

pd ouspensky in search of the miraculous

****P.D. Ouspensky in Search of the Miraculous: Exploring the Journey into Higher Consciousness****

pd ouspensky in search of the miraculous is more than just a phrase; it represents a profound spiritual quest embarked upon by one of the most influential thinkers of the early 20th century. Peter Demianovich Ouspensky, a Russian philosopher and mystic, documented his experiences and teachings in the book **In Search of the Miraculous**, which has since become a cornerstone for students of esoteric knowledge and the Fourth Way teachings. This article delves into Ouspensky's journey, the core ideas behind his work, and why **In Search of the Miraculous** remains a seminal text for spiritual seekers worldwide.

The Origins of Ouspensky's Quest

P.D. Ouspensky was initially a mathematician and philosopher, deeply interested in the nature of reality and human consciousness. His intellectual curiosity led him beyond conventional science and philosophy into the realm of mysticism and esoteric traditions. The phrase "in search of the miraculous" captures his yearning to understand the extraordinary aspects of human experience—those glimpses of higher knowledge and awakening that defy ordinary explanation.

Ouspensky's quest began in earnest when he encountered the enigmatic spiritual teacher George Gurdjieff. Gurdjieff introduced him to the Fourth Way, a practical approach to self-development that integrates the mind, emotions, and body. This method contrasted sharply with traditional spiritual paths that often emphasized renunciation or withdrawal from the world.

Understanding the Core Concepts of "In Search of the Miraculous"

At its heart, **In Search of the Miraculous** is an exploration of human potential and the possibility of awakening from the "sleep" of ordinary life. Ouspensky's writing breaks down complex spiritual ideas in a way that is accessible to Western audiences, making it a foundational text for those interested in mysticism and personal transformation.

The Fourth Way: A Balanced Path to Self-Realization

One of the key teachings in Ouspensky's work is the concept of the Fourth Way, which differs from the traditional three ways of spiritual development:

- **The Way of the Fakir:** Focused on physical discipline.
- **The Way of the Monk:** Centered on emotional devotion and faith.
- **The Way of the Yogi:** Concentrated on mental control and meditation.
- **The Fourth Way:** Integrates all three centers—physical, emotional, and intellectual—while living in the world.

This balanced approach allows practitioners to develop in a holistic manner without withdrawing from everyday life, which was revolutionary at the time and remains relevant today.

The Concept of “Self-Remembering” and Consciousness

Ouspensky emphasized the idea of “self-remembering,” which is the practice of being aware of oneself in the present moment. According to him, most people live in a state of mechanical or automatic behavior, functioning on “autopilot” without true consciousness. The goal is to cultivate a higher state of awareness where one can observe thoughts, emotions, and actions without being controlled by them.

This practice is closely linked to the concept of awakening or enlightenment, which Ouspensky believed was accessible through disciplined effort and guidance.

The Significance of Gurdjieff’s Influence on Ouspensky

No discussion of P.D. Ouspensky in *Search of the Miraculous* would be complete without acknowledging George Gurdjieff’s role. Gurdjieff’s teachings formed the backbone of Ouspensky’s spiritual journey and writings. While Gurdjieff often presented his knowledge in cryptic stories and exercises, Ouspensky’s book serves as a more structured introduction to these ideas.

How Gurdjieff’s Teachings Complement Ouspensky’s Philosophy

Gurdjieff’s approach was practical and experiential, emphasizing the need for inner work through exercises, movements (known as “sacred dances”), and self-observation. Ouspensky’s writings helped to clarify these teachings by providing context and explanation, making them more approachable for Western readers unfamiliar with Eastern mysticism or esoteric schools.

Together, their work has inspired countless students to embark on their own journeys toward self-discovery and higher awareness.

Why “In Search of the Miraculous” Continues to Inspire

Decades after its publication, **In Search of the Miraculous** remains a vital resource for those interested in spiritual growth, psychology, and philosophy. Its appeal lies in its blend of rigorous intellectual inquiry and mystical insight, offering readers both a roadmap and a challenge.

Practical Takeaways for Today’s Readers

For modern seekers, Ouspensky’s work offers several valuable lessons:

- **Awareness is the foundation:** Developing self-remembering transforms how we experience daily life.
- **Integration matters:** Balancing physical, emotional, and intellectual faculties leads to genuine growth.
- **Effort and discipline are key:** Spiritual awakening is not passive but requires consistent inner work.
- **Teachers and communities help:** Guidance from experienced mentors or groups can accelerate progress.

