

## **Are You Asleep?**

A Study of 'The Gurdjieff Work'

**3<sup>rd</sup> - 5<sup>th</sup> February 2012**

*Led by Gordon Melvin*

Have you ever had the impression that you are slowly emerging from a state of sleep within life? Are you drawn to search for some form of inner awakening?

This two and a half day workshop will be a time of deep reflection on, and sharing about, Gurdjieff's unique teaching on the journey of humanity from the state of 'sleep' to awakening.

Sleep, in this context, is about our having lost contact with our essential nature – a forgetting of the *real self*. This kind of sleep is not so much a matter of human stubbornness or even reluctance, both of which suggest a possible awareness of our situation; rather, we simply do not know that there is a problem.

During the workshop we will explore what Gurdjieff refers to as the four states of consciousness: *sleep, waking state, self-consciousness, and objective consciousness*.

Sessions will include reflections on and explorations around Gurdjieff's views of the condition of man and his possible evolution, and will include periods of meditation involving a heightened awareness of the role of the body in both meditation and the awakening process. Gurdjieff's teaching is fundamentally practical, so we will be doing practical, everyday activities together with a view to working with inner attention, beginning with attention in the body.

**Gordon Melvin** trained as an artist in his twenties, receiving a Diploma in Fine Arts, followed by a further post graduate year specializing in painting at St. Martin's School of Art in London. He has been involved with the Gurdjieff work since 1983, where he first encountered the Enneagram. After receiving a degree in Theology, he was ordained in 1988 as a priest in the Church of England. He has served most of his ministry within the NHS where he was latterly the Senior Chaplain to the Ipswich and St. Clement's Hospitals working in both acute medicine and mental health. Gordon shifted from this form of ministry in 2004 to teach the Enneagram and work as a Life Coach. He has had an active Reiki practice since 2002.

Gordon's years of ministry, have provided him a wealth of intimate experiences of the human situation. This has given him a rich background for his current interest in a wider, more universal spirituality and **self** - realization process. Central to Gordon's work and quest has been Gurdjieff premise that man is asleep and needs to awaken to be fully alive and human.

**Start:** 6.30 pm on Friday with supper

**Finish:** Lunchtime on Sunday

**Cost:** £165/135 non-residential