From torrentz

[John Sherman - The Natural State - Beyond Spirituality, Religion, Therapy, or Meditation](http://kickass.to/john-sherman-the-natural-state-beyond-spirituality-religion-therapy-or-meditation-t6351019.html) (Size: 4.05 GB)

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| --- | --- | --- | --- | --- |
|  | [1 Audio & Podcasts](http://kickass.to/john-sherman-the-natural-state-beyond-spirituality-religion-therapy-or-meditation-t6351019.html) | | | |
|  | [2 E-Books](http://kickass.to/john-sherman-the-natural-state-beyond-spirituality-religion-therapy-or-meditation-t6351019.html) | | | |
|  | [3 Guided Instructions](http://kickass.to/john-sherman-the-natural-state-beyond-spirituality-religion-therapy-or-meditation-t6351019.html) | | | |
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|  |  | FAQs.txt | 5.23 KB |  |
|  |  | John's Summary of the Problem.pdf | 186.34 KB |  |
|  |  | John's Summary of the Solution.pdf | 138.68 KB |  |

## Description

"If you will just try to look at yourself with your mind’s eye, the fear of life will disappear, and with it the perception of your life as a problem to be solved, a threat to be destroyed, or the hiding place of some secret treasure that might bring you fulfillment and satisfaction at some future time." - John Sherman  
  
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This is an archive of the work of John and Carla Sherman: podcasts, videos, e-books, and direct instructions  
  
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\* Note: although I've called this torrent "Beyond Spirituality, Religion, Therapy, or Meditation," John's approach doesn't require one to abandon or reject these things in any way whatsoever. Indeed, he encourages anything that seems to be of practical or therapeutic value in the life, especially mindfulness meditation. It's simply that his instruction to "look at yourself," or briefly turn the beam of your attention towards your actual nature, has nothing to do with any other human endeavor.  
  
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Links:  
www.riverganga.org  
www.johnsherman.org  
www.fearoflife.org  
www.lookatyourself.org  
www.justonelook.org  
www.riverganga.org/Community/Board/forum.php

Just one look

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[New to our site? Click here to begin.](http://www.justonelook.org/guided-tour.html)

[Just One Look. Are you in?](http://www.justonelook.org/just-one-look.html)

[Just One Look Grassroots](http://www.riverganga.org/go/grassroots)

Hello Nancy,  
  
We have been trying for some time now to find a “hook” that will attract the attention of everyday people without it being hijacked by the fearful mind conditioned with ideas as to what is needed to be acquired and kept, and what must be kept away. God knows there is a multitude of such ideas present in most minds.  
  
We have found, in some fifteen years of experience, that plain talk can be heard even through the strongest defenses.  
  
We like to use words like *sanity, satisfaction, skillfulness, effectiveness, engagement,*and the like.  
  
We speak to the difference between a life lived in search of methods to mitigate or transcend the normal experience of life, and a life lived immersed in its wildness and wonder. We try to encourage the development of experience and skill in working with life as it is. We try to show the deep satisfaction that is to be found in direct engagement with the granularity and unpredictability of human life.  
  
What’s needed to be communicated is best served by short, plain and clear statements of fact.  
  
For example, we promoted our last meeting here in Ojai with this text:  
  
*“John Sherman will show you how to use a memory from childhood to unlock your full potential and live a sane, productive, and satisfying life.”*What’s needed is to say as little as possible. And then move to the act itself. It is the act that matters in the end.  
  
There are a couple of aspects that should be avoided completely when speaking to people about the looking, the most important of which is the use of any language that has the slightest spiritual or religious connotation. Words like *meditation* for example, or *realization, self, awareness, consciousness*, and so forth.  
  
This is not because we are opposed to spiritual aspiration and investigation, but because we have seen how these ideas and practices are almost universally meant to create distance and protection from the ordinary experience of life through transcendence, withdrawal, and the silencing of the mind.  
   
You are right to suspect that the forums are not the place to recommend to those who are new to this. The forums are of great usefulness to those who have done the act and are looking for help to understand what is happening.  
  
We’re attaching a flyer created by a member of our Grassroots group, another recent flyer which includes instructions, and a copy of the flyer for our most recent meeting here in Ojai.  
  
(By the way, the Grassroots group *is* the special area devoted to helping people spread this idea. Its work area is a room in HipChat. We have an online meeting scheduled for this group on December 15th. Too bad you can’t participate, since it is all online, and in HipChat. But reports of progress there will be in our newsletter from time to time.)  
  
Please let us know whether this email and the attachments help, and always keep us up to date on your progress and insights.  
  
P.S. –   
It’s a damn shame that we can’t speak together directly about these things. It would be so much easier.   
  
Love,  
John and Carla

Thursday, November 28, 2013, 11:09:19 AM, you wrote:

Hi!  
  
