough.

*Y.H. (United States) August 28, 2016*

## Taking back control

Just One Look really works. All you need to do is to make one honest attempt at getting a taste of what it feels like to be you. One time only. But you can save yourself a lot of trouble by committing to the Self-Directed Attention practice. Just do it as much as you can. Every day, all the time you are not occupied with some task. There really is no reason not to. It is tough in the beginning but it gets easier. Be determined to take back control. Do not give in to thoughts telling you otherwise. I just cannot recommend it enough.

The benefits we can get from it are plenitude. For example, I have gotten better at all things I set out to do. I learn new things much more quickly. I am more attentive and loving with people. I find more creative solutions to problems.

I have become really skilled in many new things without putting a large amount of effort into it. For example, I have become an excellent cook, if I may say so myself. After all, it is myself I am

feeding, so I think I may. And a lot more. So that is great. Kind of just getting better at life generally.

But above all, and I am so thankful for this, I have gained the ability to detect for myself when a thought, assumption, or inclination is based on fear rather than sanity, and I have gained the ability to actually not spend any energy on thoughts that seem useless and destructive. This is what finally gave me my life back. There is still fear residing in my mind but, thanks to the Self-Directed Attention exercise, I actually have a say in how to go about it all.

I have people around me that are recovering from the fear disease who have no determination to work with attention. And they are fine, really. I mean, it is pretty tough, and there is confusion, but ultimately they are fine too. But boy, are they missing out!

*R.A. (Sweden) October 2, 1016*

## Inner fortitude

I had no idea what the fear of life meant to me until it finally disappeared, and I realized just how fresh and open life could be. By looking at me, I discovered that I am always here, always the same, regardless of circumstances.

Recently, this has given me the inner fortitude to face a very real reason to live in fear, that of being a Jew whose relatives went through the Holocaust. This process opened up a deep well of compassion in me and reinvigorated my creativity.

I am forever grateful to John and Carla for persisting in bringing this wonderful method to all.

*H.W. (Australia) November 24, 2016*

## **Just One Look has worked for me**

Looking inwards has definitely made a huge impact on the way I see the world now. It has been a while since I have posted in the Just One Look Forum, mainly because I have been living without the incessant urge to drop in on the forums to try and get some validation for the way I am feeling or I am supposed to feel.

I used to go to the forums daily, sometimes twice a day, desperately wanting someone else to tell me everything was going to be fine. Now I suppose I have realized everything is and always has been perfectly fine. Those old clouds just take some time to blow away.

To those who are new to this, I can safely say that Just One Look has worked for me, so I do not see why it should not work for you. It has been just over four years since I first started, desperately trying to look at what John was pointing to. It really is not hard to do it, although it might seem that way. All you need is the intent to look at yourself and rid



yourself of the fear.

I remember when I first posted on the Just One Look Forum and everyone that replied to me congratulated me on finding Just One Look at such a young age. I was twenty-four at the time. So I want to do the same for anyone who is looking for answers. It has really worked for me!

I do not want to describe all the changes that have happened, but I can safely say that there really does not seem to be any problem in my life. I do not worry about the future, and the hugely dysfunctional social angst that was always with me seems to have gone as well.

*J.G. (United Kingdom) December 5, 2016*

**2017**

## **I feel my life rebuilding itself**

I started with Just One Look about two and a half years ago. I remember a day when I felt something happen to the whole structure upon which my psychological life had been built. It seemed to vanish. I was left just lying on my bed, laughing. It was like a burden had been lifted, the whole burden of my personal story, though it can only be described looking back, as there was no idea that anything had happened at all.

I seem to be contradicting myself here but it is all very difficult to express. Since then, I feel my life rebuilding itself in some way without the old ground of anxiety which had always been a sort of background noise to life.

John describes this recovery best and I cannot but confirm what he says. I know that my life is free of the constant vigilance I kept against what might touch me in a deep way. I feel grateful for my life, including the past I had, which in many ways was very rich although I am free of any nostalgia for

the past. I would say that life is richer, but then it always has been rich. There was never, nor is there now, any moment that is not full and satisfying.

Once that fear was gone, life began to expand and become more inclusive. I was heavily into self help, feeling that I was wrong somehow, that I needed to fix myself. It all became very tiresome and this self-involvement led me down some rather destructive roads.

I can safely say the quest for a better me is over. I do not seek to idealize myself or others, and this makes it easier to get along with people. And there are the ways life has changed, which are really beyond words.

I have also left alcohol and sleeping pills behind for good. I remember doctors saying I would never kick the pill habit. All I can say is that the need just fell away. It has been two years since I last had a drink and no desire to start again has returned.

I would also wholeheartedly agree with John that life is still to be lived, that it goes on, but is now

to be lived fully and without the reserve or doubt that plagued me for so long. I look forward to life instead of feeling I have to protect myself from it or avoid it.

I still practice the Self-Directed Attention exercise, which I found very helpful in the early stages of this process. I would strongly encourage people to give this very simple act a try. Even if you feel you did not or cannot succeed, you will see results. I know this from experience.

Thank you John and Carla, for all you have done to bring this simple act to our attention.

*A.I. (Mexico) January 21, 2017*

## **This method really works**

I have been helping the Just One Look Foundation out for about a couple of years with social media advertising, while also getting timely support from John and Carla as I navigated through the toughest spells of my post look recovery period, which, fingers crossed, seems to be behind me now.

Their method really works. I have been off antidepressants for a year now, with increased effectiveness in making important life decisions. We really need to spread their message fast!

*P.A. (Italy) February 13, 2017*

## Completely certain that it works

I first heard about John and Carla Sherman's simple method, The Just One Look Method, about two years ago, and I am now completely certain that it works. Before looking at myself, I was always focusing on negative thoughts, and on how difficult and depressing everything is. Now, I more or less automatically focus on what is decent and beautiful in life instead. And it really makes all the difference!

Outwards I am happier and more constructive, and inwards there is more meaning and joy to everything – even the bad parts.

It is like John and Carla gave me the key to my own life and I am forever grateful for their work. Everything they do is free of charge and anyone can try this for themselves. Truly a wonderful non profit!

*R.A. (Sweden) February 16, 2017*

## One of the most powerful tools

The Just One Look Method provided by John and Carla Sherman not only sounds simple, but it turns out to be very easy to understand and put into practice. It is powerful and profound.

In most “modern” spiritual practices, we find emphasis on so called self-inquiry, but many people are confused on how to do it.

The Just One Look Method, provided by The Just One Look Foundation, is one of the most powerful tools to be found. It is easy to understand and easy to be done, and one is instantly put in a place of becoming aware of one’s self. Of course, the mind dismisses it in the same split-second, because there is nothing there. To be precise, there is no-thing there, which is simply not graspable by the mind.

Whether done only once or more often, coming into direct contact with one’s self does have an impact. When and how it then leads to liberation seems to be highly individual, but that is due to



the body-mind having to adapt slowly to the new frequency of being.

*O.S. (United States) March 12, 2017*

## Something that actually works

The Just One Look Foundation's work is to spread a method related to mental health called Just One Look. This method destroyed for me a kind of general mental misery that I was not aware I had until it was gone. And I saw that the mental misery had been the cause of much of my life's suffering. A suffering that I presumed was a natural part of being alive as a human being.

