

# CHENG HSIN FALL RETREAT



with

**Peter Ralston and Brendan Lea**

## A CONSCIOUSNESS RETREAT

*We live within our every thought and action, but rarely do we investigate the very essence from which we are able to think and act.*

### **Making the Leap**

It's difficult to explain in a brochure what this work is all about and how deep and powerful it really is. If you've grasped this already, nothing needs to be said. If you don't have a clue, it can take some real courage to come to such a workshop for the first time.

Most people who decide to participate in the



Consciousness workshops have worked with Ralston in other contexts. From this they get a

sense of the possibilities available, and without actually knowing the details they sign up to see what this work can do for them.

Some people simply take the leap and decide to participate in such work without really knowing what it's all about. If you are in the second category, it might help you to know that no one has ever expressed regret for taking on this work. Virtually everyone who participates communicates that they are grateful for having done so.

### **Three and a Half Weeks of Consciousness:**

We start with a three day **Communication and Relationship Workshop**.

Following this warm up we move on to the most central and indispensable consciousness workshop of Cheng Hsin the **Experiencing the Nature of Being (ENB)**. It is the foundation workshop and a must-do, and repeated several times. It is the week that most closely relates to the material expressed in *The Book of Not Knowing*.

Following the ENB is a brand new workshop called **Transcending Self (TSW)**, and then the **Contemplation Intensive (CI)**.

## Location

These workshops are live-in and will be held at the Cheng Hsin Center in the beautiful Hill Country outside of San Antonio. We have a pool and hot tub for swimming and soaking after training. The 40X80 foot training hall has 4 showers, each with its own dressing room, and 3 toilets. We have a kitchen where food is prepared; food is included in the price.

### BOOKS and DVDs:

Before coming to the retreat, it might be useful to familiarize yourself with the material in:

- 📖 *The Book of Not Knowing*
- 📖 *Pursuing consciousness*
- 📖 *The Genius of Being*

And the DVDS:

- 📺 Introduction to Consciousness
- 📺 Introduction to Contemplation

**For more information:** visit our website: [PeterRalston.com](http://PeterRalston.com), or contact Peter at: [Ralston@ChengHsin.com](mailto:Ralston@ChengHsin.com)



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## COMMUNICATION AND RELATIONSHIP WORKSHOP

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We can always use more opportunities to engage the joyous if challenging work of growth and consciousness. The Communication and Relationship Workshop is a new three day opportunity to take a powerful journey into the transformative work of developing more powerful and genuine communication and more effective and satisfying relationships.

Our goals will be grounded and yet quite ambitious. You'll train systematically and intensely to improve your communication skills, and enrich your perspective of relating. No kidding. The goal is a fundamental shift in your experience of your relationship with others—resulting in a genuine increase in contact and a more effective experience of relating.

"Experiencing the Nature of Being", our central week-long workshop most related to *The Book of Not Knowing*, takes us deep into the nature self, mind, experience, and Being, and is aimed at direct experience, so it presents us with more than we can to fully absorb. Every hour of every day is intense as we encounter new revelations, or are introduced to a new direction, depth, or aspect of our experience.

The C&R, on the other hand, was created to focus specifically on making a grounded, functional transformation in our experience of relating to others.



### Exploring Communication and Relationship

What do you think would make a difference in your life? The ability to have others hear and understand your experience? How about expanding your own capacity to truly hear their communications?

We're all inclined to get stuck in ineffective patterns of relating, so this workshop will focus on recognizing how these patterns occur and moving beyond them into a new possibilities. If you think these skills could make a difference, you're right.

# EXPERIENCING THE NATURE OF BEING

## A WEEK-LONG CONSCIOUSNESS WORKSHOP



*Too often, the work of understanding ourselves amounts to little more than exchanging one set of beliefs and opinions for another. Many give up, thinking that they have exhausted all possibilities of encountering a truly powerful, transformative event. This workshop is such a possibility.*

### ABOUT THE CHENG HSIN ONTOLOGICAL WORK

If you look in the dictionary, you'll read that ontology is the study of being, of existence. It is a deep and complex field, with various aspects frequently under debate by philosophers, scientists, and theologians.

