

THE NEW 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!

The New 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 ESW, Ending Suffering Workshop! This workshop addresses the most core aspects of our experience that cause suffering. We end the retreat with the CI the Contemplation Intensive.

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. But 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 CONSCIOUSNESS 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 consciousness 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.

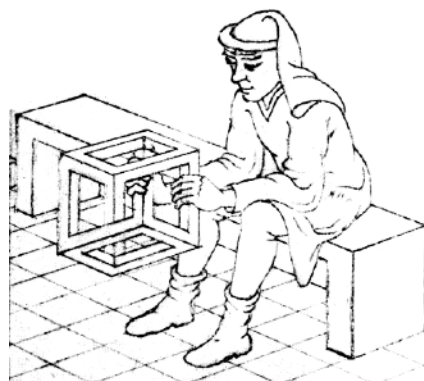
Transform Your Experience of Being

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 50 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*
- 🕒 *Ending Unnecessary Suffering*

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.



Ending Suffering Workshop

The Ending Suffering Workshop (or ESW), delivers powerful understandings that will change one's life—eliminating all unnecessary suffering and allowing you to experience being a complete and whole person without defect or needing something you don't have.

Within this workshop, we re-create the experience of living life as a real and powerful activity, and not as a plethora of rather unbalanced and crazy, or at least unneeded, mental and emotional activities that in the end cause the vast majority of your suffering, as well as a sense that your person and life are somehow incomplete and not as they should be.

It is a very powerful new workshop that really everyone should do. It will change the rest of your life in regards to all those things you do, often unconsciously, that create suffering in so many ways—feeling incomplete, dissatisfied, depressed, fretting, despair, disappointment, upset, unsettled, helpless, unloved, isolated, and on and on. If this sounds like something you'd

like to take on, sign up for the Ending Suffering Workshop.

Some of the goals to be achieved in this workshop:

- Experiencing the difference between concept and experience, and why it matters
- Learning to free yourself from the domain of mind that creates suffering
- Developing a sense of being whole and complete as a person
- Eliminating all unnecessary suffering (and the majority of it is unnecessary)
- Learning to create the ability to control your mind and experience
- Learning how to be happy and complete in the life you are living

The work becomes real out of your willingness to engage in a deeply honest level of questioning and communication.

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

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





Contemplation Intensive

WHAT IS A CONTEMPLATION INTENSIVE?

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

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 contem-

plating 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.



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—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 any-thing, without concern about its correctness, how good or bad it looks, or whether or not it will be judged.

The goal of the intensive is for you to have breakthroughs and insights throughout, and ultimately an enlightenment experience.





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 meditation hall with kitchen, showers, sinks, and toilets.
- People will be housed in the building, or in large tent-cabins, included are a large cot, foam, sleeping bag, and pillow.
- We have a large swimming pool and hot tub.



Signing Up:

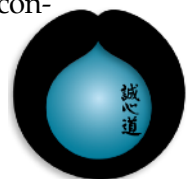
To secure the most inexpensive fee available, a non-refundable deposit is due far in advance. For exact amounts and dates, see the information below.

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 Spring Retreat Logistical Information

WHERE TO GO:

You will fly into the San Antonio airport. Arrange to arrive before 3:00pm on the arrival day, which is probably a Saturday, or come in the night before and stay at a hotel and we will pick you up at your hotel on Saturday. 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 arrives 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

All students and foreign students: register online at

[In-Person Registration](#)

[Zoom Registration](#)

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: PeterRalston.com

Saturday	Sunday	Monday	Tuesday	Weds.	Thursday	Friday
Arivals	ENB	ENB	ENB	ENB	ENB	ENB
Departures & arrivals	TEL	TEL	TEL	TEL	TEL	TEL
Departures & arrivals	ESW	ESW	ESW	ESW	ESW	ESW
Departures & arrivals	CI	CI	CI	CI	CI	CI
Retreat Departures						