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**Homemade videos with reports about how the looking has changed people's lives.**

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Click on each thumbnail to watch individual reports.   
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**A compilation of several video reports**

**Audio recordings with reports of the results of the looking**

Click on the links to read the written reports posted in our Community Center forum:

[Carlee Paddock (Easley, South Carolina)](http://www.riverganga.org/Community/Board/showthread.php?552-No-More-Searching-Nothing-Needs-to-be-Different-Than-it-is), [Bill Corcoran (Cleveland, Ohio)](http://www.riverganga.org/Community/Board/showthread.php?554-Gratitude), [Nancy Margalit (Garmish-Partenkirshen, Germany)](http://www.riverganga.org/Community/Board/showthread.php?545-My-Experience-with-the-Looking), Tyson (Melbourne, Australia), [Patricia Crane (Muncie, Indiana)](http://www.riverganga.org/Community/Board/showthread.php?539-An-Experience-of-Looking), Deon Ashton (United Kingdom), [Helen Waterhouse (Carbunup River, Australia)](http://www.riverganga.org/Community/Board/showthread.php?659-My-report), [Caspar Seip (Oslo, Norway)](http://www.riverganga.org/Community/Board/showthread.php?588-Status-after-three-and-a-half-years-of-Looking-At-Myself), Paul (Toronto, Canada), David Bortman (Ashland, Oregon), [Thomas Küng (Lucerne, Switzerland)](http://www.riverganga.org/Community/Board/showthread.php?595-My-experiences-with-quot-Looking-at-Myself-quot).

Ansley (Atlanta, Georgia), [Jan Stoll (Düsseldorf, Germany)](http://www.riverganga.org/Community/Board/showthread.php?550-My-experience-with-the-looking), [Y. (New York, New York)](http://www.riverganga.org/Community/Board/showthread.php?549-My-experience-with-looking-at-me), [Travis Eneix (San Francisco, California)](http://www.riverganga.org/Community/Board/showthread.php?546-My-experience-with-looking-at-me), [Peter Duggan (Perth, Australia)](http://www.riverganga.org/Community/Board/showthread.php?541-Looking-at-me-post), Patti Foy (Jemez, New Mexico), David Bailey (Chesterfiled, Missouri), [Mike (Flagstaff, Arizona)](http://www.riverganga.org/Community/Board/showthread.php?543-Just-one-Look), [Tim (San Francisco Bay Area, California)](http://www.riverganga.org/Community/Board/showthread.php?551-My-experience-with-the-looking.), David Parrish (Media, Pennsylvania), Lida (Los Angeles, California).

[Lera Chacon (Boca Raton, Florida)](http://www.riverganga.org/Community/Board/showthread.php?608-Smaller-gap-between-me-and-my-life), John (Eureka Springs, Arkansas), Julia (Montreal, Canada), [Brian Allen (Dallas, Texas)](http://www.riverganga.org/Community/Board/showthread.php?548-The-Looking-A-Reflection-of-Gratitude), [Mark Speert (Atlanta, Georgia)](http://www.riverganga.org/Community/Board/showthread.php?665-The-looking-at-me-has-been-quite-trip&p=849#post849), Santharaj (Bangalore, India), Andre Best (Phoenix, Arizona), Derek Robinson (Toronto, Canada), Veetkam Gin (Easley, South Carolina).

**Written reports of the results of the looking from various sources**

NEW*This act of looking inward works—and it's been extraordinary in my life. What's beautiful about it is that it doesn't require a spiritual overlay. No need for guru worship, altered states, counting chakras, sacred books & 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 pretensions. 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's little drama in my life, and while to some that may sound dreadfully dull, I'm quite content with the lack of razzle dazzle! Best of luck to you.* John, United States, November 15, 2013

NEWThis man 'John Sherman'

*I started out with Ramana  
A long, long time ago  
Then soon I came Krishnamurti  
Oh how I loved him so  
Then Osho, he did show is face  
The great man that he was  
Then Eckhart touched the soul of me  
I loved all them because...*

*They had some wondrous things to say  
That I heard from deep within  
They spoke of truth so very deep  
And so I did begin  
To meditate and bare my soul  
I was not good at this  
But I did have some magic moments  
All filled with so much bliss.*

