

# **Psychological Commentaries On The Teaching Of Gurdjieff And Ouspensky 6 Volumes**

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The esoteric teachings of George Gurdjieff and P.D. Ouspensky, particularly as detailed in Ouspensky's six-volume series, present a profound and challenging system for self-development. This article delves into the rich psychological commentaries embedded within these texts, exploring their impact on self-awareness, the nature of consciousness, and the path towards psychological transformation. We will examine key concepts such as \*self-remembering\*, the \*fourth way\*, and the significance of \*work on oneself\*, analyzing how these ideas offer a unique lens through which to understand the human psyche. Understanding these psychological commentaries is crucial for grasping the core principles of Gurdjieff and Ouspensky's teachings and their practical application.

### **Unpacking the Psychological Landscape: Key Concepts**

Ouspensky's six volumes, which build upon Gurdjieff's teachings, aren't simply philosophical treatises; they are deep dives into the intricacies of human psychology. Several key concepts underpin the psychological commentaries found within these works.

#### **### Self-Remembering: The Foundation of Psychological Change**

Central to Gurdjieff and Ouspensky's system is the concept of \*self-remembering\*. This isn't simply remembering oneself in the ordinary sense; rather, it's a conscious effort to maintain awareness of one's inner

state, observing thoughts, emotions, and sensations without judgment. This practice, as detailed throughout the six volumes, cultivates a heightened state of presence, allowing for a more objective understanding of one's habitual patterns and psychological mechanisms. The psychological commentary emphasizes that without self-remembering, we remain largely unconscious, driven by automatic reactions and ingrained behaviors.

### ### The Fourth Way: A Path to Psychological Wholeness

The *\*Fourth Way\**, a synthesis of various spiritual and psychological approaches, offers a practical framework for self-transformation. It's neither purely religious nor solely intellectual, but emphasizes the need for consistent conscious effort to overcome psychological limitations and develop a higher level of awareness. The six volumes illuminate the Fourth Way's multifaceted nature, showcasing its psychological components through exercises and detailed analyses of human behavior. This offers insightful psychological commentaries on how ingrained habits and subconscious processes hinder our potential for growth.

### ### Work on Oneself: The Practical Application of Psychological Principles

The phrase *"work on oneself"* signifies the consistent, disciplined effort required for self-transformation. This isn't a passive pursuit; it demands active participation in the psychological process. Ouspensky's psychological commentaries throughout the six volumes detail specific exercises and practices designed to disrupt habitual patterns, increase self-awareness, and cultivate new ways of being. This work emphasizes the necessity of confronting one's psychological limitations, rather than simply accepting them. It's a continuous process of self-examination and refinement, documented and analyzed within the expansive body of work.

## **The Significance of Ouspensky's Six Volumes: A Deep Dive into Psychological Commentary**

Ouspensky's detailed accounts provide invaluable psychological commentaries, going beyond the superficial and delving into the mechanics of human consciousness. His systematic approach, meticulously laid out across the six volumes, provides a unique perspective on the

nature of thought, emotion, and behavior. He dissects the complexities of the human psyche, offering a roadmap for those seeking to transcend their limitations.

- **In Search of the Miraculous:** This foundational volume explores the core principles of Gurdjieff's teachings, providing a detailed psychological commentary on the limitations of ordinary consciousness.
- **Tertium Organum:** A philosophical exploration that directly relates to psychological understanding, arguing for a system beyond traditional logic and offering insights into the nature of perception and reality.
- **A New Model of the Universe:** This volume expands on the philosophical framework, providing a broader context for the psychological work.
- **The Psychology of Man's Possible Evolution:** Here, Ouspensky delves deeply into the psychological processes hindering human development. This is rich in psychological commentaries on various human behaviors and motivations.
- **Fragments of an Unknown Teaching:** A collection of essays and teachings further elaborating on the practical application of the system, including detailed psychological exercises and observations.
- **The Fourth Way:** This volume summarizes and integrates the previous works, providing a comprehensive overview of the system's principles and practical applications, heavily focused on psychological development.

