

PART ONE

The Basic Exercises

Stopping thoughts.

Self-observation: observing oneself as being in four centres and displaying three qualitative degrees of attention.

Self-remembering.

Non-expression of negative emotions.

Observing identifications.

Being in balanced active self-expression.

Checking unnecessary talk.

Showing consideration, checking mechanical demand for consideration.

Not avoiding moments of conscience, on the contrary: welcoming moments of conscience.

Not saying “I” about everything.

Most of the above exercises are described in my two articles “The Fourth Way, Part One” and “The Fourth Way, Part Two”, and also in my book *The Explanation*. There is also valuable information on exercises to be had from the *The Fourth Way* by P. D. Ouspensky and *Psychological Commentaries on the Teaching of Gurdjieff and Ouspensky*, a five-volume work by Dr. Maurice Nicoll.