

inpreparation

The Avatar Course

What you believe has consequences in your life. The Avatar Course helps you to make the connection between what you are experiencing and the belief that is creating the experience.

Imagine enrolling on a course where the study materials consist of your own consciousness. We provide navigational tools, a blank map, and emotional support. It's your exploration; you have to bring your own terrain.

The purpose is to assist you in returning to the level of consciousness at which you are the knowing creative source of your own beliefs. Along the way you are going to learn that what you believe is not nearly as important as knowing how you believe. In this case, understanding the container is more important than understanding the contents. Empty the contents! Marvel at the craft that creates the bowl.

Creative source is an effortless state of being. Don't confuse it with an attitude or identity that may be on automatic and seem effortless. This state is effortless, accepting, and undefined. (Desiring and resisting are efforts. Accepting and appreciating are effortless.) From this state of being, you can experience anything and within extremely broad limits (perhaps boundless) change it as you decide.

– Harry Palmer
from the book
Living Deliberately

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 discreated with ease, the right and wrong game will wind down, a co-create game will unfold, and world peace will ensue.

contributing to the creation of an enlightened planetary civilizationsm



awaken

shifting the collective consciousness

Students of The Avatar® Course share their journey.



Awaken

The Avatar® Course Diaries

Daily summaries of the nine-day experience.

On the following pages you will be introduced to three Avatar students. First comes a spiritual explorer; he is a recognized, world-experienced medical doctor from South Africa. Next is a devout Christian woman who is deeply troubled by life. Third is a seeker in search of answers, wanting to know and wanting to be certain.

All three students took The Avatar Course at different times and in different parts of the world.

These thumbnail sketches are not presented as inspirational praise of The Avatar Course, but as

honest and sincere logs of inner passages across regions where the headwinds can turn from fair to foul and back again in a matter of minutes. This is not Madison Avenue marketing; this is not even Reality TV; this is REAL. People on The Avatar Course can fall down and get lost before finding their way, some experience strong emotions, but with a little help from their friends, they also come up like the sun and are never the same.

Star's Edge sincerely wishes to thank these people for their honesty and vulnerability; they do us all service.

Tsakani Mpenyana – South Africa

The reason why I'm here is to gain an understanding and a working knowledge of how I can use my beliefs to create reality, that is, to create the life I want to live.

I want to transform this knowledge into a knowing. Intellectually I know it is possible; now I want to take it to an experiential level. I want to deliberately create my life circumstances. On an unconscious level I must be doing that already, but now I want to make it conscious and deliberate.

I also want to explore transparent beliefs and get to know myself better. I want to tap into that zone of limitless potential and live my life from there.

Patricia E. Clark – Korea

Why did I come to The Avatar Course? I've known my Master and his wife as my massage therapists for almost four months now. They have taken a personal interest in my life, and they both believe I have untapped potential waiting to be unlocked through the means of Avatar. Because their English ability is limited, I've come here knowing only what they have been able to tell me and through two books in English at their clinic.

Based on this, I've come as an explorer – looking into the nine-day course as a day-by-day challenge or adventure to see if indeed this is for me. Being a committed Christian, I wanted to know whether Avatar would be able to stand up to my scrutiny or whether it would be like oil and water – they just don't mix. Kim Chan Ho knew he was taking a risk by bringing me here, but he thinks it's worth his gamble.

Adriel Brunson – United States

I just thought I'd take a few minutes to explain how I got to The Avatar Course in Carmel, California.

Last summer, a friend of mine who had been through The Avatar Course some years ago recommended that I check out Avatar. I went to the web site and downloaded the e-book version of *Living Deliberately*. I read it cover to cover that night. The next day I went back to the site and searched for a Master in my area.

All I wanted to know was, "Is this real? Can you really do what is described in this book?" In my heart, I knew it was real and was overwhelmed with feelings.

I talked with Kathy Thorngren, an Avatar Master, during the next week and set my intention to be at The Avatar Course in Carmel.

Section I: ReSurfacing®

Below Section I is the current state of the world. Mankind currently reacts from a deeply indoctrinated sleep. Even if you were to say, "Wake up!" nothing much would happen. Past conclusions and old fears make the decisions. Nearly everyone is operating on someone else's answers. People live in what was. They perceive only enough to excite their own conclusions.

The sections of Avatar parallel certain unfoldments or realizations that a person will go through as they awaken from this indoctrinated sleep.

Section I of Avatar is called *ReSurfacing*. It refers to the action of disentangling oneself from old creations and rising back into awareness. This section could be called a self-discovery course. *ReSurfacing* reminds people of the difference between the self and the experience the self is having.

– Harry Palmer
from the article
The Structure of the Avatar Path



Tsakani - The day started with lots of excitement about doing the course. I had a sense that it was going to be different doing the Resurfacing Workshop for the second time. When I re-read

Living Deliberately before I came over to the U.S., it was like I was reading it for the very first time. Only this time I could connect more with the context, which told me something about my readiness for doing the work. This time I'm ready.

Doing the Personality Profile was particularly useful for me, because it helped me to become more aware of the patterns in my life. It made me question. The exercise helped me start connecting the dots. It's like putting the pieces of a jigsaw puzzle together. Suddenly my life is not a mystery; I can see how some threads or events come together to create who I am now.

Exercise 12, Releasing Fixed Attention, was very powerful. It was fun to coach someone through the exercise and notice how their physiology changes when new insights begin to make an appearance. While I was being coached, I made some major breakthroughs about two careers I've been working on for a while. Insights, solutions, relief from pain and suffering, and different viewpoints started coming up. This exercise is very useful, because it turns what seems like a monumental problem into a simple solution. Obstacles become opportunities!

During the previous exercise, I worked on the bouts of anger I still have over a relationship that didn't work out. Even though I thought I had already released the anger and did not blame my ex-girlfriend for the break-up, I would find myself drifting into short periods of anger. The insights gained helped to release that anger, and when I did the Compassion Exercise later, all that anger dissipated completely. The Compassion Exercise was very powerful for me.

Patricia - When I registered, I found out I was the only student on course who was a native speaker of English. That's not so much of a problem, because my Master, Kim Chan Ho told me that English translators would be provided.

The room was full of Korean faces. Apparently this is the largest beginning Avatar Course to be held. Whenever we broke up into our discussion exercise groups, there was lots of noise, which, on the one hand, is a good thing because it means people were eager to talk. On the other hand, it became somewhat of a problem for me as I tried to listen to the discussion in my group in two languages, first in Korean, then the English provided by the Master translators. It was a challenge to remain interested, so a special group of people was formed to speak English only. What a relief!



At first I felt quite foolish in our first and second discussion groups as I was understanding through interpretation that the answers to the questions were quite philosophical. My Master had assured me it would be very easy, but I was becoming confused. My answers to Exercise 10, Emotion and Importance, in our checklist

were quite simple. I felt embarrassed to contribute. So I said nothing.

One of the later exercises I had to ask my Master about was Exercise 13: Restoring Attention. I really thought it was stuff and nonsense when I read it through and saw it demonstrated. Then it was my turn to do it solo. By the time I had taken a good stroll and counted 47 forms, I realized that I was no longer thinking of Avatar, but locating the next form instead. Simple exercise, but it worked.

