

\$2.95USD

Learn to Live Deliberately

INSIDE:

- What Do You Really Want Out of Life?
- Quiet Mind: Finding Your Way Home
- Stress, Attitude, & Concentration
- The Path to Happiness
- and more...

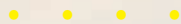


Avatar®

This Avatar® course was incredible. It enabled me to clear spaces that I had not even identified as blocked! —B. G., South Carolina



It is so good to see clearly what is going on in my mind and then be able to let it go. — R. E., Germany



Avatar has helped me so much with my life. Words can't describe how great I feel after completing this course. It has opened up so many doors, I feel like there is nothing I can't achieve. — J. W., Louisiana



At my course, I had fireworks of realizations, coming one after another, and I finally found the misalignment in me! I am very grateful. It is a gift and I feel the time and money spent is well earned back!
— E. S., Switzerland



Avatar gave me the courage and power to really live. The world has become beautiful again! — L. N., Korea



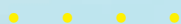
Thank you for giving me the tools I need to get rid of all the things from my past that were holding me back, and showing me how to create the future I want! — J. D., Australia



I lived nine days that were absolutely fantastic. They have been filled with new things, new explorations, emotions, love and insights. This course is so BIG! Avatar changed my life forever. I feel happy. I am happy. —M. B., France



This course is well designed and delivered... 500 people in a room, and everyone being treated with respect and care; speaking many different languages, and all working at their own speed. I felt very well taken care of... and the Avatar Masters there were so supportive and loving.
—A. A., USA



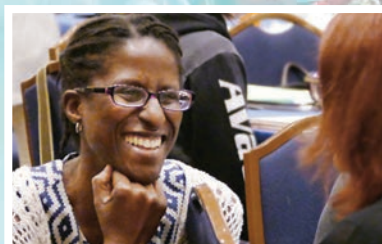
I feel calm, like I have never felt before, and so ME! Thank you for waking me up to be me, just the way I am! — D. V., Brazil



My mind is very, very quiet and warm. Everything is infinite and possible. — Y. W., Japan



I have gone from someone who uses their victim-hood to stay small and to make sure nobody gets a win, to a Source Being ready for anything! ...I feel I have found myself again and I have remembered what I am here for. — M. W., United Kingdom



A Note from the Publisher

Thank you for picking up *Learn to Live Deliberately* and giving it a read. In the pages of this publication you will find articles designed to give you a glimpse into Avatar and how your mind works. If what you read resonates with you, if you feel a desire to explore the deeper workings of your own consciousness and become familiar with the creation that you regard as self, then The Avatar Course is for you. Start Living Deliberately today.

With appreciation,
Star's Edge

The Secret of Avatar's Appeal

One of the most amazing things about Avatar is the diversity of people who study and teach the course. It is not uncommon to find people from more than thirty countries, many different cultures, lifestyles, and faiths studying and practicing together to earn a license to deliver The Avatar Course. In the following editorial, Harry Palmer, the author of the Avatar materials, responds to the question, "Why does Avatar have such broad appeal?"

One of the goals in writing the Avatar materials was to create a methodology that side-stepped any indoctrination or invalidation of belief. This required, as nearly as possible, an antiseptic approach. The focus had to be on HOW human consciousness operated, not on the content of consciousness. With any discussion of content, there was always the risk of being drawn into some belief system or succumbing to the intellectual urge to say, "This is how it is. This is what it means."

Avatar teaches people an effective way to configure their consciousness without getting into what they should configure it with. That's what I mean by an antiseptic approach.

• • • •

"There will be no effort to indoctrinate you with any belief or truth. What you believe is what you believe, and the truth you discover is your truth." —ReSurfacing®

Avatar®, ReSurfacing®, Enlightened Planetary Civilization®, and Star's Edge International® are registered service marks of Star's Edge Inc. EPC™ is a service mark licensed to Star's Edge Inc. All rights reserved. ©2019 Star's Edge International.

Star's Edge International, 237 N. Westmonte Drive, Altamonte Springs, Florida 32714
Tel: +1 (407) 788-3090, E-mail: avatar@avatarhq.com

Table of Contents

- 2 What Do You Really Want Out of Life?
- 4 Quiet Mind: Finding Your Way Home
- 8 Change Your Channel
- 10 The Ability to Create Self
- 12 Living Deliberately
- 13 Exercise from ReSurfacing: *Goal Setting*
- 14 How Avatar Creates Enlightenment
- 16 Frequently Asked Questions
- 18 Stress, Attitude, & Concentration
- 22 Success Stories
- 24 Santa Claus and the Easter Bunny
- 26 The Path to Happiness
- 28 Orders of Belief Systems
- 31 Exercise from ReSurfacing: *Transparent Beliefs*
- 32 Avatar Course Information

Mission Statement

The mission of Avatar in the world is to catalyze the integration of belief systems. When we perceive that the only difference between us is our beliefs and that beliefs can be created or dis-created with ease, the right and wrong game will wind down, a co-create game will unfold, and world peace will ensue.



facebook.com/AvatarCourse
youtube.com/SEIvideo
twitter.com/AvatarCourse
instagram.com/avatar.resurfacing

What Do You Really Want Out Of Life?

by Harry Palmer

“What do I really want out of life?” is the bonus question for the discouragedly successful. It waits in the darkness for its cue—a moment of self-honesty—and then it slips through the curtains of consciousness and steals the show. It comes up on the day the new car loses its shine or the applause loses its meaning or the ashram loses its glitter. It stalks the early morning hours of fitful sleepers. *What do I really want out of life?*

Have you ever desired something—an object, or recognition, or a special relationship—and discovered that the pleasure of

disappointed by failing to obtain your desire; you’re disappointed with the prize.

Most people console themselves by setting the goal a little higher. They say to themselves, “It wasn’t a Porsche I really wanted. What I *really* wanted was a Lamborghini.” “It wasn’t a million dollars, it was ten million dollars.” “It wasn’t a fifty-foot yacht; it was a hundred-foot yacht.” This leads to the twisted wisdom: *How much would it take to make me happy?*

The answer: *a little more.*

A little more — it’s a sedative answer. It lulls the disappoint-

up to one’s potential. A crazed society offers solace, “Try harder. You’ll do better next time.”

This plants the seed of anxiety in your mind, and “next time” is a reminder that time is running out. The pressure is on. You need to get it and get it soon. But what? Not this, not that. Maybe power. Maybe if you were president of your own company...

Can you sense the panic? Work harder. Get your statistics up. Stay motivated. Imitate the affluent. Get passionate. Remain focused; learn to ignore distractions. Study marketing. Create demand. Destroy the competition; business is business. One night you wake up to *ring-ring*. It’s not the phone. It’s your self-honesty bell. *Is this really what I want out of life?*

You need an answer and you need it right now. Where do you turn?

“I feel your pain,” offers some new-age guru who sells you the

Real satisfaction...cannot be acquired by achievements or possessions. Real satisfaction...cannot be acquired by embracing a doctrine of renunciation.

actually having it was disappointing? This is a special kind of disappointment. You’re not

ment back to sleep and reaffirms the old guilt that one isn’t striving hard enough or isn’t living

advice: total renunciation, give it all up, want nothing. Trust. So you wrestle the mind to stillness. You surrender. Love everyone. You suffer ego-death. BE HERE NOW. The pain goes away, but so does your common sense. While you are trusting serenely, you are robbed, your dog is poisoned, and your house is burned. While you are loving everyone, your spouse files for a divorce.

Ah, but you understand, it must be your karma – a test of your faith. Uh-huh, stupid person talking. You achieve spiritual wisdom – for whom? How long can you play solitaire? How long can you rationalize the suffering of humanity? So you spread the word, this is how it is, honor your guru, save the world, anxiety, anxiety, anxiety. The honesty bell rings again. *Is this really what I want out of life?*

The idea that life is about acquiring possessions leads to

disappointment. Real satisfaction (despite TV commercials) cannot be acquired by achievements or possessions. The idea that life is about surrendering your desires leads to disappointment. Real satisfaction (despite your guru's righteous insistence) cannot be acquired by embracing a doctrine of renunciation.

Test them, only if you must.

Achievement pulls you one way; surrender pulls you the other. Your heart and mind divide. Conflict. So you compromise.

The word for this compromise is **unhappy**. The prognosis is a deepening mental depression terminating in socially adjusted unawareness. No kidding, you go crazy. Advertising and holy books medicate your contradiction with false promises until... *ring-ring*. (It's for you.)

Avatar is not anti-achievement nor anti-spiritual nor anti-compromise, but it does dispel the

illusions that any of these is a path to real satisfaction.

The path to achieving real satisfaction in life is an honest, heads-up exploration of your beingness and the beliefs from which your doubts and answers arise. Who are you being and what do you believe?

The prize – and it is simple and singular – is waking up to who you really are and learning to live deliberately. When you **know**, the answer is: *there is no question*.

Fully alive, fully awake, *this is what I really want out of life*.

That's Avatar. If it's not number one on your wish list, ...*ring, ring*.

*Avatar Doesn't Offer
You Answers;
It Offers You The Tools
To Find Your Answers.*

Quiet Mind

Finding Your Way Home

by Harry Palmer

From The Avatar Path: The Way We Came, Chapter 21, Let Us Not Speak Falsely.

What is the greatest personal achievement? It is not any form of material wealth. It is not any quality of fame. It is not any degree of power. What then?

The greatest personal achievement is peace of mind.

Most people don't know much about peace of mind. They imagine that it is comfort, or leisure, a stress-free moment, maybe a restful night's sleep, but it is more than relief. Much more. Peace of mind is a quiet mental state that makes possible the experience of "just being." This is effortless awareness, undisturbed by thought or judgment, pain or pleasure, gain or loss.

Achieving peace of mind is the archetypal motive of human activity. Examine any school of principles and beliefs and you will discover that the ultimate aim of their instruction is (or was) to acquire peace of mind. There are many approaches to dealing with the mind: habituation, revelation, distraction, denial, submission, and subjugation, not to mention drugs, surgery, and shock treatments. Some succeed and some fail.

Those that succeed have acted as a reminder, as a key, or as a combination to a self-regulated force that was dormant within.

The successful schools awaken and empower the being. (Many refer to this being as *spirit*.)

The approaches that fail, do so because they empower thinking and rely on methods of indoctrination and control—usually rewards and punishments. Often they promote activities that promise immediate pleasure but in time deliver stress, anxiety, addiction, and finally depression.

If the Avatar training has added anything to the canons of spiritual instruction and mind training, it is the discovery that certain deliberate combinations of mental processes (a shutdown procedure) result in peace of mind and open the door to an experience of spirit.

Consciousness has abilities that allow us to process and deal with the physical universe. Everyone is more or less aware of these abilities. Broadly they

beingness. When it is entered, what was previously held to be important by imagining, thinking, and remembering is likely to become totally irrelevant. From this subtle realm, all of the events and experiences of normal waking consciousness are satisfactorily encompassed by the curiously wise expression, "That's something."

