

THE FALL RETREAT

with
Peter Ralston and Brendan Lea

THE NEW FALL RETREAT



Because new and very advanced workshops have been created, we are re-arranging the retreats. Now the Fall Retreat starts with the TSW, followed by the TLD. In addition to these powerful weeks we are adding a new workshop, the ACW, Absolute Consciousness Workshop! This workshop addresses the most absolute nature of existence. We end the retreat with the IEW, ending with lots of contemplation.

This month-long format provides a comprehensive study of these interrelated facets of the 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.

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.



TRANSCENDING SELF WORKSHOP

This 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



TRANSCENDING LIFE AND DEATH

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

This is one of the big ones! 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.



ABSOLUTE CONSCIOUSNESS WORKSHOP

This is the most advanced workshop I have ever created, I am committed to the attempt to lead people into an absolute consciousness, free from self and even beyond the limitations of humanity.

Of course, it isn't possible to guarantee such a result since it will always be up to the participant. What I can promise, however, is that I will grind every spiritual belief system and misinformation about enlightenment to dust. I will demolish the endless human bullshit that stands in the way of an honest or real openness to what's true. This

workshop is both very grounded and paradoxically extremely advanced at the same time.

It is not to be done by anyone with mental challenges. It is not meant to be an easy or feel-good workshop. I can promise that you will have your mind blown and will very likely have a very different view of yourself and reality by the time it is over. As we pound away in very grounded ways toward an ultimate consciousness of existence, you will be pushed to the edge—where almost no human has ever gone—and given shove after shove. There will be no other place to go and no way around it, but the leap in consciousness is up to you. Every opportunity will be given for you to do just that, but your grounded and serious commitment and openness in this pursuit are necessary.

As always with a new workshop, I plan to personally do this workshop for the first time during the Fall Retreat 2025. I hope you can attend. It will truly blow your mind and expose you to assertions you are very likely to be stunned by. Here we will be going for the real nature of absolute existence and consciousness, beyond the limitations of the self. This workshop will now be the most advanced workshop ever done—even more than the Transcending Life and Death workshop, which it will follow. As such I really don't recommend that it be your first workshop.





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 the 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 rivet-

ing and focused teachers you will ever encounter.

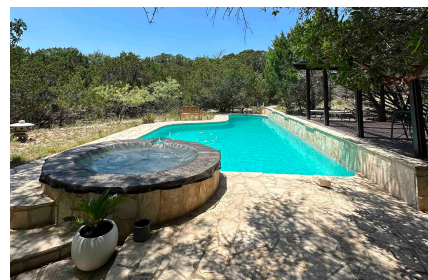


The Center

- 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

Cheng Hsin Fall 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:	\$1,520	2,520	3,420	4,220
Deposit by January 15:	\$1,620	2,620	3,520	4,320
No early deposit:	\$1,770	2,770	3,670	4,470

Any questions?

Contact me at: Ralston@ChengHsin.com

Register online at:

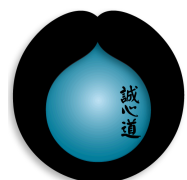
In-Person attendance:

<https://chenghsin.com/product/fall-retreat-registration/>

Zoom attendance:

<https://chenghsin.com/product/zoom-fall-retreat-registration/>

Cheng Hsin website: www.PeterRalston.com



Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Arrivals	TSW	TSW	TSW	TSW	TSW	TSW
Departures and arrivals	TLD	TLD	TLD	TLD	TLD	TLD
Departures and arrivals	ACW	ACW	ACW	ACW	ACW	ACW
Departures and arrivals	IEW	IEW	IEW	IEW	IEW	IEW
Retreat Departures						