

# Cheng Hsin 2016 Holland Camp

## Experiencing the Nature of Being



### 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.*

### A Six Days Consciousness Workshop with Peter Ralston

*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.*

**July 3-8 | 2016  
in De Glind (NL)**

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.

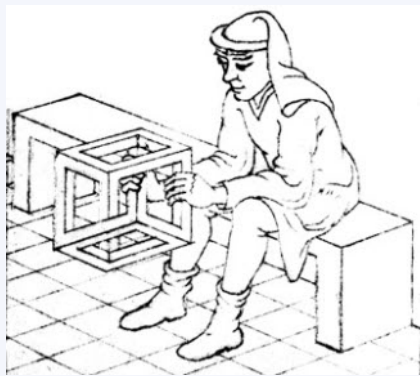
The first step in this workshop is learning how to approach our work—both individually and as a group—so if you are unclear about how to begin, that's just fine. Peter will work with you step by step to understand the nature of your self, thought, awareness, and being.

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 Camp 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 wholehearted 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.

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.

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

### Format

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.***

It would be useful for you to read through:

- The Book of Not Knowing and then try to work through as much as you can of:
- Ancient Wisdom, New Spirit



### **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.

### **Cheng Hsin Holland Camp**

This year our two week camp starts with a full week of exploring the Arts of Effortless Power and one day of Boxing (you will find information in the other brochure). These are followed by a six day Experiencing the Nature of Being (ENB) workshop, done for the first (and only) time in Europe.

### **Venue**

The ENB workshop is held at the YMCA conference centre in De Glind a small village near Amersfoort. The accommodation offers one and two person bedrooms with running warm and cold water. Showers and toilets are on the corridors. Breakfast, lunch and dinner are served in the restaurant. The major conference hall will our workspace for the week.



## ENB Workshop Schedule

Check in time for the ENB workshop is  
*Saturday July 2 at 18.30.*

Check out time for the ENB workshop is  
*Friday July 8 at 17.30.*

Each day our workshop starts at 8.30 and finishes around 20.30. Except for the final day when we finish around 17.30.

## Costs

Costs for the workshop:

### Workshop costs

- € 795 with € 295 deposit in by April 1
- € 895 with € 295 deposit in by June 1
- € 995 thereafter

Costs for lodging and meals:

### Accommodation costs

Full lodging in one person bedroom:

- € 390 (six days)

Full lodging in two person bedroom

- € 330 (six days)

Meals only

- € 255 (six days)

## Registration and contact

In order to make your registration complete transfer the deposit before the required deadline and send in the registration form. Or send in the required information by email. The remaining payment for the workshop must be paid in cash on arrival. Accommodation costs need to be transferred in full by June 15.

For questions on the Experiencing the Nature of Being (ENB) Workshop contact Peter Ralston at [PRContact@aol.com](mailto:PRContact@aol.com).

For all questions on the Cheng Hsin Holland Camp and registration contact:

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Make you payments to:  
Bankaccount: E. van de Pol  
IBAN: NL37 RABO 0394483936  
BIC: RABO NL2U



For more information check:  
[www.ChengHsin.com](http://www.ChengHsin.com).