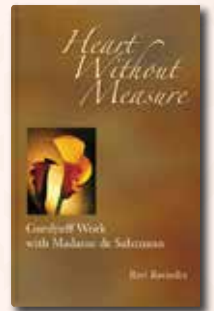




Exploring the Gurdjieff Work with remarks by  
**Jeanne de Salzmann** in *Heart Without Measure*

**An online companion course to the book**



*Man has a special function, which other creatures cannot fulfil. He can serve the earth by becoming a bridge for certain higher energies. Without this the earth cannot live properly. But man, as he is by nature, is not complete. In order to fulfil his proper function he needs to develop. There is a part in him which is unsatisfied by his life. Through religious or spiritual traditions he may become aware what this part needs. - Jeanne de Salzmann*

*The work of Madame de Salzmann brought fresh and strong light to the remarkable teaching of Gurdjieff and that she would not have spent such a large amount of time and energy with me as she did simply for my sake. She had asked me to write about the Work, and it is a necessity laid upon my soul. I have an obligation to make her teaching available to those who can benefit from it. - Ravi Ravindra*

*Heart Without Measure* is an autobiographical account by Ravi Ravindra of his inner journey with his spiritual teacher Madame Jeanne de Salzmann. The content has been taken from the personal journals of Ravi Ravindra kept during more than twenty years period from 1969, when he met her for the first time in New York, until her death in 1990.

The title of the book refers to the unconditional commitment that Madame de Salzmann had toward all the students who were being guided by her. She was Gurdjieff's closest associate and was the spiritual head of the Work after his death in 1949. She carried out this responsibility with remarkable energy and creativity until she died in 1990 at the age of one hundred and one. Under her leadership the Gurdjieff Foundations were established, connections amongst the groups were strengthened, and Gurdjieff's writings were published.

Ravi Ravindra, now in his eighties, has been in the work for over fifty years. This memoir was created from the meticulous journals he kept. *Heart Without Measure* is divided into nine sections, each section with chapters related to the specific topic dealing with an aspect of the work. Every chapter in the book has been carefully written, and each section concludes with remarks by Madame de Salzmann.

In the book he shares an intimate account of his practice of the Gurdjieff work with her. It is an honest account of a seeker of truth, sharing observations about his teacher, his own effort, even the lack of it, and how she worked with him to enable his journey on the path.

Since its publication in 1999, *Heart Without Measure* has found a steady stream of readers who have benefited immensely from it mainly because of the way Ravi Ravindra has expressed the extraordinary teaching of Gurdjieff, as lived and taught by Madame Jeanne de Salzmann. It has been recommended as an essential reading for all those who knew her, and also for those who wished they had. The method in her teaching has been communicated with extraordinary clarity and precision. The book was initially published by Shaila Press in 1999 and then later by Morning Light Press in 2004.

In July 2020, Ravi led a series of live webinars for a global audience. These were conducted over eight weeks, each dealing with one section of the book, with the exception of the last, which combined sections 8 and 9. The companion course maintains the same format in an electronic form, including the guided meditation, remarks and the exchange on the explorations that were assigned for that week.

It is indeed a rare offering when the author of a book, written over two decades ago, describes with vivid clarity the priceless and soulful meetings he had with his great teacher, reminiscing and speaking of them in front of a live audience. We remain grateful to the Gurdjieff Foundation of India, which sponsored the event and gave us the opportunity to create such a body of material.