*Then one day surfing on the net  
I found this king of men  
He told me just one act to do  
That really was a gem  
He told me 'look at you' my friend  
That's all one has to do  
Now this was four short years ago  
And I can swear to you…*

*This act 'John Sherman' gave to me  
It really did the trick  
My life is calm and peaceful now  
And harmony does stick  
With me all the blessed time  
He gave me transformation  
And now I want to spread his name  
To every single nation.*  Peter Duggan, Australia, 26 October 2013

NEW*Hi everyone, It's been a while since I posted here [in the forum]. Life has been busy recently, but I wanted to share what's been happening with me of late.  
It's 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've noticed a profound change. Many of the "psychological mechanisms" that have 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 hadn't done it right, that I hadn't "seen", who felt that every time John said that "you can't do this wrong" that those words just didn't 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 (the thought that I was just letting time pass in misery while not DOING anything to make my life better just made me crazy), wanted to compare my recovery to other people's to see if I was "behind". 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, a lot of the neurotic mechanisms that have made me crazy in the past have eased of late, I'm still aware of many of them… and the most honest thing I can say about the process of "recovery" is that there's just an ever-so-slight shifting of perspective that doesn't 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. In the* [*Open House Meeting broadcast of July 17th*](http://www.johnsherman.org/john_sherman_podcast/2013/09/open-house-meeting-july-17-2013.html)*, he has a particularly helpful conversation with Don about the fact that there is nothing to be done about the craziness of the mind. It's not personal, it's purely mechanical, and moving one's attention away from crazy-making thoughts is the only sensible thing to do. I highly recommend listening to it if you're struggling.  
So, in short, as someone who has haunted these forums looking for some report from anyone saying that this works —I can now say I can 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.   
Hope this helps somebody. Thanks for being part of the community — I'm glad that we are all here. Take care.* Ansley, United States, September 25, 2013.

*Dear John and Carla, I am the wife of one of your listeners and I am writing this small letter to thank you so much what you have done for my husband. His name is Peter and he is from Perth, Western Australia and he tries to keep in touch with you very often. Before Peter found you he was so unsure of himself, used to get quite angry as he has PTSD, very domineering etc. in fact he was a very hard man to live with and my children and I put up with him like that for years. Now it is a complete turn around, since he has been looking with you he is a changed man, lovely to live with, takes everything in his stride, absolutely wonderful, our lives are so much better thanks to you. He is now getting or trying to get other people involved. He has a cousin who has Parkinson's and she is doing so well so far, as she lives in the UK and her emails seem much more happier than they were when we started writing to each other. So I would honestly like to say a big, big thank you John, you have done wonders. Keep up the good work as it actually works. Once again thank you so much and both of you have a wonderful life.* Vera, Australia, April 13, 2013.

My healing

*When I came back from Vietnam  
I was afraid of everything  
I really don't know why this was  
Cause, no danger did it bring  
To me, my stay in that country  
But the poisons that they used  
Convinces me that they stuffed my mind  
Those powers, our heads abused.*

*That fear in me was so intense  
My mind was filled with dread  
I was afraid of being alive  
I was afraid of being dead  
Sometime I'd freeze so totally  
Like I was paralyzed.  
I went to so much counseling  
So many tears I cried.*

*And then one day I searched the net  
And I found this little site  
The site they call it 'just one look'  
And they did do me right  
It took four years, but now I'm sane  
I have no fear at all  
And I have no anxiety  
I'm no more a crazy fool.*  Peter Duggan, Australia, September 4, 2013

*Hello John, 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 underlining elusive anxiety and fear you speak 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 me and life.. Still however old patterns are very strong and prevalent, the intenseity in which I feel things are 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 without getting caught up in them. I am having a very rough time on one hand, and the the other hand there is a paradoxical calm, and peace, and a growing sense of wellness. Something is happening inside that I can't describe.* Dylan, Facebook, August 8, 2013

*I would not trade this, I am so grateful John that you stood in front of your bookcase , and said in 8 minutes what my guru could not say in twenty five years !!! Cos my friend saw it, and told me of it. 3 months later I went to his and asked him could I see it. I watched it twice, I remember saying to him 'It's like a silent detonation going off somewhere.'... and I tried, with every thing I've got, I tried, still do... I reckon that video 'look at yourself' was perfection... just take the word 'vichara' off the end and its stripped of anything related to something else... Yes I am sick of people saying you sound like someone else, seriously , I'd tell em to F\*&k off... If you want to leave bullshit tired old bootless endless spiritual blah out, Do it!!! Thank you Carla & John. Thank you.*  John, United Kingdom, August 4, 2013