Assuming that people survive birth and fall within the normal parameters of genetic mutation, they are congenitally equipped with the thinking, imagining, and remembering types of consciousness—a mind. In truth, they are hardly equipped with anything else. The result is that the Being grows up with its attention focused on the rewards and difficulties of surviving in a defined physical reality. Celebration and struggle. Any hints that other realities exist (or could be

...certain deliberate combinations of mental processes result in peace of mind and open the door to an experience of spirit.

are imagining, thinking, and remembering. These are aspects of the mind.

Only a few people are aware that consciousness has a much broader, intrinsic nature above and beyond the mind. This intrinsic nature is the bridge to

created) that might offer more interesting games than variations of the pleasure-pain paradigm are relegated to fantasy or science fiction.

For most Beings the first real identity is a hastily constructed conscious definition: "I'm the



baby.” That is an anchoring affirmation in a meat body.

The sad part is that the Being spends the rest of its life at anchor. Its energy is spent patching and layering the original birthday affirmation with conclusions and experiences fashioned from perceptions of, and judgments about, physical reality.

It is a trap to confuse the realm of beingness with the physical universe.

Eventually, the Being arrives at the end of its physical-life days, still anchored in the definitions of the mind. You could call the mind the shallows of consciousness. What did the Being miss? The wonder of life? The awe of creation? The ecstasy of the Divine? Essentially, it missed any experience of deep awakening. Its only real experience is a sense of having been unhappily identified with a complex definition that required endless maintenance. This is what passes for a sane life in physical reality.

The Being departs the body and shakes off the amnesia of definitions. “Well,” it says, “that’s something,” referring to the fading mental and decaying physical definitions that it dreamed was self. There is a belated recognition that thinking-imagining-remembering consciousness is severely limiting. It anchors life in one spot. So the Being gets the first lesson of Avatar, but

without getting any of the tools. But it took a lifetime! That’s way too slow. Can you imagine how many lifetimes it will take it to recognize that what it is experiencing may have something to do with what it is creating? Slow!

What is needed is a way for the Being to raise the anchor of self definitions, without dying, and set sail into the eternal realms beyond the mind. Getting back, going home. Exactly how to teach someone to do this has been the challenge of every spiritual practice. You see, the harder the Being works (imagines, thinks, remembers) to raise this anchor, the heavier the anchor grows. The mind can be an imprisoning paradox.

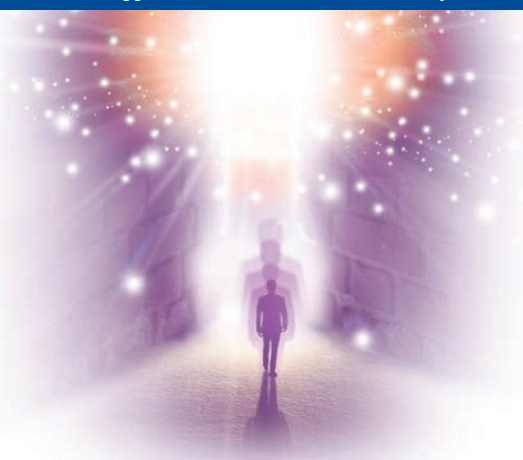
But wait. Now the Being sees all these Avatars sailing around having fantastic life adventures and still in touch with something more permanent than a paycheck. Intuitively the Being knows that the right to enlightenment and happiness is more than an accident of birth. The Being knows that there must be a way to slip the anchor of the mind.

How do you lift the anchor? The secret is to do nothing deliberately. How does a Being do nothing deliberately? That’s a key world lesson. Without the Avatar tools, doing nothing

• *continues*

Quiet Mind

• *continued*



deliberately is not easy to learn. It is a difficult experience to explain.

There are occasional moments in life when thinking stops and, among other things, a Being becomes fully aware of the circumstances of its own physical incarnation without any reactions to it.

At least there ought to be such moments—periods of time when attention moves beyond the scope of daily concerns. The common self falls asleep, and an extraordinary self awakens. This extraordinary self, higher self, has a quality not found in the common self. That quality is the quiet mind viewpoint. Quiet mind is independent of time and does not react or create non-deliberately. The anchor of “I am this-not-that” disappears. Awareness awakens that is beyond any defining construction. This is truly a moment of enlightenment.

Achieving this state of quiet mind, even for a moment, is a profound accomplishment. An even greater accomplishment is maintaining this state. It is such an unusual accomplishment that when you tell a Being that the quiet mind state is an expected result of the Avatar training, you are usually met with disbelief.

The thinking-imagining-remembering mind is a restless creator. It rummages in the past for motives like a hungry

bear in a pile of garbage. It projects intentions onto other people. It projects happiness and danger into the future. It creates imaginary scenarios, calculates and strategizes plans, vicariously predicts, and suffers consequences that never occur. It writes imaginary dialogs that are never spoken. It worries. It sings the same song over and over. It analyzes itself, scolding and praising according to some forgotten script. It frantically analyzes for hidden meaning in even the most innocent comment, ever explaining itself to itself.

Occasionally, somewhere between glee and despair, the Being wonders, “What is life all

a fundamental quality that is without description. This indescribable moment of experience becomes a sacred memory-shrine in the mind. Graven mental images! Still, it can be a beneficial memory in terms of coping with the stress and discouragement of life. It is a mental amulet of hope.

It is widely considered that the quiet mind experience can be reached only after long and hard practice (or perhaps temporarily induced by a shaman’s magic). It is considered so fragile an experience that even a non-deliberate breath can shatter it. So it is quite a surprise that Avatar can teach a person how to deliberately produce

It is no longer necessary to withdraw from the world, or live a life of self-denial, or risk your mental health to achieve a state of quiet mind.

about?” And then it cautions itself to be realistic. It wonders some more about being quiet. “Quiet mind? Oh yes, I know quite a bit about that state. When I was in India...”

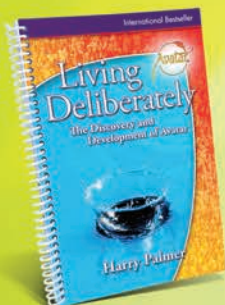
The quiet mind experience is so extraordinarily beautiful that many of the people who have momentarily experienced it spend the rest of their lives talking about it. This is how religions are born: Trying to describe an experience with

this state in a matter of days. A pleasant surprise!

What is even more incredible, but probably true, is to realize that since Avatar’s introduction in 1987, more Beings have stably achieved the state of quiet mind than in all of the ages before Avatar. It is no longer necessary to withdraw from the world, or live a life of self-denial, or risk your mental health to achieve a state of quiet mind. Just do Avatar.

Ready To Improve Your Life?

Get Started with these books



Living Deliberately: The Discovery and Development of Avatar

In 1987, Harry outlined an intriguing series of mental procedures. When correctly applied, these procedures unravel many of the more profound mysteries of human consciousness. This book chronicles the discovery and development of Avatar and sets the stage for students taking The Avatar Course. *Currently available in 22 languages. \$15.00USD*



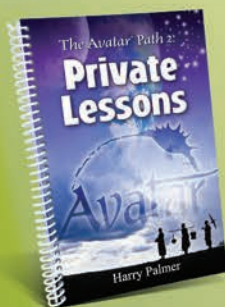
ReSurfacing: Techniques for Exploring Consciousness

ReSurfacing refers to the action of disentangling yourself from old creations and rising back into awareness. The 30 exercises in the ReSurfacing workbook are a guide for exploring the inner workings of your own consciousness. *Currently available in 24 languages. \$15.00USD*



The Avatar Path: The Way We Came

The Avatar Path is the eighth book from Harry Palmer, author of the Avatar materials. More than a collection of stories and perspectives, this is a complex process of self-evolution that will transform the way you think. And YOU, that ineffable explorer, will begin awakening as a Source Being. Our Guarantee: Reading this book will change your life. *Currently available in 17 languages. \$16.95USD*



The Avatar Path 2: Private Lessons

Private Lessons are extrapolated from the advanced Avatar Materials. They are intended to be contemplative slices of subjects rather than full explanations. The sequence is subtle to non-existent. Some slices belong together, for example, the sections on creative study, domains of being, and relationships. Other slices are single pieces that you will have to stitch to the whole. *Currently available in 16 languages. \$21.95USD*

To Order:

Visit AvatarBookstore.com, contact your local Avatar Master (see page 32) or call +1-407-788-3090.

Change Your Channel

by Richard Brenckman

A belief is a filter. It's a tuning mechanism in consciousness. When you observe or interact with life through a particular belief filter, only certain information gets through to you—the information that's aligned with the belief you're looking through.

Here's a good analogy: When you have your TV tuned to CNN, you're just not going to observe any shows on HBO. No matter how hard you try. You can go to therapy, you can join a support group, you can take assertiveness training, you can even buy a high-tech multi-channel satellite dish. But no matter what you do, if you don't change the channel, you'll still be watching CNN. HBO will not manifest in your universe.

The tuning and filtering mechanism in your TV won't allow any other information onto the

you try—because your filtering mechanism won't let many enjoyable experiences onto the screen of your consciousness.

In fact, if you have the life-is-hard belief, you may have other beliefs that support it and keep it locked in place. Beliefs like, I never get any breaks, or, it's hard to have fun. Get the picture? The belief filter lets in only information that's aligned with the beliefs you're tuned to.

You can go to therapy, you can join a support group...

So, are we stuck with our beliefs? Not if we have some way of changing our own channel in consciousness. And that's one of the things people learn in Avatar—how to improve their reception and get a picture they like better. You can, too.

But even more than that, you'll learn to deliberately create beliefs you like so that the program you're seeing on your

Viewpoint #1 is this, I'm very different from you. Go ahead and adopt that idea, really believe it—or at least imagine it. Now take a look at someone you know through that filter. Notice what you observe. Notice how you feel. Notice the thoughts and judgments you have. Notice your own mental commentary.

Now take a short walk with that same belief filter, I'm very different from you. Really examine the people you see. And just notice what you notice.

You should now have some sense of what that viewpoint is like.

When you're ready, let go of that one because you're going to switch gears and take on a new view. Viewpoint #2 is, We're so much alike. Now adopt that idea, really believe it. Now take a look at someone you know through that filter. Notice what you observe. Notice how you feel. Notice the thoughts and judgments you have. Notice the mental commentary now. OK?

Now take a short walk with that same filter, We're so much alike. Really examine the people around you. And notice what you notice.

Did life seem a bit different when you deliberately switched viewpoints?

Many people find that beliefs that lead to feeling connected, like viewpoint #2, enhance their experience in life. They feel connected with people and life in general when they have that belief. Not because of any cir-

...when you observe or interact with life through a particular belief filter, only certain information gets through to you...

screen than the channel you're tuned to. The only way you'll ever get to see anything else is if you change the channel. Pretty obvious with TV, but what about the rest of life?