These insights resonate with contemporary mindfulness practices and psychological approaches, proving the timeless relevance of Ouspensky’s exploration.

Exploring the Text: Structure and Style of “In Search of the Miraculous”

Ouspensky’s writing style in **In Search of the Miraculous** combines narrative storytelling with philosophical exposition. He recounts his personal experiences with Gurdjieff, interspersed with explanations of complex metaphysical concepts. This approach makes the book both engaging and intellectually stimulating.

Why This Book Is Suitable for Beginners and Advanced Students

Beginners will appreciate the clarity with which Ouspensky introduces ideas like the “Law of Three” and the “Law of Seven,” which describe fundamental cosmic principles. Advanced students can find deeper layers of meaning in the symbolic language and practical exercises outlined in the text.

The book encourages readers to reflect on their own lives and consider the limitations of everyday consciousness, making it a dynamic tool for self-inquiry.

Connecting Ouspensky’s Teachings with Modern Spirituality

The influence of P.D. Ouspensky and **In Search of the Miraculous** extends far beyond its original context. Many contemporary spiritual teachers and authors acknowledge the impact of Ouspensky’s interpretation of Gurdjieff’s work on their own teachings.

LSI Keywords in Context

Whether you’re exploring ideas like “esoteric philosophy,” “self-development,” “consciousness expansion,” or “Fourth Way teachings,” Ouspensky’s work provides a foundational perspective. His exploration of “inner work” and “spiritual awakening” aligns closely with current trends in mindfulness, meditation, and holistic psychology.

Moreover, the book’s emphasis on practical, everyday transformation resonates with those seeking more than abstract theory—it offers a lived experience of the miraculous in ordinary life.

Tips for Readers Interested in Diving into “In Search of the Miraculous”

If you’re considering reading P.D. Ouspensky *In Search of the Miraculous*, here are some tips to get the most out of your journey:

1. **Read slowly and reflectively:** The book contains dense philosophical ideas that benefit from thoughtful contemplation.
2. **Keep a journal:** Document your thoughts, questions, and experiences as you engage with the text.

3. **Explore supplementary materials:** Look into Gurdjieff's original teachings or other Fourth Way authors for broader context.
4. **Practice self-observation:** Begin experimenting with self-remembering and mindfulness exercises suggested in the book.
5. **Join study groups or forums:** Discussing the material with others can deepen understanding and provide support.

Approaching the book as a guide rather than just a read can transform your experience and open new avenues for personal growth.

The story of P.D. Ouspensky in *In Search of the Miraculous* invites us to reconsider what is possible in the realm of human consciousness. It challenges the notion that spiritual awakening is reserved for the few and instead presents a path accessible to anyone willing to engage in sincere inner work. For those intrigued by the mysteries of existence and the potential for transformation, Ouspensky's work remains a beacon, illuminating the path toward the miraculous that lies within us all.

Frequently Asked Questions

Who was P.D. Ouspensky and what is his significance in 'In Search of the Miraculous'?

P.D. Ouspensky was a Russian philosopher and mystic who is best known for his work 'In Search of the Miraculous,' where he documents his experiences and teachings with the spiritual teacher G.I. Gurdjieff, exploring esoteric knowledge and the Fourth Way.

What is the main theme of 'In Search of the Miraculous' by P.D. Ouspensky?

The main theme is the exploration of spiritual development and self-awareness through the teachings of G.I. Gurdjieff. The book focuses on the Fourth Way, a method of inner transformation that integrates body, mind, and emotions.

How does P.D. Ouspensky describe the concept of the 'Fourth Way' in his

book?

Ouspensky explains the Fourth Way as a path of spiritual growth that differs from traditional ways (the way of the fakir, monk, and yogi) by working simultaneously on the physical, emotional, and intellectual centers, enabling practical self-development in everyday life.

What role does G.I. Gurdjieff play in 'In Search of the Miraculous'?

G.I. Gurdjieff is the central figure and teacher whose ideas and methods form the core of Ouspensky's narrative. The book is largely a detailed account of Ouspensky's meetings, lessons, and the philosophy taught by Gurdjieff.

Why is 'In Search of the Miraculous' considered a significant text in modern spirituality?

It is considered significant because it presents complex esoteric teachings in a systematic and accessible way, influencing many spiritual seekers and introducing the Fourth Way to the Western audience, thus bridging Eastern and Western mystical traditions.

What are some key concepts introduced by P.D. Ouspensky in 'In Search of the Miraculous'?

