



Explore the Ideas of G.I. Gurdjieff

Join a small group interested
in learning more about
the Gurdjieff Work.

A series of six discussions will be
held starting October 17th.

- A creature of habit –
Why are we the way we are?
- What is the process of inner
transformation?
- Self-observation and
self-remembering – Who am I?
- Higher and lower centers in man
- What are attention and consciousness?
Why are they important?
- Different states of consciousness
- The Gurdjieff Work in Rochester?
Who, what, where?

Total cost: \$25 (students \$15).
Includes a book, materials
and refreshments for entire series.

To learn more or register call:
Adam & Jessica @ 585-350-8402

or contact:
ideasgroup@rochestergurdjieffcenter.org



Transformative Inner Work: An Introduction to Gurdjieff

Join a 6-week series
starting Oct 17, 2011

Cost : \$25 – includes a
book, handouts, and
refreshments

Meetings held just off
Monroe Ave/Rt 31
Perinton

To learn more or register, call:

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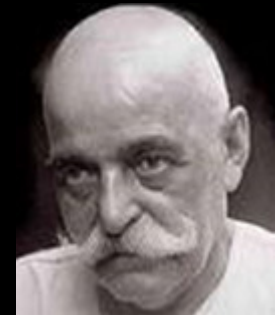
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Study Center



Gurdjieff

Exploring Consciousness

Introductory Series on the Ideas of Gurdjieff



G.I. Gurdjieff

Opportunity is greatest during
uncertain times. This is true in outer
life, as well as in man's inner search.

Series begins Oct 17



The Work

Gurdjieff's teaching is sometimes referred to as "The Work."

In contrast to certain Eastern teachings that emphasize the separate development of the body, mind, or the emotions, the Work provides tools for the simultaneous growth of all three. It promotes comprehensive and balanced inner development within the context of daily life, through the use of conscious attention.

It is possible to study the sun, the moon. But man has everything within him. I have inside me the sun, the moon, God. I am – all life in its totality. To understand, one must know oneself.

–G. I. Gurdjieff (1866-1949)

Self-observation in the trivia of daily life is the best way to know what I am: it is always a humbling experience, and is the only thing which leads to the bedrock from which growth can occur.

–Christopher Fremantle

(an early student of Gurdjieff)



The Ideas

The Work is not a system based on belief or theory, but rather a teaching that builds upon direct experience. Some core ideas include:

- Man has two natures: our habitual, ordinary nature, and a higher one.
- Higher centers, beyond thought, emotion and the body, exist in each of us; but their influence is blocked by the habits of our ordinary state.
- Conscious evolution is possible for individuals, but it cannot happen by itself.
- Evolution requires difficult inner work: observing ourselves as we are – our habits, fears, and preferences – in order to come into contact with a higher consciousness.



The Gurdjieff Tradition

Gurdjieff advised people to take nothing on faith, but rather to verify everything with their own experience.

He transmitted his ideas through a number of different methods, including meetings, music, sacred movements, writings, lectures, and innovative forms of group work. These methods are still practiced around the world today.

The Gurdjieff tradition brings into question the place and purpose of man in the universe. Through the unique practices brought by Gurdjieff, the Work presents new possibilities for developing compassion and understanding.

These inner practices can make possible a further process of change, whose aim is to completely transform a man and bring him into contact with his true nature.

