

# An introduction to the teachings of Gurdjieff



“For one who desires to study human mechanicality in general and to make it clear ... the very best object of study is ... one’s own mechanicality; and to study this practically and to understand it sensibly, with all one’s being ... is possible only as a result of correctly conducted self-observation.”

– G. I. Gurdjieff, *All and Everything*

“How deep does my life actually extend? Is it as thin as my skin? The question of how much superficiality do I allow? How much do I actually want to find out if there is any deeper life? And if I do find it what will I do with it?”

– W. A. Nyland, 1968

**The Land House Group is holding a series of introductory meetings open to those interested in exploring the ideas of Gurdjieff and their application in daily life.**

*W.A. Nyland participated in study groups with G.I. Gurdjieff and his student A.R. Orage from 1924 until Gurdjieff's death in 1949. Instructed by Gurdjieff to maintain his groups in the United States, Nyland served as a founding member of The Gurdjieff Foundation and later went on to establish groups of his own throughout the country. He founded the Land House Group in 1965 and worked closely with the students who have carried on his teaching.*

**[www.gurdjieff-nyland.org](http://www.gurdjieff-nyland.org)**

**Series from February 1 – March 7, 2024 – Thursdays 8 pm, Berkeley. For address:  
+ write [info@nyland.org](mailto:info@nyland.org) + text 510-989-5632 + call 707-291-6163**

Series of six discussion-based meetings with those experienced in the Gurdjieff Work.