I eventually also came to see that this general mental misery is the main cause of much of other people's suffering and craziness too. The process of mental recovery finally resulted in the insight that the suffering in the world is actually nothing but the suffering in the minds of many.

The Just One Look Method supported by The Just One Look Foundation goes to the root of the human problem and heals it for good. My donations go to support that no new suffering is created, rather than trying to fix everything that our collective craziness has created. And I see it as

a privilege to be able to be helpful in this way. To see the true nature of human suffering and also get the chance to do something about it that actually works.

*N.H. (Denmark) March 16, 2017*

## **It worked for me**

The work of John and Carla should be heard by everyone, as it really is the only solution to the misery of folks worldwide. If it worked for me, it works for everyone!

*H.I. (Finland) March 26, 2017*

## **This could change the world**

Life altering. This is a website that transformed my life. The people behind it are the most selfless, genuine, and generous people. They have worked so hard to keep this work afloat and freely available to all. They deserve all the help they can get, because Just One Look could change the world!

As a mental health professional myself, I highly recommend that everyone try Just One Look.

*B.N. (India) March 26, 2017*

## **My life has changed dramatically**

Since watching John Sherman's videos and reading the basic philosophy behind his work, my life has changed dramatically.

Although on the surface it may seem inconsequential, I found that doing the suggested inner work opened up a way for me to become more myself – if that makes any sense.

I love this work. It is so basic. So logical. And I recommend it to everyone.

*B.A. (United States) March 26, 2017*

## **An invitation to look**

I once read that the root cause of all human suffering, misery, aggression, hatred, and self-betrayal is a false belief about what I am. The only solution for this problem is the truth.

This was an early statement in the young days of Just One Look. The message has been refined and sharpened over the years to focus on the solution.

This invitation to look needs to be made available to everyone. If you are reading this, then there is looking. It is very possible that what is looking is what you are looking for, but you need to look for it yourself.

*K.L. (United States) March 26, 2017*

## **Life-saving advice and guidance**

The Just One Look Foundation provides a unique service toward helping create a better world. I live in Denmark and I have followed The Just One Look Foundation for many years.

The advice and guidance one can find here is life-saving for anyone who finds themselves at the edge of a cliff with nowhere to go.

*R.W. (Denmark) March 26, 2017*



## Great, pure, simple

John and Carla operate from the heart with a genuine goal to help mankind. The simple act of looking helps people to decide where to focus their attention; thus clearing their mind from the usual clutter of modern times.

Great, pure, simple, from the heart help and advice for the world! Thanks, John and Carla!

*N.G. (United States) March 26, 2017*

## **A very direct manner**

The simple teaching given by John Sherman turns a light unto what you really are in a very direct manner. Whether it is an end of something or the beginning of something else, this is really worth giving a try, the consequence being far greater from what you could possibly imagine!

*E.M. (Greece) March 26, 2017*

## A change from seeking to finding

In this world, where fear and anxiety seem to be active at every level—from the relationship to oneself, as well as to the world, John and Carla have worked tirelessly, often at the edge of going broke (really), to bring their simple but profound message to as many people as possible.

Personally, after searching for peace and happiness for many decades, they showed me a door to finding the peace and happiness I already am. The slow change from seeking to finding and the gratitude for finding this door cannot be expressed in words. If any work deserves support, this is it!

*H.B. (Austria) March 26, 2017*

## **An almost magical transformation**

I have followed John and Carla's work for more than fifteen years. During this time, they have been relentless in offering themselves to announce to all what brings peace and happiness to anyone: Just One Look.

Just turn your attention inwardly, and the result is an almost magical transformation into what sages have taught for millennia. Suffer no more, the kingdom is truly within. All thanks to them for their devotion to what is true.

*T.S. (Unites States) March 27, 2017*

## The key to the door

It was through John and Carla's work that I was able, finally, to find the key to the door I had been banging on for a lifetime. Their clear and direct proposition is easy to digest, and makes all the difference.

I will always be grateful for what John and Carla offer, and for their tireless striving to bring this simple and powerful message to the world so that as many people as possible may watch fear and suffering drop away from their lives.

*J.C. (New Zealand) March 27, 2017*

## **Our human nature is not a prison anymore**

John's approach to life is a unique (and really the only) way to see for yourself the truth and break the spell of "life." This is what happened in my case and my wife's too. John showed us, in the simplest and most natural way, how to look at ourselves and indeed through the deceiving face of our personas.

After a confusing period into the void, the personas, me and my wife are still here, joyful, playful, totally human and totally free. Our human nature is not a prison anymore; it is a toy, a miracle, a board on which we surf onto the waves of the unknown!

John and Carla Sherman are devoted to get people free and through the Just One Look Foundation, they share with all of us their teaching and friendship. Thank you both.

*G.S. & E.A. (Greece) March 27, 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 would not know when misery and suffering were gone, to be replaced by ease, 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*



## **An effective tool**

What John is speaking about is what I have 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 have never seen them present what I experienced as an effective tool for doing so.

I do believe it is 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*

## **A more practical approach**

To me, it is practically a no-brainer that John and Carla's work would result in not only psychological, but physical healing as well. All dis-ease has its roots in fear, and is a product of the mind/emotions. There is nothing random. Even some allopathic doctors are starting to wake up to this fact. So it does not 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 have 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 am convinced that it is 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 is so practical and not difficult to do. I am just a beginner here, but I am already starting to see and feel results.

*A.D. (Brazil) April 27, 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 is not what I thought it would be.

It is not bliss or enlightenment, in whatever form that takes in one's mind. It is 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 does not matter and you become familiar and easy with your quirky hurting life, and then... you heal.

The healing is not some triumphant release, it is just easy and natural, simply because you stopped being obsessed with what is 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*

## 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 is 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 is just what is needed.

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

## The simple joy of being me

I have known John and Carla for many years. I cannot remember how many years ago I sat with them in a little group in Ojai. It was in the very early days of Just One Look before it was called Just One Look. But that was all John told us to do.

Something radically changed inside of me back then. I do not think I realized it at the time. It began with this simple, sweet, joyful experience of just being me. The me I have always been. It was so simple. I did not talk about or even share it much.

I do not know what inspired me to go on Facebook at 2 am this morning and go to the Just One Look website. Perhaps it was missing John and Carla. After reading for just a short time, I realized I have been experiencing the simple joy of being me all these years and not even thinking about it.

So, my dear friends, I urge you to check out Just One Look. I promise you, you will not regret it.

*L.R. (USA) June 5, 2017*

## Real satsang

Satsang means sat (truth) sang (company). In the company of truth. In my opinion, Just One Look is another name for satsang. This is the real satsang.

*S.M. (United States) August 5, 2017*

## **My return to this work**

In the period of 2010-2012, I was very active in this work. I knew for certain that I had done the Looking and was headlong into recovery. I was a regular contributor to the forums, and even made a trip to Ojai to attend a meeting and to meet John and Carla in person. In early 2013, I changed jobs and moved into one of the most challenging times in my career. In 2015, we lost both of our dogs in the short period of four months, and two very close associates of mine had near fatal accidents.

What I have come to discover is that I was new into recovery and the shock of these events sent me running to what was more comfortable for me... the satsang world complete with the music, pictures, malas, guru worship and, of course, dumping the responsibility of my life on to someone else. This was my way of escaping from these very difficult things and running away from life.