Well, if your belief filter is tuned to a certain frequency, say, the belief that life is hard, you're just not going to have much fun in life—no matter how hard

life screen turns out the way you want. You'll write and produce shows you like. You'll take over the network!

Here's a fun exercise you can do to explore the power of belief filters and do some channel changing. I'd like you to adopt two different viewpoints, one at a time, and notice if life appears a bit different.

cumstance or situation, or even a shared interest. Just because of the belief itself.

So, if you don't like how things are going, change the channel. The Avatar Course is designed to show you how to do that, in an easy and light-hearted way. Avatar teaches practical, how-to-do-it techniques that are currently missing from your toolbox — techniques that consistently work.

Don't settle for less.

Richard was an accomplished Creative Director at a large ad agency, and a singer/songwriter/producer, for many network commercials and TV themes. Now he is a full-time Avatar Master and Star's Edge Trainer.



FREE Streaming Videos

Make Up Your Mind

What does it mean to believe something? Why are some truths hard to believe and some lies easy to believe? Is your mind controlling you or are you controlling it? Who really decides what you believe?

In this video Harry discusses these questions and more as he examines the four types of belief systems and the intentions behind each of them.

Go beyond linear evolution and take a sideways step into exploring and understanding the relationship between your beliefs and your experiences.

— watch this talk at AvatarEPCmedia.com

Life Challenges

Temptation and circumstance only shape your life if you choose to let them. And there will always be temptation and circumstances that you have to live through, but you don't have to let them ruin your life. Hard times - everyone has to deal with a few. These are the challenges of life, will you deliberately choose, or will you let temptation and circumstance make the choice for you?

— watch this talk at AvatarEPCmedia.com

Managing Change

Abraham Lincoln's favorite prayer was, "Grant me the courage to change the things I can, and the serenity to accept the things I cannot change, and the wisdom to know the difference."

In this talk Harry examines the wisdom part. He discusses how the motion of cause and effect can sometimes be shaped by recognizing and acting when choice is present. He also explores four practices that you can use to increase your choice power.

— watch this talk at AvatarEPCmedia.com

Harry's videos are available with subtitles in many different languages. Watch these talks, and many others, for free at:

AvatarEPCmedia.com

the ability to Create Self

by Harry Palmer

We've all had the experience of reading a good book or watching a good drama and for a while assuming some aspect of one of the characters. Maybe we pick up a new expression or a new way of dressing; maybe we pick up a swagger or an intriguing opinion. It feels good to explore the new viewpoint.

In our hearts we know it's only play-acting and soon our real self reappears, but what if...?

...who would turn their back when the gift of standing at the helm of life is offered?

On the negative side, most of us have had the experience of recognizing some aspect—from someone we didn't particularly admire—as part of our self. Maybe we catch ourselves treating a child like someone once treated us or expressing an

opinion whose only basis is that we resisted it when we heard somebody else express it.

Even more alarming, we may discover we have the same illness or infirmity of body that some other person we knew had—some other self we may not have treated as well as we should have. And try as we might to suppress this resisted aspect, it reappears, but what if...?

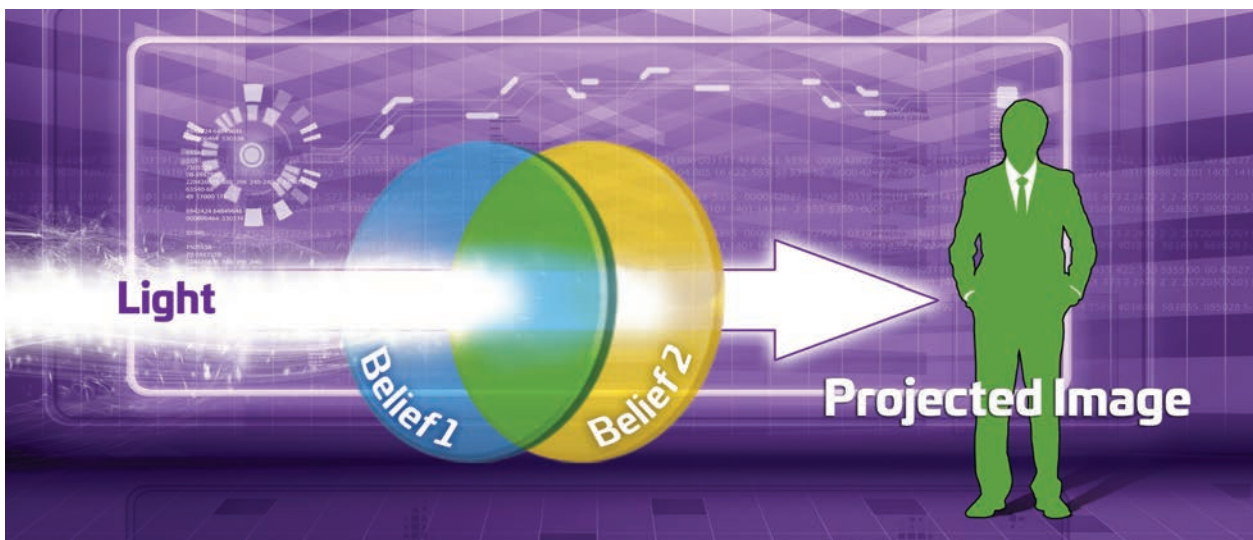
When we begin to study what is known about the structure of the self, we find it consists of preferences (beliefs) and a relative time-space location from which the preferences are asserted. The preferences are like the semi-transparent overlays

that turn the white light of a projector into an image on a screen. Some of the overlays we cannot easily remove because they contain a forgotten recording of events that automatically assert the overlay as the ONLY choice. The image projected through these overlays onto the screen is sensed as, "Here I am, this is me."

Most of this is pretty standard phil-ligion-ology (PHIL-osophy, reLIGION, psych-OLOGY) and is understood by most of the more clever schools.

But since each school is subject to its own belief system overlays, there are wide disagreements as to which overlays are preferable. A common denominator is that almost every school will argue for some and against others.

The goal of installing, removing or modifying the overlays is



the principal task addressed by most of the doctrines, scriptures, or technologies generated by these schools. The means differ (as well as which overlays are to be addressed), but the determination to change something is remarkably analogous.

The most basic means of modifying an overlay, and probably the least dangerous, consists of reacquainting the individual with the recordings of forgotten events that are causing him to assert the overlay. The hope is that he will draw new conclusions and alter his own overlay, thereby achieving a change in self.

The major difficulty with such an approach is illustrated by the fact that when white light is projected through both a blue overlay and a yellow overlay, it will appear on the screen as green. If we determine to eliminate the

green light, we will probably go looking for a green overlay which in this case doesn't exist. If the green light represents a psychosomatic illness or a state of depression or an unacceptable behavior, we might have some difficulty in locating the exact combination of overlays that is responsible for the condition's creation.

This stumbling block has left many of us wishing that we could remove all the overlays, insuring that the condition is eliminated. Then on a blank screen, we could replace selected overlays to generate the self that would interest the people we wish to attract, or to generate the self that would align with what we want to achieve—deliberately creating ourselves.

And literally, that is what The Avatar Course allows us to do.

One of the results we experience on Avatar is the ability to closely approach identitylessness. In other words, to experience a self that is without aspect or location. That state is true self, the AVATAR. It is an enlightening, an in-every-moment ability, to make any choice or none, to select our own overlays.

Avatar offers us the opportunity to create the image of life that we prefer.

The first task we face as new Avatars is to integrate the efforts that have previously obstructed our choices. The world obligingly presents them. To many of us, this integration is an even greater challenge than the exercises on the course, but who would turn their back when the gift of standing at the helm of life is offered?

ReSurfacing[®] WORKSHOP

Who am I? Why am I here? Where am I going?

ReSurfacing is a new approach to these age-old questions. You will find your answers by exploring the underlying structure of your own consciousness. It's easier and more fun than you might think.

ReSurfacings are held every weekend all over the world. For more information or to register, call your local Avatar Master (see page 32) or Star's Edge International[®] at +1-407-788-3090.

Living Deliberately



by Harry Palmer

Personal alignment means to be in agreement with and to work toward some goal.

When people are uncertain of their direction or goals, they tend to act in a misaligned fashion. They wander around, one step forward, one step backward, and generally get in their own way. In order to accomplish anything, they need continuous outside direction: *Here, do this. Go this way.*

Personal misalignment comes from having uncertain or conflicting goals.

Most people have learned that it's important to set goals, but few recognize that *there are right and wrong goals, as well as proper and improper ways to set goals.*

Some people have multiple goals that are misaligned or in contradiction with each other. They want to go to the movie, but they don't want to go by

themselves. They want to have relationships and families, but they don't want to sacrifice anything. They want to earn money, but they don't want to work. They want to lose weight, but they don't want to give up eating high calorie foods. They want to go to school, but they don't want to study. People who are misaligned create confusion in their lives. The confusion becomes so overwhelming that they end up doing nothing. The result of misalignment is limited

you can achieve it. It is intuitive, because it feels right. An RFY goal excites you when you think about it. It empowers you. It brings you to life. It sizzles! It provides you with the creative energy for its own attainment plus a little extra.

Just imagining what it would feel like to achieve the RFY goal will tap into the courage and determination to accomplish it.

If you wonder if your chosen goals are RFY goals, notice how you feel when you pursue them.

What goals make your life worth living?

achievement, limited success, poor health, and unhappiness.

As a step toward living deliberately, you should decide on your life goals. Granted, these may change as you progress up the line, but the experience gained from setting and pursuing the goal is the real prize.

Picking a goal is not an arbitrary thing. It is not done by the flip of a coin or by an opportunistic turn of events. It is not done to please another person.

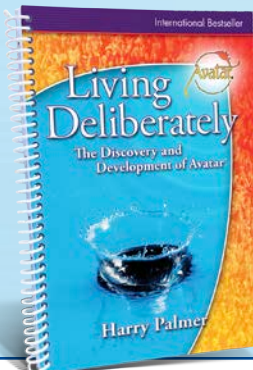
Setting a Right-For-You Goal (RFY goal) is done by using your best reasoning liberally seasoned with your intuition. It is reasonable, because you sincerely feel

Activity spent in the pursuit of an RFY goal is enjoyable and absorbing. Time is forgotten. Work is pleasurable. The pursuit of an RFY goal is its own reward.

A non-RFY goal is something you have to do while waiting to get to what you want to do. You become exhausted and time drags. Work is grueling. The payoff for pursuing a non-RFY goal is stress.

Feeling a little stressed? Want to find your RFY goals? We encourage you to spend some time with the Goal Setting exercise from ReSurfacing on the next page.