One thing I'm not so sure about yet is Exercise 12, Releasing Fixed Attention. In a closed environment it's easy to work your way through the given parameters. Taking this home, will it still work? Time will tell. Something I have appreciated is the shifting of focus and location – the exercises geared to getting us moving rather than sitting in a long, dry lecture forum. Very relaxing to me – rather than the hot, stuffy, and boring routine.



Adriel - The class is very large, seems to be 250 to 300 people. They've said it's the largest ReSurfacing ever in the U.S.

During the orientation, a drawing was put on the board with a circle on the left representing pure being. A lens was drawn to the right, in the middle, and labeled as a filter or belief. The belief chosen was "Life is hard." On the right is a stick figure person wondering, "Why is this happening to me?" And the answer always is, "Because..."

I just noticed that my head is experiencing the same effect as the first time I did ReSurfacing. I felt a physical expansion in my head. It's almost like sinuses clearing except it's in the middle and top of my head. There is a clear physical sensation of expansion. It has continued as I worked on the exercises at home, but it's not been as strong. It has been going on almost nonstop since the day began. It's strangely pleasant, a little weird, but becoming a regular part of my Avatar experience.



Day Two

Section I: ReSurfacing®

The fundamental unfolding that occurs on *ReSurfacing*, the realization that *ReSurfacing* saws back and forth to bring a person to is this: "I am." This isn't, "Oh sure, I am." This is, "Oh my God, I am. I really am." It's an "I am" that is discovering responsibility. This is such a powerful realization that if you were to lead a person only to this experience – not just have him add it to his mantra, but to actually have him experience "I am" – you've broken the grip of indoctrinated sleep. You've woken personal responsibility in place of some robotic reaction according to authority. The person can now observe and then act. When somebody talks about Avatar as a self-discovery course, they're talking about this level of unfoldment.

– Harry Palmer
from the article
The Structure of the Avatar Path



Tsakani - Interesting start to the day with Exercise 18 (viewpoints). During the walk I looked at different objects, animals, and people. The more I inspected all these, the more they seemed to be the same.

As I thought about my experiences, one question kept coming up. Is there a difference? Is there a difference between myself, the moon, the bee, the tree? I felt like I was one with all of it. Tears filled my eyes as I was reflecting on the beauty of it all.

I discovered a transparent belief that has been making it challenging to manifest things in my life. The belief: God is the creator of all things in life including my life circumstances. This transparent belief also meant I didn't have to take responsibility when things did not go my way. I would always say, "Well, this is God's will. If it was meant to happen, it would happen." Now I realize why things manifest randomly. This is the turning point. As of now I take full responsibility for all my creations and experiences.

The ReSurfacing weekend was a great success. What I did was open myself up to the explorations. I made myself available to the exercises. I worked on the exercises honestly. The explorations took me to interesting places learning about attention, will, awareness, beliefs, etc. I discovered some hidden treasures about myself and, as a result, got to know myself better. A seed has been planted; all I have to do is nurture it.

Patricia - Everything started off fairly well, however, it was Sunday morning and I'm accustomed to going to church, as is one of my roommates. However, I found out that if one wants to worship they have to find the time outside of Avatar. This left my roommate and myself feeling uncomfortable.

As it was, everything progressed well until we hit Exercise 23 in ReSurfacing, Transparent Beliefs, and my Master



coached me through the exercise. We never reached a solution as there was one piece of information or a belief or a reality that I was unwilling to share.

No matter how many times my Master repeated the questions, I talked around or evaded the real belief, the real issue. We finally had to quit with nothing resolved, at least on my part. It was a very emotionally painful procedure for me. It was also at the root of why I couldn't do the homework exercise: Caring for the Animal. What's the belief? Right now, I believe it's because my body is so ugly. And I can't speak that out loud.

One of the coolest things about ReSurfacing® is the effect it has of creating the group consciousness. People start on Day One in their own space with their own expectations and become progressively more connected and more supportive of each other. By the end of Day Two the group feels like they're old friends.

– Rich Brenckman
Star's Edge Trainer



Adriel - Somewhere near the end of Exercise 16, Self-Deception Signals, I realized that one part of me has been carrying a belief that I would be fixed when I've been through The Avatar Course. If I'm not fixed completely by then, certainly after Masters, Professional, and Wizards. Then, for sure, I'll be fixed, and my life will be perfect. On the other hand, as I've gotten more time with Avatars and Masters, I can see that they are still human. They still have issues and are still learning about life.

This explains why part of me doubts the validity of the Avatar materials while hoping it is the magic pill that cures all ills.

In thinking about The Compassion Exercise, I realized that it automatically creates awareness of myself and therefore extends compassion to myself as I extend it to others. I can't give what I don't have.



I became too wrapped up in doing the rest of the ReSurfacing exercises to take many notes during the day. Journaling will have to be quick notes with more detail during the evenings.

Day Three

Section II: the Exercises

With the Section II materials, you start exploring. Little expeditions into the backyard of your consciousness. Overnights! You practice the specific abilities and tools that are required to successfully manage what you are already experiencing in life. It's an opportunity to get your affairs in order before the big adventure begins.

– Harry Palmer
from the book
Living Deliberately

Section II Avatar is a self-empowerment course. The only prerequisite to Section II is to find a self to empower. All suffering arises from mental processes, in particular from beliefs and judgments.

Section II is a modern approach to recovering control over the mind. This is such an unusual accomplishment that many people don't believe it can be done. But it can, and it's part of the unfoldment that happens on Section II Avatar.

– Harry Palmer
from the article
The Structure of the Avatar Path



Tsakani - This day was full of feelings! One of the insights gained today was that we create our experiences knowingly or unknowingly. We then resist some of these experiences and thereby create suffering. The key for me here is to create those experiences and then go with the flow. Of course when I create experiences



exactly the way I want them, then there's no resistance, more flow comes into the system and more creation! This is absolutely cool!

The day's exercises started. Initially there was resistance. I noticed I was resisting the exercise and doing it from my head. Once I let go, it all became really easy. I explored and it became easier and easier with every attempt.

Wherever I went, the exercise stayed with me. I felt very comfortable with the exercise. The mind chatter went away, and I would be in a very deep meditative-like state when doing it. Very peaceful state.

I noticed that I struggled with my judgments and chatter in my mind. After discussing what was happening with my Master, I went to repeat the exercises several times. It was easier.

The last thing we did for the day was exploring beliefs. I was particularly intrigued by noticing how different beliefs felt different. How each belief had a specific quality and unique features.

Patricia - I entered The Avatar Course, Section II with an extremely troubled mind. I learned that I wouldn't be able to work on exercises with my Master who didn't speak English very well. When my roommates translated his message into English, my heart heard a different message – rejection.

When I entered the course room, I thought I was going into the next section, but I found out I was to stay in ReSurfacing. Again, I felt pushed away, but I was the only one feeling that way.

My Master sat me down and patiently took me through the exercises. I asked her if I was the only one repeating this, and she explained, "Oh no, there are at least three more tables. Don't worry, this is good." Feelings of not being good enough instead resurfaced.

In the meantime, another Master met me and tried to reassure me that everything was going to be okay.