Key concepts include self-remembering, the idea of humans living in a state of 'waking sleep,' the importance of conscious effort, the structure of human beings with multiple centers, and the notion of objective knowledge or true understanding beyond ordinary perception.

How can readers apply the teachings of 'In Search of the Miraculous' to their daily lives?

Readers can apply the teachings by practicing self-observation and self-remembering, striving for greater awareness in everyday activities, recognizing mechanical behaviors, and working to harmonize their intellectual, emotional, and physical centers to foster personal growth and transformation.

Additional Resources

PD Ouspensky in Search of the Miraculous: An Analytical Review

pd ouspensky in search of the miraculous stands as a seminal work in the realm of spiritual philosophy and esoteric studies. Authored by the Russian philosopher and mystic Peter Demianovich Ouspensky, this book chronicles his transformative journey through the teachings of the enigmatic George Gurdjieff. The narrative not only serves as a personal memoir but also as a detailed exposition of the Fourth Way, a spiritual path that combines elements of Eastern and Western esoteric traditions. This article delves into the core themes, philosophical insights, and enduring impact of "In Search of the Miraculous," while contextualizing its significance within the broader landscape of spiritual literature.

Unpacking the Essence of "In Search of the Miraculous"

At its core, "In Search of the Miraculous" is more than a traditional autobiography; it is a compelling blend of experiential account and metaphysical exploration. PD Ouspensky meticulously documents his encounters with Gurdjieff, whose teachings challenged conventional notions of consciousness and self-awareness. The book elucidates the concept that ordinary human life operates in a state of "waking sleep," where individuals are largely unaware of their true potential or reality.

Ouspensky's narrative introduces readers to the idea that awakening is possible through deliberate work on oneself, involving self-observation, self-remembering, and conscious effort. This introspective journey, as presented in the book, is designed to cultivate higher states of consciousness and ultimately lead to spiritual enlightenment. The meticulous detail and clarity with which Ouspensky presents these concepts have made the book a cornerstone for students of esotericism and modern spirituality.

The Fourth Way: Bridging Traditions

A significant aspect of PD Ouspensky in Search of the Miraculous is its exposition of the Fourth Way, a system of spiritual development introduced by Gurdjieff. Unlike traditional paths such as the way of the fakir (physical discipline), monk (emotional devotion), or yogi (mental concentration), the Fourth Way integrates these three centers—physical, emotional, and intellectual—simultaneously within the context of everyday life.

This holistic approach allows practitioners to engage in spiritual growth without renouncing their worldly responsibilities. Ouspensky's analysis emphasizes the practicality and accessibility of the Fourth Way, making it a distinctive alternative among spiritual teachings. It offers a framework that encourages balance and self-awareness, contrasting with more rigid or isolated methods of spiritual practice.

Philosophical and Practical Dimensions

PD Ouspensky's work is deeply philosophical, yet it does not remain confined to abstract theorization. The

book reflects a methodical approach to understanding human nature, the cosmos, and the laws governing existence. Central to the text is the notion of the “Law of Three” and the “Law of Seven,” which purport that all phenomena arise from the interaction of three forces and follow a specific process of development.

These concepts provide a metaphysical structure that underpins Gurdjieff’s teachings and Ouspensky’s interpretation. By highlighting these universal laws, the author situates spiritual work within a broader scientific and cosmological context, appealing to readers interested in the intersection of mysticism and rational inquiry.

Features and Unique Contributions

"In Search of the Miraculous" distinguishes itself through several notable features:

- **Firsthand Account:** Unlike many esoteric texts that are often obscure or cryptic, Ouspensky’s book is based on direct experience, lending authenticity and immediacy to the teachings.
- **Systematic Presentation:** The material is organized logically, which aids comprehension and facilitates practical application.
- **Interdisciplinary Approach:** The integration of psychology, philosophy, and spirituality broadens its appeal beyond purely mystical audiences.
- **Emphasis on Self-Work:** The book stresses the importance of individual effort and responsibility in spiritual progress.

However, some readers might find the dense philosophical concepts challenging without prior exposure to esoteric thought. The complexity of ideas such as “self-remembering” and “objective consciousness” requires careful study and reflection.

The Impact and Legacy of PD Ouspensky’s Work

Since its publication, PD Ouspensky in *In Search of the Miraculous* has influenced a wide spectrum of spiritual seekers, philosophers, and psychologists. The book has been praised for bridging Eastern mysticism and Western rationalism, inspiring new approaches to self-development and consciousness studies. It has sparked numerous commentaries, workshops, and study groups dedicated to exploring and applying its principles.