Visit AvatarBookstore.com





Solo

ReSurfacing: Exercise 27

Goal Setting

Objective: To determine a right-for-you goal.

Expected Result: A life plan that you can begin to follow deliberately.

Instructions:

Step 1: On a clean sheet of paper, make a list of goals. This list contains goals you are already pursuing or have thought about pursuing or that are stimulated by the following questions:

1. What do you want to achieve in the next year?
2. What do you want to own by the end of next year?
3. What would you like to do by the end of next year?
4. What excites you most?
5. What would you have to become to do what you want?
6. Where would you like to be in two years?
7. Where would you like to be in five years?
8. Where would you like to be in ten years?
9. Where would you like to be in twenty years?
10. Where would you like to be in fifty years?
11. Where would you like to be in one hundred years?
12. Where would you like to be in one thousand years?
13. What goals have you given up on?
14. What would you really like to do?
15. If you knew you couldn't fail, what would you attempt?
16. When are you happiest?
17. What do the people you most admire do?
18. What were your goals when you were younger?
19. What would you like to do just for the heck of it?
20. What do you consider to be too late to start on?
21. If it weren't for _____, what would you do?
22. What might not be impossible?

Step 2: On your list, rate the goals you are most interested in according to the following seven criteria: Rate: (1) very doubtful to (5) very certain.

1. The goal invites your attention and interest.
Thinking about it renews your strength.
2. Pursuit of the goal produces something of value to you.
3. The goal offers benefits to others equal to your own.
4. The goal presents an opportunity for self development (greater competence, understanding, or responsibility).
5. The goal is in alignment with a broader group goal and a still broader humankind goal.
6. The goal allows personal creativity and some degree of self management.
7. The goal presents the opportunity for personal recognition and some receipt of others' admiration.

Step 3: Add the total score for each goal (35 is a perfect score).

If a goal scores between 25 and 35, it's probably an RFY goal. If you have several goals that scored between 25 and 35, see if you can come up with a larger, more expansive goal that encompasses and aligns all your RFY goals.

If you had only goals that scored between 15 and 25, see if you can modify one of the goals to score higher.

If all your goals scored below 15, you should take a walk and then repeat this exercise.

Also recommended: Exercise 28:
Life Alignment Program



how Avatar creates

Enlightenment

by Harry Palmer

How long ago did your interest in higher awareness begin? Your answer will reveal how much spiritual hocus-pocus you have had to sort through to arrive at Avatar. The '70s were rife with well-meaning but totally bizarre spiritual hocus-pocus. Many people in their search for enlightenment submitted themselves to "spiritual teachers" who sought credibility for their own mental obsessions with outrageous attention seeking behaviors. In some circles this fruitcake behavior was mistaken as the path to enlightenment.

Some spiritual paths were toxically self-destructive; others were disruptive of family. Some spiritual paths were really just someone's private financial

enlightenment. In the end, disappointment and betrayal.

The result was that the search for spiritual enlightenment began to be included in the same kooky-type categories as UFO abductions, global conspiracies, and spirit channellings. The clear message was: *maybe possible, but unlikely*. Skepticism ruled the day. The popularity rating for spiritual seekers plummeted. The sale of business suits soared. The final insult was the suggestion that spiritual enlightenment might actually be a psychological condition caused by a hormonal imbalance.

In a nutshell, that pretty much describes the social scene of the late '80s. There were still some spiritual overtones in the human

always looking for a key to that door that leads to the intoxicating experience of awareness beyond consciousness— that aware-no-space that finally and irrefutably answers the question, "Who am I?" Finding that key was the genesis of Avatar. The details are in the book *Living Deliberately: The Discovery and Development of Avatar*.

So how does Avatar work? Avatar is a set of tools that allows people, in a very short time, to identify and change their subconscious conclusions, decisions, and agreements—those things that are shaping their lives. You could say that it is a mental editing technique. There are lots of ways these tools have been described, but most important is that they work. They work extremely well. People are amazed at how really efficient Avatar is. When people find a tool that works, they use it.

After the initial amazement, Avatar students settle down and systematically begin to change the attitudes, self-imposed limitations, and hostilities that are souring their experience of life.

First, they remove the obstructions to their most cherished desires. And then they create the opportunity and personal motivation to achieve their dreams.

When one observes human consciousness from an enlightened viewpoint, the possibilities appear.

enterprise. And some spiritual paths were simply a thorough indoctrination into a generations-old belief system—very ego gratifying in terms of agreement and group status, but personally disempowering. All of these spiritual paths were dead ends. Hope and pretense substituted for real

potential movement, but most mainstream facilitators tried to minimize them with psychological terminology. The idea of adjusting and settling down was more in vogue than the idea of enlightenment.

But behind the paycheck scene, some of you were still on the trail of spiritual enlightenment,



In some cases, they restructure not only their own consciousness, but literally reshape physical reality.

Before Avatar can work, people have to hear about it and try it. So it is prior Avatar graduates' successes, spread largely by word of mouth, that perpetuate Avatar's expansion. For anyone who feels blocked from achieving or experiencing or creating their dream and hears these stories, learning how to use the Avatar tools is a rational decision. Very wise. Practical. No mumbo-jumbo about salvation. It really doesn't matter whether the person has an urge toward enlightenment or not, because there is a very practical reason for learning to use the Avatar tools—**success**. Everybody wants to succeed at something. Avatar shows a person how to succeed.

You could just stop reading now and do Avatar, but there is still more to this story. There is something more subtle that is happening to the Avatar graduate—transformation. For some it happens in a matter of days; for others it takes considerably longer, years.

The transformation begins in one of two ways. The first way could be described as satiation.

Satiation means to fully satisfy a desire.

When someone is **deliberately** able to have, experience, or create the object of their desire, the result is not obsession or addiction; the result is satiation. That is a concept that is fully understood only by the successful. How many chocolate-covered cherries can you eat? How long can you feel the best you've ever felt? How much money is enough? How much success is enough? The joke answer is "a little more." But there really is a point of satiation. (The bad news is: without Avatar your chances of reaching this point are slim.)

The second way the transformation begins is that Avatar graduates become so skilled at using the tools that they begin to discover the conclusions, decisions, and agreements that are creating their desires. The insider's insight is that with Avatar you can create or discreate anything you want, *including the want*.

There begins a transformation that turns the achiever, the seeker, the dominator, the supporter into an enlightened explorer.

This is the point where Avatar graduates begin to access their consciousness at the deep level

of transpersonal values. Who they were being turns out to be just another mental construction of conclusions, decisions and agreements. An ever broadening vista of life opens. When one observes human consciousness from an enlightened viewpoint, the possibilities appear. Values change. Appreciation replaces judgment. The joy of helping replaces competition. Compassion replaces antagonism. Learning and evolving replace intolerance.

Ultimately you ask yourself the key questions, the questions that every being in the process of spiritual awakening asks, "What am I doing here? What is this really about? Why am I participating in this creation of life?"

And the Avatar knows the answer—**knows** it as a faint intuitive impulse that does not arise from some forgotten social indoctrination or identity ego-hunger (faint because the intuition does not intrude on your free will, but waits for a moment of willing surrender). The Avatar **feels it** and is sustained by its amazing grace—to contribute to the creation of an Enlightened Planetary Civilization®.

FAQs

Frequently Asked Questions

What is Avatar?

Avatar is a nine-day self-empowerment training delivered by an Avatar Master. The Avatar tools are a synergy of exercises, drills, and procedures that when properly understood and used increase your ability to live deliberately. They are remarkably effective and efficient tools for taking control of your life. If you need to identify and resolve a self-sabotaging belief or behavior, the Avatar tools can help. If you want to create a harmonious relationship, or achieve success, or just reach a pleasant state of joy and contentment, the Avatar tools can help you. They are also effective for removing grief and stress from your life, restoring health, and achieving peace of mind.

How Does Avatar Work?

Avatar works through belief management. You can use its tools to deliberately restructure the beliefs that form the pattern of your life.

Your own beliefs are actually the most powerful forces that influence your existence. They determine what you perceive and how you perceive it; they influence your thoughts, your expectations, and your actions. They shape your personality. They even effect the outcome of your actions and the way that others perceive you and respond to you.

Avatar helps you explore “behind the scenes” of your existence and discover the uninspected, unconsciously-held beliefs that are causing your life to be as it is.

What can I expect from Avatar?

The goal of the three-section course is to guide you in an exploration of your own belief system and to equip you with the tools to modify those things that you wish to change. The Avatar Course opens a window to the inner workings of your own consciousness.

Who takes The Avatar Course?

Students come from all walks of life—from monks to captains of finance—and a wide range of belief systems—from fundamentalists to atheists. Most find that Avatar intensifies their understanding of life and increases their tolerance and compassion for others.

Is Avatar a religion?

Avatar is not a religion. There are no members. Graduates of The Avatar Course belong to all religions and there is no effort to convert anybody’s beliefs to anything else. The Avatar Course is a straightforward self-development course that comes unencumbered by beliefs, sect memberships, or any quasi-religious rites. Its graduates are quick to agree, “It is the most powerful, purest self-development program available at any price.”

What Makes Avatar Different?

Rather than presenting you with another set of beliefs to live by, Avatar awakens you to a natural ability you already have to create and discreate beliefs. With this skill, you can restructure your life according to the blueprint that you determine.

What is the role of Star’s Edge?

Star’s Edge International, the for-profit corporation that Harry founded in 1986, was created to manage and present personal-development programs that exceeded people’s expectations.



Does Avatar tell you what to believe?

No. Just the opposite. Avatar doesn't brainwash people, it helps people to recognize limiting beliefs that they may not have accepted voluntarily or may not even be aware of. Avatar shows them how to change their beliefs **if they choose**. Avatar does not tell people what to believe nor put forth any beliefs as true beliefs. Avatar only helps people to make a connection between the consequences they are experiencing in life and the beliefs that they hold. Avatar teaches personal responsibility.

What is personal responsibility?

Personal responsibility is the ability to determine one's own decisions, choices, and actions. In Avatar, this is called being source. A natural outcome of increasing this ability is that people discover areas in their lives that they haven't been controlling.

Avatar's emphasis on increased personal responsibility contributes directly to creating an Enlightened Planetary Civilization.

Where did Avatar come from?

An educator, Harry Palmer, created Avatar in 1986. He wanted to present a training program that people would find valuable. "Our intention," he states in his *ReSurfacing* textbook, "is that the people we train and license to deliver The Avatar Course charge money (not worship nor homage nor admiration...) for their valuable service, and that they charge enough that Avatar continues to expand..."

For 40 years the visionary ideas behind the Avatar Materials incubated in the mind of Harry Palmer. Like many of us, Harry had occasional glimpses into the patterns that creation seemed to follow, but for him a glimpse wasn't enough. In 1976, Harry resigned his tenured teaching position and began what was to become a decade of study and investigation into how consciousness works.