The Cheng Hsin approach to ontology is not intellectual deliberation, but an experiential inquiry. We explore the way perception creates our experience of self, other, and the world. We seek to move beyond the habits of perception that limit us in our abilities, our relationships, and our lives.

Many of you may not realize it, but the core of Peter's work is ontological rather than martial. Openly investigating the questions of Being led him to an increase in martial ability, but it's clear that this work extends far beyond the martial arts.

Consciousness work is not about acquiring knowledge. Where your understanding "ends" is where you start asking questions, and where Peter can begin to help you experience beyond what you "know." It is at this point—within the framework of his unique, hands-on experiential confrontation—that the fascinating ideas of ontology start to become real.

The first step in this workshop is learning how to approach our work—both individually and as a group—so if you are unclear about how to begin, that's just fine. Peter will work with you step by step to understand the nature of your self, thought, awareness, and being.



We've all tried to change something in ourselves and fallen short, or after some time, reverted back to old ways. Come to the workshop. Together we'll discover what "this" is all about in such a way that you will never be the same.

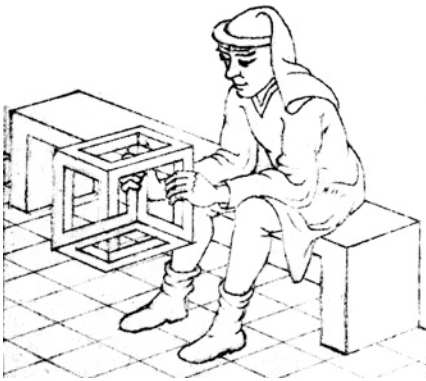
## Transform Your Experience of Being

You live your life as if you know what it's all about, and yet something at the core of your being remains threatened by the possibility that your sense of reality and sense of self are somehow fabrications.

It's true—they ARE.

From infancy, the human mind struggles for certainty, continually drawing conclusions in an attempt to establish a sense of self. What we don't realize is that we have become entrenched in these beliefs at such a deep level that they appear to us now as reality.

This workshop is a unique opportunity to confront these beliefs and concepts, and transform the very mechanisms that determine your experience, your actions, your relationships, and your abilities.



### As a participant you will:

- Learn to make a distinction between conceptualization and actual experience.
- Discover that you can remove concepts and beliefs from anything—from yourself, another person, an object, or a situation—resulting in a much more genuine and authentic experience of what's there.
- Be guided in opening up to experience your most authentic self—beyond your history, self-image, ego, intellect, emotion, or any other aberrating factor.
- Look into emotions: what they are, how they are created, and how they affect your experience of relationship.
- Realize how changing from a dynamic of reactivity to one of free responsiveness can create alternatives to manipulating or being manipulated by others.

- Investigate the very foundations of mind, being, and reality.

You will experience with increasing depth and clarity the real make-up of your existence, and move toward an understanding that surpasses the limits of thought. Here, you will discover a possibility of freedom and creativity that was, literally, inconceivable before now.



### Who should do this work?

This part of the Retreat is non-physical. It is not martial work, although it is highly recommended for serious students of martial arts. Others who have benefited profoundly from this work include:

- creative people such as dancers, actors, artists, and writers.
- psychotherapists, physicians, healers of all kinds.
- serious students of philosophy, spirituality, metaphysics, or cognitive sciences who are ready to actually experience what's true within their own awareness.
- athletes, executives, entrepreneurs—anyone willing to go beyond his or her current perception of self and reality.

Like a smack from the stick of a Zen master, this work is one of the most powerful ways to get to that central experience of Being that has been sought after for centuries. This is not a study group, a spiritual retreat, a system of beliefs, or a new philosophy. It is a whole-hearted investigation into the nature of mind, perception, self, and experience, for the purpose of becoming conscious of the dynamics and forces that make up your BEING. The goal is simply to know the truth.

And yet, your experience of being alive will be deeply transformed.





**To enroll yourself in this workshop is to take action that speaks louder than words about your personal commitment to awakening.**

If you are familiar with Peter's work, you know how powerful it is. Old hands are welcome, as well as anyone who has never done this kind of work before. The broader the range of participants, the more dynamic and transformative the experience will be for all.

## **F o r m a t**

The work becomes real out of your willingness to engage in a deeply honest level of questioning and communication. The workshop will run from early morning until late at night. You will be sitting for long periods with few breaks.