Comparatively, Ouspensky's work holds a unique position alongside other esoteric classics such as Rudolf Steiner's anthroposophy or the teachings of Helena Blavatsky. While these focus more on occult knowledge or mystical revelation, Ouspensky's emphasis remains on practical work and empirical self-observation.

Critiques and Considerations

Despite its acclaim, the book is not without criticism. Some skeptics argue that the Fourth Way's claims about higher consciousness lack empirical validation and that its language can sometimes verge on the esoteric jargon that alienates newcomers. Additionally, the reliance on Gurdjieff's teachings means that the book is, in part, a retelling of another's philosophy, raising questions about originality.

Nonetheless, the careful, investigative tone maintained by Ouspensky provides a balanced perspective, inviting readers to explore rather than accept dogma. This openness has been one of the book's enduring strengths, fostering a community of inquiry rather than blind adherence.

Relevance in Contemporary Spirituality and Self-Development

In today's fast-paced and often fragmented world, the themes explored in PD Ouspensky in *Search of the Miraculous* remain remarkably pertinent. The quest for higher awareness, meaningful existence, and purposeful living resonates with many modern readers seeking alternatives to materialism and superficiality.

Practitioners of mindfulness, meditation, and holistic wellness frequently reference Ouspensky's insights, particularly his insistence on conscious labor and intentional suffering as pathways to transformation. The book's influence is also evident in contemporary psychological frameworks that emphasize self-awareness and cognitive restructuring.

- Integration of mind, body, and emotions aligns well with current holistic health models.
- Concepts such as "waking sleep" echo in discussions about autopilot behaviors and unconscious biases.
- The Fourth Way's adaptability fits the demands of modern lifestyles, where spiritual practice must coexist with everyday commitments.

These aspects underscore the timeless nature of Ouspensky's work and its capacity to adapt to evolving spiritual paradigms.

Final Reflections

PD Ouspensky in *Search of the Miraculous* stands as a landmark text that invites readers into a profound exploration of consciousness and self-realization. Its investigative and methodical approach offers a compelling alternative to traditional spiritual narratives, emphasizing practical work and integrated development. While it presents intellectual challenges, its depth and sincerity continue to inspire those seeking to transcend ordinary existence and uncover the “miraculous” within the fabric of daily life.

[Pd Ouspensky In Search Of The Miraculous](#)

pd ouspensky in search of the miraculous: *In Search of the Miraculous: Fragments of an Unknown Teaching* Peter Demianovich Ouspensky, 1957-01-01 I RETURNED to Russia in November, 1914, that is, at the beginning of the first world war, after a rather long journey through Egypt, Ceylon, and India. The war had found me in Colombo and from there I went back through England. When leaving Petersburg at the start of my journey I had said that I was going to seek the miraculous. The miraculous is very difficult to define. But for me this word had a quite definite meaning. I had come to the conclusion a long time ago that there was no escape from the labyrinth of contradictions in which we live except by an entirely new road, unlike anything hitherto known or used by us. But where this new or forgotten road began I was unable to say. I already knew then as an undoubted fact that beyond the thin film of false reality there existed another reality from which, for some reason, something separated us. The miraculous was a penetration into this unknown reality. And it seemed to me that the way to the unknown could be found in the East. Why in the East? It was difficult to answer this. In this idea there was, perhaps, something of romance, but it may have been the absolutely real conviction that, in any case, nothing could be found in Europe. On the return journey, and during the several weeks I spent in London, everything I had thought about the results of my search was thrown into confusion by the wild absurdity of the war and by all the emotions which filled the air, conversation, and newspapers, and which, against my will, often affected me. But when I returned to Russia, and again experienced all those thoughts with which I had gone away, I felt that my search, and everything connected with it, was more important than anything that was happening or could happen in a world of obvious absurdities.¹ I said to myself ¹That refers to a little book I had as a child. The book was called *Obvious Absurdities*, it belonged to Stupin's Little Library and consisted of such pictures as, for instance, a man carrying a house on his back, a carriage with square wheels, and similar things. This book impressed me very much at that time, because there were many pictures in it about which I could not understand what was absurd in them. They looked exactly like ordinary things in life. And later I began to think that the book really gave pictures of real life, because when I continued to grow I became more and more convinced that all life consisted of obvious absurdities. Later experiences only strengthened this conviction. Then that the war must be looked upon as one of those generally catastrophic conditions of life in the midst of which we have to live and work, and seek answers to our questions and doubts. The war, the great European war, in the possibility of which I had not wanted to believe and the reality of which I did not for a long time wish to acknowledge, had become a fact. We were in it and I saw that it must be taken as a great memento mori showing that hurry was necessary and that it was impossible to believe in life which led nowhere. The war could not touch me personally, at any rate not until the final catastrophe which seemed to me inevitable for Russia, and perhaps for the whole of Europe, but not yet imminent. Though then, of course, the approaching catastrophe looked only temporary and no one had as yet conceived all the disintegration and destruction, both inner and

