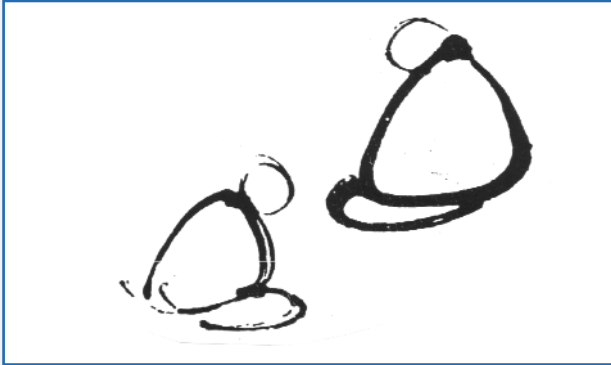


Contemplation & Enlightenment Intensive

with Rob van Ham



a three-day Easter retreat
28 -31 March **2024** in Nijmegen(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.

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.

Staff

There will be two staff members: a facilitator and a monitor. The facilitator will be Rob van Ham. Rob did his first contemplation intensives in 2009 with Master Peter Ralston in Texas. He has participated in several intensives since then as well as being senior monitor for numerous intensives in Europe with Peter Ralston and Kevin Magee.

The monitor will be Joris van Kasteren, who has participated in numerous contemplation intensives with Master Ralston and Kevin Magee. The supportive role of the monitor during a Contemplation Intensive is essential to the success of the Intensive.



Venue

Our venue is [Groepsaccommodatie De Elegast](#) located in an former boarding school on a woody hill near Nijmegen. The accommodation offers one person cubicle bedrooms with running water. Showers and toilets are on the corridors. You will receive excellent vegetarian meals.

Check-in time for the Intensive is Thursday 28 March 2024 at 19.00.

Check-out time is Sunday 31 March 2024 at 18.30.

Costs, payment and registration

Costs for the whole Intensive, including lodging and meals are:

- **€ 375 (Early Bird)**, registration before 1 January 2024
- **€425**, registration after 1 January 2024

For questions, information and registration contact:

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Please send your contact details with your registration. To complete your registration make your payment to Effortless Power Training & Coaching, IBAN NL85 TRIO 0198369425 (BIC code: TRIONL2U), mentioning Cheng Hsin CI 2024.