As a participant, you will be listening to powerful communications by the facilitator and considering deeply what is presented.

There will be:

- Dialogues with the facilitator
- Contemplation and communication with a partner
- Guided meditations
- Communication with the group
- Solo contemplation
- Readings, lectures, and numerous other exercises

Cheng Hsin Consciousness work is INTENSE and DEMANDS your attention, energy, and commitment. The only other requirement is to be there.

If you're up for a mind-blowing adventure, consider yourself invited to this powerful event.

***We question not for an answer  
but to experience the truth.***

## **About Peter Ralston**

Peter has been pursuing this work with passionate determination for more than 40 years. During periods of intense contemplation, he has had many enlightenment experiences which have profoundly influenced his study.



To demonstrate the effectiveness and opening power of a direct experience of Being, in 1978 he entered the World Championship full contact martial arts tournament held in China. He was the first non-Asian ever to win the tournament.

Peter has trained staff and done workshops for many organizations, such as Lifespings, Institute of Self Actualization (ISA), Robbins Research Institute (NLP), Actualizations, Institute for Empowerment, and others. He is a highly trained and insightful facilitator.

## **Books:**

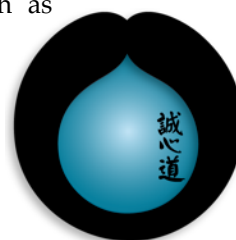
It would be useful for you to read through:

- ***The Book of Not Knowing***
- ***Pursuing Consciousness***
- ***The Genius of Being***

and then try to work through as much as you can of:

- ***Ancient Wisdom, New Spirit***

**Visit: [www.PeterRalston.com](http://www.PeterRalston.com)**



# TRANSCENDING SELF WORKSHOP



## Transcending Self—A New Workshop

This new workshop goes deeply into the existential origins of the elements necessary to produce what you experience as the world in which you live—your experience of you, others, and life as you live it. In this workshop you will stretch far beyond anything humans have confronted or collectively understood heretofore.

You'll probe deeply into the genesis of pretty much everything that makes up your experience of your reality, and become conscious of how it all came to pass. From scratch you'll be invited to personally grasp for yourself the very creation of self and other, language and mind, society and the formulation of your separate and private inner world. You'll also learn to recognize the overwhelming and overlooked consequences this series of inventions and conclusions produces.

The TSW is a great complement to *Experiencing the Nature of Being*, our central week-long workshop most related to *The Book of Not Knowing*. The TSW is an even deeper probing of core aspects that have generated the very experiential dynamics presented in the ENB.



## Exploring The Origins of Your Experience of Self and Life

Peter Ralston's uniquely lucid communications about the nature of human consciousness expands in this workshop through deep contemplations on the unseen elements that create our world. In its way it is more difficult than most workshops, requiring active participation in dialogues to grasp the presented assertions, taking us straight to the heart of the *origins* of our experience.

In a progression of illuminating assertions, Ralston shows us how human consciousness generates both self and reality from nothing, and imbues them with the quality of objective truth. From the time we first distinguish between self and not-self as infants, we begin making a sequence of existential assumptions that result in the illusion that a self is some ethereal "object" within. This universally accepted assumption persists despite the failure of exhaustive investigations to locate this inner self. Ignorance regarding these dynamics is responsible for much unnecessary suffering, but through grasping the assertions presented in the TSW you are empowered to personally and experientially grasp what is rarely even glimpsed: a profound consciousness of the genesis of human experience.

It's difficult to explain how deep and powerful this work really is. If you've grasped this already, nothing needs to be said. If you don't have a clue, it can take some real courage to come to such a workshop for the first time. Most people who do the ontology workshops have worked with Ralston in another context. From this they just get a sense of the possibilities available, and, without actually knowing the details, they sign up to see what this work can do for them. Some people simply take the leap and decide to participate in such work without really knowing what it's all about. If you are in the second category, it might help you to know that no one has ever expressed regret in taking on this work. Virtually everyone who participates communicates that they are grateful for having done so.

No previous experience is necessary, but the ENB is highly recommended. Count on being over your head from time to time. This is fine. You will get all that you could possibly get otherwise, simply more will occur at a deeper level than you will be able to absorb at the time (it may make sense later on).