Today, few who fair-mindedly study Harry Palmer's techniques can doubt the profound effect that his writings are having on the collective consciousness of the world. Harry's writings have been translated into more than 20 languages, and his business model has had a major impact on the personal-development seminar industry.

Is it like meditation?

Yes and no. It produces the same type of mental stillness that meditation produces, but it does so in an interesting and much faster way. It's like meditation in that it is about gaining mastery of the mind—allowing the mind to still—but Avatar does it playfully without the struggle or confrontation. It's the difference between opening a safe by prying the door off or using the combination. Avatar is the combination.

Why do I need Avatar?

Without Avatar training, people's lives are steered by the urging of their deepest, most resisted, transparent beliefs. Imagine that the people who you fear, like least, and are overwhelmed by, are automatically conditioning 90% or more of your decisions. That's life without Avatar.

The Avatar Course produces profound increases in self-awareness. This allows graduates to make changes in their values and goals. These changes are self-determined and are not the result of influences or persuasions.

Stress, Attitude, & Concentration

by Harry Palmer

It's really nice to come here and talk with you, because I can really let go. If I'm too happy out there in the world, people think I'm on something. But I don't let that bring me down. I just go ahead and smile. After awhile people relax, and the happiness becomes contagious. The attitude that is reasserted the most times is the attitude that wins. That's really a self-evident axiom, and it's true for your own life as well as for society.

There are three things that have a strong influence on awareness: attitude, the ability to relax, and the ability to concentrate. Of these three, attitude is the most obvious.

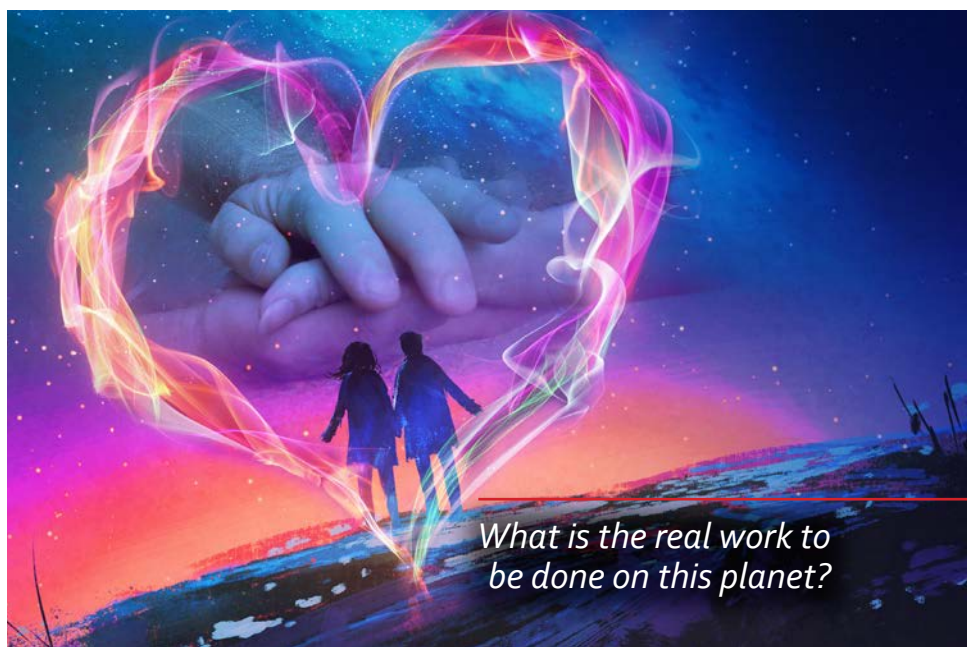
I suppose that someone might say that attitude is optional when you are working. The important thing about working is finishing the job. Of course, work is a lot more fun and a lot less stressful if you have a positive attitude. Negative attitudes are usually reflected in the quality of a person's work. I would guess that if you ordered the same food from two different restaurants, one chef with a negative attitude and one chef with a positive attitude, you could taste the difference in attitudes.

But a good attitude is important for another reason. What is the real work to be done on this planet? What needs to be done in our society? It's to make people more aware, to remind people that their essential nature

is a nonviolent spiritual being, and to increase the amount of compassion and cooperation on the planet. How do you get paid for doing that? How do you pay the rent, buy food, put gas in the tank? Well, you could become an Avatar Master, or if the people you know don't find increased awareness worth paying for, you can still find something to do that they will consider valuable. And while you're doing that, you can use your attitude to increase awareness. Every moment you are happy is a gift to the rest of the world.

I've worked at as many as three jobs just to pay the bills, but every job that I did had an important sub-product that had

nothing to do with my getting paid, but had everything to do with the real work to be done. What was it? I raised people's awareness with my attitude toward the job that I was doing. Even when I was burying cable in the rain, wet and miserable, I'd crank up my determination to show a positive attitude, because I knew that a positive attitude was helping the real work to get done. The cable got laid, and I got paid. But even more, the people who paid me were positively influenced by my attitude. The opportunity to do the real work, on yourself and for others, exists 24 hours a day. People who say they don't have time to work on themselves



What is the real work to be done on this planet?

People who say they don't have time to work on themselves just don't get how easy it is...

just don't get how easy it is—be happy.

Have you ever noticed how some people have a lot of time, and other people don't seem to have any time at all? That's weird. I mean, there are 60 minutes in an hour and 24 hours in a day for everyone. But some people spend the 24 hours happy and relaxed, and some people spend the 24 hours serious and stressed. Relaxation and stress determine the consideration of how much time you have. Really we are talking about free attention.

If you ask a stressful person to do something they'll say, "Oh, I can't possibly do that. I don't have time." Yet, from their viewpoint, time seems to pass at an agonizingly slow pace. Another person, more relaxed, might say, "Okay, I'll work that in this afternoon. No problem." Yet, from their viewpoint, time is whipping by. Doesn't this seem contradictory? To the person who sees time as passing slowly, there doesn't seem to be much time, but to the person who loses track of time, there seems to be lots of it. Actually time passes at the same speed for both of

them. What is different is their ability to concentrate. Concentration requires free attention.

Generally speaking, if you compare the people who are relaxed with the people who are stressed, you will find some interesting differences. The people who are relaxed have much better self-control of their attention. They look, listen to, and feel what they want, when they want. They have a positive attitude. They concentrate on one thing at a time and either finish it or schedule time to finish it before they go on to something else. The ability to concentrate attention determines how much work can be done in a given period of time. And what they concentrate on affects their attitude. That's really what an attitude amounts to. It's a consideration you have about what you have your attention on.

You will find that people who have a good attitude are more relaxed, are able to concentrate, and are better able to recognize opportunities to do the real work. Their awareness is higher.

People who are stressed have difficulty controlling their attention. Usually their attention is

fixed on something. And it's the something that draws their attention out rather than their deliberately placing their attention on something. You see the difference? In one case you are controlling your attention, and in the other case the something is controlling your attention. Stress results from something other than you controlling your attention.

You could say people who have trouble concentrating their attention don't have their attention under control. Their minds are out of control. They feel stressed. And the stress causes them to shift between identities and lose continuity of purpose.

That's one of the sub-products of stress. It causes people to redefine themselves, to act differently, and to change identities. The problem is that each identity has a different purpose. So they start things and don't finish them. Why? Because in the course of the project, stress builds up and their attitude changes. Soon they are surrounded by unfinished projects. The new stress of the unfinished project may even motivate them to resist the identity that once thought that project a good idea. That's a bad idea. Now there is a new struggle going on in their head. The resisted identity is projected into the environment as a costume for someone else to

It's to make people more aware, to remind people that their essential nature is a nonviolent spiritual being, and to increase the amount of compassion and cooperation on the planet.

• continues

Stress, Attitude, & Concentration

• *continued*

wear. And every time the other person shows up, he or she triggers the identity that resists that costume. And the stress builds up. Stress causes stress. It multiplies itself like a virus. It's very busy in their head, and there's not enough time. Actually, there is not enough free attention. The being becomes submerged in his or her negative attitudes. It's quite a dilemma.

Of course, when your attention is scattered and you feel stress, you miss life's opportunities to do the real work. The appearance is that you are unlucky. If any of this makes your world seem like it needs a little adjustment, just realize that your awareness is coming

up. Understanding is actually a form of relaxation. Confusion produces stress.

People without time look at all the unfinished projects and they think, "I just don't have enough time." That's the feeling you get when your attention is scattered—no time. This feeling affects your attitude. And your attitude actually creates the personal reality that you experience. The attitude is the consideration you have about the things your attention is on.

If you improve any one of these three things, attitude, ability to relax, or ability to concentrate, the other two things will improve as well. They reinforce each other. Together they add up to awareness. Improve your attitude, and your ability to relax and concentrate will improve. And yes, it goes the other way too. Lose the ability to relax, and it will affect your attitude and your ability to concentrate. A momentary scare might make you alert, but continual stress will reduce your awareness.

You can restore your ability to relax by learning how to concentrate. Concentration, under the right conditions, actually quiets the mind. It opens time up. It creates a relaxed state and restores a confident attitude.

But what are the right conditions? The answer is determined by what you concentrate on. If you concentrate on a problem that you don't have enough information to solve, that's

worrying. Worrying doesn't calm the mind. It intensifies the confusion. If you concentrate on a grudge, you develop an angry attitude and feel stress. If you concentrate on a wrong that has been done to you, you develop a victim attitude and have trouble relaxing. If you concentrate only on fulfilling your own desires, you develop a selfish attitude. A selfish attitude is really a feeling that you are lacking something or that there is not enough of something. So stress is also the result of a selfish attitude.

If you concentrate your attention on the wrong things, you lose it. Does that give you any insight into why there is so much stress in the world?

The subjects of meditation and prayer, before selfish people profaned them, were concerned with teaching people to concentrate on things that developed a relaxed, selfless attitude—the welfare of all life, patience, compassion, generosity, forgiveness, reverence for the creator. Things like that, the real work. The calmness, the relaxation, and the boost in awareness were bonuses for developing a selfless attitude.

Spend five minutes concentrating on deepening your compassion for all life. Then spend five minutes concentrating on the new car you want. It doesn't produce the same attitude. One subject causes you to relax and actually generates healing power. The other subject causes dis-ease and stress.



Concentration, under the right conditions, actually quiets the mind. It opens time up. It creates a relaxed state and restores a confident attitude.

A simple way to restore time and attention is to coax people to prioritize their projects and then decide to either finish them or abort them. Of course, the worse off cases are under such stress that they have no idea of what they want, no goals beyond the momentary desire of some identity that they are being, so asking them to prioritize will just add one more incomplete project to their lives. These people should just be taught to relax.

