

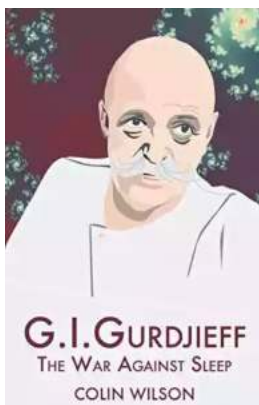
Gurdjieff: The War Against Sleep

In the realm of spiritual teachers, Gurdjieff stands out as a unique figure who challenged the norms of his time. His teachings were unconventional, often described as a mystical combination of philosophy, psychology, and practical life guidance. One of his most renowned concepts was that of "The War Against Sleep". It is through this concept that Gurdjieff sought to shake individuals out of their spiritual slumber and awaken them to self-realization.

Gurdjieff believed that human beings are largely unaware of their true potential and spend their lives in a state of spiritual sleep. He argued that most people go through life in a mechanical and unconscious state, simply reacting to external events and stimuli without an understanding of their deeper purpose. In his teachings, Gurdjieff emphasized the importance of self-awareness and conscious effort to break free from this state of sleep.

The Battle Within

In Gurdjieff's view, the war against sleep is not an external struggle but an inner battle within each individual. It is a fight against deeply ingrained conditioning, acquired beliefs, and automatic patterns of behavior. He described this internal struggle as a conflict between the "essence" and the "personality".



G.I. Gurdjieff: The War Against Sleep

by Colin Wilson (Kindle Edition)

★★★★☆ 4.3 out of 5

Language : English

File size : 1186 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 132 pages



The personality, according to Gurdjieff, is a collection of learned behaviors, social roles, and conditioned responses. It is a false self that masks the true essence of an individual. The essence is the spiritual core, the unique potential that lies within each person. Gurdjieff believed that the essence can only be awakened through conscious effort and self-observation.

In his teachings, Gurdjieff introduced various practices and exercises aimed at awakening the essence. These practices often involved intense self-reflection, self-observation, and the cultivation of inner awareness. By engaging in these practices, individuals were encouraged to directly experience their own thoughts, emotions, and sensations, rather than simply reacting to them.

The Struggle for Awakening

Gurdjieff's teachings on the war against sleep were not meant to be simple theories or intellectual concepts. Rather, they were practical tools for personal transformation. His aim was to shake individuals out of their mechanical existence and awaken them to their true potential.

However, Gurdjieff's methods were notoriously demanding and required a great deal of effort and commitment. He believed that true transformation could only be achieved through active participation and conscious struggle. This struggle involved questioning one's own beliefs, challenging societal conditioning, and confronting the uncomfortable truths about oneself.

Throughout his teachings, Gurdjieff emphasized the importance of self-discipline, self-remembering, and self-observation. He believed that by constantly striving for self-awareness and inner work, individuals could break free from the state of spiritual sleep and attain a higher level of consciousness.

The Legacy of Gurdjieff

Gurdjieff's teachings continue to inspire and challenge individuals to this day. His ideas have influenced various spiritual and philosophical movements, and his methods have been adapted by numerous contemporary teachers and seekers.

However, it is important to note that Gurdjieff's teachings are not without controversy. Some critics argue that his methods were too harsh and demanding, and that they could potentially lead to psychological instability if not approached with caution. Others question the authenticity of his teachings and the validity of his claims.

Nevertheless, Gurdjieff's concept of the war against sleep remains a powerful metaphor for the human journey towards self-realization. It serves as a reminder that true awakening requires effort, perseverance, and a willingness to confront the illusions and limitations of our own minds.

Gurdjieff's teachings on the war against sleep continue to captivate and challenge spiritual seekers around the world. His unique perspective and practical methods offer a path towards self-realization and inner transformation. However, it is up to each individual to decide whether to embark on this journey and to what extent they are willing to confront the limitations of their own beliefs and conditioning.

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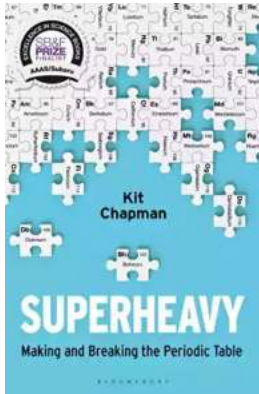


Presents the life and work of one of the most influential psychological theorists of modern times, George Ivanovitch Gurdjieff. This examination of a psychologist and teacher of genius also provides an to the philosophy of Gurdjieff. This work presents the life and work of one of the most influential psychological theorists of modern times. George Ivanovitch Gurdjieff is one of the most enigmatic figures of our time. He attracted legends as easily as disciples. But behind the Gurdjieff myth lies a solid corpus of thought, the importance of which is only now being generally recognized. At its heart was the idea of 'the war against sleep', the fact that man, in Colin Wilson's words, is like 'a grandfather clock driven by a watch-spring'. This brilliant and much praised examination of a psychologist and teacher of genius has established itself as the most important and accessible account for the general reader of Gurdjieff's life and work. This edition has been revised and expanded, providing the definitive to the philosophy of Gurdjieff.



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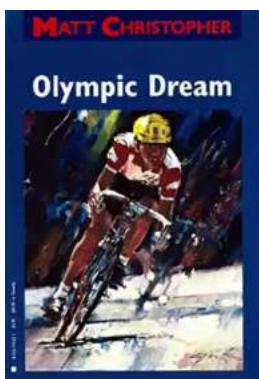
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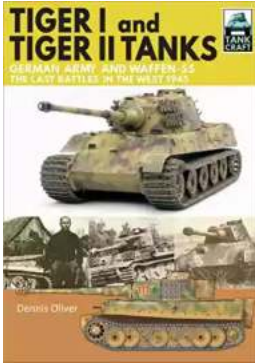
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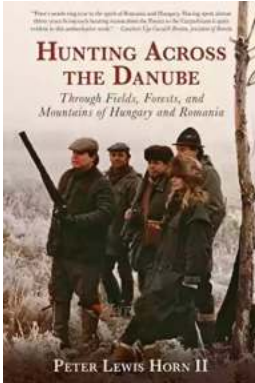
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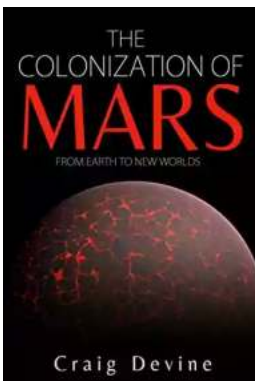
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