

# The Fourth Way

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Take the understanding  
of the East

And the knowledge of the  
West--

And then Search

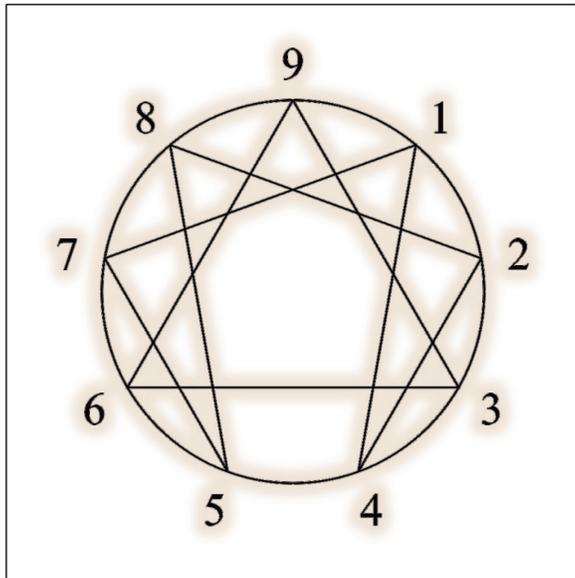
## To Be, Awake and Alive in this life.

Perhaps you have the feeling there is more, you could be more than this life you are experiencing now.

Perhaps you are looking for a deeper understanding to make sense of the world around us, to find your place in this time and current surroundings in a more authentic, present, intentional way.

Perhaps you wish to be more present in your work and relationships.

# A Community Supporting A Deeper Way of Life



G.I. Gurdjieff was a seeker, perhaps like you in some ways. Driven by a thirst to know why he was here and what was the deeper meaning of life, finding no final answers either in science or religion, he studied all major spiritual traditions but also medicine and other aspects of science. From all this he distilled practices that could help one balance the functions of mind, emotion, and the physical body and access deeper, more direct knowing and participating in life. Our tradition involves meetings, movements and sacred dances, sitting meditation, work with sensation and other practices to be in the now, music, shared experience, mutual support along the path, new ideas and an insightful, holistic philosophy and psychology to support the awakening and deepening of consciousness, and conscience—an approach to help be awake and alive in one's life.

## The support of a group

This is an approach which relies very much on functioning within a group—something that seem may ironic to so many of us who have been lone wolves, marching to a different drum. Yet the opportunity to share this search with others who also feel this odd call, to get the support and accountability others offer, to blend the input and perspectives of various types of people, and to engage in ways one simply cannot do on one's own—these and more are reasons it is a group approach. To say nothing of the fact that we live in communities, we are part of a world ecology, as is now well recognized.

## Why this tradition?

- A warm yet structured community with other seekers who think about similar questions and share what they try
- A lineage going back to a person who developed a real tradition of knowledge and methods for transformation, consciousness, and growth of being
- Weekly practical exercises to work on in life, come back to the group, exchange experience, receive leadership
- A holistic approach to balance mind, body, emotions. This Work offers a cosmology to explain the orders of things, a psychology to illustrate the possibilities inherent in our birthright, a framework to blend science and spirituality.
- Processes and ideas to bring words so often bandied about—words like consciousness, transformation, presence, meditation-- into an ever-deepening understanding and personal experience.
- A way to awaken and tame the heart and mind and body so as to be of genuine service in life.
- The possibility to break the circles of being trapped in "tomorrow," or a Groundhog Day of good intentions gone astray

- A timely, ever-deepening program to support one's centeredness in life during the chaos of current events