## Practical Applications and Benefits of Understanding the Psychological Commentaries

Understanding the psychological commentaries within Gurdjieff and Ouspensky's teachings offers numerous practical benefits. These include:

- **Increased Self-Awareness:** The emphasis on self-remembering directly cultivates heightened awareness of one's inner state, leading to a more objective understanding of thoughts, emotions, and behaviors.
- **Improved Emotional Regulation:** By understanding the mechanisms of emotional responses, individuals can learn to

manage and regulate their emotions more effectively.

- **Breaking Free from Habitual Patterns:** The emphasis on conscious effort helps individuals disrupt ingrained, negative behaviors and cultivate new, more positive habits.
- **Enhanced Self-Discipline:** The commitment to "work on oneself" fosters self-discipline and promotes personal responsibility.
- **Deeper Meaning and Purpose:** By engaging with these complex ideas, individuals can find a deeper sense of meaning and purpose in their lives.

## Challenges and Criticisms: A Balanced Perspective

While the psychological commentaries offer valuable insights, certain challenges and criticisms exist. Some find the system demanding, requiring significant commitment and self-discipline. The esoteric nature of the teachings may also present difficulties for some readers. Furthermore, the lack of empirical scientific validation can be a point of contention for those seeking evidence-based approaches to psychology. However, the profound psychological insights offered within these six volumes, when thoughtfully engaged with, continue to resonate with those seeking self-improvement and a deeper understanding of human consciousness.

## Conclusion: A Journey of Self-Discovery

Ouspensky's six volumes, building upon Gurdjieff's teachings, offer a rich tapestry of psychological commentaries. By exploring concepts like self-remembering, the Fourth Way, and the work on oneself, readers embark on a journey of self-discovery, challenging their assumptions about themselves and the world around them. While the path is demanding, the potential rewards—increased self-awareness, emotional regulation, and a deeper understanding of human nature—make it a worthwhile endeavor for those seeking genuine personal transformation.

## FAQ

**Q1: Are Gurdjieff and Ouspensky's teachings compatible with other psychological approaches?**

A1: While distinct, Gurdjieff and Ouspensky's system can complement

other psychological approaches. Its focus on self-awareness and conscious effort can enhance the effectiveness of therapies like mindfulness or cognitive behavioral therapy (CBT). However, it's crucial to remember that it's a distinct system with its own unique terminology and methodology.

**Q2: What are some practical exercises derived from the psychological commentaries?**

A2: The texts suggest many exercises, including self-observation (paying attention to your thoughts and feelings without judgment), self-remembering (consciously maintaining awareness of your inner state), and the study of your own habitual reactions (identifying and questioning automatic responses).

**Q3: How long does it take to fully understand the six volumes?**

A3: The time required varies greatly depending on individual reading pace, prior knowledge, and level of engagement. It's a journey of gradual understanding, requiring repeated readings and reflection. Some individuals may spend years fully integrating the concepts.

**Q4: Are there support groups or communities for those studying Gurdjieff and Ouspensky?**

A4: Yes, various study groups and online communities dedicated to Gurdjieff and Ouspensky's teachings exist globally. These provide a supportive environment for discussion, sharing experiences, and further exploration of the concepts.

**Q5: What are the potential drawbacks of engaging with these teachings?**

A5: The system requires significant commitment, self-discipline, and introspection, which can be challenging for some. It also necessitates confronting one's psychological limitations and ingrained habits, which can be emotionally demanding.

**Q6: Is this system a religion or a philosophy?**

A6: It's neither purely a religion nor a philosophy. The Fourth Way is presented as a practical system for self-development, incorporating elements of both, but not adhering strictly to either. Its focus is on personal transformation through conscious effort, regardless of religious

affiliation.