I had a few minutes to think some things through while waiting for the afternoon session to begin, and I realized that a lot of my belief patterns about myself zeroed in on the fact that I fear rejection. I later also realized that the goal that I scored highest in, what excites me most, is to be loved. I

think I can safely say that there was an insight and a change in viewpoint by the time I ended my day. It had been so emotionally charged for me. I was exhausted and went to bed at 8:30 PM.



Adriel - We've moved from lots of exercises over the last two days to just one for today. Also we've shifted to more working on our own at our own pace.

I got way mental doing the first exercise, putting a lot of energy into doing it right. A Master reviewed my debrief and, surprise-surprise, sent me back out to do it again. Fortunately, he also took some time to work with me, helping me see how much easier this is than I was making it. The result of the second time was fun, light, and easy rather than heady and disorienting.

It's now later in the day, and I just did my first Walk for Atonement in this section. I'm sure there will be many more. It was much more difficult than any walk I've done before. It was hard to focus. (I was doing the self-criticism variation.)



After talking about it with a Master, we both agreed I wasn't done. I had stopped before I really felt the change. This time I kept going until I felt a shift in energy.

After the Walk for Atonement I came back to the work. Suddenly I felt an ever so subtle shift in my consciousness. I was sent out several more times, learning how to experience this new point of view with more adeptness. Once I was sent out just to play with it!

I came in to find a group of Masters watching and waiting, smiling at me. I began to dance toward them, laughing as they laughed. Pure joy! And now, after a few more trips outside, I'm in awe of the restraint of the Masters, allowing us to own this experience for ourselves.



ReSurfacing® is very fast paced with 30 exercises to cover in 2 days. So when they get to Monday and are working on just one tool, things get more focused and widened back as the pace slows down.

– John Pasqualetti
Star's Edge Trainer

Sounds great, but...

So often in life we let excuses keep us from fulfilling our potential. It is so easy to listen to doubt and succumb to the safety of remaining unaware.

The list of excuses, for not taking The Avatar Course is as long as you wish to make it. Here are a few excuses that might sound familiar.

But, as these Avatar graduates point out from their own experience, the rewards for overcoming them are immeasurable and priceless.

Can I afford it?

I first heard of Avatar in 1987, through my subscription to *New Age Journal*. I found the message enticing and kept saying, "Some day I might take this course."

Over the ensuing years I continued to rationalize that it was cheaper to continue going to the bookstore and purchasing the latest self-help, new age books. I spent more than 20 years exploring Eastern philosophy, world religions, psychology, meditation, yoga, etc. and attending weekend workshops whose results always slipped away.

Then I watched the Avatar video, and one person noted that it didn't fade away. It just kept on expanding. And I took The Avatar Course.

Even a few days into the course I wondered if it was worth the cost – I was really plugged into money. However, by the end of the course everything came together in a way that I felt was worth at least ten times what it cost, and I couldn't help wondering why I had waited so long!

I could read every self-help book, and still it was not until I had the inner experience that I appreciated that all the answers I was looking for were right here, inside me!

S.R., USA

Is it really worth the cost?

I feel that gifting myself with the Avatar experience has been the most important thing I have done. If someone offered me all the money I could ever want in return for surrendering my Avatar experience, it would be easy to say no. It is that valuable to me.

I relate the experience to that of having spent a lifetime of watching TV without the antennae connected. The Avatar Course provided the antennae, and I plugged it in. My reception capacity is transformed, and my transmissions are so much clearer. It's easy now to relax and enjoy the greatest show on earth, my own life.

S.T., Australia

Is it for me?

I came to this course as the ultimate skeptic – with more doubts than I ever realized – but now I can say that Avatar delivered *everything* it promised, with the added benefit of knowing that everything I learned and experienced came not from an outside source, but from me.

T.F., USA

Do I already know this?

A thousand thanks. I feel I have been showered with blessings upon blessings from Masters and students. I have never experienced anything like it before. The simplicity of the exercises and the love of the Masters make for a powerful combination.

As one who trained in psychology, worked as a therapist, and trained as a social worker, there is nothing to come near it. Through all my years of training and therapy, all my rubbish was there fully intact when I arrived at the Source List, and now it has been lifted out piece by piece. I feel the most free I have ever felt in my entire life.

Thank you – so small a word, but the intention with which it is said will shower you all with my deepest gratitude.

I take the journey outward with my heart open and overflowing with appreciation.

M.M., Ireland

Is it too personal?

When I first arrived I was scared to death! Letting people see inside me was something I had avoided my whole life, even though feelings and understanding others have always been a big part of my life. Except for those special few, I wanted to be a one-way mirror, a hidden one at that.

Through bouts of panic, confusion, too much thinking, and an almost never-ending list of creations, just the right Avatar Master would appear with the help I needed to see my way clear. It was amazing how it worked.

As the walls in my head started falling, I knew this was the path I had been looking for all my life. I will be forever grateful for the love and example of the Avatar Master who brought me to the international Avatar delivery and the immense love and patience and understanding of all the Avatar Masters who helped me. I am *way* happy to be me!

S.G., Nevada

Could I lose a part of me?

On the fifth day of my Avatar Course, I went from fretting and guarding this tiny circle that I called my **real** life to this immense space that I recognize as unrealized potential.

It is now so clear to me. The real loss is not the disappearance of something we have. The real loss is the non-appearance of something we could have, but don't create.

Avatar really is priceless.

G.E., New York

Do I have the time now?

Not a day goes by, and hardly a minute, that I don't find a new application for the tools I learned from Avatar to improve some aspect of my life. Whenever I choose, I can easily change the way I feel about something, the way I think about something, the way I experience something. Pretty neat!

Completing the course, I felt as though Avatar had handed my life to me on a silver platter, and said, "Have fun!" And I am doing it.

For anyone considering whether to do The Avatar Course, someone once said toward the end of his life, "Looking back, I don't regret any of the things I have done. I only regret the things I didn't do." It isn't just by coincidence that you are reading this letter. This is opportunity, with a big O. The opportunity to get answers to all your questions and all of your searching. No need to go any further. You are here.

L.Z., California

Is Avatar going to tell me how to behave?

As I practice and expand my abilities with the Avatar tools, I start to really understand what living deliberately is all about. It is not an idea, a theory, or a philosophy. It is about experiencing. It's about creating and experiencing life the way I decide it to be. Now

I don't need to experience a life of struggle, hard work, and competition anymore. Life is much more than living through indoctrinated beliefs like, "This is the way things are," "You should be like this..." "You will have to pay for that."

I choose differently. I decide for a world of love, compassion, wisdom, and cooperation.

A.C., Brazil

Haven't I heard this before?

When I first received an Avatar Journal in the mail, I took one look at it, thought, "Oh, yeah" and tossed it into the garbage. About an hour later I took it out, scanned it and thought, "Just another ploy, promising enlightenment for a pretty steep path." Only this time I didn't throw it out. I would gravitate to the Journal, read an article and put it down. I figured my getting the Journal was a fluke – it sounded interesting, but not for me. I did order *Living Deliberately, ReSurfacing*, and the tapes. When I got my second Journal in the mail, I thought, "Someone is saying something to me." This time I sat down and read the Journal from front to back, paying special attention to the course guide. But after years of following other paths to dead ends, I was suspicious – of new ideas, simple ideas, and anything that said "easy." After all, I found out through hours of meditations, years of classes, tons of books that reaching enlightenment was anything but easy, as attested by the fact that I had not received it yet!