outer, in which we should have to live in the future. Summing up the total of my impressions of the East and particularly of India, I had to admit that, on my return, my problem seemed even more difficult and complicated than on my departure. India and the East had not only not lost their glamour of the miraculous; on the contrary, this glamour had acquired new shades that were absent from it before. I saw clearly that something could be found there which had long since ceased to exist in Europe and I considered that the direction I had taken was the right one. But, at the same time, I was convinced that the secret was better and more deeply hidden than I could previously have supposed. When I went away I already knew I was going to look for a school or schools. I had arrived at this long ago. I realized that personal, individual efforts were insufficient and that it was necessary to come into touch with the real and living thought which must be in existence somewhere but with which we had lost contact. This I understood; but the idea of schools itself changed very much during my travels and in one way became simpler and more concrete and in another way became more cold and distant. I want to say that schools lost much of their fairy-tale character. On my departure I still admitted much that was fantastic in relation to schools. Admitted is perhaps too strong a word. I should say better that I dreamed about the possibility of a non-physical contact with schools, a contact, so to speak, on another plane. I could not explain it clearly, but it seemed to me that even the beginning of contact with a school may have a miraculous nature. I imagined, for example, the possibility of making contact with schools of the distant past, with schools of Pythagoras, with schools of Egypt, with the schools of those who built Notre-Dame, and so on. It seemed to me that the barriers of time and space should disappear on making such contact. The idea of schools in itself was fantastic and nothing seemed to me too fantastic in relation to this idea. And I saw no contradiction between these ideas and my attempts to find schools in India. It seemed to me that it was precisely in India that it would be possible to establish some kind of contact which would afterwards become permanent and independent of any outside interferences. On the return voyage, after a whole series of meetings and impressions, the idea of schools became much more real and tangible and lost its fantastic character. This probably took place chiefly because, as I then realized, school required not only a search but selection, or choice—I mean on our side. That schools existed I did not doubt. But at the same time I became convinced that the schools I heard about and with which I could have come into contact were not for me. They were schools of either a frankly religious nature or of a half-religious character, but definitely devotional in tone.

pd ouspensky in search of the miraculous: In Search of the Miraculous: The Definitive Exploration of G. I. Gurdjieff's Mystical Thought and Universal View (Revised). P. D. Ouspensky, 2001

pd ouspensky in search of the miraculous: In Search of the Miraculous P. D. Ouspensky, 2018-10-12 THE SEARCH of P. D. Ouspensky in Europe, in Egypt and the Orient for a teaching which would solve for him the problems of Man and the Universe, brought him in 1915 to his meeting in St. Petersburg with Georges Gurdjieff. In Search of the Miraculous: Fragments of an Unknown Teaching is the record of Ouspensky's eight years of work as Gurdjieff's pupil.

pd ouspensky in search of the miraculous: In Search of P. D. Ouspensky Gary Lachman, 2014-03-17 P. D. Ouspensky's classic work In Search of the Miraculous was the first to disseminate the ideas of G. I. Gurdjieff, the mysterious master of esoteric thought in the early twentieth century who still commands a following today. Gurdjieff's mystique has long eclipsed Ouspensky, once described by Gurdjieff as nice to drink vodka with, but a weak man. Yet Ouspensky was a brilliant, accomplished philosopher in his own right, and some consider his meeting with the charismatic Mr. G. the catastrophe of his life. Indeed, in subsequent years Ouspensky tried hard, with limited success, to break away. This book moves Ouspensky's own story center stage, against the backdrop of the Russian Revolution, the dervishes of Constantinople, and a cosmopolitan Europe entre deux guerres. The archetypal encounter it describes echoes that of Don Juan and Castaneda, or perhaps Mephistopheles and Faust. One of the great mystical adventures of our time, it will fascinate everyone interested in the farthest reaches of what it means to be human. The paperback edition includes a new chapter on Gary Lachman's own former work in Gurdjieff's psychology.

pd ouspensky in search of the miraculous: In Search of the Miraculous Petr

Dem'iānovich Uspenskiĭ, 1977 This book recounts P. D. Ouspensky's first meeting and subsequent association with George Gurdjieff. It is widely regarded as perhaps the most comprehensive account of Gurdjieff's system of thought available. Many followers regard it as a fundamental textbook of Gurdjieff's teachings and it is often used as a means of introducing new students to Gurdjieff's system of self-development.

pd ouspensky in search of the miraculous: In Search of the Miraculous G.I. Gurdjieff, P. D.

