



The Fourth Way (Book1) - Understanding Yourself

Viv Rosser

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This is a philosophical, self help book describing the fourth way. It is designed for kindle fire and is an experiential book full of colourful illustration and ideas for following the fourth way. It is for those who choose a spiritual path that is motivated by self-understanding. If we wish to understand the Universe and our place within it, there is no better way then to look to our self, an always available source of knowledge. Self-awareness and self understanding is the fourth way. It can be fun, playful, soulful and fascinating. Using Guidjieff, Osho, Gestalt Therapy and my own life-long experiences and anything else that supports a deeper self understanding I have created a series of books to enhance your journey along the way. This is part one and sets the seen with background knowledge about Guidjieff who studied the original three ways of spiritual development and introduced a fourth way, that incorporated and balanced all three, a holistic method where 'the whole is greater than the sum of the parts.

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