Spurred by my curiosity, I decided that I would take nine days, submerge myself in Avatar (whatever that was) and leave with the ability to consciously, continuously create my life.

My thoughts during the nine days were always, "This is so simple. I knew that, only I couldn't apply it in that way." Now I know that I am Avatar, consciously, consistently creating everything I experience.

B.E., Arizona

Will it last?

I was so excited when I realized a couple of days into the course that the changes taking place in me were not the temporary result of some sort of mind manipulation. The effects of the exercises in Section II weren't just felt while I was doing the exercises. I woke up feeling different. I felt permanent expansion happening.

Now my power lies poised and potent and at my disposal. It's part of me, what I feel I am – pure potential and the power to decide how I'd like to align it.

B.B., Alabama

All of the above.

Avatar has given me certainty and permission to feel. It has freed me to experience a gentle focus that is both broad and deep (both are poor expressions of limitlessness). The kind of feeling that had eluded me for so many years. The kind of effortlessness that is self renewing rather than forced, driven, narrow, and draining. The realization that I am the source of my experience. The realization that the past and the future are only creations of the present and that I have domain over my present awareness. I decide. Without judgment or fear. It just is. Finally I have a body free of pain and a mind free of clutter. I can feel it.

It could be possible that someone who hasn't done Avatar, on reading this, could miss the power of the meanings behind the simplicity of the words I've used. Avatars will not.

If you are reading this and considering doing Avatar, but perhaps experiencing an internal argument about the cost or the time or any other belief about why you can't, shouldn't or won't, I feel for you, because I had those same thoughts once too. Way back when I didn't know what I know now. It's ok to feel that way. Then let it go. Free yourself to really experience the foresight to look back in hindsight and appreciate the insights you experienced having done Avatar.

D.M., New Zealand

Day Four

Section II: the Exercises

Section II clarifies and expands an extrasensory perception channel to the physical universe that you may already be vaguely aware of – extended feeling. This is a non-sensory feeling that does not require physical contact. It quiets the mind and dramatically enhances your sense of being.

Another exercise in Section II develops a skill in recognizing, creating, and changing judgments. This really begins to wake you up to the patterns in your life.

We experience what we experience in accordance with our judgments, which are the beliefs through which we filter our perceptions. Two people may experience the same event quite differently. For one of them it is traumatic and ruins their life; for the other it is inconsequential. The difference is determined by the judgments the two people place on the experience.

The end result of this exercise is the ability to honestly relax judgment on anything being experienced.

– Harry Palmer
from the book
Living Deliberately

Tsakani - After doing more of the first exercise for about 90 minutes, I started doing the second exercise. Initially my mind got in the way. However, after a while, the resistance went down, and it was easy to do the exercise. I also noticed that it doesn't take as long to shut off the mind. The beauty about these exercises is that I



can do them anywhere, anytime without a formed ritual to get to a peaceful state. Some of the text in the exercise book is not easy for me to understand. I've had to read it several times and experience it in order to really get it. The

Masters are doing a great job of clarifying some concepts. Shakti has been really excellent in this regard. One exercise really impacted me as I worked with events, people, and self issues that have been disturbing me for a long time. Some of these events used to bring about a lot of anger and frustration. Now it feels easier to experience them without the accompanying emotional charge. Interesting!

Patricia - In the morning I went through the Walk for Atonement again on self-abasement. This time, while a lot of what I said was a repeat, I also confessed that I invalidated myself since I was calling God a liar, and my friends liars, when they continually love, accept, support, and encourage me. This, while unknown to me at the time, was a turning point in my belief system. Until then, the focus had been on me and my hurt.

Back to Exercise 23, Transparent Beliefs. Several times in the next few hours I was sorely tempted to pretend I'd found the answer, the solution, but I wouldn't allow myself to fool myself or the Master working with me. Several



times I told her "I don't know" or asked "Where am I going wrong?" and each time she patiently took me back to the two questions. There was a pattern forming in my head: I fear rejection, I'm so ugly, my friends really do love me, God loves me. Why then am I calling them liars when I won't accept their judgments? Finally, after I don't know how many hours of evasion, pain, and frustration, the thought occurred to me, I'm not rejected by them at all, and I won't be. Instead, I'm the one doing the rejecting. It's safer to reject than to be rejected. This is what's really been happening.

This is the common thread to all my issues. Two of my friends had e-mailed me, and I read their messages at lunchtime. They all loved me and missed me. In my goal setting, my highest points were in question #4, "What excites you most?" My answer was "being loved." Here was the proof staring me in the face. And I had consistently rejected it. How do I feel now? How more blessed can a person be to accomplish their goal? I am loved by my children, my friends, and God. It can't get any better than that.

I was also excited by the fact that I'd graduated from Section I into Section II. At the end of the day I was able to sing to those around me.



Adriel - I want to call everyone I know and tell them to get to an Avatar class as soon as possible! I know it's impossible to convey adequately what this experience actually is. Words fail.

I find myself wondering what comes next. If this is the first day of Section II, what must be waiting at the end of the class?

I also find myself noticing how ephemeral this is. How easy it is for old patterns to cloud this sweet experience. I look forward to dealing with whatever else I've created that is keeping this from being my constant state of being.

I've been working on a group of exercises all morning. It's been very interesting feeling the movement throughout the day. The exercises move me through a wide range of experiences.

People seem to be laughing a lot more today than yesterday. Things feel more fluid. There is a sense of a whole



group. Joy seems to be easily accessed. People are calm and smiling. It's easy to meet new people, and everyone feels very approachable. This may all be my impression or experience, yet others seem to be experiencing the same thing.

It's about 6:30 PM. I've just spent almost two hours working on a new exercise. I feel beat.

I lost touch with the process and feel disappointed that I couldn't get this immediately. I'm sure it's like many things; I'm trying way too hard. More of this exercise tomorrow. I'm looking forward to getting proficient at this.



Day Five

Section II: the Exercises

Section II is a modern approach to recovering control over the mind. This is such an unusual accomplishment that many people don't believe it can be done. But it can, and it's part of the unfoldment that happens on Section II Avatar.

After the student has sorted out his or her existing beingness, the next issue is, "What can I create?" One of the secrets of the creation exercises is that it quiets the mind. When a student does the creation exercises properly, the student experiences stillness. The stillness may be temporary, because the person has not yet reached the point in the path where he or she is prepared to be the stillness. They're more concerned with getting or getting rid of something.

So on Section II, the path begins to wind. It takes a detour into the material world. Ego development is built into the last part of the creation exercises to prepare the student for the next unfoldment of life.

After the realization, "I am," the next realization on the path is, "And I'm pretty darned cool." Section II removes limitations and introduces one to creating the conscious reality that one prefers.

– Harry Palmer
from the article
The Structure of the Avatar Path



Tsakani - I did a variation of the Walk for Atonement and worked on stuff that has been coming up during the course. A lot of personal stuff continues to resurface and be dismantled.



I dealt with self-criticism and judgments, blame that I've carried with me for a long time. I've always thought that I was "almost clean" because I've been working on myself for a long time, but every day more stuff comes up.

