

Cheng Hsin Holland Camp Contemplation Intensive

with **Peter Ralston**

30 June - 6 July 2017 in De Glind (NL)

Consciousness is at the source of everything we do and are. It is the first and most essential aspect of "being," and yet we seldom venture to look into the source of consciousness itself.

Contemplation Intensive 30 June - 6 July

This six day long live-in workshop begins with a day and a half devoted to preparing you to get the most out of your contemplation. The middle three days will be a focused Zen-style Contemplation Intensive where you will set out to personally and directly become conscious of who you are at the deepest level.



After such intense work you will be in an altered state -- highly sensitive and open. Because of this, the last day of the intensive will include "integration" work to help you get ready to meet the demands of normal life once again, and take your new experiences and insights into your daily life.

Contemplation Workshop 30 June - 2 July

The starting weekend of this intensive is less intense. We will ease into the transition from the mind-numbing demands of our busy lives to a more present and disciplined state, engaging in a carefully orchestrated series of exercises and meditations designed to open us up to a greater awareness of our own mind, self, and existence.

Much of our work will focus on self awareness and mind consciousness. We will do diads (two-person exercises involving introspection and communication), guided meditations, dialogues with the facilitator, and several other exercises to probe into the nature of consciousness and discipline the mind.

We will delve into "who you are" as a conscious being, searching out the "self" that you are, and bringing it to the fore of your consciousness. As a side-effect of this work, you will come away with a greater ability to communicate and make real contact with others.

To help prepare you for the Contemplation segment participants will engage in:

- diads
- dialogues
- solo exercises
- various games
- paired exercises
- meditation and contemplation

Contemplation Workshop Format

We will begin on Friday 30 June, the evening of arrival, with an orientation at 19.00. The first day and a half we'll begin at 8.30, and end around 20.00. Vegetarian meals will be provided. The Contemplation Workshop finishes close to 21.00 on Sunday evening 2 July. As a Contemplation Workshop participant you have the option to stay in a one person bedroom.

What is a Contemplation Intensive?

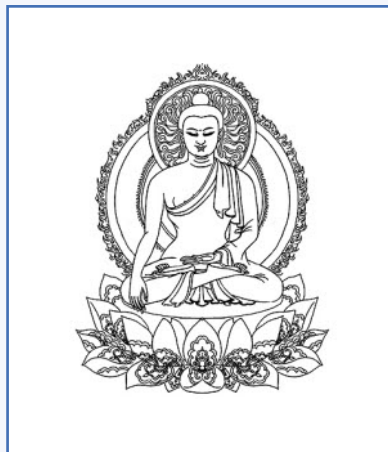
A Contemplation Intensive is similar in some ways to an intense Zen retreat.

Throughout the workshop, the participants ask or "hold" a question, such as "Who am I?" for the purpose of directly experiencing who they are. 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 3 days is called a Contemplation and Communication Exercise (CCE).



The 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 contemplating 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. This continues back and forth for 40 minutes.

The fundamental endeavour 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. By "come up" I mean that 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 when you set out to directly experience yourself — 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 anything, without concern about its correctness, how good or bad it looks, or whether or not it will be judged.

When the communication has occurred, you once again set out to experience who you are — contemplating and then communicating what comes up as a result, repeating this process until your five minutes are up. At that time a bell will chime and you will be instructed to reverse roles; you will then become a non-judgmental, open, and silent listening partner for five minutes.

Contemplation Intensive Format

During the intensive a day begins at 6.00. Throughout the day you will do about 14 CCEs. There will also be 2 to 3 walking or solo contemplations (30-40 minutes), a lecture period, and a few other short exercises during the day.

The meals will be light, but relatively frequent. Vegetarian meals are provided. You will be cared for so that your focus can be total.

Everything will be a contemplation. For example, meals are “eating contemplation” and bedtime is “sleeping contemplation.” The participant is instructed to “hold the question” every minute of the

entire day. Sleeping contemplation occurs close to midnight.

In such an intense environment, where you have no concerns but to directly experience yourself, you will move through a tremendous amount of “stuff.” Mental, emotional, or physical barriers can come up. This is to be expected. Consider it part of the process and keep your intent on directly experiencing who you are no matter what comes up or gets in the way.



The purpose of the intensive is to have an enlightenment experience, which is to say, to directly and authentically experience the true nature of Being. Even if this doesn't occur at this time, however, your efforts can have a lasting effect on your life and wellbeing.

Peter Ralston

Peter Ralston is a highly trained and insightful facilitator, openly teaching what he has learned from decades of training, insight and direct experience. The main focus in his facilitation work is to uncover the truth of things, to break through assumptions and beliefs, and to assist others in having a direct, authentic, and experiential increase in Consciousness.

Cheng Hsin Holland Camp

The Cheng Hsin Holland Camps with Peter Ralston started in 1990. This year our two week camp starts of with a full week exploring the Arts of Effortless Power followed by a second week in which Peter facilitates a Contemplation Intensive and Contemplation Workshop.

Venue

The intensive is held at the YMCA conference centre in De Glind a small village near Amersfoort. As a Contemplation Intensive participant you will be staying in a separately located conference hall where we contemplate, eat and sleep. You will need to bring your own sleeping bag, mattress and pillow! Contemplation Workshop participants are also given the option to book a private bedroom.

Check in time for the Contemplation Intensive and the Contemplation Workshop is *Friday 30 June at 18.00*.

Check out time for the Contemplation Workshop is *Sunday 2 July at 21.00*. For the Contemplation Intensive it is *Thursday 6 July at 17.30*.

Costs

Including workshop, lodging and meals!

Contemplation Intensive

Week 30 June - 6 July

- o € 950 with € 295 deposit in by 1 April
- o € 1050 with € 295 deposit in by 1 June
- o € 1150 thereafter

Contemplation Workshop

Weekend 30 June - 2 July

- o € 325 with € 100 deposit in by 1 April
- o € 360 with € 100 deposit in by 1 June
- o € 395 thereafter
- o € 80 in addition for one person bedroom

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 must be received in full by 15 June.

For questions on the Contemplation Intensive contact Peter Ralston at PRContact@aol.com. For all questions on the Cheng Hsin Holland Camp contact:

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Peter Ralston

Author of "The Book of Not Knowing",
awarded as book of the year by
Spiritual Enlightenment Magazine

