

THE SPRING RETREAT

with
Peter Ralston and Brendan Lea

THE SPRING RETREAT



We're changing the format of the Spring Retreat. Instead of starting with the art we are adding the ENB to the consciousness lineup followed by TEL and IEW, ending with a week of martial in the Art of Effortless Power so that if participants want to go with another week or two in the Art, they can.

As always, the month-long format provides a comprehensive study of these interrelated facets of the Cheng Hsin work. If you're unfamiliar with Cheng Hsin, you may well wonder what martial work and mind work have to do with each other. The significance of this connection is implied in this axiom of effective interaction: *Effective response requires an accurate perception of the circumstances.*

The beauty of the consciousness work is that it offers a means to investigate the very process by which we perceive. The beauty of the martial work is that it is unmatched for providing crucial feedback about our patterns and limitations in thinking and learning.

In such a concentrated environment of continuous learning, students not only have the chance to investigate at much greater depths, but the effects of their study will accumulate exponentially.

Experiencing the Nature of Being

A WEEK-LONG
CONSCIOUSNESS WORKSHOP
with
Peter Ralston and Brendan Lea



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.

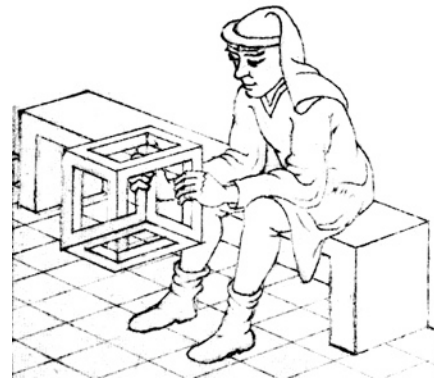
Transform Your Experience of Being

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 Lifesprings, 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: PeterRalston.com

Transforming Your Experience of life

This workshop is about undertaking a shift in perspective that will change your fundamental experience of self and life.

Our most common self-experience is based on a sense of separation coupled with an activity that produces a rather small and isolated domain of self. This fails to produce the satisfaction or happiness that we seek, and always will.

The dynamics involved in this self-introversion is further aggravated by existential assumptions regarding some form of lack in our "person." These assumptions are automatically reinforced by a closed loop of self-referencing perceptions. One of our goals in this workshop is to understand and expose these activities for what they are, and begin to free ourselves of them.

Since our experience of life is so closely related to our experience of each other, creating a new context for relating to others will transform our experience of self and life. Arising within our new context is a much deeper and more real level of communication, assisting us in reducing our sense of separation. Living in a world where "we are all in it together" forms a new experience of life and self.

- Transcend "Self Introversion"
- Become free of the closed loop of self-referencing perception
- Let go of existential assumptions of brokenness
- Immerse yourself in the truth about self and other
- Create a new Context for relating to others and life
- Increase your ability for real communication
- Reduce your sense of isolation and separation

If such an undertaking sounds appealing to you, I invite you to participate in the TEL workshop in spring.



Insight and Enlightenment Workshop

*Contemplation Intensive meets
Ontological Workshop*

The IEW is a combination of a Contemplation Intensive and an "ontological" consciousness work. In a CI, we spend most of our time contemplating such questions as "who am I?" and then communicating about this to a partner in a dyad format called a CCE (contemplation and communication exercise). The purpose of this endeavor is to have an enlightenment experience — a direct consciousness of the truth that is beyond belief or hearsay. In the ontological consciousness work, we're invited to investigate the mechanisms of mind and self, to create insights into the nature and dynamics of our experience and the world in which we live.

In this workshop, roughly half the time will be devoted to pure contemplation, primarily in the form of CCEs. The other half will be talks and dialogues given by Peter about subjects aligned with this contemplative effort, as well as exercises and guided meditations to point the participant in new directions and support them in having insights and breakthroughs. Such a two-fold approach both opens and grounds our work.

Beyond setting out to become conscious of your true nature, we will also work on such subjects as letting go of attachments, considering the nature of the body and mind, getting to the source of your experience, tackling the nature of real Now, exposing the illusions of self and life, and so on. It will be a purposeful week of contemplation and meditation to wrap up the new spring retreat.

- Look into your very "soul"
- Let go of unnecessary attachments
- Open up beyond mind
- Wonder: What is a body?
- Get to the source of your perceptions
- Discover the illusions of self and life
- Undertake the koan of Now
- Transcend the separation conundrum
- Approach the Absolute

About ten to eleven hours per day will be devoted to consciousness work in each of these new workshops. Together, we will meticulously uncover the very structures of mind that determine our perception of self and reality. As we break through habits of thinking and being, we'll discover still greater levels of questioning, contemplation, and understanding. Amazing new possibilities will begin to emerge in our awareness as we approach new domains of perception and ability. Don't miss this great work!

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. These workshops represent such a possibility.

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- Solo contemplation
- Readings, lectures, and numerous other exercises

Books:

If you've read Peter Ralston's books and especially if you have had the opportunity to work with him in person, you already know the value and power available in this retreat. If you haven't read his books, please do.