So here we come again to the importance of attitude. People who are in pretty good shape can just decide to assume a positive, selfless attitude and

generate the determination to create it. Their awareness will expand. Stress will transform, magically, into an opportunity to do the real work. Try on the attitude, "I am contributing to the creation of an enlightened planetary civilization." People who have trouble creating a positive attitude can practice relaxing and concentrating on something positive.

Concentrating on a goal that is broader than the momentary desire of this or that identity will motivate you to command your attention. The problems and stresses of self-centered living fall away. A spiritual attitude develops.

Attitude determines whether you are tuned in to negative or positive feedback. If a person has negative attitudes, such as: "I can't change," "Things always go wrong," "It's tough to get ahead," "People won't let you," and so on, they will concentrate on negative feedback. On the other hand, if they have positive attitudes such as: "The world is getting better," "I can make a difference," "Kindness is important," they concentrate on positive feedback.

Anyone who sees selfless practices as a sacrifice of his or her happiness, rather than as a path leading to true happiness, is simply stuck in some identity.

Exercises to help with Stress, Attitude, & Concentration

The following exercises are from *Ten Actions You Can Do Today To Start Taking Back Your Life*. They are specialized applications of procedures from The Avatar Course for non-Avatar graduates.

Action: Take a walk, notice something, and decide how you would describe it.

Time: 10+ minutes

Expected Result: calming, increase in energy

• • •

Action: Pick a frequent worry and outline the sequence of thoughts that lead up to that worry. Deliberately think the thoughts in sequence until the worry fades.

Time: 5+ minutes

Expected Result: recovered energy

• • •

Action: Make a list of all the incomplete projects you have. Prioritize the list.

Time: 30+ minutes

Expected Result: recovery of attention

Action: Climb one or more flights of stairs and before each step whisper something you are grateful for.

Time: 30+ minutes

Expected Result: sense of grace

• • •

Action: Deliberately do a good deed for someone without being found out.

Time: 30+ minutes

Expected Result: increased sense of self-respect

Success Stories

I Am Whole Again

I don't know when and where and why, but one day I must have decided to hide my feelings behind some very high walls.

My ability to feel had vanished, and I lived my life using my head more than my feelings.

Thanks to Avatar, I regained the ability to feel again, and what I feel is that I am whole again. Whole as a creation is meant to be. The last exercise I did today was great. I felt my power. I felt like a reborn human.

Profound Simplicity

I am so amazed! This is all so simple, yet so profound. I have discredited beliefs and issues in my life that have plagued me for years. Then I've thoroughly enjoyed feeling blissfully at peace, just being present and enjoying source beingness. I've experienced some major realizations and have integrated my experiences and the use of the Avatar tools in my life. I feel the incredible love we all have and share,

Inner Peace

I searched for all my life, 42 years, to find inner peace. Now I have found it and it feels great. The past few days have been one big journey of exploration. I have discovered things about myself that have given me lots of power and lots of energy.

H. K., The Netherlands

I know that there is quite a lot of "work" to do for me in order to become more and more enlightened, but I am convinced that I have done the first step, and I have done it well.

I am very grateful that my destiny has led me to Avatar, and gratefully I will help to create an enlightened planetary civilization.

Thank you very much, all of you, Harry and the trainers.

U. M., Germany

the connectedness among us, we are all friends. I love creating my life the way I choose. Creation arises out of the stillness at source. I feel deep, powerful, calm, gentle, limitless love.

Thank you so much for your gift of teaching me to give me the gift of myself. I look forward to sharing the gifts to create a beautiful world.

P. S., West Virginia

The Tools

For those who intellectualize, understand the theory and principles, but are struggling with the "how," like I was. Here are the tools, the know "how."

C. T., Utah

Who I Am

The Avatar Course literally opened my eyes to an inner vision of who I really am. It has been invaluable to discover my limiting beliefs and to learn ways of dropping them. I leave this course with new insight into the daily happenings in my life.

C. V., Canada

Ideas I Create

During my Avatar Course I got new perspectives about how the numerous thoughts and feelings in my mind are, after all, my own creations and that I can discreate them. The past memories I suffer from are just ideas I have created. I realized I should not let them influence me in the present moment.

I have learned several times, from various practices, to be here and now. But with Avatar it becomes clear in a different way.

This has been a very good time of re-visiting and cleaning up negative things in me. I thank all those people that have helped me through.

K. S., Korea

Indefinitely

Avatar is the power to be happy, peaceful and successful indefinitely. I feel so much better now. Thank you.

S. K., Iran

Love & Appreciation

Last week I visited with my mother for four days. This was my first visit with her in two years. The past 20-25 years I've spent resisting my mother's creations, but last week I was finally able to love and appreciate her as she is, without judgment. It was amazing. I used to resist being like her, but last week I could laugh and say, "I'm just like you," or "You're just like me."

I am truly grateful to have had this experience with her. This one win was worth everything to me. She is getting older, and I'm not sure how many years we have left together.

Thank you for the Avatar tools. They are well worth the time, effort, and money invested.

J. G., Washington

Feel So Light

It is the end of my ReSurfacing Course. I can see my Transparent Beliefs so clearly and I understand how my life had been controlled by them.

With the Walk for Atonement exercise I can release my guilt and feel so light. I can think about my enemies with happiness! These are great results.

M. H., Japan

Warmer & More Grounded

An identity I was resisting started to pop up in the course room. With the gentle but insistent help of an instructor, others on the team, the Avatar tools and an intention to "pop" the identity, I got to a place of really feeling it.

I was able to examine my creation(s) from several viewpoints and work on them with the Avatar exercises.

Then I experienced an amazing sense of peace and a release of tension.

People are seeing me as warmer and more grounded. The mind chatter and judgments have stopped and the feeling of love for humanity is immense. The sense of relief is phenomenal.

L. K., New Zealand

I Did

Here is a breathtaking perspective on the experience of the Avatar course, from a 17-year-old who just recently did the course.

"Avatar did not solve my problems. I did. Avatar did not show me myself. I did. Avatar did not scare me about what I would find out about myself. I did. Avatar did not force any effort or struggle. I did. Avatar did not rid me of my worries. I let them go. Avatar did not teach me how to love. It reminded me that I already knew.

Avatar showed me the door. I had to walk through it. I hope so many more people will take the steps I took. There is nothing to fear. Remember that you do it and no one else. You will love it on the other side of the door. I will not attempt to describe it, because that would be impossible. But you will know and recognize it when you have crossed the threshold. It is a place you have been before.

Welcome home. You did it."

I. E., USA

Searching

For forty years I have been searching for something or someone to help me. I have been to so many psychiatrists and self help courses that I've lost count.

In one week with Avatar I have achieved something that I have been searching for all that time — inner peace and a knowledge of who I am.

J. I., Australia

My Gift

All I ever wanted was to be happy and love myself. That gift happened to me before I even completed Section II. Please know that my indoctrination was that life was nothing but a veil of tears only to be earmarked by pain, drudgery, struggle and hopelessness. I'd tried every other avenue toward this goal of love, happiness, service, and spiritual awakening—none of them provided the means to achieve what Avatar provides with such simplicity.

J. S., Texas

Many more successes can be found at AvatarResults.com

*Why I waited five years
to do The Avatar Course*

Santa Claus and the Easter Bunny

by George Thompson, MD

Remember the holidays when you were a kid? My favorites were Christmas and Easter. My family would go to church, but back then the big thrill was in opening presents and hunting for colored eggs. Santa Claus and the Easter Bunny were the best. They brought a wonderful, innocent feeling of goodness imbued with possibility, warmth and caring.

I was about six years old when I found out that Santa Claus wasn't real. I remember standing in front of my house while a big kid from down the street filled me in on the whole trick. I can still feel the letdown, a mild nausea, like something precious had died. I concluded that *some things are too good to be true*. So in 1993 when my best childhood friend told me about an amazing course he had taken, Avatar, I was already on guard.

Even though I loved and respected my friend, I'm sad to say that I dismissed his recommendation with a "that's nice" kind of attitude. I had been to medical school and trained in a prestigious psychiatry program. He was an artist. I assumed that

I knew more about personal growth than he did. In my mind, I was the big kid, and he believed in Santa Claus.

My sister Teal wasn't puffed up like I was, so when my friend talked to her, she took the Avatar Course right away. She told me the same thing he did: "It's a powerful exploration – right up your alley." Once again, I am sad to say, I dismissed her recommendation too.

Five years passed. I was now a director of the psychiatry program I trained in. I was succeeding in my career, was married and had a nice house.

*There are worlds waiting to be explored within you,
if you have the courage to look.*

Yet I felt something significant was missing. By then Teal was having a blast: getting her songs on TV, doing voice-overs for French documentaries, living in a really cool place. Her life was magical.

Comparing her exciting adventures to my "something-is-missing" feeling finally

humbled me enough to relax my expert identity – at least for a few minutes. So I called her and asked for her secret. As it turns out, it wasn't a secret. She said, "It's that Avatar Course I have been telling you about for the last five years." Oops!

I had spent more than 10 years learning biological and psychological theories that said, "Change is hard!" But Teal's experience went against that grain. She gave me a recording of Harry Palmer describing his course, and I heard something in his voice that I had not encountered before — a quiet confidence

that didn't boast or convince. He spoke simply of his experience from a sense of KNOWING. Listen to the audio* and see if you can hear it for yourself.

Some switch must have gone off in my brain, because I couldn't wait to get to Avatar.

The Avatar Course brought me to a new place, opened a



new awareness. I could change my sense of “This is how I am. This is how the world is.” With each new “This is...”, I felt the same KNOWING that I had noticed in Harry. I created the truths that I experienced. I could discreate them. It’s an in-charge feeling that Harry calls “being source.”

Nothing in my scientific training had prepared me for this capacity to KNOW, which I learned in about a week. I was the source of my own doubts and the source of my confidence. I could create complete faith in myself if I wanted. Being *source*, is a hidden superpower that Avatar helped me to rediscover. Turns out, with the right tools, we have the ability to experience and create whatever we want.

If, like me, you are searching for something more, Avatar will give you answers to questions you didn’t even know you were asking. Sometimes I take a few minutes just to feel what is happening in the Avatar Course

room: young and old people, people from different countries, are all working to learn how to remove self-doubts, to believe in themselves, to reconnect with the goodness of their hearts. It’s such a feeling of *aliveness*. This is why I make time from my medical practice to teach Avatar.

A few people I talk to suspect that doing Avatar is like believing in the Easter Bunny or Santa Claus. They can feel how Avatar connects them with the majesty of their potential, but they don’t want some big kid to come along and tell them it was all a trick. I think more people would do Avatar if I told them that it’s a

“pretty good program” that helps you make changes in a year or two. That would be more believable.

But here’s the deal. There are worlds within you waiting to be explored if you have the courage to look. Feel inside to see if you are more than you have been thinking. Then sign up for the next available Avatar Course, wherever it is. Discover the grandeur of who you really are.