The first day of working with the creation exercises was interesting in that I began to understand the definition and really integrate.

After several rounds, I began to feel tired and a bit frustrated. My frustration was compounded by working with a tough coach later that afternoon. No matter what I did, I couldn't get past the first part of the exercise.

After numerous attempts, I was finally getting it. When I finally got it, the exercise became easier. The most important bit for me was because she was honest with me, we both learned a lot from the exercise. I was really getting it! The most frustrating session turned out to be the most beneficial.

This is the shift to action day – they go into the Source List. More students start to take out their real creations from their lives and begin to handle them.

– Yuji Takashi
Star's Edge Trainer

As more and more students move into the Creation Exercises on about Day Five, there is a real buzz in the room. A quiet excitement as each person begins to get a sense of their own creative power and how to use it effectively.

– Rich Brenckman
Star's Edge Trainer



Patricia - Throughout this day I spent most of my time doing Section II exercises. From the beginning of the exercises I had little trouble complying with my Master's instructions except I had to keep reminding myself to keep from judging. Once I got the method into my head it became an easier exercise.



I also decided yesterday to try the variation "Confession of Secrets" in the Walk for Atonement exercise. I had been holding off because I didn't think I had any secrets, but at the same time I knew there was a secret I didn't even want to acknowledge to myself. I also knew that I had to be honest. Along with that comes vulnerability. So along with other secrets that had accumulated over the years, I confessed my secret love. Whereas all my other secrets could be revealed, this one I feel cannot be. But I did confess it to myself and to God.

Adriel - I didn't take any notes during the day today; I was just too busy! All of the resistance from last night seemed to fade away with the new day. We had a new exercise – a Thought-storm session. It was great. I was very excited to get a chance to play in this space. I felt like we all could have just stayed there for quite a while, working with this energizing tool.

The rest of the day was spent going through many sessions of creation exercises with different people.



In every case, it seemed that just the right person would be open for a new partner, and I'd get another big chunk of the puzzle. The Masters were continually roaming the room, looking for people who were ready to go again. I had to stop later in the day and take a break.

One of the Masters suggested I go outside for a bit and practice some of the earlier exercises to refresh myself. Wow, what a difference coming to those exercises after this day!

This day was work. I got caught up in a pattern of making it very hard work, and I expended tremendous energies.

At any rate, with the help of a Master I managed to get through to a better, more workable place and worked through the exercise several times.



Day Six

Section II: the Exercises

To continue awakening, the self must reach a balance. If it has experienced unhappiness, it needs to create happiness. If it has experienced failure, it needs to experience success. If the self has experienced feeling submissive, it needs to balance it by feeling dominant. Living from the past must be balanced with goals for the future. The Section II Source List and Reality Creation List present an ethical way for a person to achieve this balance.

Self empowerment allows a person to restore balance in his or her life. Enlightenment occurs naturally when that balance is reached. You could think of Section II as a technology that allows a person to achieve karmic balance with the universe.

– Harry Palmer
from the article
The Structure of the Avatar Path

The final part of the Section II materials contains tools and exercises to remove barriers or blocks that you may have placed in front of your ability to create reality. We describe it as “the most challenging experience anyone ever laughed through.” It causes smile cramps in your face, increases your ability to create, and restores your control over experience.

– Harry Palmer
from the book
Living Deliberately

During Source List, the energy level gets very lively – lots of laughter and personal integration going on as the things in their lives they came to work on get integrated. People run through a wide range of emotions, from sadness, grief, anger to joy, peacefulness, excitement, and power.

– Sue Miller
Star's Edge Trainer

Tsakani - The second day of creation exercises was very neat! What makes it even more exciting is that today was application of the tool to real life situations. Yesterday was learning the tool; today is application. Bringing my life situation into it sure brought up even more stuff. I got rid



of a lot of clutter. I feel empowered. I'm beginning to see where all this is going.

For the whole day I worked with Masters and students both as coach and student. It was a really wonderful experience. Being source is a

unique feeling. Difficult to explain in words, but I sure know it. I know how to get it and recognize it. I know how to be it. I feel like this section alone has been worth more than anything. I really don't know how to describe it.

Later in the afternoon I moved to another creation exercise and it was the end of another very interesting day!

Patricia - Through the last 30 years as a Christian I've had my share of struggles and hard places, and I know I've carried a lot of baggage at times.

So this morning, I re-did my secret confession Walk for Atonement, but



this time I also praised God for jerking me back up again. I'm also asking for God's help to re-channel my secret love into a pure love, which is as it should be. The corresponding scripture for this is

found in the New Testament, “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”



Adriel - I moved into the next phase of the course, reading all the information. Thankfully, the Masters created a reading room with peace and quiet. I was ready to do my initiation!

This was such a great experience. I was surprised at the humorous way that some things discreated. I could clearly feel weight



lifting off my consciousness as we worked through the list. Every small ripple that disturbed the feeling state had a chance to go through the process.

I experimented with opening my eyes. The room was still there. And I'm still here! I have no idea how long this all took. I didn't check the time going in. I lay there a while longer, feeling great and handling anything weird that came up.

I came back to the class room to find my Master. I just started laughing and grinning. Pure joy! This was the most gentle, loving, and beautiful freeing experience I can ever recall.



Day Seven

Section III: the Rundowns

So now, Section III, the main course. Section III begins with a guided initiation session conducted by an Avatar Master.

The initiation takes you on a tour of some of the most fundamental, transparent belief structures of consciousness. Transparent, because instead of seeing them, you see through them. The initiation experientially introduces you to procedures and tools that you can use to self-determinedly manage your life.

– Harry Palmer
from the book
Living Deliberately

There is a definitive shift in the feel of the room as the students move into Section III and are initiated. It's the feeling of less definition in the space and more expanded consciousness as the students explore the technology for discreating realities.

– John Pasqualetti
Star's Edge Trainer

Tsakani - More creation exercises. It was a bit challenging initially to shift between different creations. However, once I got a handle on it, it became easier to do the exercises. I get a sense that with each round, there's a deepening of understanding. I feel it more and more with practice. I'm building creation muscles!

I get a real sense that the work I've been doing is the missing link. I feel like I've finally connected with the bridge that takes me from wishing and dreaming to creating. I'm very excited about this.

Later in the afternoon I started reading the Section III materials. Shakti suggested we stop for the day just before the initiation process.



Patricia - This morning is Saturday. I'm feeling mentally and emotionally battered. I've spent the last two days working on the creation exercise. I had great expectations going into this exercise but as yesterday wore on, it seemed that no matter what I said or didn't say, whatever I did or didn't do, it was all wrong. Whatever I did, it wasn't good enough. Finally, about 5:30 I wanted to give up and walk out. I saw no way to complete the exercise without bluffing my way through it, and I couldn't even do that. A special trainer was brought in for me to work with, and she noticed I was hesitating with every step. I told her I was waiting for her to tell me it was no good the way most of my other student partners had done.



She painstakingly took me through the process again, teaching me how to do the exercise. She then took me further through my feelings of insecurity, frustration, pain, doubt, confusion, fatigue, more pain, more confusion back through the steps. It was so hard to even remember what the original exercise was.