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

Videos:

If you want to prepare for this work, you can watch these videos:

- *An Introduction to Consciousness*
- *An Introduction to Contemplation*

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but to experience the truth.*

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THE ART OF EFFORTLESS POWER

In this new approach to teaching the Art, I plan to implement the practice and study of the Art as a means to reveal limits in the students' experience and to create new openings for experience outside these limits.



Often we focus so hard on the technical side of an art that we neglect the subtle qualities of relationship that are crucial to masterful interaction. We mindlessly inflict our techniques upon our partner, the planet, the ball, the team, or the instrument. Mastery, on the other hand, is a thoroughly open and creative experience—the ability to relate fluidly to each particular situation and to any changes that occur. This principle applies to all relationships, not just the ones we call martial.

What is the Art of Effortless Power?

The Art of Effortless Power has its roots loosely related to traditional arts like T'ai Chi, Aikido, and Judo, with contributions from Pa Kua, Jujitsu, and influence from boxing. This Art is

primarily an art of throwing and uprooting. The student learns to neutralize aggression, blend with outside forces, disrupt the balance and power of attackers and project them through space or throw them to the ground. The Art of Effortless Power incorporates the ground-breaking explorations that have distinguished the teachings of Peter Ralston.

The Art of Effortless Power is uniquely geared to meet any situation because it is founded on understanding the principles in which all interaction takes place. It has been designed out of a deep and profound experience of the principles of effortless power and effective interaction.

It is only . . . when emotion and intellect, hands and feet can meet the demands of the changing situation that a decision over life and death lies with oneself and not with the opponent.

Chosan Shissai, 18th Century
Japanese Swordmaster

- Consider what two weeks of hands-on experience with the founder of the art could teach you.

No previous training is necessary;
but if you haven't studied with Ralston before
start with week one.

Training will be eight to nine hours a day. Generally, a day will begin at 8:30am with a warm-up and training period, then a short break and a morning class. A lunch break is followed by two more afternoon classes. We will break for dinner and end the day with evening classes, wrapping up around 9 P.M.

Videos:

An Introduction to the Arts of Cheng Hsin
and *Instructional Level One* or higher

Books:

Zen Body-Being
The Principles of Effortless Power
The Art of Effortless Power

About 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.

The Retreat Space

This retreat will be held on a private 14 acre property. Breaks should be refreshing and relaxing. The schedule leaves some room for swimming, recreation, and introspection as you reflect on the work and soak in the experiences of the day.

What's Included:

The cost of the martial sections includes instruction, room and board, a huge space with good mats. For those with the courage to participate in the consciousness work, the cost includes room and board plus a guided tour of your own consciousness by two of the most riveting and focused teachers you will ever encounter.



The Center

- Our center includes a 40x80 foot hall with kitchen, showers, sinks, and toilets.
- People will be housed in the building or in large tent-cabins, including a large cot, foam, sleeping bag, pillow and lights.
- We have a large swimming pool and hot tub.



Signing Up:

To secure the most inexpensive fee available, a non-refundable deposit is due far in advance. For exact amounts and dates, see the information below.

It is difficult to convey the real scope and depth of this retreat. If you have any questions after reading this material, please feel free to contact us:

Ralston@ChengHsin.com

Visit our website:

PeterRalston.com, or
www.ChengHsin.com



Cheng Hsin Spring Retreat Logistical Information

WHERE TO GO:

You will fly into the San Antonio airport. Arrange to arrive before 4:30pm on the arrival day of your workshop, or come in the night before and stay at a hotel. 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 November 15 you will receive the largest discount available off the regular price. If your deposit arrive by January 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	One Week	Two Weeks	Three Weeks	All Four Weeks
Deposit by November 15:	\$1,315	2,315	3,215	4,015
Deposit by January 15:	\$1,415	2,415	3,315	4,115
No early deposit:	\$1,615	2,615	3,515	4,315

Any questions?

Contact me at: Ralston@ChengHsin.com

The Cheng Hsin Retreat

(for exact dates check *Schedule of Events* at www.ChengHsin.com)

Name: _____ Phone(s): _____ e-mail: _____

Address: _____

☛ Sign me up for the following:

- EXPERIENCE THE NATURE OF BEING
- TRANSFORMING YOUR EXPERIENCE OF LIFE
- INSIGHT AND ENLIGHTENMENT WORKSHOP
- ART OF EFFORTLESS POWER

My deposit of \$395 is enclosed and scheduled to arrive by: Nov. 15, Jan 15, later than 1-15

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/spring-retreat>

All deposits are non-refundable
Cheng Hsin website: www.ChengHsin.com

Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Arrivals	ENB	ENB	ENB	ENB	ENB	ENB
departures and arrivals	TEL	TEL	TEL	TEL	TEL	TEL
departures and arrivals	IEW	IEW	IEW	IEW	IEW	IEW
departures and arrivals	ART WEEK 1	ART WEEK 1	ART WEEK 1	ART WEEK 1	ART WEEK 1	ART WEEK 1
Retreat Departures						