Ouspensky, 2017-04-16 In Search of the Miraculous is a book by Russian philosopher P. D. Ouspensky which recounts his meeting and subsequent association with G.I. Gurdjieff. It is widely regarded as the most comprehensive account of Gurdjieff's system of thought ever published. It is regarded as fundamental textbook by many modern followers of Gurdjieff's teachings, who often use it as a means of introducing new students to Gurdjieff's system of self-development known as the Fourth Way.

pd ouspensky in search of the miraculous: DIVINE ECHOES Sonia A. Micceli, 2025-07-10

The book is about questions on life, death, and God. The book delves into esoteric sources, mysticism, religion and neo-physics theories. The author's desire is to offer insights to fellow seekers searching for truth. Our inner voices can capture the Divine Echoes from God!

pd ouspensky in search of the miraculous: Walking the I Ching Allen Pittman, 2008-03-25 Ba

gua is one of the internal styles of the Chinese martial arts, a circular walking technique that helps train the mind and body to recognize and accept change. Characterized by its spinning movements and extremely evasive footwork, ba gua is often used as a means to protect others, much like a good mother holding her child's hand as they cross a busy street. In this combination of philosophical treatise, health manual, and self-defense text, Allen Pittman details the history, philosophy, and techniques of straight-line ba gua zhang, which means "eight trigram palm" in reference to the seminal trigrams of the I Ching. The book contains eight parts corresponding to the eight sections of the I Ching, each representing a different elemental manifestation and martial arts principle. Descriptions of the symbology, cultural, anatomical, and tactical details of each set are taught as well as detailed instructions on the form practice. Illustrated throughout with step-by-step drawings and photographs, the book shows how ba gua zhang, driven by I Ching wisdom, helps students cultivate a sense of centeredness and spontaneity and use this "martial art" in every aspect of their lives.

pd ouspensky in search of the miraculous: Three Dangerous Magi: Osho Gurdjieff Cr P. T.

Mistlberger, 2010-10-12 The Three Dangerous Magi reveals scandal, mayhem, death, sex, drugs, ecstasy, enlightenment, in the lives of the three most notorious sages of the 20th century. Use their story for personal transformation.

pd ouspensky in search of the miraculous: Gurdjieff Jacob Needleman, George Baker,

1998-01-01 This 449-page collection of essays on the life of the famous (or infamous?) George Ivanovitch Gurdjieff could serve as the definitive tome on the eccentric and enigmatic teacher.

pd ouspensky in search of the miraculous: Free Your Breath, Free Your Life Dennis Lewis,

2004-05-18 This book will show you how being aware of your breathing can have a profound impact on your physical and emotional health in a most positive way. Whether you are interested in stress reduction, easing a chronic breathing problem, or exploring the more spiritual aspects of breathing practice, this illustrated guide will provide you with practical, simple exercises to calm, energize, and generally enhance your sense of well-being. The author, Dennis Lewis, also shows how becoming more conscious of your breathing can reveal a lot about your self-image and help you deal more effectively with difficult emotions and situations.

pd ouspensky in search of the miraculous: Rethinking Religion in the Theatre of Grotowski

Catharine Christof, 2017-03-27 This book opens a new interdisciplinary frontier between religion and theatre studies to illuminate what has been seen as the religious, or spiritual, nature of Polish theatre director Jerzy Grotowski's work. It corrects the lacunae in both theatre studies and religious studies by examining the interaction between the two fields in his artistic output. The central

argument of the text is that through an embodied and materialist approach to religion, developed in the work of Michel Foucault and religious studies scholar Manuel Vasquez, as well as a critical reading of the concepts of the New Age, a new understanding of Grotowski and religion can be developed. It is possible to show how Grotowski's work articulated spiritual experience within the body; achieving a removal of spirituality from ecclesial authorities and relocating spiritual experience within the body of the performer. This is a unique analysis of one of the 20th Century's most famous theatrical figures. As such, it is a vital reference for academics in both Religion and Theatre Studies that have an interest in the spiritual aspects of Grotowski's work.

