

Cheng Hsin Holland Camp 2020

Contemplation & Satsang Workshop



with **Peter Ralston**
5 - 11 July **2020** in De Glind (NL)

Contemplation & Satsang Workshop (CSW)

In this new six day long workshop you will contemplate all day, primarily in diads with a partner in what we call CCEs (Contemplation and Communication Exercises).

This work will be interspersed with sittings with Ralston in lectures and dialogues about contemplation, consciousness, and enlightenment. You can also receive feedback in interviews with Ralston during periods of the day when needed.

Contemplation

The action of looking deeply into something for a long time. Setting out to become directly conscious of the truth.

Satsang:

"Sat" = True; "Sang" = company, group. A gathering committed to discovering the Truth, usually with an enlightened teacher.

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.



The Workshop Format

The workshop starts on Sunday evening 19.00 with an introduction to the workshop and CCE's. During the workshop each day begins at 6.00. Throughout the day you will do about ten CCEs and have three walking contemplations.

Two times a day you have a period of Satsang, meaning Being with the Truth; or Gathering for the Truth. During this period Reter Ralston will be doing talks, going over contemplation, telling stories, dialoguing and answering questions to help people in their efforts to have a breakthrough.

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

During all periods outside the workshop space you will remain silent. Everything will be a contemplation. For example, meals are "eating contemplation" and bedtime is "sleeping contemplation." As a participant you are instructed to "hold the question" every minute of the entire day. Sleeping contemplation occurs every evening around 22:00.

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 this workshop 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

This year's Cheng Hsin Holland Camp with Peter Ralston begins with a full week exploring the Art of Effortless Power followed by a weekend of Boxing and a six day Contemplation & Satsang Workshop.

Venue

The CSW 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 be our workspace for the week.

Check in time for the Contemplation & Satsang Workshop is *Sunday 5 July at 17.00.*

Check out time for the Contemplation and Satsang Workshop is *Saturday 11 July at 17.00.*

Costs

Here are the prices for the workshop and accommodation including lodging and meals.

Workshop costs:

- € 795 with € 195 deposit in by April 1
- € 895 with € 195 deposit in by May 1
- € 995 thereafter

Accommodation costs (lodging/meals):

Full lodging in one person bedroom:

- € 408 (six days)

Full lodging in two person bedroom

- € 342 (six days)



Registration and contact

In order to make your registration complete transfer the deposit (€ 195) 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 1st.

For questions on the CSW 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