

The Power of Contemplation 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.

Not everyone can personally attend the ontology intensives and workshops, so last year some of the "regulars" requested that I create an alternative format through e-courses. At first it seemed strange to teach through electronic means, but the communication is the same regardless of the medium. After all, the "study of being" is a fairly universal endeavor that reaches across all boundaries: cultural, personal, and now geographical.

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

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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 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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**THE POWER OF CONTEMPLATION**  
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Contemplation isn't just deep thinking -- it is both an art and a skill that can be practiced and improved. To become conscious of something that you were not conscious of before is to expand your experience of being alive. Anything can be the subject for contemplation, and even a small breakthrough is a joyful experience.

In this course you will not only study contemplation itself, but will also take on powerful contemplations to become more conscious of the nature of mind, self, reality, and the experience of your very being. Ultimately we are working on contemplation capable of achieving what Zen people call an "enlightenment experience." Some participants may achieve this "direct

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consciousness of the true nature of being," although such an experience is not guaranteed. Through years of dedicated contemplation I have personally achieved this depth of consciousness and it gives me pleasure to facilitate others in exploring this possibility. Contemplation itself is its own reward, however, and the practitioner is the one who decides how far to take it. All I can do is guide you toward improving the power and effectiveness of your contemplation.

The contemplation we will work on is quite similar to Zen, yet we will not be restricted to any formal posturing or methods. Rather we will set out to directly experience the truth of whatever matter we engage. With such profound questioning, mental, emotional, and sometimes even physical barriers may come up as your mind reacts to such confrontation. This is to be expected -- simply let it be part of the process. When a deeper consciousness is achieved the barrier will dissolve.

The purpose of the course is to empower you to pursue a deep consciousness about what is true. As you become grounded in the work of questioning and contemplating and become more adept at utilizing the contemplation components, we will progress to deeper and deeper levels of contemplation, moving toward a more direct experience of the nature of Being. Such an undertaking is no light matter -- it takes practice and concentration. The good news is that contemplation can be practiced almost anywhere and at any time.

Every week or so you will work on new material and topics, and every day you will have an assignment. Some time will be taken each day to work on contemplating quietly by yourself. But most of the work can be done by learning to contemplate at any time and in any place. No matter how much you may have contemplated in the past, there is always more to learn and deeper to go.

I will be available to answer questions and monitor your progress, and will provide feedback to facilitate your understanding. Your daily contemplation assignments are where the real learning will take place, however, with the goal of either improving your ability to contemplate, or questioning to become conscious of some aspect of your experience of mind, self, being, or reality.

Reading should include:

The Book of Not Knowing
Pursuing Consciousness
The Genius of Being

You may also benefit from reading:

Reflections of Being
Ancient Wisdom, New Spirit

The cost of the course is \$623 for the year, payable in full when you sign up. You can begin at any time and the course will run for a year from then.