pd ouspensky in search of the miraculous: Zorba the Buddha Hugh B. Urban, 2016-01-12
Zorba the Buddha is the first comprehensive study of the life, teachings, and following of the controversial Indian guru known in his youth as Bhagwan Shree Rajneesh and in his later years as Osho (1931-1990). Most Americans today remember him only as the 'sex guru' and the 'Rolls Royce guru,' who built a hugely successful but scandal-ridden utopian community in central Oregon during the 1980s. Yet Osho was arguably the first truly global guru of the twentieth century, creating a large transnational movement that traced a complex global circuit from post-Independence India of the 1960s to Reagan's America of the 1980s and back to a developing new India in the 1990s. The Osho movement embodies some of the most important economic and spiritual currents of the past forty years, emerging and adapting within an increasingly interconnected and conflicted late-capitalist world order. Based on extensive ethnographic and archival research, Hugh Urban has created a rich and powerful narrative that is a must-read for anyone interested in religion and globalization.

pd ouspensky in search of the miraculous: The Wisdom Way of Knowing Cynthia Bourgeault, 2003-10-13
Drawing on resources as diverse as Sufism, Benedictine Monasticism, the Gurdjieff Work, and the string theory of modern physics, Cynthia Bourgeault has crafted her own unique vision of the Wisdom way in this very accessible book, nicely balanced between concept and practice. —Gerald May, senior fellow, Shalem Institute, and author, *Addiction and Grace* and *Will and Spirit* The spiritual wisdom and practical suggestions in this lively and beautiful book will be helpful to many who find themselves setting out on the interior journey. —Bruno Barnhart, a Camaldolese monk and author, *Second Simplicity: The Inner Shape of Christianity* Cynthia Bourgeault's book is a valuable contribution to the much-needed reawakening of spiritual practice within a Christian context. Her sincerity, good sense, metaphysical depth, and broad experience make her a source to be trusted. —Kabir Helminski, Sufi Shaikh, the Threshold Society

pd ouspensky in search of the miraculous: Idiots in Paris Elizabeth Bennett, John Godolphin Bennett, 2012-04-02
In 1949, JG Bennett was engaged in, with Gurdjieff's help, a titanic struggle with his own nature, which he describes in these diaries. However Elizabeth's entries, which make up the bulk of this book, give witness to conditions in Gurdjieff's circle at the end of his life—an impartial description with very little self in it. In 2012, when there are few people left alive who met and worked with the Armenian mystic philosopher G.I. Gurdjieff (d. 1949), it is all the more important to have such an honest eyewitness account as the one Elizabeth Bennett presents here. Elizabeth's original introduction, included in this new edition, and the diaries themselves, outline far better than any later commentator can the conditions in which Gurdjieff's pupils lived as satellites revolving round a brilliant sun. This edition contains new material: unpublished entries from Elizabeth Bennett's personal Paris diary, and a 2008 Foreword by Elizabeth and John Bennett's son, George Bennett

pd ouspensky in search of the miraculous: Philosophy and Art in Gurdjieff's Beelzebub Anna T. Challenger, 2021-07-26
This book demonstrates that the most forceful contribution to George Gurdjieff's world-view is Sufism, understood as the tradition of seeking truth wherever it can be found, especially at the meeting place of the world religions. Gurdjieff's masterpiece, *Beelzebub's Tales to His Grandson*, is philosophically analyzed in its use of literary devices to jolt the reader into radical transformation.

pd ouspensky in search of the miraculous: Gurdjieff and Hypnosis Mohammad Tamdgidi,

2009-11-23 This book explores the life and ideas of the enigmatic twentieth century philosopher, mystic, and teacher of esoteric dances George Ivanovitch Gurdjieff, performing a hermeneutic textual analysis of all his writings to illuminate the place of hypnosis in his teaching. Foreword by J. Walter Driscoll.