*The Greeks saw the entire nobility of their existence in the ability to question. Their ability to question was their standard for distinguishing themselves from those who did not have it and did not want it. They called them barbarians.*

Martin Heidegger



# CONTEMPLATION INTENSIVE



*Consciousness is at the source of everything we do and are. It is the first and most essential aspect of "being," and yet we seldom venture to look into the source of consciousness itself.*

## CONTEMPLATION PREPARATION

The first day and a half of this intensive aren't so intense. We will ease into the transition from the mind-numbing demands of our busy lives to a more present and disciplined state, engaging in a carefully orchestrated series of exercises and meditations designed to open us up to a greater awareness of our own mind, self, and existence.

Much of our work will focus on self-awareness and mind consciousness. We will do diads (two-person exercises involving introspection and communication), guided meditations, dialogues with the facilitator, and several other exercises to probe into the nature of consciousness and discipline the mind.

We will delve into "who you are" as a conscious being, searching out the "self" that you are, and bringing it to the fore of your consciousness. As a side-effect of this work, you will come away with a greater ability to communicate and make real contact with others.

The remaining four and a half days are focused on a Zen-style Contemplation Intensive where you will set out to personally and directly become conscious of who you are at the deepest

level. For the entire time you will be contemplating from 6am to late at night. Most contemplation will be in diad form (two people working together taking turns contemplating and communicating), but you are instructed to "hold your question" every minute of the day — while eating, walking, sleeping, and so on.

After such intense work you will be in an altered state — highly sensitive and open. Because of this, the last day of the intensive will include some "integration" work to help you get ready to meet the demands of normal life once again, and take your new experiences and insights into your daily life.

## WHAT IS A CONTEMPLATION INTENSIVE?

A Contemplation Intensive is similar in some ways to an intense Zen retreat.

Throughout the workshop, the participants ask or "hold" a question, such as "Who am I?" for the purpose of having a direct conscious experience. In Zen terminology, such a breakthrough is called an *enlightenment* experience.



There is no “data” in this intensive, nothing to memorize, no formula to live by, nothing to understand. New distinctions and breakthroughs are likely to occur, yet they occur solely out of the participants’ own work in contemplation.

While this kind of intensive is highly structured and requires discipline, the actual technique used is extremely straightforward and simple. The main exercise we do throughout the CI is called a Contemplation and Communication Exercise (CCE).

### **The Contemplation and Communication Exercise**

This is a 40 minute period in which two people sit facing each other, with one person acting as a listening partner and the other as the contemplating and communicating partner. Every five minutes the roles are reversed and the listening partner becomes the contemplating and communicating partner, and the contemplating partner becomes the listening partner. This continues back and forth for 40 minutes.

The fundamental endeavor in a CCE is repeatedly setting out to directly experience who you are (other questions include: What is another? What is life? or What am I?). As a result of such immediate contemplation, in which you are opening up in this very moment to experience yourself directly, something will come up. By “come up” I mean that some thought, feeling, idea, sensation, memory, or some sort of experience will fill the space of that openness. Or you will directly experience who you are.

Whatever comes up for you — no matter what it is — is communicated to your partner. You get it across to that person honestly, exactly as it is. The listening partner receives it without comment, without judgment, without any kind of feedback at all, subtle or gross. This gives you the freedom and space to communicate

anything, without concern about its correctness, how good or bad it looks, or whether or not it will be judged.



When the communication has occurred, you once again set out to experience who you are — contemplating and then communicating what comes up as a result, repeating this process until your five minutes are up. At that time a bell will chime and you will be instructed to reverse roles; you will then become a non-judgmental, open, and silent listening partner for five minutes.

### **CONTEMPLATION INTENSIVE FORMAT:**

A day begins at 6 AM. Throughout the day you will do about 14 CCEs. There will also be 2 to 3 walking or solo contemplations (30-40 minutes), a lecture period, and a few other short exercises during the day.



The meals will be light, but relatively frequent. Vegetarian meals are supplied and prepared by participants. In every activity your focus is on your contemplation.

Everything will be a contemplation. For example, meals are “eating contemplation” and bedtime is “sleeping contemplation.” The participant is instructed to “hold the question” every minute of the entire day. Sleeping contemplation occurs close to midnight.