So I was taken back to read the description in the materials. I had been laboring under a misunderstanding of the original concept.

Finally, after at least two hours, and what seemed like a lifetime of tears and frustration, I was able to complete the exercise. I really appreciate the effort of my Master, who patiently worked with me, and also her realization that I needed the extra coaching. Without it, I was ready to quit, so close to the end. But today's another day, and I must go on.

Adriel - This day was remarkable. I kept working on the course, moving through the exercises and enjoying myself.

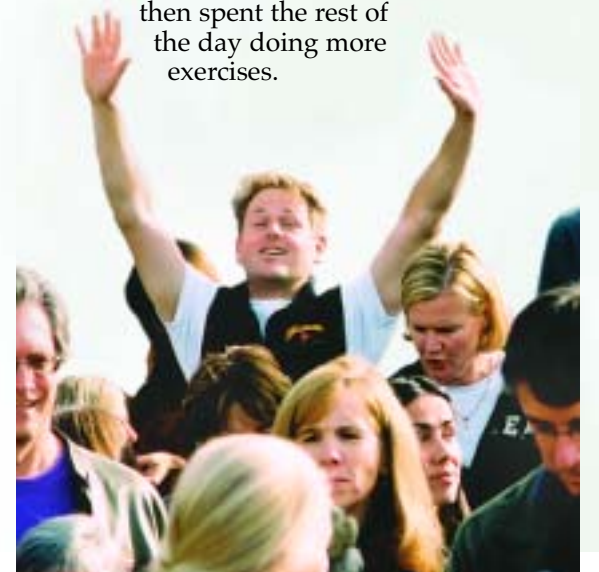
By now I'd been through several of the exercises on my own and with Masters. Now it was time for the Persistent Mass exercise.

After several passes through the exercise, I saw that from a very young age I'd believed that "I'm a sinner, doomed to burn in hell." I'd known something about this belief in my life, but I'd never felt it so clearly.



The result was extraordinary. I felt the energy of the course, the people, the Masters beaming at me, all of it so sweet and beautiful. All I could think was, "And this just keeps getting better?" Wow!

I took some time eating, walking around, and integrating the exercise, then spent the rest of the day doing more exercises.



The Path Is Now Clear

I feel that this course is totally powerful and priceless. I will enthusiastically recommend it!

Three years in a yoga meditation center in India and fifteen years of metaphysical studies in western Canada had given me many beautiful glimpses and insights into what the spiritual path is about. And yet I was still searching. The Avatar Course has shown me what I had been missing, and for the first time I know that the path is now clear before me. The fog has lifted.

S.M., Canada

Have I Really Changed?

It's so subtle. My life's now lived from a totally different viewpoint. A shift so subtle that most people in my life aren't aware of it. But I am.

I have done many self-development, personal growth, and spiritual awareness courses with amazing results, but Avatar has fundamentally changed me. And there are fresh insights every day.

A.T., Australia

A Life-Long Journey

I have been on a spiritual journey since I was 13, and I've taken many side trips (Transcendental Meditation, evangelical Christianity, academia, agnosticism, etc.). Avatar has been the most profound experience in enlightenment of all. I came in a bit skeptical, judgmental, and very hard on myself. I leave free and filled with laughter and delight.

There is no academic literature, no therapy, no bodywork, no substance, no relationship that is as able to penetrate the layers of decisions I've made like Avatar. Avatar is simple and elegant. I am grateful for the experience and can hardly wait to go out and play.

D.N., California

The Fruit of Our Beliefs

I believed that I could never know God. I believed that self realization was for the special ones who meditated for years and abstained from all the experiences that we ordinary folk indulged. I believed that I was not deserving. I had put limits on myself and no matter how I tried, these very same limits that I had created were the very obstacles thwarting my endeavors to know God.

It was not until I did The Avatar Course that all of this changed. In essence, the course helped me to go past thinking and to finally feel.

Belief is my creation, and the consequences of such a creation are my own doing. If I plant an apple seed, an apple tree will grow. What sense does it make to plant an apple seed and be frustrated when an orange tree does not emerge?

Karma is only that. It is the fruit of all the beliefs I hold fast to and will continue to experience until I recognize this basic truth and disassociate myself from them. This leaves the dancer free to dance a dance of choice, rather than of habit.

X.N., Ireland

Truly Enlightening

We are often limited by the tools that we possess, and language is one of those tools. Therefore, I find it extremely difficult to put into words the immense gratitude that I feel after having done The Avatar Course.

I have gone through a lifetime of books, lectures, and meditations in my attempts to gain spiritual insight and knowledge. But it was during The Avatar Course that I was able to experience a paradigm shift and move from intellectual understanding into the realm of feeling. Never before have I felt more in control of my life and circumstances.

Further, while the effect of most previous courses seemed to fade with time, the changes in me after having done Avatar seem to find deeper roots and grow with each passing day. New insights appear every now and then, and I feel just wonderful. It's been a truly enlightening journey!

K.R., Dubai

Simply Awakened

Avatar is so simple. It doesn't indoctrinate. It has simply awakened me. It is as if I am living another life. A life that I appreciate and live with awareness.

I thank every moment, because I feel joy in living it and in observing and feeling everything existing. Instead of crying for what life doesn't give me, I thank God for what life offers me.

N.B., Italy

More In Nine Days

I have been a sincere Buddhist yogi practitioner for approximately 30 years. I had many profound experiences through the practice of Dzog-Chen, but Avatar has given me more in nine days than I have seen most people get from many years of today's Buddhist practices. I know Lord Buddha would do The Avatar Course and recommend it most highly.

G.W., California

THE SEARCH IS OVER.

Many spiritual paths have found their final destination with Avatar.

Avatar does not seek to replace your belief. It does not attempt to denounce your faith nor shake its foundations. It provides you with tools to fully experience your beliefs and to do so deliberately.



Everything I Needed

Approximately eight months ago, I began asking the universe to send me a teacher, a guide to help me to find answers. I pleaded with God, my Higher Power, Buddha, Mother Nature, that person over there. There was the occasional time I asked myself for answers. Let me tell you, my life was a very quiet place.

Then about a month ago, I went to a convention with colleagues from work. After an especially uplifting workshop (that I attended twice!), I approached the speaker and asked her where she got what was inside her. She answered with, "I've attended many life-training workshops, but once you've done Avatar, you've done it all."

She began telling me about Avatar, and she told me that she was going to have a class starting. I began in that instant to feel the rightness, the acceptance.

I felt terribly unprepared for this course. All I had done was have the desire to have a new life and be open to learning ways to obtain that new life.

I quickly learned that I had everything I needed to take this course. Everything I needed was in me. I got a toolbox full of the proper tools I need to begin my life.

As I make the journey to my home, I realize that it will finally be the home I have wanted for a long time. I'll begin to live the life I've been searching for.

L.B., Texas

A Gift of Empowerment

I have never been more at peace with myself or been more self confident about what I want to do with my life. At 50 I am finally becoming the person I have been trying to be after 25 years of practicing different types of meditation practices and yoga. Life really is a carnival and a joy when realization occurs, and you come to know yourself as source and creator of your life. This really is the most powerful self-improvement course in the world.

K.C., Washington

Search for Something That Makes Sense

About Avatar, the only description I can provide right now is AWESOME! I feel like I've been searching for some time for something that makes sense.

