



# The Reality of Being: The Fourth Way of Gurdjieff

*Jeanne De Salzmann*

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## **The Reality of Being: The Fourth Way of Gurdjieff** Jeanne De Salzmann

Based on notebooks kept by G.I. Gurdjieff's closest follower, this book offers new insight on his spiritual teachings—a way of *gnosis* or "knowledge of being" passed on from remote antiquity. It is a complete and uniquely authoritative guide to the great teacher's ideas and to his methods for liberating ourselves from the state of "waking sleep" in which most of us live our lives.

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