

THE SPRING RETREAT

with
Peter Ralston and Brendan Lea

THE SPRING RETREAT



We're changing the format of the Spring Retreat again. Now both the Spring Retreat and the Fall Retreat provide entire months of consciousness work!

Now the Spring Retreat starts with our most central workshop ENB, followed by the TEL. In addition to these powerful weeks we are adding a new workshop, the TLD, Transcending Life and Death! This workshops address the most core aspects of existence. We end the retreat with the IEW to end with days of pure contemplation.

This month-long format provides a comprehensive study of these interrelated facets of the Cheng Hsin consciousness work. The beauty of the consciousness work is that it offers a means to investigate the very process by which we live and 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. Now the martial and body work has been moved to the new Winter Retreat.

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.

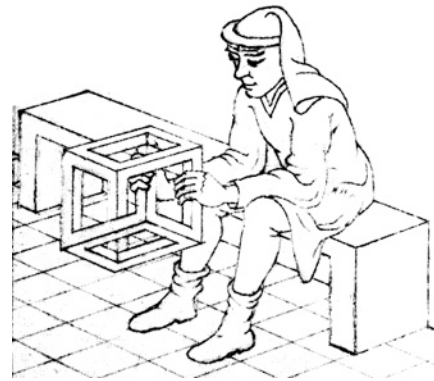
Transform Your Experience of Being

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.



TRANSCENDING LIFE AND DEATH

*Getting Free of Self-Survival and Embracing your
Absolute Nature*

This is the big one! This workshop is on the central and most primal issue of life and death. It is for serious people interested in going beyond self and beyond life to grasp the heart of your existence. I doubt it will be the most popular since it's not about how to improve life, but how to complete it.

Even without enlightenment, by getting free of your deep assumptions about life and confronting the overlooked and resisted realities of death, we can proceed to confront and create a new relationship, understanding, and experience of life and death.

Observe the fact that when you die, you will die all alone. Why is that? What overlooked assumption does this reveal? One thing it points to is the fact that your entire self-experience is already alone. This fact is known by you but usually felt as a malady that should be overcome.

Yet there is a struggle between taking care of this individual separate-self and trying to fix the sense of being alone and isolated. How do we attempt to remedy this? The entire domain of our experience that promises the possibility of not being alone is called the social domain.

Our experience of life and death is founded on the existence of self and other. We might contemplate what a self is or what another is, but this rarely provides us with a deep enough consciousness to transcend life and death. Remember, Gautama Buddha devoted his efforts to transcending life and death, and this was his focus when he attained what came to be called complete enlightenment.

Yet, we tend to ignore death as a reality for us, and relegate the truth of it to beliefs or fantasies. But neither belief or fantasy will make any difference when we die.

As Shakespeare so eloquently put it:

Life's but a walking shadow, a poor player, that struts and frets his hour upon the stage, and then is heard no more. It is a tale told by an idiot, full of sound and fury, signifying nothing.

The matter of death, as well as the truth of being existentially alone—and how it relates to death—is never really confronted. But it is the final and deepest matter of our entire existence.

How can we transcend both life and death? How can we be complete with the fact of death while alive, and so be complete with the life we are living? These questions are addressed in this workshop. If you are one of the few that would dare to take on this most real and overlooked issue, join us in this workshop and tackle it head on.

We will delve into our current experience, especially how it relates to self and other, to prepare us for lots of deep contemplation.





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.



About Brendan Lea

Brendan Lea has been studying with and assisting Ralston for over 20 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. Depending on the workshop the schedule may leave some room for swimming, recreation, and introspection as you reflect on the work and soak in the experiences of the day.

What's Included:

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 3:30pm 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 \$520 (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:	\$1,420	2,420	3,320	4,120
Deposit by January 15:	\$1,520	2,520	3,420	4,220
No early deposit:	\$1,670	2,670	3,570	4,370

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
- TRANSCENDING LIFE AND DEATH
- INSIGHT AND ENLIGHTENMENT WORKSHOP

My deposit of \$520 is enclosed and scheduled to arrive by: Nov. 15, Jan 15, later than 1-15

All students and foreign students: register online at

<http://chenghsin.com/product/spring-retreat>

All deposits are non-refundable

(US Students: can make **checks to "Cheng Hsin"; mail to: Peter Ralston, PO Box 63080, Pipe Creek, TX 78063)
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	TLD	TLD	TLD	TLD	TLD	TLD
departures and arrivals	IEW	IEW	IEW	IEW	IEW	IEW
Retreat Departures						