George is an Avatar Master from Kansas. He is also an associate professor of psychiatry at a medical school in Kansas City. His work teaching medical students about the value of virtues in the doctor-patient relationship has won several awards.

* www.avatarepcmedia.com/Audio/1987-west-coast-tour.html

the path to Happiness

by Harry Palmer

Would you like to be happy?

Think about that goal—*I want to be happy*. It's a common goal that many people share.

The question I want to ask you is why? Why do you want to be happy?

Let's look at it logically. You walk by a candy store, and suddenly you desire to go in the candy store and have a piece of candy. Why? Because you know it tastes good. You've had it. You know what candy tastes like.

Now go back to *I want to be happy*. Why? Because it feels good, and you know it feels good because you've been there before.

So why did you leave?

You'll probably say, "Well, I made some bad decisions. I did some things I shouldn't have done and acted in ways I shouldn't have acted, and here I am."

For a moment, imagine yourself as the divine "I" holding the world in your hand and looking at it. Think, "It's OK. It's really OK." Then you're happy. This is the natural state. You're outside the world, the world is OK, and you're happy. When the world's not OK, you're not happy.

Then something happens in the world. You enter the world and go in to see what's going on. "How can I make it OK?"

"I?"

Not the same "I" anymore. Not the happy "I." Now it's the questing "I." Do you think God meant to confuse us by experiencing every creation as "I"?

You enter the world as "I." You start to define yourself: "I am a white male. I'm an American. I'm a blonde. I'm a college graduate. I raise dogs. I drive a Corvette." More and more definitions. The more definitions, the further you sink into the world.

One day you say, "I want to be happy." In a way it's saying, "I want to be whole," but we don't usually understand that so we say, "I want to be happy."

Someplace you seem to remember that trust is part of being happy. So you begin to trust, and the first thing you see

You begin to create, "I really need a Rolls Royce! I need a Rolls Royce to be happy." You labor for a few years—quite a few years—all the time defining yourself as "unhappily lacking a Rolls Royce" and thinking, "When I get a Rolls Royce, I'll be happy."

Finally you have enough money to go to the Rolls Royce dealer. Again you practice your spiritual path—you trust the salesman. You turn over your money, and you get into your Rolls Royce. It's a moment of bliss. "So this is what it means to be happy."

You drive out of the showroom and immediately notice that there are other cars on the street that could really mess up your Rolls Royce. You want to

Pursuing, possessing or protecting any "thing" to make you happy doesn't work... Seek happiness where you lost it.

is an advertisement in a magazine that says: "Be Successful, Be Happy! Drive a Rolls Royce!"

"Be happy." That was what you wanted, right? You're trusting. That was what you wanted too.

So a Rolls Royce, that's the secret. Then you really lock it in. You define your lack of a Rolls Royce as unhappiness.

protect it. What you need is a garage. If you had a garage, that would make you happy. Oh, and a guard to protect the garage. And maybe another guard to watch the first guard. Somehow you don't remember happiness taking this much work.

Worry. What has happened to your happiness? You collect it,



and then you protect it. Those go together—collect, protect. When you're protecting, you're not happy. Maybe you took bad advice. Maybe you've been seeking happiness in the wrong direction.

You know what will make you happy in the world?

Nothing. Pursuing, possessing or protecting any "thing" to make you happy doesn't work. You're unhappy until you get it, and then after you get it you're unhappy when you think you might lose it. Are you sure you want to be happy? Are you sure you won't settle for being rich and famous? I know what you're thinking: "Well, if I'm going to be unhappy anyway..." No, no. Seek happiness first. Being rich might be bearable once you're

happy, but if you're rich and still unhappy—what unbearable suffering.

Happiness requires that you restore inner peace. You can't be happy without inner peace. There's no joy without inner peace. If you have any kind of upset or any lack of inner peace, you can't be happy. Attachments eat away at your inner peace. Expectations disturb your inner peace.

You expect something to happen, and it doesn't happen. You experience disappointment. You're disturbed, and you lose inner peace. You're swept away in the swirl of the world. Some people, instead of realizing they created the expectation that led to the disappointment, blame someone else for disturbing

their inner peace. "You didn't do what I expected you to do. Shame on you."

After enough suffering—lifetimes, in most cases—you finally decide, "Maybe I should look for happiness where I lost it." Light bulb! What a brilliant idea! Seek happiness where you lost it.

So you start dropping the definitions: "I'm not a Corvette driver. I'm not a dog raiser." These are just definitions. "I'm not an American. I'm not a white male." These are definitions. "I don't need a Rolls Royce to be happy." No expectations. Nothing has to happen or not happen to make you happy. You get back to the viewpoint where you look at the world and it's OK.

This is **ReSurfacing**. Little "I's" quest for happiness is really a longing to return to the viewpoint of divine "I." (Isn't it curious? Marketing and advertising work, because they appeal to an unrecognized spiritual longing.)

This is pretty traditional spiritual path teaching. The inner circle teachings go another step beyond this. They say that if you have enough wisdom and skill to manage your desires and fears, you can participate in the world and make it better without becoming entrapped or unhappy.

Now, that is Avatar. You can start by not defining yourself so much that you sink.

Orders Of Belief Systems

*From the Belief Management Mini-Course
by Harry Palmer*

Type One Belief Systems

Type One belief systems depend upon an emotional appeal to fear, sympathy, distrust, or hatred. “You’d better believe, or else.” Allegiance to Type One belief systems is generally maintained by the introduction of some form of the following two beliefs:

It is a lack of faith or honor if you doubt the truth of your own belief system.

If another questions your beliefs, it is a hostile act motivated by evil.

Type One belief systems intentionally cripple the abilities of believers to observe, discern, or reason. Members who have doubts are required to make

amends by self-damaging acts of contrition or sacrifice.

All but the most emotionally dependent eventually develop an unresponsiveness to the manipulative fear and emotional appeal of Type One systems. Most drift away, often with shame and regret for their former conduct and their own gullibility.

Type Two Belief Systems

Type Two belief systems gain support by appealing to the needs and insecurities of people. They are the tiger cures or belief solutions talked about earlier. Here one finds the logic behind the social customs of a people, the common knowledge that passes without question, the broad collective agreements of what is true. Type Two systems

often contain stoic beliefs about the inevitability of suffering.

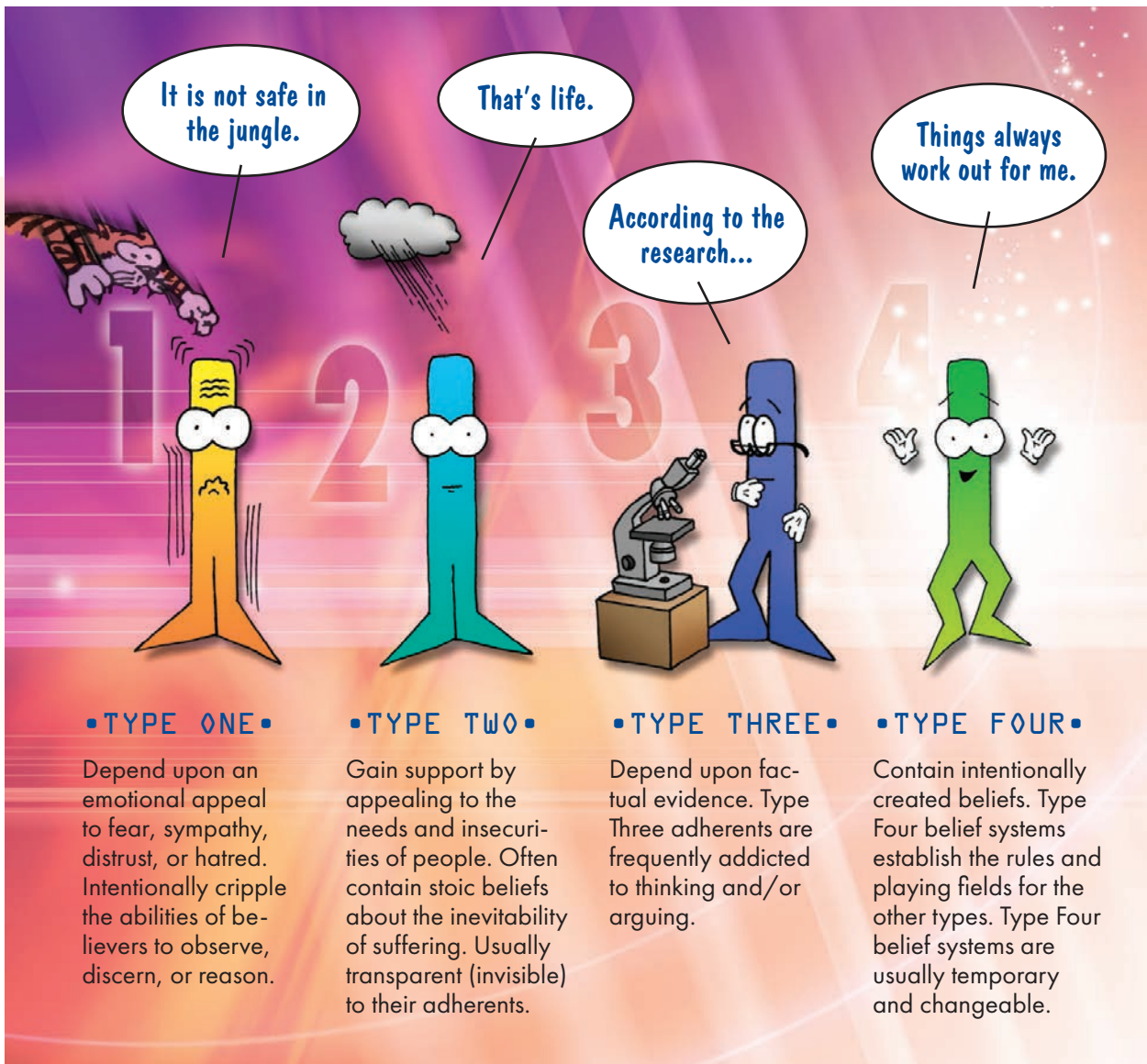
Type Two systems are usually transparent (invisible) to their adherents. The beliefs upon which they rest are seldom questioned. The agreements of the members form an invisible doctrine, possibly even telepathic in nature, which is experienced as fact. Those who do question the agreements are more likely to be socially outcast or considered insane, rather than scholarly or hostile.

It is common, at least in the last century, for the offspring of those who hold Type Two belief systems to assert their independence by rebelling against their parents’ common sense beliefs. Unfortunately, this often makes them emotionally susceptible to zealous cults promoting Type One belief systems.

Type Three Belief Systems

Type Three belief systems depend upon factual evidence. The believers of Type Three systems generally object to the notion that they are involved with a

Type One, Type Two, and Type Three belief systems are various degrees of unawareness of the existence of Type Four belief systems. Type Four belief systems establish the rules and playing fields for the other types.



belief system and prefer to call their belief systems sciences, technologies, or bodies of hard objective fact.