In such an intense environment, where you have no concerns but to directly experience yourself, you will move through a tremendous amount of “stuff.” Mental, emotional, or physical barriers can come up. This is to be expected. Consider it part of the process and keep your intent on directly experiencing who you are no matter what comes up or gets in the way.

The purpose of the intensive is to have an enlightenment experience, which is to say, to directly and authentically experience the true nature of Being. Even if it doesn’t occur at this time, however, your efforts can have a lasting effect on your life and well-being — especially if

you repeatedly participate in the ENB (*Experiencing the Nature of Being*) Workshop.

The Contemplation Intensive is the perfect complement to our other ontology workshops. As with any of the ontological work we do, what we’re after is an experience of the truth. If you are interested in such an undertaking, sign up now. Space is limited.

For more information visit our website:

[PeterRalston.com](http://PeterRalston.com), or  
[www.ChengHsin.com](http://www.ChengHsin.com)



**Brendan Lea**

Brendan Lea has been studying with and assisting Ralston for over 17 years. He has been in every apprentice program done at the Center from the beginning. Trained by Ralston to both teach the Arts and facilitate consciousness workshops he is a competent and compassionate teacher.

## CHENG HSIN FALL RETREAT REGISTRATION INFORMATION

### WHERE TO GO:

You will fly into the San Antonio airport. If possible you should arrange to arrive by the afternoon of the arrival day of your workshop. It will take an hour or so drive from the airport. Further details will be provided when you sign up. If you plan to drive, directions will be provided when you sign up.

### COST:

If you send in a deposit of \$415 (non-refundable) by June 15 you will receive the largest discount available off the regular price. If your deposit arrive by August 15 you can also receive a substantial discount. (Discounts are already included in price list below.)

The price breakdown for each section is as follows:

| Duration               | 3 day<br>C&R | Any Full Week | Two Weeks | Three Weeks | All Four<br>Workshops |
|------------------------|--------------|---------------|-----------|-------------|-----------------------|
| Deposit by June<br>15: | 565          | \$1,315       | 2,315     | 3,215       | 3,615                 |
| Deposit by Aug.<br>15: | 615          | \$1,415       | 2,415     | 3,315       | 3,715                 |
| No early deposit:      | 715          | \$1,615       | 2,615     | 3,515       | 3,915                 |

Any questions?

Contact me at: [Ralston@ChengHsin.com](mailto:Ralston@ChengHsin.com)


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### The Cheng Hsin Fall Retreat

(for exact dates check *Schedule of Events* at [www.ChengHsin.com](http://www.ChengHsin.com))

Name: \_\_\_\_\_ Phone(s): \_\_\_\_\_ e-mail: \_\_\_\_\_

Address: \_\_\_\_\_

 Sign me up for the following Workshop(s):

- ☐ COMMUNICATION AND RELATIONSHIP
- ☐ EXPERIENCING THE NATURE OF BEING
- ☐ TRANSCENDING SELF
- ☐ CONTEMPLATION INTENSIVE

My deposit of \$415 is enclosed and scheduled to arrive by: ☐ June 15, ☐ Aug. 15, ☐ later than 8/15

US Students: Make \*\*checks to "Cheng Hsin" and mail to: Peter Ralston, PO Box 63080, Pipe Creek, TX 78063

All students and foreign students: register online at <http://chenghsin.com/product/fall-retreat-registration/>

All deposits are non-refundable

Cheng Hsin website: [www.ChengHsin.com](http://www.ChengHsin.com)

| Sunday                                 | Monday | Tuesday  | Wednesday | Thursday | Friday | Saturday         |
|--|--------|----------|-----------|----------|--------|------------------|
|  |        | Arrivals | C&R       | C&R      | C&R    | Travel Day       |
| EXPERIENCING<br>THE NATURE OF<br>BEING | ENB    | ENB      | ENB       | ENB      | ENB    | Travel Day       |
| TRANSCENDING<br>SELF<br>WORKSHOP       | TSW    | TSW      | TSW       | TSW      | TSW    | Travel Day       |
| CONTEMPLATION<br>INTENSIVE             | CI     | CI       | CI        | CI       | CI     | <u>Departure</u> |

See the brochures for more details.