pd ouspensky in search of the miraculous: Growing a Soul on the Planet Earth Ron Levitan, Claire Levitan, 2018-05-25 Most of us think there are only two possible answers to the question: Do you have a soul? Either we have a soul, which will live beyond death, or there is no such thing as a soul, and when we die, nothing of us remains. But what if neither of those answers is correct? What if, instead, we are not born with a soul, but we have the possibility of growing one? Our potential for growing a soul was recognized by early gnostic Christians who practiced esoteric Christianity, which dates back to and originated in ancient pre-sand Egypt. It is a sacred science of being, a long hidden, esoteric teaching that G. I. Gurdjieff brought to the West early in the last century and is called the Fourth Way. How do we grow a soul? Gurdjieff tells us, The whole secret is that one cannot work for a future life without working for this one. We must learn how to be present to ourselves in each moment, to integrate body, senses, mind. The techniques and practices Gurdjieff brought in the Fourth Way can show us how. Is there life after death? That's the primordial human question. Yes, you have a soul. How do you know? Isn't it just societal belief? If you have no soul okay, here's how to live after dying. (William Patrick Patterson, author of *Georgi Ivanovitch Gurdjieff: The Man, The Teaching, His Mission*) For those who have felt the wish or recognized the need to grow in themselves something higher, the Levitans introduce Gurdjieff's authentic way of self-transformation to do so. They also explore other ways stemming from the same source, throughout centuries and millennia up to the present time, showing how Gurdjieff presented methods that completed what had been mostly lost, forgotten, or left out. (Mary Ellen Korman, author of *A Woman's Work with Gurdjieff*, Ramana Maharshi, Krishnamurti, Anandamayi Ma & Pak Subuh) Essential reading conveying with unique clarity and directness a distillation of the deep spiritual ideas contained in Gurdjieff's Fourth Way teaching. Faced with the question of soul, Ron and Claire Levitan lead us to the deep esoteric meaning of that word and the responsibility it carries in giving significance to our lives, the Earth and beyond. Gurdjieff's language of neologisms, often inaccessible, is presented in a straightforward manner, explaining the direct path to higher consciousness and conscience. If you've ever wondered what soul is or what is meant by growing a soul this is the book you've been waiting for. (Teresa Adams, instructor, Haida yoga, the Online Fourth Way School)

pd ouspensky in search of the miraculous: The Essential Paul Laffoley Douglas Walla, 2016-05-09 Paul Laffoley is a Visionary artist who lives and works in a tiny space in Boston he calls the Boston Visionary Cell. A trained architect, Laffoley produces brilliantly colored mandala paintings filled with symbols and texts. Each painting is accompanied by a text called a thought-form, which serves as commentary on the painting's content. The paintings--many of them large (73 x 73 inches)--have titles that range from the paranormal and arcane (*The Ectoplasmic Man*, *The Sexuality of Robots*) to the erudite: *De Rerum Natura*, referring to the poet Lucretius. Laffoley is interested in the mechanics of mysticism, time and space, dreams, magic, and consciousness. In addition to painting, he has also designed a time machine and a prayer gun. This book collects what Laffoley and his gallerist, Douglas Walla, see as the essential works--94 color plates w/91 attendant thought-forms. It also includes an introduction by Walla, a biography of Laffoley by artist Steven Moskowitz, and essays by two scholars. Linda Dalrymple Henderson (University of Texas at Austin, Art History) is a renowned expert on Henri Bergson, Duchamp, the art/science juncture, and the fourth dimension. Arielle Saiber (associate professor of Italian, Bowdoin College) analyzes one Laffoley's major works: Dante's 'Divine Comedy' Triptych.

pd ouspensky in search of the miraculous: The Six Processes of Life, Love, and Awakening Ray Jordan, 2011-10-19 The Six Processes are like a user's manual for tuning up your relationships and examining your own well-being. Like any living organism, when there is a problem in one of these processes the result will be imbalance, disease and possibly death. If the problem's roots can be identified, whether they stem from the process of Growth, Digestion, Elimination,

Corruption, Healing, or Regeneration, then real progress can be made. This book was created in the hope that it will help you to understand your life, your relationships, and your spiritual growth. It is based on the teachings passed on to me during my years in an esoteric school. Section two focuses on the Aspects and Features of the Machine. I will introduce you to an incredible system for understanding human body types, personality types, and alchemical comfort zones. In the third section of the book we will explore the Power of Presence, meditation, overcoming obstacles to awakening, and advice for starting a spiritual group. This book is not based on the hope that you will believe, but instead that you will take it upon yourself to build a foundation of truth through the accumulation of your verifications. It was the goal of my teacher to discover and understand ancient and once secretive teachings and return their wisdom to people in an accessible form. This was written with that same objective. The knowledge contained in The Six Processes of Life, Love, and Awakening, is immediately practical and clear, while at the same time profound enough to be built off of for years to come. Whether your focus is on dating and relationships or personal and spiritual growth, you will find something useful in this book.

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