This was not a bad time. Great experiences were had. But the great experiences came and went... Just



like the big personal traumas that sent me running into the satsang world came and went. Over the past couple of years, I found myself moving deeper and deeper into a satsang community, where, to be certain, lots of excitement is there to be had, and big, blissful experiences are the order of the day. The people there seem to live from one retreat to the next, from one encounter with “the master” to the next. Some, making it their life’s goal to live on the land that he occupies at the moment. The machine around this teacher is top notch and they keep the community involved, engaged and running to the next event. It is easy to get caught up in the spectacle. The group energy is also very profound. It is easy, in the midst of the pomp and circumstance to miss the fact that aside from a rock concert type elation, no real change is happening.

The seeing of this dawned on me a couple of months ago. In my disillusionment, I checked back in with the Just One Look website and started reading the material that has happened during my

absence. I watched the new videos and listened to all the new podcasts.

Self-reliance and personal responsibility were what I was missing. Over a period of a few weeks, my interest in the satsang community and in the worship of the satsang teacher began to fall away. Although some nostalgia for this very charismatic and loving man still arises at times, what I am experiencing now so far outweighs anything that happened there.

I reconnected with John and Carla on the very first “Talk with John” meeting on Wednesday, July 5th. I have attended every Wednesday since. The meetings in this informal setting are really great. I feel that I have picked right up where I left off in 2013, but with a deeper perspective.

I have started at step one of the process and I am practicing the Self-Directed Attention exercise a few times a day. This has been enormously helpful in dealing with the barrage of thoughts and emotions that are kicking into gear now.

Here is what I am finding as a result of my return to the Just One Look work:

- I want nothing but my own life, exactly the way it is;
- Life is slowing down for me. Because the fear is not propelling my every movement, things are slowing down and sanity is prevailing;
- A lifetime of people-pleasing is coming to an end;
- The smallest things interest me greatly such as the skillful concise writing of an email to my staff, doing the laundry, and hanging out with our dog;
- In the light of sanity, healthier choices are being made and I am feeling much better!

These are just a few things that are happening. The recovery is not over, but these things are the result of self-reliance, not the result of the “grace of the master.”

I hope some people may be able to relate to this and are possibly helped by it. I am happy to be back and I look forward to reading your insights and sharing more of my own. Thank you.

*B. A. (United States) August 5, 2017*

## **My alcohol addiction fell away**

I was involved with alcohol for many years and attended many AA meetings. I got the best results when supported by friends. After doing the act of Looking, however, this interest or need for alcohol simply fell away.

I do not know exactly what happened and it was not really necessary that I know. The Looking along with the Self Directed Attention exercise did the trick. I strongly suggest doing the latter, the Self-Directed Attention. It will help to alleviate some of the difficulty during the recovery process i.e. any mental anguish, anxiety over leaving alcohol, etc.

*A. I. (Mexico) August 27, 2017*

## Retaking agency over attention

When I look at myself, I usually become calm and centered for a moment, and this often helps me take a step back and experience situations in a different light and, sometimes, new ideas come after taking a look at me. It momentarily cuts the crap so to speak. So I relate that looking seems to have an effect for my well-being, and I do think looking again after the first look does “something.”

However, I have started to view this process as not being about well-being really; that perhaps the goal is not to feel good always, nor to bring the feel of me to the foreground, even though it would be nice to just kick back in that safe spot, so that life would be easy peasy lemon squeezy for once.

But that drive I believe is just another symptom of the fear in my case, because it rejects taking an active part in my own life by trying to change circumstances, wishing things were different. A fear of taking life head on as it is, through better or worse, perhaps.

More reasonable, I think, and also more radical is to aim at retaking agency over attention, because it is the only thing we actually can do anything about at all. Everything else just happens as it will, whether it is making us feel good or bad. To be able, at least sometimes, to choose freely among all the thoughts and sensations that occur in the moment is, I think, a better picture of what we want to come to, what this is about.

Looking at me more has not seemed to produce this ability in me, whereas Self-Directed Attention without a doubt has. That said, I do believe looking again shapes my personality in some way. I just find it hard to define and, in any case, not so meaningful as gaining and strengthening this singular power we have access to. Once we have this power, it is in our hands to use it for whatever end we choose, and that is the greatest gift.

*R.A. (Sweden) August 30, 2017*

## A fresh approach

A mind driven by unconscious fear and anxiety makes unskillful decisions. When that fear is done away with the opportunity arises (and it simply arises) to make better and better decisions because one is no longer at odds with oneself and life. What caused for me the endless striving to accomplish things, which would somehow prove I was worthy, a good person, etc., was a sense of being wrong somehow. I was led into all kinds of self-help ideas, into meditation practices, but when I looked, it was just always plain old me. And now that is okay. That need to strive, to correct oneself is gone and with it the emotional disruptions and endless confusions which are really just products of the fearful mind.

Better to go through this recovery process and be done with it than drag oneself around as if a ten-ton weight were on your shoulders. I do not mean to suggest that one attains any state of perfection or ideal way of life. Those things just do not exist and besides, I have had my fill of “seeking perfection”



in any form.

The spiritual path just led to a lot of confusion, to feelings that I was not a “spiritual” person, that I was not adept, and so on. So when I started the Looking I had pretty much decided to leave all that behind and I have felt no need to delve into that world again since.

About this business of “dropping the personality,” “dropping the story line,” etc. I had heard it from folks in the spiritual community but to be honest, I never understood what that meant. The Looking for me was not about any of that and I felt that here with this simple act was a fresh approach that seemed free of all the claptrap that usually goes with seeking, self-help, etc.

What we are never finished with is Life itself. There is always more and more life to be lived. You appreciate this more and more as you become more conscious in your own life.

*A.I. (Mexico) September 2, 2017*

## Four and a half months

I did the Looking last April, and after about a minute of the “honeymoon,” I went straight into recovery. The early part was mostly filled with fear and my reluctance to drop my former spiritual studies. Once I got past that, everything began to settle into a steady pattern. Things would happen in my life—the usual day-to-day stuff we all have to deal with—and I would react in my “normal” neurotic, fearful way. Except now, everything was different. My reactions seemed uncalled for, and I could see that I had better choices, both in the way I react to things and how I resolve problems.

During this period, it seems as though more stressful situations than usual are popping up, so this is a good chance for me to put Self-Directed Attention into practice (I do the breathing/counting twice a day, but I am referring to switching my attention in real life situations).

To me, Just One Look is about growing up. And it is about time, since I am 75! What I am realizing

is that I have spent most of my life trying to avoid anything unpleasant or difficult (often with the excuse “I do not feel like it”), and the result of this is that I have been stagnating here, a prisoner in my own home, for several years. It is all clear to me now that my behavior was like that because of the fear of life.

Here is another thing I have learned. If I do anything to try to escape the difficulties of the recovery period, which I believe operates automatically and irresistibly, it backfires. I am referring to pampering myself, hiding from my responsibilities, etc. What I am finding out is that there is no way around this... It is hard, it is unpleasant, and even scary sometimes, but I seriously just have to suck it up and get on with the work.

This is undoubtedly the best thing that has ever happened to me, and my gratitude to John and Carla is endless.

