

# Insight and Transformation

Transcripts of a gathering organized by the Sydney NOW Group on the 17 and 18 October 1998 with the aim of meeting Gary Hipworth and Jo Willis and to provide an opportunity for Gary to talk with us about the transformation which he had previously summarized in articles printed in the Nowletter and which became the subject of his book Nowhere Man.

## CONTENTS

### **Session 1 Saturday Morning 17 October 1998 Page 3**

*Background - Family - Childhood - Education - Interest in finding out what life is about - First the external then the internal investigation - Albert Blackburn and Krishnamurti - The question 'Who am I?' - Separation - Life as process - Thought and concept - Personal tragedy, grief and the reactive response to life. Opening to right brain perception - No permanent self.*

### **Session 2 Saturday Afternoon 17 October 1998 Page 8**

*Intelligent living - The self as process - Integration with the whole - Discovering truth for oneself - Getting our own house in order - Suffering and sacrifice - Seeing the whole - The place of memory - Nothing 'I' can do - Fear of psychological death - Acceptance of 'what is' - Seeking perfection - The process of change - Unfinished business - Passion - Freedom to observe.*

### **Session 3 Sunday Morning 18 October 1998 Page 23**

*Extract from journal - Not seeking enlightenment - Freedom - Observing the memory process not identifying with it - Doing nothing - The limitations of therapy - Reactions - Passion, the critical element - Too simple? - Perception free of memory - No leaders, own authority - Acceptance of one's conditioning - Transformation - Trusting the life process and intelligence - The desire for method - Sense of self remains whilst belief in self ends - Psychological copying machines - Insight - Psychological and spiritual evolution - Look for truth not transformation - The search itself as obstacle.*

### **Session 4 Sunday Afternoon 18 October 1998 Page 33**

*Knowing as blockage - The miraculousness of 'what is' - Trust in the nervous system - Intelligence - Inner peace without answers - Dialogue and relationship - Awareness of the structure of self and ego - The longing for more than 'what is' - Perils of perfection - Gurus and authority - Self structure unnecessary - Group enquiry - Real listening - Energy no longer diverted into questioning and searching.*

**Appendix Page 43**

**Index Page 45**

### Explanatory Notes

At the opening of the first session Gary asked the participants to write down their reason for coming or what they expected from the weekend on a 'Post-It' note which was then pinned to the wall. The content of these notes is listed in the Appendix.

Questions addressed to Gary are marked "Q" if a secondary or follow-up question is asked by other persons before Gary answers it is marked "Q2", "Q3" and so on. Gary's replies are marked "GH" and Jo's as "Jo". During the question and discussion sessions the microphone was handed around which allowed me to identify the speakers.

Sound recording by Warwick Wakefield, transcription of tapes by Alan Mann and final proof reading by Margot Mann.