Woke up thinking what kind of "hook' to attract or interest the ordinary Joe, off the street, sort of person to the looking.  
  
There has to be some buy in or whats the use?  Or so they may think.  
  
Social support seems to be a big issue in helping people find this method - your podcasts are so helpful.  The group has helped the individuals.  
  
What do you suggest I say to people?  - strangers really?  Someone mentioned 'the meditation' of looking.  Once interested it would be nice to try it with them on the spot (always a pleasure for me!)  Then refer them to 'Justonelook????  
  
Maybe if you put together an Introductory packet - condensed- simple- first most important things first - that would help people share this idea.  Tell people to follow this link or?  A pamphlet (does anyone read anymore)  
  
Since I don't have time to read through the forums - could you suggest a special area devoted to helping people spread this idea.  My husband commented, "it is the same thing over and over".  So I guess unless it is felt - maybe it doesn't get through.  Unless the 'buy in' is there it is just another useless idea or teaching. (and we have all been through so many seemingly useless paths)  
  
I know that if/when we settle down into a little place for a couple of months in Asia I will try to set up a gathering/potluck/ and once I had people gathered,  WHAT WOULD I DO WITH THEM?????  Get the jest of my questions?   
  
Thanks for listening and helping when you get a chance!  
  
Love to you both  
  
xoxox Nancy in Trinidad

**Welcome to Just One Look!**

Now that you are here, sit back and relax for a moment.

Close your eyes and just watch your breath for a little while. Nothing special about it, just rest your attention on the feel of your breath as it comes into and goes out of your body. Close your eyes. Breathe in ... breathe out ... and focus your attention on the sensation of the air coming in and out of your nose. Do this for about one minute.

Now try to bring to mind a memory of an event from your childhood. It doesn't need to be anything special. For me, it was the memory of coming out of an afternoon matinee on a hot summer day in New Jersey, when I was eight years old.

Just relax, and wait for a memory to appear.

When a vivid memory appears, see whether you are remembering it as if you were watching a movie, watching yourself as a character in the movie, as the memory unfolds in your mind. If you are, try now to go *inside* the scene, within the memory itself, to get the *subjective* feel of it.

Now see if you can get the subjective feel of your experience at the time, as the memory unfolds. Sink into it. For instance, try to feel the air temperature on your skin: does it feel hot or cold? What is the light like? Is it dark or is there plenty of light? Can you smell a particular scent? Can you feel the texture of an object when you touch it? Do you hear any sounds? Try to have the feel of that experience as you did *then*. And don't worry if can't seem to feel the memory like this. Maybe you can try a different memory...

As soon as you get that subjective memory in mind and sink into the feel of it, try to see *what it felt like to be you then*, in the background, experiencing it all.

And now, move your attention one more time—this time to what it feels like to be you *now*.

That's all there is to what we call *looking at yourself*. And you only have to try it once.

We believe that the root cause of all psychological misery and all resistance to life is the fearful and suspicious environment in which the mind and its psychology take shape, which produces a fundamental alienation from the experience of life itself. This is what we refer to as *the fear of life,* which is a sort of autoimmune disease that we believe strikes almost all of us in the traumatic experience of birth.

This exercise has proven to be very effective as a method of accomplishing the act that we call *looking at yourself* and it actually disintegrates almost instantaneously that diseased environment of suspicion and alienation and makes way for the arising of a fresh regeneration of the mind and its structures.

We believe that this happens because that first conscious taste of our actual nature—*what it feels like to be you (what you would call 'me')*—silently and completely invalidates the founding premise of the fearful environment and causes it to instantly vanish.

When that happens, the diseased psychology begins to fall away, as new, fresh ways of experiencing life fully and engaging with it intelligently begin to take shape.

This is the purpose of all of our work. To bring this simple action and its consequences to everybody who is tired of feeling that their life isn't worth living, tired of feeling that they are trapped in a world that they don't understand and can't deal with, tired of feeling that there is something missing, tired of feeling that the way to be effective in life is to be found among the many failures we have come upon in all the years that we have been suffering from this disease of fearfulness, alienation, and anxiety.

There is much more to be said about the way in which the regeneration of the mind takes place over time. The old psychological structures do not leave willingly. There is much more to be said about the way in which your skillfulness in using *the power of attention* can make that period not a phase that must be endured as you wait for it to depart, but a time when you can begin to learn and develop a skill that will serve you for the rest of your life in relating to and engaging with your life intelligently.

There is much more on our site. Feel free to look around. But if you only do this, that is enough.

Thank you,

John and Carla Sherman

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[The Fear of Life](http://www.johnsherman.org/truth_is_all_that_matters/2013/07/understanding-the-fear-of-life.html)

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