*A.D. (Brazil) September 8, 2017*

## Simply human

After searching for “enlightenment,” I did eventually experience a wonderful few weeks of “wowness” for want of a better term. Searching stopped and there was no separation and life was flowing all by itself. Then I woke up one morning and the “wowness” had gone... I felt very depressed, to be honest. One good thing was loads of beliefs I held had disappeared. But I felt very empty.

I came across Just One Look in June of this year. I tried the Looking and, to be honest, I did not experience anything at all. But John had said in a video and in writing that that does not matter. Whenever I felt inclined I did the Looking again, until that stopped. Now I have started carrying out the Self-Directed Attention practice.

Although I knew John had said that once you have looked that is it, I was still worried I had missed something. Well, tonight I had the pleasure of asking John and Carla this on the phone. I now feel so much better, and I realize that now all I need

to do is practice Self-Directed Attention. But do it, I must, and regularly, to aid my recovery and rid myself of the psychological fears that have alienated me from truly living life, so I can start to enjoy my humanness to the full.

John and Carla were so helpful. No fluffy fantasy promises. A simple practice that leads us to being fully functioning, mature, self-reliant humans.

*K.S. (United Kingdom) September 23, 2017*

## Why Self-Directed Attention is vital

I started Self-Directed Attention at the end of June. I do at least two sessions a day, morning and evening, with the odd little bit if something bothers me day or night. Though it is unquestionably early days in my recovery, I have had such an improvement in my life that it would take pages to catalog it, so it is irrelevant here. I also hesitated because a) I am still such a beginner that it seemed pretentious to offer anyone advice, and b) what I want to say on any given day depends on whether it is a day of positive results or one of difficulty.

On the whole, I am doing great, coming from a place where, for my whole 70 years on the planet, there have been few days where I have not struggled with fear, anxiety and depression, unable to face not just life's bigger challenges, but the small slights and annoyances few people can avoid, to a place where life is more positive and peaceful than I ever believed was possible, and I am stronger and more resilient than I have ever dreamed of.

Case in point is the world's events. I am not blind to what is going on, but until looking at myself and practicing Self-Directed Attention I had been in a state of constant terror about the inevitability of some global disaster since I was about eight, in 1955. However, since doing the first look and starting Self-Directed Attention, my resilience has increased, as has my ability to live in the present, to enjoy the life I have and not miss out on the decades of joy I did by spending most of my waking hours "futurizing," "catastrophizing," and "black & white thinking." And it is all down to Just One Look (Looking/Self-Directed Attention).

So, I was satisfied being on the recovery roller coaster until yesterday, when a casual chat surprised me because the other person always seemed a pragmatic person who does not worry about things she cannot control. Except it turns out she does, and I got slugged with the fact that while people may not mention it, most anyone who hears news reports is worried about the North Korea

business.

And for the first time since I started Self-Directed Attention, I got swamped with stomach-dropping, sweat-inducing fear and despair. I mean, I, me, could actually die. Never mind the possible end of all life on earth, I, and my beloved husband could die.

It was not constant, but it would hit me in waves. I managed to get through the evening, did my nighttime Self-Directed Attention and felt better from realizing it was the same ol' same ol' trick of the mind: war had not been declared, a nuclear blast had not yet rained death on me and mine, and I had gotten sucked in again.

This morning, I did my Self-Directed Attention again and flashed on the truth I saw in that first look: I am not the one who is for absolutely certain going to die, whether from nuclear holocaust, old age (not that far away nowadays), illness or accident. But I am lucky: whether or not the world does go completely to hell in a handcart, I still have time to



put my attention where I want to, to practice Self-Directed Attention, to breathe, to fix and eat our breakfast, for my husband and I to get tizzed up to FaceTime his sister and me, to meet with a friend to work on an illustration project. To remember who I am. Instead of my mind yanking my chain.

What I do not have time for is to waste any more precious days being devastated by my mind taking me on yet one more “hiding to nowhere,” as the Aussies say, only to have yet another day wasted.

So, my advice is to do the Looking if you have not. When you have, do Self-Directed Attention in the straightforward, no-frills way John and Carla say to do it. Use whatever else about it floats your boat: podcasts, their writings, forums and/or online meetings if you cannot attend meetings in person, because they are all priceless tools we are incredibly lucky to have. Just do not rely on them alone, or anything else external to yourself, instead of doing your own daily Self-Directed Attention

until you can completely control where you place your attention.

What makes the difference is doing Self-Directed Attention, not reading or hearing about it. I am sure not consistently out of the woods yet, but I am pleased that for once in over six decades I only spent an hour or so in meltdown, instead of hours that became days, years, decades and a whole life wasted.

*C.C. (Australia) September 24, 2017*

## Let's protect what we have

I am concerned about the money problems that hound John and Carla with the upkeep and creativity of this work.

Most of us have found our way here via the spiritual world, frustrated and disillusioned with the spiritual world. We came here and were taught a method that brought us home to our own lives. And we found that, in spite of all the searching, our lives, just the way they are, is what we were seeking in the first place.

How do you place a price on sanity? On self-reliance? On satisfaction?

As former residents of the spiritual ghetto, who among us has not traveled far and wide, sat with teachers, paid monthly subscription fees, huge retreat fees, donations, etc., and yielded results so much less than what we are experiencing here?

As a businessman, I am not sure I agree with John's philosophy of not charging for anything, but it is his decision and I respect it and him. The

method, podcast, blog, open house meetings, and YouTube videos are all free. These are ongoing support tools made with love for the community. If we have a burning question, John and Carla are available at least once a week online to help. Where else can you find this kind of personal attention and support? Try getting Mr. or Mrs. Big Shot spiritual teacher to answer your question!

At this stage, John should be able to focus on writing and speaking with people. Carla should be able to easily do the things needed for the Foundation, and helping people herself. Neither should have to sweat the money thing month after month.

I have challenged myself to give monthly and to stay active and involved. It will not take that many of us doing this to keep them going and free up the time and energy for the work to move. I know that the money thing is sensitive and it pushes a lot of people's buttons. Some people really do not have the means to help in this way and we all understand

that. Stay with us anyway! But there are a lot of us out here who can afford to give. This is who I am speaking to.

I love this work and I love John and Carla and I think we can move through this issue and on to bigger and more important things for them. Thank you for your consideration.

*B.A. (United States) October 1, 2017*

## Diminished suffering

My suffering has diminished so much that it is as if it does not happen. If I do suffer, and by this I mean neurotic rumination that has no purpose or is not solution driven, it is usually short term and temporary. My challenge now is to find and stop those things—habits of the mind and body—that lead to suffering. For me this is certain foods, alcohol, too much time spent online, and hanging out with “toxic” people. I have noticed diminished suffering allows active engagement with life and constructive use of time and attention. Another thing that went away with suffering is boredom. I am rarely bored.

*J.X. (United States) October 2, 2017*

## **A feeling of rightness**

I have been trying to put my finger on the changes that have happened more than six years out from the first look at myself. I now somewhat understand John's loss for words when trying to describe a life without fear. I have a taste of this life. The neurosis and anxiety have calmed down for some time now. As the filters and barriers come down, I am less and less in the deadened inner world of the habits of fear. The world around me is enlivened and endlessly fascinating. There is a feeling of rightness, even when there is something wrong externally, and of course, much is externally wrong with the world right now, as ever. This feeling of rightness is deep and pervasive from the surface to the bones of me.