**Q7: How do the six volumes relate to each other?**

A7: The six volumes are interconnected, with each building upon the previous ones. While each can be read independently, a sequential approach provides a more comprehensive understanding of the overall system. "In Search of the Miraculous" serves as a foundational text, followed by progressively more detailed explorations of the concepts.

**Q8: What is the overall message or key takeaway from the psychological commentaries within the six volumes?**

A8: The key message is that human beings operate largely unconsciously, driven by ingrained habits and automatic responses. The psychological commentaries in these volumes provide a system for increasing self-awareness, developing self-control, and ultimately achieving a higher state of conscious functioning. This process requires consistent "work on oneself," involving self-observation, self-remembering, and continuous effort towards personal transformation.

## **Delving into the Depths: Psychological Commentaries on the Teachings of Gurdjieff and Ouspensky (6 Volumes)**

The captivating teachings of George Gurdjieff and P.D. Ouspensky, documented across numerous texts, have captivated seekers of self-knowledge for centuries. This article will delve into the psychological subtleties presented in a hypothetical six-volume set of commentaries on their work, focusing on the practical applications and significant insights offered to those striving for self-improvement and spiritual evolution. We'll dissect key concepts, underscoring their relevance to contemporary existence.

The six volumes, postulated here, would likely confront various aspects of Gurdjieff and Ouspensky's system. Volume one might introduce foundational concepts like self-remembering, the value of conscious attention, and the essence of man's habitual state. Copious examples from daily experience could illustrate how our feelings frequently operate unconsciously, guiding our actions without our mindful participation. This volume would create the groundwork for later explorations.

Volume two would elaborate the concept of self-observation , a cornerstone of the Gurdjieff-Ouspensky system. This volume might investigate different techniques for fostering self-awareness, including mindfulness , self-reflection , and the examination of their own feelings and responses . Analogies, perhaps drawn from acting or games, could assist readers to understand the subtle processes involved in changing from a reactive to a more deliberate state of being.

Volumes three and four could focus on the vital role of emotions and the embodiment in the process of self-transformation. Gurdjieff's emphasis on bodily exercises and actions could be discussed in depth , highlighting their impact on emotional states. These volumes might explain the concept of psychological center of energy , and how imbalances in these centers manifest in common living. Practical techniques for controlling emotions and cultivating a more integrated inner landscape would be included .

Volume five would likely explore the concept of intention , a significant force often untapped in humans. This volume would explore the distinction between instinctive responses and true conscious actions. Strategies for developing the will, such as setting aims and consistently working towards them, could be explored in great length.

The sixth and final volume would integrate the themes explored in the previous volumes, providing a complete framework for self evolution. This volume could also explore the challenges that inevitably arise on the path of self-improvement and offer practical strategies for navigating these challenges . The lasting benefits of persistent self-work could be underscored.

In closing, a six-volume commentary on the Gurdjieff-Ouspensky teachings would offer a abundant and complete exploration of their system, providing readers with a roadmap for personal growth . The practical techniques and profound psychological insights offered could lead to substantial positive changes in their life .

### **Frequently Asked Questions (FAQs)**

#### **Q1: Are the Gurdjieff-Ouspensky teachings suitable for everyone?**

**A1:** The teachings require a serious commitment to self-work and introspection. They are best suited for those genuinely seeking self-

improvement and willing to invest the necessary time and effort.

**Q2: What are some practical benefits of studying these teachings?**

**A2:** Benefits include increased self-awareness, improved emotional regulation, stronger willpower, enhanced self-control, and a more conscious and meaningful life.

**Q3: How do these teachings relate to other psychological approaches?**

**A3:** While distinct, the Gurdjieff-Ouspensky system shares similarities with some aspects of mindfulness, cognitive behavioral therapy (CBT), and humanistic psychology, focusing on self-awareness and conscious action.

**Q4: Are there any potential drawbacks to studying these teachings?**

**A4:** The rigorous nature of self-work can be challenging, and some may find certain aspects demanding or even initially frustrating. A supportive community or mentor can be beneficial.

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