I want to share briefly the statements in *Living Deliberately* that have had the most impact on me. Harry Palmer said, "After ten years of spiritual study, I realized that all of what I had learned was what someone else believed – my mind was full of what someone else had

concluded or imagined." I certainly relate to that! Since 1984, I have read and studied different religions, disciplines, you name it.

Another statement Harry made is, "I followed the intuitive feeling that told me that the more information I collected, the further I moved from experiencing. The more reasons why something was true, the less experientially real it became." How insightful these statements are to me!

P.M., Michigan

I Feel Alive

Before Avatar, I had spent many years trying out numerous forms of therapy and healing in an attempt to combat a lifetime of fear, anxiety, and depression, and I did benefit to a degree. However, I never experienced anything remotely as effective or powerful as Avatar, and I have achieved more since I first did the course six months ago than I did in all those preceding years of effort and disappointment. For the first time in my life, I feel alive.

M.D., Ireland

Day Eight

Section III: the Rundowns

Section III is an enlightenment course. It brings a person into the space that defines the self. By discrediting the tentacles of belief from the past, one comes back into the present. Beliefs and reality can be reshaped from the present. The doer acts deliberately. On Section III, an awareness awakens that is beyond the conscious self...

– Harry Palmer
from the article
The Structure of the Avatar Path

Now you are ready to explore. With the solo procedures, and the occasional assistance of a trainer or fellow student, you begin your exploration with the **Avatar Rundowns**. Each rundown addresses an area of experiences, beliefs, or attitudes that may be interfering with your appreciation of life.

– Harry Palmer
from the book
Living Deliberately

Many students are going into initiation sessions. The room feels like a “delivery room” – many newborn baby AVATARS! This is a moment that I confirm the feeling of confidence that we are doing the right thing for the planet.

– Yuji Takashi
Star’s Edge Trainer

Tsakani - Initiation. This was the most powerful experience I’ve ever had in my life. I meditate regularly, and even the deepest meditative states did not come close. The initiation procedure was brilliant. After Shakti took me through it, I felt awesome. I felt an incredible sense of peace. Pure bliss. I was floating. I was one with it all. It’s difficult to translate my experience into words. When I walked outside everything had more color, more clarity, more connection, more feeling. Absolutely beautiful.

I particularly enjoyed discrediting beliefs, events that have been troublesome in the past. The discreditation tool is such a powerful tool. I’m integrating it into my system. I know that I have a lot to work on in the coming days and weeks. The seed is growing. The day was full of rundowns and a lot of reading. I stopped just before doing the Persistent Mass Handling.



Patricia - My Master met me; I told her I couldn’t do the exercise from yesterday. She smiled at me and said she’d help me through it. She had me read the definitions – I cried through the reading and the examples.

Then we went back at the exercise, and with her patience and constructive criticism I was able to regain my confidence again although my insecurity was still right around the corner. It didn’t take as long this time as it had the night before, but I made it through. As she helped me I was able to go back to being coached by other Masters.

An interesting thing happened. Another young student sat behind me Friday afternoon and witnessed the complete and total scene of my struggle with the exercise. He asked me to walk and talk with him, because he was so angry he couldn’t do the exercise either and also wanted to quit.

So in the space of half an hour,

we decided we had the same beliefs about our incapacibilities, and I told him what Pieta had said – that it is our intention to create these statements that counts.

He decided to give it two more shots, and he went back and actually completed his exercise before me. Finally, at 7 PM, I had finished Section II.



Adriel - I finished my Avatar course late in the day, right before they closed the course for the day. I was presented to a packed room working on the creation exercises and got a standing ovation that seemed to go on forever. I stood there and felt the energy of the whole room, actually felt like the whole world, celebrate this incredible birth. It was a very sweet moment.

I had a wonderful day playing with all the course exercises. I laughed through almost the entire day. Oh sure, I cried during some of the parts where I experienced great pain in various creations. Even that was so much of a release that it was a joyful experience.

I had noticed that Harry wrote in very simple language exactly what was going on. The fact that the experience is mind blowing just needs to be ignored for the moment!

I took myself through the last several exercises, making sure I truly got everything I needed at that moment. I know I’ll have more to deal with

later and let the rest go. A Master showed up to take me through the Ultimate Process. All I can say about that is... it certainly was!

A few minutes later she came back to the room and asked me if I’d had a satisfactory result. I could only laugh deeply as my results were so far beyond satisfactory! We walked down to the classroom for the presentation. What an incredible day!



Day Nine

Lessons Learned

As the students complete Section III and are announced as the newest Avatar on the planet, there is this wonderful sense of celebration, friendship, and connection. It's a very awe-inspiring moment for everyone to be sending these new Avatars out into the world. Truly these bright and shiny beings are unique and valuable contributions to the creation of an Enlightened Planetary Civilization.

– Sue Miller
Star's Edge Trainer

When enough people are able to see that the only real differences between any of us are the ideas and beliefs that we create, there will be a spontaneous worldwide awakening to the fact that everyone on this planet shares a common destiny.

As Avatars, you remember who you are and what you are not. You remember you are not things. You remember you are not any of the ideas of nationalism or race that humans fight over. You are neither expressions nor identities. You are the source of these things and you can create better.

– Harry Palmer
from a graduation commencement address
April 28, 1990, Nice, France

Tsakani - Congratulations! I've just become an Avatar! What an interesting day! Each day I feel like I hit a new high! The magic continues to unfold. I feel euphoric now.

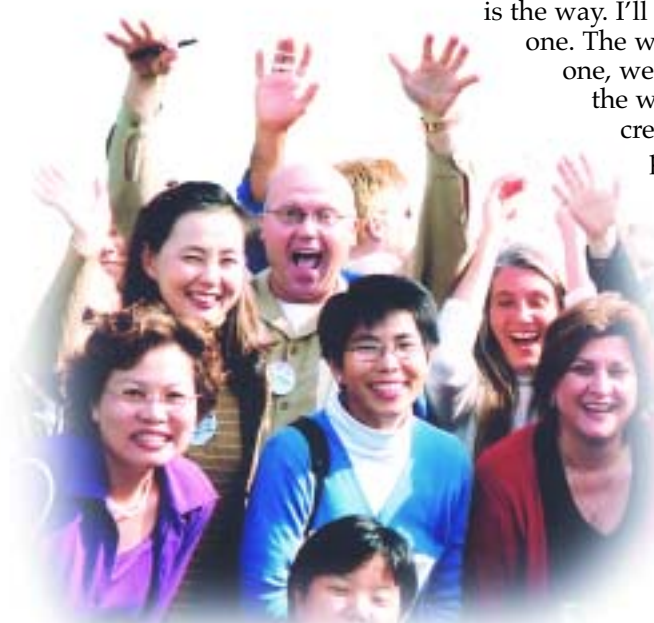
Earlier on today I worked on the Persistent Mass Handling, and it was powerful. Some of the issues formed massive loops around me; try discreating that! As I did the discreation process, it got easier and easier with every go. The process was so simple yet so powerful.

Dev Kim guided me through the Ultimate Process. The process is appropriately named!