Type Three adherents are frequently addicted to thinking and/or arguing. In order to even consider a viewpoint outside of their particular paradigm, many of them require an environment where judgments are suspended, and a strenuous discipline is enforced to still mental processes.

The more able Type Three adherents, who provided the models for aspiring students

seeking to escape Type One and Type Two structures, are extremely persuasive and can quote many facts to support the truth of their “objective” belief systems. Type Three believers argue the truth of their beliefs by a heavy reliance on sensory impact (particularly pain), evidence from the past, and logical assumptions.

Their truth, upon examination, is never more than a conviction that certain factors have a greater predictable repeatability than certain other factors.

Their basic assumption is that consistent behaviors, whether of people or materials, demonstrate some truth.

Occasionally a Type Three believer experiences a remission of his or her insistence of rightness and, from a new perspective, begins to see that certain facts are really nothing more than the foundational beliefs of a single reality sphere floating in all possibility. It is a moment in which they truly understand paradigms.

• continues

Orders of Belief Systems

• *continued*

This frequently happens to individuals who take The Avatar Course.

Type Four Belief Systems

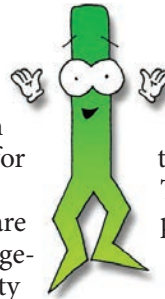
Type Four belief systems contain intentionally created beliefs. They are created so that their creators can acquire experiences, new perspectives, and ultimately reassure themselves of their own unlimited source. This is the belief system of gods. Avatar is a Type Four belief system.

Type One, Type Two, and Type Three belief systems are various degrees of unawareness

of the existence of Type Four belief systems. Type Four belief systems establish the rules and playing fields for the other types.

Type Four belief systems are usually temporary and changeable as there is no hard reality that they pretend to reflect. The Avatar materials contain instructions and tools that one can use to deliberately create, manage, and enjoyably experience the many variations of Type Four beliefs.

The adherents of Type Four systems look upon their beliefs, as well as those of others, as the blueprints for experien-



tial reality. Type Four believers employ beliefs to knowingly create in the medium of experience. They believe for the purpose of experiencing. They tend to be appreciative and respectful of different belief systems, but will seldom defend any. They frequently change their beliefs to explore new possibilities and new facets of experience.

What experience would you like to explore?

For a free download of the Belief Management Mini-Course, go to AvatarMiniCourses.com

Empower Yourself

With the Avatar Mini-Courses

The seven Avatar mini-courses are your opportunity to see and feel how empowering and easy the Avatar exercises really are. Take advantage of this chance to learn more about life and how you live it—experience a few of the Avatar exercises...

The courses are:

1. Awareness: Basic Attention Management
2. Insight: Belief Management
3. Determination: Basic Will
4. Perspective: Creating Definition
5. Compassion: The Forgiveness Option
6. Integrity: Personal Integrity
7. Alignment: Basic Life Alignment

The mini-courses are available from your local Avatar Master (see page 32) or they can be downloaded from AvatarMiniCourses.com at no charge. They are currently available in 16 languages.



ReSurfacing: Exercise 23

Transparent Beliefs

A belief is transparent when you are operating through the belief without noticing it. Transparent beliefs are seldom helpful and, in fact, can be fatally debilitating. Most are self-sabotaging, adopted in a moment when you were something less than rational.

The first impression you have of a transparent belief is that it is unquestionably true. That's just the way life is. That's the way I am. Here's the proof! But then something funny happens: you discover that the proof for holding the belief is actually produced by the belief itself. A pattern begins to unfold.

Transparent beliefs are discovered by tricking yourself into expressing them and then stepping back and looking at what you said. Transparent beliefs are often hidden under the desire to be right, so finding transparent beliefs requires a degree of vulnerability.

Objective: To discover transparent beliefs.

Expected Results: Insights, personal transformation.

Instructions: Discovering transparent beliefs is done either with a companion or as a team effort. The exercise may be repeated many times.

STEP 1: The guide or group leader asks, "What would you like to change?" until a situation is revealed.

STEP 2: Once the situation has been pinpointed, the guide or group leader goes after:

- the beliefs that are creating the situation
- the experiences that are reinforcing the beliefs, i.e., creating certainty in the beliefs

by asking:

- What belief might someone have in order to experience (situation)?
- How do you prove that belief is true?
- What other belief might someone have in order to experience (situation)?
- How do you prove that belief is true?

(c) and (d) are alternately addressed until the student has a realization.



Partner



Group

When people do not act deliberately, transparent beliefs govern their lives.

• • •

Personal reality reflects what a person really believes—this is not always the same as what he/she might be pretending to believe.



The Avatar Course

THE AVATAR COURSE is a powerful and speedily effective course based on the simple truth that your beliefs will cause you to create or attract situations and events that you experience as your life.

THE GOAL of the three-section course is to guide you in an exploration of your own belief system and to equip you with the tools to modify those things that you wish to change. The Avatar Course opens a window to the inner workings of your own consciousness.

THE COURSE teaches world lessons (experiential) rather than word lessons (intellectual). For this reason it requires a trained Avatar Master to guide you into the actual lessons already contained in your own consciousness.

Delivered in 153 Countries

Over 10,000 licensed Avatar Masters

Available in 24 Languages

SECTION I of the course invites connection with a more expanded awareness of how your beliefs affect your life. It is offered in a two-day workshop.

SECTION II of the course leads you to reconnect with an experiential awareness of your own existence and to recover the effortless ability to create personal reality.

SECTION III of the course explores the foundational beliefs that create the universe and presents a simple and effective technique for managing beliefs. The technique is used in a series of rundowns to remove conflicts, limitations, persistent conditions, and even pain.



Find A Local Master

Would you like to find true peace of mind? Would you like to have tools to create an inspiring and fulfilling life? Connect with an Avatar Master.

TheAvatarCourse.com/fam

**FREE
Download**



Your Free Avatar Information Pack Includes:

What Is Avatar?

A short brochure that answers the questions: What Is Avatar?, How Does Avatar Work?, What Makes Avatar Different?, Why Do I need Avatar?, What Can I Expect From The Avatar Course?

Avatar: Practical & Mystical

An article by Harry Palmer, author of the Avatar materials, that shows how the results of doing Avatar change your life in both practical and mystical ways.

Ten Actions You Can Do Today To Start Taking Back Your Life

The most important lessons you can learn are already contained in your own consciousness. This small booklet contains ten specialized exercises based on the Avatar Course procedures. They are designed to help you unlock your own lessons.

Special Gift:

Avatar Compassion Card

The Avatar Compassion Project has the goal of increasing the amount of compassion in the world. Millions of Avatar Compassion Cards have been given to people around the world, and now it's our gift to you!

Download your **free** Avatar Info pack today by visiting TheAvatarCourse.com/info or call +1-407-788-3090.



Your Next Step

CREATE THE LIFE YOU WANT



Try It Now

Section I of The Avatar Course is also called ReSurfacing. It is offered in an affordable two-day workshop that contains information, demonstrations, and experiential exercises to awaken you to the unlimited possibilities of living deliberately.

You can experience three of the powerful exercises from ReSurfacing right now at: TheAvatarCourse.com/experience, and Harry Palmer, author of the Avatar materials, will guide you.

Read

If you would like to read more about Avatar, please visit AvatarBookstore.com. There you will be able to order any of Harry's books. You can also visit TheAvatarCourse.com for more about Avatar online.

Watch

What does it mean to believe something? Why are some truths hard to believe and some lies easy to believe? Is your mind controlling you or are you controlling it? Who really decides what you believe?

In the video, *Make Up Your Mind*, Harry discusses these questions and more as he examines the four types of belief systems and the intentions behind each of them. Go to TheAvatarCourse.com/watch and watch this video now.

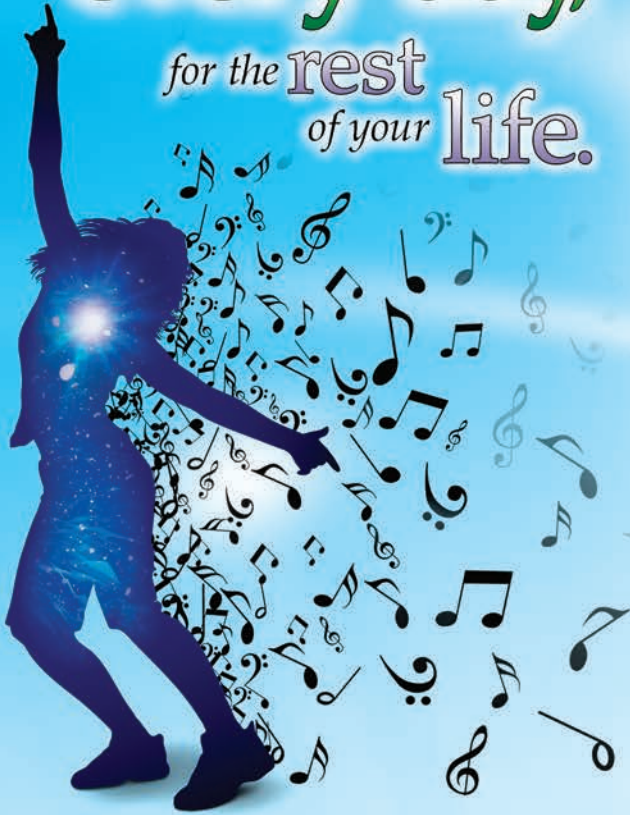
Connect

If you would like to talk to an Avatar Master about how Avatar can help you create the life you want, you can find a Master at: TheAvatarCourse.com/fam or have an Avatar Master contact you by sending us your contact information at: TheAvatarCourse.com/nextstep



facebook.com/AvatarCourse
youtube.com/SEIvideo
twitter.com/AvatarCourse
instagram.com/avatar.resurfacing

You could get better,
every day,
for the rest
of your life.



- Would you like to be free of old restraints that make you unhappy?
- Would you like to align your beliefs with the goals you want to accomplish?
- Would you like to feel more secure about your ability to conduct your own life?
- Would you like to experience a higher, wiser, more peaceful expression of self?
- Would you like to be able to rise above the sorrows and struggles of the world and see them for what they really are?
- Would you like to experience the state of consciousness traditionally described as enlightenment?

Avatar is for you!

Connect With An Avatar Master.

Contact the Master who gave you this booklet:

Or visit TheAvatarCourse.com/nextstep

Or send your contact information to:

Star's Edge International® • 237 N Westmonte Dr • Altamonte Springs, FL 32714 • USA

tel: +1-407-788-3090 • fax: +1-321-574-4019

e-mail: avatar@avatarhq.com • website: TheAvatarCourse.com