*J.K. (United States) December 3, 2017*

**2018**



## **A chicken with its head cut off**

I had a funny image of how The Just One Look Method operates. It is like when you cut off a chicken's head, the chicken still runs around for a while until it finally gives up and drops dead. Somewhat macabre, but amusing nonetheless!

*A.D. (Brazil) January 18, 2018*

## Increased learning capabilities

Since doing the Just One Look work, I have definitely experienced increased learning capabilities in many areas of my life. For example, I have never been interested in cooking or cleaning the house before, things I had thought and had been taught to be women's work. All that kind of ridiculous commentary is just dropping away, leaving me more focused and interested in learning to do them better.

There is a more positive and curious attitude about those day-to-day activities, whereas before my head was full of the wanting-to-do-something-else kind of thoughts that were accompanied by anxiety.

Regarding my passion for music and playing guitar, I think I have learned more in just the last few months than in the last decade, when I was filled with that same anxiety and lack of focus!

That is all I can say at the moment. These changes have been so natural and they have

happened just lately, in the last couple of months, after having gone through three years of a pretty crazy recovery. Self-Directed Attention really seems to make all the difference!

*H.I. (Finland) March 16, 2018*

## Almost too simple to be true

If you are tired of the constant frustrations of life, if you have been searching for years in religion, spiritual teachings, psychology, or self-help books, but have not found any lasting answers, this little book is what you need. You will not need another one. John and Carla Sherman offer a detailed description of their Just One Look Method, and a clear explanation of the fundamental, underlying cause of human suffering.

The solution almost seems too simple to be true, but I can vouch for the fact that it works. Although I have only been practicing this method for around nine months, I have seen significant changes in my life. My old, neurotic thinking patterns are constantly being overhauled, and I feel as though I am finally approaching a level of maturity and sanity that was unknown to me before. I would advise everyone to buy this book and try the Just one Look method. You have nothing to lose, and more to gain than you can imagine.

*A.D. (Brazil) March 10, 2018*

## **A solution to humanity's misery and fear**

John and Carla Sherman have discovered a solution to humanity's misery and fear that is so simple that it is hard to believe. Hard to believe until you try it, that is.

After nearly five decades of searching for a solution to my many problems and finding very little real help, a friend introduced me to the Shermans' Just One Look, a two-part method that anyone can do, regardless of your personal beliefs.

I have only been involved in Just One Look for around ten months, but already there have been profound changes in me – the way I view life, how I deal with things, and so on. Although I am 76 years old, I have gained greater maturity, and no longer react to situations in the neurotic, fearful way I used to. In fact, the underlying sense of fear and uneasiness that has accompanied me for as long as I can remember is completely gone.

*A.D. (Brazil) April 8, 2018*

## A step that is helping me

I started writing this report four days and at least four drafts ago. During that short time, my experience has evolved so radically that I kept changing the report to reflect that, mostly thanks to what I gained from John's article, "Using Self Directed Attention in Daily Life." I finally see the futility of trying to write something set in stone. The recovery period is just too fluid. That is not a problem now that I have embraced it, but it is a fact that makes writing anything definitive about it almost impossible, but given that, this is what I would like to say now.

Since reading, and applying, what John says in that article, my situation, which had been improving in fits and starts anyway, has improved beyond my wildest expectations, but there are still stumbling blocks.

I did the Looking and started twice-daily Self-Directed Attention in July 2017; it is now almost mid-April 2018. Despite a lifetime's previous attempts to help myself, I was always aware that

the fear of life started in infancy, maybe in utero. It is very familiar to me as it was always with me. I am surprised, and not ungrateful, that I managed to survive and function as well as I did, but life was a relentless grind of almost undiluted unhappiness. I spent my life completely at the mercy of every thought that went through my wee mind. It is not like I had not read about the dangers of that in every spiritual and self-help book I have ever read. I was so fed up once that I donated fifteen cartons of spiritual books to a local Buddhist teacher, only to start collecting them again as desperation for relief remained severe, or had not been cautioned in person by meditation teachers as far back as 1974.

I could never meditate because fear had so warped my thought processes that, by 1973 or so, I had missed the entire point. All I ever did was sit daily for a little while, no more than a few minutes, for a week or less, before what I would now call “thought soldiers” found the tiniest hole in my defenses and attacked beyond my ability to cope— as easy as shooting fish in a barrel because I was so

primed to believe everything they threw at me.

For the benefit of new Lookers, I was never psychotic and only use the term “thought soldiers” because that is John’s excellent description of the problem of dealing with fear. I knew perfectly well that no separate, embodied entities were doing this, but I never took that to its proper and most helpful conclusion: that I had been doing this to myself for over 70 years and thus was the only one who could stop it. Well, I had had a tiny inkling several times that even when I was fine, my mind would keep digging around until it found a hook to hang fear on and drag me down, but I never got the implication of that fleeting impression and never followed through on it.

Even when John cut through the victim fallacy months ago, telling me flat out, with his kindly, gentle chuckle, “You did it to yourself, did you not?” during a webinar, I started the common litany of blaming my pathetic childhood, so popular in self-help circles, but I began to accept that he was right.



Yet, in my daily life, I still kept hammering myself with fear of, and resistance to, every thought that went through my mind.

Despite that, I cannot overstate the value of persevering with daily Self-Directed Attention practice because doing that the way John teaches us to, “keeping it simple, stupid,” not embellishing it or “improving” it, kept me practicing daily for nine months, with only the very occasional one-practice lapse, and little by little things improved noticeably, undoubtedly preparing me to benefit from that article. As other Lookers have testified, I began to recover, experiencing wellness and sanity – a huge change in perspective – that kept me going.

The stumbling block was that despite that, I had still missed the next step so ably explained in John’s article: applying Self-Directed Attention to my daily life. I still was not making the connection to how to deal with distress from negativity that happened during my day, however trivial. If my gizmo did not work as expected, if TV scare news

seemed particularly dire, or my aging body faltered that little bit more, I was still having meltdowns, never realizing that I was the one who had created the very law I followed so blindly: that said events required me to have a meltdown, to jump on that hamster wheel of fear, even knowing that it never gets me anywhere. And knowing too that the only one who could change that was me.

By and large, the war is over. There are still thought soldiers lurking around the periphery looking for chances to hook me, and I admit that sometimes they still do, because that is what the mind does, with its “Yeah, but this fear is different: this time it is a fear that really needs you to freak out! I mean would I lie to you?”

Well, sorry. Not playing that game any more than I can help. And yes, actually, you would lie to me. You have been lying to me for over 70 years, more fool me, so I am done.

Later: Oh, okay, not completely done. Another sneak attack via my personal “Top Forty Fear

Parade” jumped me, but did not pin me for nearly as long as it would have three days before.

I did not remember to direct my attention to my breath, but I did think to take it off the scary thoughts and direct it to doing other things (as John said, things I could do now): leave the TV room, mooch around my kitchen doing little chores, and once the grip was broken, I was fine again. I got perspective: the sun was still shining, adorable little New Holland honeyeaters, as fluffy in their winter feathers as Easter toy chicks, were jumping in and hopping out of the birdbath in the yard outside my window.

And I learned – another hint I got periodically years ago but never followed to its logical conclusion – that if I break the connection with the scary thought, it disappears as though it had never been. Refocusing on the breath is great for that because once we get in the habit of doing it, it becomes a kind of sanctuary we always have with us. It does not depend on anyone else, and we can

rely on it until the need for it falls away.

