

Increasing Consciousness Mini-eCourse

Mini-eCourses General Information:

As an introduction to the Cheng Hsin work a year-long course may seem a bit lengthy so I've created the "mini" eCourses. These eCourses are shorter and cost less than the serious work involved in undertaking the longer eCourses, but the spirit and quality of the work is just as high. The current Mini-eCourses are:

- ◆ Increasing Consciousness
- ◆ T'ai Chi Body-Mind

You can use these short courses to help you decide if you'd like to pursue a more complete and comprehensive study of this work. I also invite you to 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.

Each mini-course consists of 6 lesson plans given over a six week period. Every week 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, exercises, or something to observe, study, or practice throughout the day.

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**INCREASING CONSCIOUSNESS eCOURSE**  
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This course should not be taken on lightly. Although its a short course we will still press more deeply into the nature of mind and perception than most people are used to. Our goal here is not to pursue an intellectual consideration, attempting merely to acquire some more "knowledge," but in each lesson what we're after is for you to have a genuine experience of something new involving your own conscious awareness.

Increasing consciousness is becoming more aware of yourself and your life than you currently are. It is having a new insight, recognizing something in reality you haven't recognized thus far. It is becoming more sensitive to your internal and external environments. It is making new distinctions in your experience that allow you to see reality in a more sophisticated way.

Increasing consciousness is always based on the truth. Otherwise it isn't becoming more conscious, it is just fantasizing, or making something up, or merely believing that a thing is true. Throughout this course your job is to become more conscious of whatever we are looking into -- and we will be looking into you, and your experience of others and life. The truth and consciousness are inseparable, so best to start with being as honest with yourself as you can.

You will be asked to challenge and question your beliefs, your motivations, your emotions, your very way of being. We will look into your ability to "listen," and develop a deeper level of understanding and communication. We'll tackle the basic nature of concept and experience, past

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and future, honesty and contemplation. We'll exam how mind creates the experience of your "self," which will open up the possibility of changing this experience – the one you live with every day. We will press out the edges of the envelope of your consciousness of your self, others, and life. All in six weeks!

This short course is not meant to be complete or comprehensive. It is a short study in aspects of self, mind, and perception for the purpose of assisting you in making progress increasing your level of consciousness of the nature of yourself and your life.

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

This material has a way of shifting and resonating within your experience so that you can virtually never approach it from the same perspective twice. That's part of what makes it so exciting.

Cost:

The cost of the Increasing Consciousness eCourse is \$99 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.