

# The Principles of An Effortlessly Effective Body-Being eCourse

## General Information:

Too often, the work of personal growth amounts to little more than exchanging one set of beliefs and opinions for another. Because this cannot bring you any closer to the truth, and does not effect a real transformation, many people give up. Even those who expend great energy and commitment can simply lose hope of finding a study worth pursuing. You might feel that you have exhausted all possibilities of encountering a truly transformative direction of study. The serious students of Cheng Hsin would tell you to take heart and open yourself up to another possibility. The Cheng Hsin work is real, and it is powerful and deep enough to take you as far as you want to go.

What we call "the Cheng Hsin work" is an unusually broad study encompassing both physical effectiveness and transformational mind work. Years ago when contemplation work improved my martial skills so remarkably, I came to use martial arts as a grounded way to look into mind, perception, and effectiveness. Most of the courses offered here deal primarily with mind or being (the ontology), but the interactive and body-being courses also include work with mind, perception, and other non-physical aspects of study. Without exception, all the Cheng Hsin work deals with improving the quality of a student's understanding, perception, and experience.

This structure works so well that I've expanded the courses and made them available to anyone who is willing to make a commitment. I've been busy creating a variety of e-courses based on three decades of Cheng Hsin ontology workshops. Newcomers are welcome, and regular students can continue their studies year-round while they live their daily lives. The current year-long eCourses are:

- ◆ Transcending The Self – A Mind Course
- ◆ Transforming Your Experience of Relationship
- ◆ The Principles of Effective Interaction
- ◆ The Principles of An Effortlessly Effective Body-Being
- ◆ The Power of Contemplation

No matter where you are in the world, or where you are in your work on "self," there's something here that will further your efforts. You can immerse yourself in a serious investigation of the nature of your own mind, or explore the nature of relationship and effective interaction. You can take on a course in powerful solo contemplation, or even study and train to improve the way you use your body.

Most of the work will address your mind and perceptions, your reactions and behavior. You will learn to question the nature of your perceived reality, and the assumptions that found such perceptions. All of the courses are roughly one year long so they represent a real commitment to and opportunity for personal growth

Taking on one of these courses requires commitment. The lessons are designed to build upon each other, leading you to new understanding and experiences that simply do not occur outside a structured format. You may experience emotional reactions as some aspect of your self is

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challenged. This is generally a positive occurrence, but it's wise to make a commitment strong enough to see you through the more difficult lessons. I will be available to answer questions and monitor your progress. From time to time I will provide feedback to facilitate your understanding, but you and you alone must do the work. These courses evolved over years of teaching thousands of people, many of whom write 20 years later to tell me that their study of Cheng Hsin was the best and most life-altering commitment they ever made. I understand -- it's my life's work as well.

All online students should consider attending the Fall and Spring workshops at the Cheng Hsin Center in Texas. These are intense and impactful events, and will allow you the opportunity to venture into realms of experience that are virtually impossible to approach by yourself. Your daily studies will be powerfully energized as you proceed from a whole new level of understanding.

Each course generally consists of 40 lesson plans given over a twelve month period. Every week or so you will receive an e-mail containing the week's daily lessons on a new theme. Each week you will have a specific assignment -- usually in the form of a question or something to observe throughout the day. Most weeks you'll also be given an exercise or writing assignment to help clarify and ground that week's lesson.

The lessons themselves are often fairly short and simple, but they're meant to be contemplated and experienced rather than just read. They're also progressive so it's important to keep up. People report that spending even a few minutes on an assignment will resonate with them all day, even when life's demands encroach on personal study time. The work is always about you and your own experience, so most of it can be done simply in the course of living your life. Of course, the more you put into creating an experience of the assignment, the deeper your understanding will be.

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I have come to realize that far too many of those interested in Cheng Hsin are unable to attend the workshops necessary for a meaningful and prolonged study of the body-being work. The mind work translates well to an e-course format, but obviously a serious martial student would want to train body-being with me in person. Still, after years of meeting my readers and also answering questions through e-mail and the newsletter, it's clear that progress can be made through written communications. Perhaps this is because all Cheng Hsin work deals with a student's perception and experience, even when those are grounded in one's body and actions. Whether you study it in written form or in workshops, an open investigation of body-being will create useful new distinctions in your experience -- physical, mental, and energetic.

So who is this course for? If you've read the books and want more, this course is for you. It'll help you move from intellectualizing the work to making it your own experience. If you're a workshop regular, you can use this course as a review and to provide a daily format for training

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and development. If you've never heard of this work and want to jump in, this is a good place. If you plan to come to a martial workshop, this course is the perfect complement.

We will begin by working from the book "Zen Body-Being," and each week will look into some new body or mind consideration. Like the book, the course isn't just for martial artists. It is for anyone who wants to improve their relationship with their body and develop a more effortless and effective level of physical skill in whatever they do.

There will be exercises and study as we move through all of the material relevant to an effortlessly effective body-being. We will address and work with the basic principles and structural design of an effective body. We will also tackle the important role of mind and perception in any physical activity or body development, and train feeling-image exercises or "energy" exercises along with our mechanical trainings. As the course develops, we will also work on effortless power, studying the application of "intrinsic strength" to achieve a more effortless result in any physical endeavor.

All of these considerations and exercises are immensely valuable for anyone with a body, but another very useful aspect of this course will be your commitment to study, learn, and train. You're the one who will learn to apply this material, and to do so as much as you can every time you use your body. You will also be encouraged to contemplate our considerations, and to develop a deeper understanding of what is being said, the universal principles involved, and how they apply in your experience. In theory, you could simply study the books and apply what you can, but a step-by-step program of daily training is far more likely to produce success. I will be available to answer questions or help in your understanding, but most of the work is up to you.

Reading should include, but isn't limited to:

Zen Body-Being

The Principles of Effortless Power

The Art of Effortless Power (section one)

Those of you who have already studied body-being with me personally (such as at the month-long Retreat at the Center, or the Body-Being workshops in Europe) may use this course as an extension of their studies. Review always yields greater understanding, and a daily commitment will give structure to your training.

The cost of the course is \$390 for the year, payable in full when you sign up. You can begin at any time and the course run for a year from then.