Doing the Looking and practicing Self-Directed Attention every day is making all the difference. My mind is quieter, so I actually hear those tiny little suggestions and, more importantly, I am better at following through on them. Do I still get sucked in, frightened, angry? Sure, but it has only been four days and, most importantly, I did not have to twist myself into knots trying (and failing) to be a whole different person in order to make more progress than in seven decades of trying to force myself to be better. I did not have to throw myself away trying to fit some preconceived idea of what a peaceful person should be. More to the point, thanks to the Looking, I have now seen the truth of what I really am and can better stick to that truth, despite lapses.

*C.C. (Australia) April 9, 2018*

## **A simple solution**

John and Carla offer a simple solution to the fears existing in every human, especially with the state of our planet today. Their genuine passion and hard work make this approach a remarkable gift to those who happen upon their wise teachings! Thanks John and Carla!

*N.G. (United States) April 15, 2018*

## Look at yourself

The dedication of this couple, John and Carla is astounding! Having been a seeker for years, I am so happy to have found them. They seem to have the simplest but most profound teaching. I truly recommend putting aside everything you have read and heard and instead follow this teaching to look at yourself.

*K.S. (England) April 16, 2018*

## **Anyone can do it**

The beauty of this technique is that it is simple and anyone can do it. With patience, commitment and a willingness to follow through on the simple technique, the work pays off. My anxiety levels have moved to the background and often are completely gone.

Due to this, I can often bring my attention to the spaciousness of peace and joy. The everyday emotions of life pass through like a spring shower instead of gripping my innards without seeming to let go.

I gave up on my fruitless spiritual teacher search because this technique gives me much of what I was searching for. I still do my yoga, meditation, and prayer practices, but as a way to enhance the joy and peace in my life instead of a desperate bid to create those things.

I strongly recommend this technique to anyone who is struggling with their emotions or their life, or anyone who has been searching for that elusive

spiritual high which always seems to fade away.

*A.W. (United States) April 27, 2018*



## **This message is for everyone**

John Sherman has really boiled down his message over the years to something simple and essential that is practical and reasonable. He has reflected thoughtfully on what he was trying to communicate and seems to have come to something that is at the core of the missing link between myself and life—and it is us. Carla Sherman has worked tirelessly over the years to bring this articulate and circulate their message, helping to release it on various platforms through her computer experience and great sense of openness.

For them, being non-profit is important because as they say, “This message is for everyone.” They have had their struggles financially to back this up, and have been experimenting to find a balance, in the sometimes-confusing give-receive actions of humanity.

Hearing and getting their message, then doing the act of inward turning to myself, and then hearing the emphasis on focused attention, has

had an impact on my life on a deep level that is felt subtly through all of my living. The best way I can articulate this is that the gap between me and my life disappeared. It is that simple.

*T.H. (Australia) May 7, 2018*

## Such a practical difference in my life

I have been involved in the seeking and spiritual healing fields all my life. I have experienced very few things that make a practical difference in one's day-to-day life. For a number of years I was involved with the healer Bruno Groening and one of his main groups devoted to his teaching. Bruno was the most prolific healer I know of in recorded history. I feel the Just One Look teaching is an evolution of sorts to his teaching. But all spiritual belief paradigms are stripped away with Just One Look and you just get a very pure teaching, which can actually reduce your suffering in your life. The idea is that you can lose what John and Carla call the fear of life and you can get to the point where you are not suffering no matter what happens. That does not mean you do not feel pain, or cry when you lose a loved one, etc. There is a simple (but not easy!) exercise called Self-Directed Attention, which is the same vehicle as Buddhist anapanasati meditation, but with a different intention – and, in

my opinion, this makes all the difference. If you are a meditator, check out John Sherman's conversation no. 9 on YouTube where he explains the difference between the two.

I have never experienced any method/teaching that is making such a practical difference in my life in terms of reducing any suffering that arises. I have been practicing this teaching for around 10 months now. I did not want to write a review until I felt I was starting to experience consistent results in my life on a day-to-day basis. Now this is starting to happen for me. I highly recommend checking out John and Carla's website at [justonelook.org](http://justonelook.org) and checking out all the videos of talks given by John Sherman on YouTube. There is also a forum on the just one look website where people discuss their experiences using this teaching, and I am keeping a record on there of any significant changes I experience as I continue to use this teaching.

*L.S. (United States) May 27, 2018*

## **This has worked when nothing else has**

If you are looking to find inner peace and a life that is satisfying, *The Just One Look Method: Complete Instructions* is the book to buy. What it does: It gives simple instructions to a simple action that anyone can do. What the results are if you follow the directions: A mind that no longer has the voices telling you that “Life sucks” or “I am not good enough.” All those things that mind does will be seen as just noise. Noise that you can starve out by the power of your attention or lack of placement of attention on said noise.

Personal experience: As I have worked with the instructions in the book, I can honestly say that my mind is a quiet friendly place for the first time in fifty-eight years.

And now I love my life, which for me is a total 180-degree turn around. I cannot recommend this book highly enough.

*R.W. (United States) August 20, 2018*

## Self-reliance becomes stronger

I would imagine that learned helplessness will fade as the opposite, self-reliance, grows. I have experienced self-reliance becoming stronger. This means less leaning on magical thinking and practices that promise salvation and escape (magical thinking obscures the true magic of life). It also means, from my experience, a growing ability to take care of yourself and find things that work for you and which add depth and meaning to your life.

I have found things that do this for me from diet to exercise to practical practices that amplify the quality of life. Our intelligence seems to guide us as the haziness of fear leaves our mind. I believe lifestyle changes are highly individual, and what works for one person will not for another, so I am reluctant to offer specific suggestions. Generally speaking, keep things simple and basic (what I call grandmother wisdom): eat plenty of fruits and vegetables, exercise outdoors in nature as much

as possible, get plenty of rest and sleep, breathe deeply.

I find keeping a journal helpful. Follow your passions and curiosity. I find great enjoyment in things like gardening and archery, things I never thought to do when lost in the fog. Trust your intelligence and open up to life, as you are able.

*J.K. (United States) September 1, 2018*

## **What more do we really need?**

The Just One Look Method eliminates psychological fear, anxiety and depression. What more do we really need? Please give this method a chance and give yourself the opportunity to live the rest of your life as the human life is meant to be lived.

And please help supporting and sharing the Just One Look Method with others where you can.

*N.L. (Denmark) September 19, 2018*



## Physical ailments fall away

I have had many physical ailments fall away in the last seven years, especially anxiety and depression-related ailments. The biggest thing is that I stopped being hyper-focused on my health, mental and physical, and this allowed many things to naturally clear up. The uncovered intelligence of the body/mind also allows for better lifestyle choices that change health profile over the long run.

*E.B. (J.X. (United States) October 7, 2018*

## Some disease can disappear

Pre-looking, six years ago, I suffered with depression and anxiety for over thirty years and, although I know it is predominantly psychological in nature, it notoriously causes physical symptoms in the body. Two years into the looking, this has left me and has never returned. This has also been the case with the conditions I suffered with called fibromyalgia, tendinitis, psoriasis, which is an autoimmune disease, IBS, sciatica, chronic sinus problems, urine infections repeatedly, etc. The list goes on... All gone. Some ailments remain, but even they are better than they were before, and that is okay because my attitude towards health and illness is so much saner than it ever was. I do what needs to be done in the moment. I have tapered off four prescription drugs as I do not need them anymore, and am currently coming off my last one – and then I am done.

