

Cheng Hsin Resources

A list compiled by Andrew Outhwaite, updated occasionally online [here](#)

Top Resources:

1. Consciousness videos <https://www.youtube.com/user/PeterRalston>
2. Newsletter <http://chenghsin.com/interact-request-newsletter.html>
3. Website <https://www.peterralston.com>
4. Books: <http://chenghsin.com/book-list.html>
5. Podcast <https://itunes.apple.com/us/podcast/consciousness-podcast-with-peter-ralston/id1175857896?mt=2>

All Resources

Courses:

- eCourses <http://chenghsin.com/ecourselist.html>
- Workshops <http://chenghsin.com/workshoplister-schedule.html>
- Audio courses <http://chenghsin.com/audio-courses-list.html>

Websites:

- Introductory website <https://www.peterralston.com>
- In-depth website <http://chenghsin.com>
- Also <http://personalempowerment.me>

Videos and podcasts:

- Peter Ralston consciousness videos <https://www.youtube.com/user/PeterRalston>
- Consciousness and Body Being videos <https://www.youtube.com/user/ChengHsin/videos>
- Consciousness podcast <https://itunes.apple.com/us/podcast/consciousness-podcast-with-peter-ralston/id1175857896?mt=2>

Social Media:

- Facebook <https://www.facebook.com/cheng.hsin.96>
- Instagram <https://www.instagram.com/peter.ralston/>

Other:

- Newsletter archives <http://chenghsin.com/chenghsin-archives.html>