*Brilliant, this is what I have been searching for 30 years.*  Jumoke, Nigeria, July 20, 2013

*It took me 3 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 pretty 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 over what's happening in the outside world doesn't grab my attention so much as it used to. There are no words to describe why or how this is happening.* Roger, Denmark, July 19, 2013

*John, I wrote you from Rio de Janeiro back in 2008, and actually you read my letter on the worldwide meeting you held, which in fact by the time didn't help me since I was in a big turmoil and thus kind of blind. Now I write you 4 years later to say that I am amazed as each day begins, and all those mind troubles and problems have absolutely vanished. I am practicing zen meditation in a local zendo, and everything has changed. As you said on the podcast, 'it might take time' and it really did take, but now the search is over and I am here to thank you. Blessings.* Eduardo, Brazil, July 11, 2013

*Wow -what a relief- cut out all the culturally corrupted spiritual teachings & religious delusions. So simple- so direct- so clear... something is already shifting... what it is I can't say, but I feel it... feels like something real solid in the midst of "myself"... Finally the simplicity of it makes absolute sense.* Alan, South Africa, July 7, 2013

*Hi John & Carla, Love your new conversations and the simple/clean directions, thank you. Thank you for the real conversation about our situation on this planet. Yes, I want to be a part of the Just One Lok project. The last year I was completely made aware of the betrayal of our own government and that most of our food has/is being destroyed by GMO's (on Hawaii recently they discovered corn injected with agent orange, by Doe chemical, during a meeting forced by the Hawaiian people). Yes, I'm already going through your YouTube videos and the "Just One Look", and I'm sharing them on facebook. Thank you for ALL!* Patrice, California, July 7, 2013

*I just meet you throu the website and feel thankfull for comming to know about you. I have done on my own this one look few years ago while walking on the beach and since then I come more often to it, more easily. This me, this I am, is so far the only thing I know by myself and for sure. Distractions from it come and go, but as you say, once we try it we cannot but come back to it more and more. I live in Mexico now, my native country, lived in Argentina recently, and I have basically lived a nomadic life for the last 40 years. I lived about two years in beautifull Ojai, 20 years ago. One of the most beautifull places ever been. I will subscribe to your newsletter and will continue explore your inspiring site. Keep in touch! Love.* Jesus, Mexico, July 2, 2013

*(...) Which is why I natter on about John Sherman. I think he 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. Sound too good to be true? It does, but I have experienced the effects over time that are undeniable.*  
*Many of the "reports" on his community forum, such as this one:* [*http://www.riverganga.org/Community/Boa ... er-4-years*](http://www.riverganga.org/Community/Board/showthread.php?1373-Outcomes-after-4-years&p=2574#post2574)*, sound like "enlightenement", yet there is consistent experiencing of these outcomes by many who experience the effects of 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... Can't hurt and it may be "enlightening"!*Onceler, ET online forum, June 6, 2013

*Dear John, Everything is different now as compared to the time when I started looking at myself. Thank you. God bless you.* Djole, Serbia, January 23, 2013

*Hi John and Carla, I have tried the "simple act" of looking and it enables me to make a direct and concrete contact with myself without being entangled with those high-flying abstract terms and always having a lingering doubt. Now I can say with certainty that I have made the contact with the source I have been searching for in the past 7 years. I don't know whether it is the "act" itself that has done the trick or it is the "act" that is the last straw after accumulated effort in the past. But that is "beside the point" as John would say. Thanks.* Mark, United States, January 12, 2013

*Having been a student of the mind and predominantly eastern philosophy for just the last 5 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 ebook and best of luck with your endeavors.* Troy, Australia, November 10, 2011

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Our Community Center is a place where we can all support one another as the process sparked by the looking unfolds, and consider together how best to make this good news available to all. In the Community Center forums you can share your experiences with many people all around the world who are also engaged in looking at themselves.

[By John Sherman](https://plus.google.com/u/0/107814071977518647594)

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