The way I have come to see it is that the fear-based negative thoughts affect, and may even

cause, illness/ disease to become chronic, the fearful thoughts constantly commenting on how terrible this is, how much worse it is getting, I cannot cope, blah, blah, blah. I think a diseased mind riddled with fear affects our body at a cellular level. How can it not? Looking at it from a scientific point of view, there is plenty of evidence out there that confirms this. Mind and body are connected. My point is that once the fear starts to fall away, some illness/disease can disappear, although I agree it is not always the case by any means, and that is important to realize, but it is possible. I think once the looking is done, the possibilities are endless...

*Y. C. (England) October 8, 2018*

## **No endless ruminations anymore**

I was ridden by deep depression and anxiety all my life. After applying the Just One Look Method in 2011, the symptoms started to leave. No endless ruminations anymore. Hopelessness and anxiety are pretty much gone. I am still lacking in drive and energy, but more interested in things to enjoy and in practical matters rather than worrying about it.

I just used the core method, the Looking, though. The Self-Directed Attention Exercise has proved too hard for me yet. Both techniques are described in the book in detail, clearly referring to a lot of real-world experience working with people. There is no beating around the bush. You get to know what to do right off the bat. Every line of the book brims with dedication, spirit of research and enthusiasm about this work. It touched my heart.

*F.M. (Germany) October 28, 2018*

## Great expectations

I just listened to the Great Expectations podcast. Thank you for explaining this work in such clear terms and being honest about what this work is and especially about what it is not. It is refreshing have an explanation free of mysticism and misdirection.

*J.Y. (United States) November 14, 2018*

## Clarity is not what I thought

Clarity, like so many things I have discovered on this path, is not always what I had thought it would be – it is better! I must add that doing some fifteen months of regular, twice-daily Self-Directed Attention gave me the clarity to try cutting out all sweeteners and processed foods.

The worst of a lifetime of anxiety and depression disappeared within the first few days. Anything left, which I put down to my remaining shortcomings in controlling my attention, has taken renewed efforts with Self-Directed Attention is refining and removing the rest, but I am okay with that.

*C.C. (Australia) December 5, 2018*

**2019**

## **There is nothing to introspect**

A while back, I wrote, “I have no inner life.” I can see now that saying that one does not have an inner life can seem quite strange and confusing. It is not necessary, in this process, to come to that conclusion and it does not say anything about where in the recovery process one is. The most important thing is to get to know and take control of one’s attention. For me, it has been a useful experience to see that there is nothing inward to be found than me. If I look at myself right now, I am experiencing having no mind and attention. Mind and attention seem to rise from me. I am the source of my mind and attention so to speak. Therefore, looking inward after the looking seems like a strange thing to say and do.

I think that this experience also inspired me to challenge the tendency to be too introspective. There is nothing to introspect. How our attention is relating to life is what is relevant to learn and when one sees that there is nothing more to handle,



process, or purify “inside,” one gets naturally more engaged in life. And, of course, then you also want to give that possibility to people who are still experiencing that there is a deep and complicated inner life that needs to be taken care of before one can start to live.

Individual freedom becomes impossible. You can never really enjoy solitary freedom when others are stuck in such a crazy state, especially when you know how little it takes to do something about it. To experience that “I have no inner life” is not a mystical experience. My guess is that it is a natural shift in perception because of the looking and I think most people can see what I mean by experimenting with their own attention.

*N.L. (Denmark) January 18, 2019*

## **Patience is a benefit of this work**

Most people take this on as a self-competitive effort. We have all been programmed to be goal-oriented and we never notice the stress, fear, and anxiety that come with that. I have found that the whole point of any meditation practice is to become more aware, and part of the process is getting beyond any goal type of thinking. Patience is also a benefit of this work. They go hand in hand, from what I can gather. In short, just be aware of the tendency to try to “get there” and recognize it for what it is! Another program running in your head. Hence the practice itself! Self-directed attention allows us the opportunity to be aware of these programs and decline to attend to them.

My own journey is fraught with starts and stops but each time I have returned to the work, I have found I am more aware, patient and calm about whatever life is throwing my way. So, be kind to yourself and stick it out as best you can and do not be afraid to drop it for a while and give yourself

a break. Sometimes we need an integration period before moving on. I know I do.

I have also found that my searching for other resources and methods seems to bring me right back here. Why? The more I wander around the more I realize that attention is all we can have any say about. I guess, for me, I just need to prove that to myself in some way. So, I guess trying out different methods is my path for doing that. Much to John's frustration, I am sure. But rest assured, progress is, and will, be made! Because you want it!

*R.W. (United States) January 21, 2019*

## **My expectations have shifted**

I have been wanting the outcome of Just One Look to be something that I no longer believe in. This has happened to me before and will probably happen again, only that it gets subtler. I struggle to put this into words, but it is as if I am seeing my life with all its challenges to be okay.

I do still want to change things about myself but that is only because I am noticing the mistakes I am making and it is a natural drive of mine to want to improve where I can. I am definitely becoming less obsessed about it, and it is okay that life is not perfect and I do not think there will be a eureka moment where everything has settled and I am all done. Such a notion appears unrealistic now. I feel like this despite some recent psychological uproar, which, by the way, seems to be on its way out anyway. Life just is difficult at times, we all have difficulties I am sure. It has been a hard point for me to get over. Not that I am “over it” in any way, I still cry about it, make no mistake.

I cannot say if my expectations are or have been in the way of my recovery or what difference I could make by using attention, but I notice that whatever these expectations are, they are not relevant to the actual life that is going on here. I do not think one can fully wrap one's head around this recovery process so, to be honest, maybe there is no point in trying. Things always turn out to be simpler than what I am able to think.

It is fascinating that we are all going through this. Thank you John and Carla for keeping this community alive, I am very much looking forward to what the future may hold for us here. And my salutations go out to everybody. I hope your attention practice goes well and that you are able to find some balance, despite how hard it is.

*R.A. (Sweden) February 19, 2019*

## **The simplest possible way**

Take the chance to free yourself from the fear of life. Psychological fear is not a natural part of the human mind. Try the Just One Look Method and be amazed.

*N.L. (Denmark) March 3, 2019*

## A sense of detachment

It seems to me that the recovery never ends. We just get more focused? Calm? Intelligent? Wise? Free? I do not know. What I do know is that my life is ever changing, which of course it was before the look seven and a half years ago, but now I happen to like the changes. We are free to screw up, free to make up, and free to try new things without the constraints of guilt or expectation of salvation.

If I would describe my life with one word, it would be “play.” I play like a child with ideas, with my environment, with others, out of curiosity and enjoyment. I work with kids and I realize that I am better able to play with them and that my job is really one of playing. Things flow along. The only downer is that I have to interact with others in the grip of fear, and they do not want to play with me, or know how. I cannot really judge as that is exactly how I used to be. It is just sad that the world is not more playful or more fair.

I was worried for a while, perhaps several

years, at the sense of detachment I was feeling. I felt detached from others and their predicament. I felt a little judgmental, etc. This was a problem as I am a therapist! Now that detached feeling seems to be going away. There is compassion fatigue for sure, and frustration at the rigidity of others and the world at large, but I do not feel that detached, depersonalization anymore. Hang in there folks, it is always interesting.

*J.X. (United States) April 14, 2019*



## Connecting with people

John has said somewhere that the worst effect of the fear of life is that we humans do not really connect with each other. We keep our distance. Now I start to see the opposite of that effect in my own life.

Today my family and I had a visit from a family that is on vacation here in Denmark where we live. They live in Germany (the woman is from Germany and the man is from Mexico and they have two kids). I met them at the playground when I was there with my kids and I could not resist my urge to invite them home. We had a wonderful time and decided to stay in touch.

It became clear to me today that it was my openness, curiosity, and lack of fear that made our meeting possible. The funny thing is that this has happened quite a lot recently. I meet and connect with more people than I ever had before in my life.

It is clear that it is a result of a decrease in fear

of life. I love life and I love to connect with other people. In fact, I cannot resist it.

*N.L. (Denmark) April 29, 2019*

## **Brilliant and clear message**

John and Carla keep delivering their brilliant and clear message with the power to change the world, to the world, for free. You must check it out if you have not!

*R.A. (Sweden) April 30, 2019*

## Still doing the looking from time to time

I am about five years into recovery after doing the initial Looking (which I did many times at the beginning). I still find that turning the attention inward to the feeling of me is quite helpful. I do it maybe two or three times a week especially when I get caught up in certain kinds of thinking and feeling. It really takes me right out of any negative state I might get stuck in.

I also do the Self-Directed Attention. I find it much easier now to notice when I get hooked by useless thoughts but thoughts are sometimes so powerful I often still get carried away by them.

I find that any negative emotion that is not useful (some are, most are not) is usually an alarm bell signifying the presence of a negative train of thought. It is at these times that I put my attention on me again.

One thing I found very difficult when I sank into depressive states was to notice that the depression was related to thoughts I was having.

This is a problem cognitive therapy tries to address with little success in my case. What Self-Directed Attention has done is enable me to notice these thoughts more clearly and interrupt the depressive pattern.

*A.I. (Mexico) July 25, 2019*

**2020**

## Ten years in...

Still sometimes, maybe when I wake up from sleep, or later in the day, I kind of catch myself. Or I'm somehow reminded and I willfully and happily look. Many times the look itself gives just about no specific experience. Sometimes the moment of the look is like a microscopic shot of peace in my mind. If I would name the most common feeling arising in such a moment I think I would say: kindness... There is a satisfying, saturating sense of just being here. The experience quickly disappears and leaves room for whatever task was there in the first place, leaving behind no conflict with anything.

Over time this has cleared up a lot of mental fuzz. At least it sort of takes the fuzz out of the fuzz. Gradually everything feels clearer. There is an encompassing okayness at the least. There is interest in whatever life is presenting. Everything feels more and more like a gift. It's a beautiful moment, this eternity, though it really feels way too unspeakable to call by such names. It feels too

simple, but also too rich and powerful, to be called simple. I think I prefer to just call it life. I really love life.

I am human, and you are too. We can be kind and enjoy together; to start with we are never really apart. We have life and that's all. We have life and that's a lot!

Although these are all just descriptive words, and I am quite certain that they're not by themselves of any help to anyone, I do want to say: I clearly see and feel that this loving relationship with life that I have is the outcome of a simple mind's eye look right back at myself. A simple look. Here, right at myself.

This looking at myself has become one of my favorite activities. It's still a mystery sometimes, but nowadays it's almost always easy, and so lovely. To gather my attention, and point it right back at itself, which is me, not located anywhere specific but here, always here. There is not a single place that I can look, eyes open or shut, where I'm not.



That's probably why it's impossible to fail. Many times it can feel as though you cannot get it, but that's because there's nothing to get; you are already here and so, in the trying, you inevitably succeed. You practice your skill to focus your attention, and try to look at you, which is anywhere you look...

Sometimes when you look you can get an obvious direct mind's eye to eye contact with yourself. It can make like a power failure for thoughts for a second, and in that eye to eye seeing the obvious nature of yourself as just yourself, here, is felt and seen, and it's the most familiar, ever-present you... Still also a mystery luckily! As the thoughts cannot shape or catch me, they're not very efficient at understanding and explaining the direct experience of me. Hence the mystery! And hence, the simpler the better, just look at yourself! It will become simple and easy and the most obvious thing, just have some patience.

There are not many things to gain from this;

it's mostly some things to lose by it. But what remains is all the good stuff, and they will have more space and energy as more of the crap dies off. One obvious thing to gain from it though is the strengthening of the control over your attention. That's not whatever, that's endlessly and ever useful!

It seems many people have tried to give advice for this kind of outcome, but I have never heard it even close to as simple and effective as from John and Carla Sherman. Just look at yourself.

*R.R. (Sweden) May 5, 2020*

## Other Titles by John & Carla Sherman

Our books and ebooks are published by Just One Look Press and can be purchased at Amazon stores worldwide.

*The Just One Look Method: Complete Instructions* (2018, 2019)

*No More Fear, No More Anxiety* (2015, 2017)

*Just One Look, the Story* (2014, 2015, 2017)

*Just One Look: Experience the Power of Human Consciousness to Free Itself of the Fear of Life* (2011, 2017)

*The Fear of Life and the Simple Act of Inward Looking that Snuffs It Out* (2014, 2017, 2019)

*Look at Yourself* (2010, 2020)

*Meeting Ramana Maharshi, Conversations with John Sherman* (2004, 2017)

# Resources

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## Recommended Reading

“The Radical Act of Inward Looking” is a corroboration of John and Carla Sherman’s work written by mental health professionals Paul Freedman M.S.W., R.S.W. Jonathan Goldberg M.S.W., R.S.W., and psychiatrist Jaak Reichmann M.D., FRCP(C).

### ABSTRACT

In keeping with the new wave of context-focused behavioral treatment approaches such as Acceptance and Commitment Therapy (ACT), Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT), we discuss an innovative behavioral intervention referred to as the Act of Inward Looking. The theoretical underpinnings of this intervention are based on the assumption that the primary cause of human psychological suffering is a pervasive fear of life, which is established at birth and thereafter

operates as an unconscious psychological context or core belief. Problematic symptoms, negative behavioral traits and reactions as well as our attempts to get rid of them are seen as effects of this lifelong pernicious context. The Act of Inward Looking primarily targets and modifies this context and is thought to subsequently lessen or extinguish many of the aforementioned effects. The Act of Inward Looking is described in detail and viewed, in part, through the lens of In Vivo Exposure Therapy, as well as contrasted with mindfulness-based practices.

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## Support our Work

The Just One Look Foundation was established in 2000 as not-for-profit, public charitable organization under Section 501(c) (3) of the United States Internal Revenue Code.

The Just One Look Project is a program of the Just One Look Foundation. It was launched officially in 2011 with the goal of bringing The Just One Look Method free of charge to everyone all around the world.

All our programs are supported entirely by donations. Donations are tax-deductible for United States residents as charitable contributions.

There are many ways you can donate to support our work. More information on how to donate to the Just One Look Foundation is available [on our website](#). You may also contact us directly by phone, email, or mail for more information.



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