I'm speechless. This process took me to an even deeper, richer experience. I was floating. Time stood still. I dropped into a very deep state of awareness. There was nothing. It just was. What a beautiful experience. I could have stayed there forever.



The whole course was a great success. I now know for sure how to dream those dreams for real. I have finally found what I've been looking for. Avatar is the way. I'll be sharing it with everyone. The world has to know. One by one, we'll make a difference in the world. This is the way to creating a world in which people want to belong.



Patricia - Today is Sunday, the last day of the course. It ends at 7 PM tonight, and already so many people have told me about the change in my appearance.

I know I couldn't have made it through without the perseverance, patience, and compassion of Pieta and my Master Shishya.

I am so appreciative of their efforts on my behalf to help me understand what I was doing. I also appreciate the efforts and friendliness of all the other Masters and students.

My conclusion? I was quite skeptical and cautious going into Avatar. However at the end, as a Christian, meeting other Christians and Buddhists here and experiencing the whole gamut, this is a course well worth investing in, because it made me face some of my major issues. It was a concentrated effort on all sides, including my Christianity and the God issue.

While I realize Avatar makes no claims for or against religion, for me, my Christianity wasn't threatened, but supported the quest to become liberated and free from transparent beliefs that were holding me back. For that much, I'll be truly thankful.

P.S. My prayers were also all answered.



Adriel - I slept well my first night as an Avatar. Got up early, showered and packed, then ate breakfast. Life still seems extremely funny and so beautiful. Last night I decided that the best way to spend my day was to stay in the classroom and experience other people becoming Avatars.

Another student, Larry, who is a truck mechanic, approached me to run an exercise with him. I thought it interesting as my father was a truck mechanic his whole life. I would have thought that he would never be able to get what Avatar teaches, wouldn't be interested at all. And here is this very happy man describing exactly the same kinds of experiences I've been having. He had no conscious construct of working with a higher self, consensus reality or any of the crap most spiritual seekers can discuss *ad nauseum*, myself included. He just was there, fully present and beautiful. All my years of spiritual work were nothing compared to what nine days of Avatar had done for this man. Awesome!

What it felt like to me was spending the day with my family, like it was a family reunion. So, as the first Master asked me what I was going to do with this day, I created this: I'm spending the day with my family. It really felt like home.



When you are able to manage any aspect of your existence from a creator viewpoint, you have achieved the state of being called Avatar.

Avatar did not solve my problems. I did. Avatar did not open my soul. 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.

O.R. (age 17)

I never realized how many doubts I had of myself until I experienced the free feeling of not having them.

S.B. (age 16)

The Future Is Looking Bright

Avatar's appeal is not limited by age. In their own words, tomorrow's leaders tell how Avatar is preparing them today.

When I did this course I found that most of my problems are of my own creation, and I found a sense of freedom. I was finally able to confront my fears and realize that my body and my mind are very closely tied. If this was in schools, physical fights and emotional pain wouldn't occur so much. People could realize that the source of their anger was not the same as what sparked it.

L.D. (age 13)

ReSurfacing is amazing! That is the only word to describe it. So many kids could benefit from it. With our society like it is, every teen needs this. It would change the future if it was in classrooms.

E.J. (age 13)

Avatar has taken me to different and better paths. Enemies have been turned into friends, thanks to Avatar.

My eyes, swallowing everything they can get, swallowed Avatar the most.

My swallowing eyes have to gulp down math, science, language, reading, etc., because I am only in fourth grade. But why Avatar? I was hungry. I wanted something to explore. I wanted to dig up the dirt I had and find the bones and grime that lead to big treasures.

So I ate and ate; my tired eyes grew excited and inquisitive.

Avatar stuffed my hunger with happiness.

But you know what? I am hungry for more. So I am going to take The Master Course!

J.O. (age 9)

The Avatar Course Preparation Checklist

For those who are ready to take the next step – The Avatar® Course.

READ *LIVING DELIBERATELY* and *RESURFACING*® by HARRY PALMER



When you are ready to explore the inner workings of your own consciousness and become familiar with the creation that you regard as self, we recommend reading the books *Living Deliberately* and *ReSurfacing*® as the first step.

If your local booksellers don't have *Living Deliberately* and *ReSurfacing* in stock, order it directly from Star's Edge International. See the contact information at the bottom of the page or see page 28 for book information and an **introductory special**.

A free download of *Living Deliberately* is available online at: www.AvatarEPC.com/html/eliving.html

GET A FREE ISSUE OF THE AVATAR JOURNAL

Receive a free *Avatar Journal* by visiting online at: www.AvatarEPC.com/html/freejournal.html or you can contact Star's Edge International.

CONTACT AN AVATAR MASTER

Avatar Masters will answer any questions or concerns you may have, including when and where you can take The Avatar Course. There are a number of ways to contact an Avatar Master.

- For a current schedule and contact information about the International Avatar Courses, please visit the online Avatar Course schedule page at: www.AvatarEPC.com/html/avatarschedule.html
- To locate an Avatar Master near you, please visit the online Find a Local Master page at: www.AvatarEPC.com/html/localmaster.html
- Or look through the directory listing and ads in the *Avatar Journal*. Receive a free *Avatar Journal* by visiting online at: www.AvatarEPC.com/html/freejournal.html
- Contact Star's Edge International.

REGISTER FOR THE AVATAR COURSE

Complete and return the registration form for the course of your choice. Your Avatar Master will provide you with the necessary form and information.

Avatar teaches the use of proven navigational tools that can be used, in harmony with your own integrity, to pass safely across the uncharted turbulence of the mind into the region of the soul.

– Harry Palmer

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The Avatar Power Package



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Introductory Special for new readers: For a limited time, you can buy the book *Living Deliberately*, its companion workbook, *ReSurfacing*®, the *Ten Actions* booklet, a full-year subscription to the Avatar Journal, and the audiobook *How To Create Magic In Your Life* – a \$55.00USD value – for only \$25.00USD.

Avatar is a powerful and effective self-evolvement, self-development, self-empowerment course that is delivered in 66 countries and has been translated into 19 languages. *Living Deliberately* is about the discovery and development of the Avatar® materials.

ReSurfacing® refers to the action of disentangling yourself from old creations and rising back into awareness. The ReSurfacing workbook is an Avatar guide for exploring the inner workings of your own consciousness.

If you are not completely satisfied, you may return the two books for a full refund and keep the rest as our gift to you.

Looking for more insight into the nature of who you are and what you can become? You'll find it *Inside Avatar*.

- What will make you happy? (p. 2)
- What can you create by mind alone? (p. 5)
- What is the real lesson of need? (p. 17)
- Take charge of your own thoughts. (p. 28)
- How does Avatar work? (p. 42)
- How do you handle the losses and sadnesses of life? (p. 68)
- Who or what is the enemy of enlightenment? (p. 109)

Inside Avatar: The Book



\$12.95USD

With his highly regarded worldwide workshop, *The Avatar Course*, Harry Palmer has assisted us in recognizing our belief systems for what they are, in dismantling the ones that no longer serve us, and in creating ones that will lead to balance, harmony, and greater joy for ourselves and for our planet.

Love Precious Humanity is a collection of quotes from Harry that reflect the wisdom, humor, and remarkable insight of this perceptive and unassuming teacher.

This is the type of book you can open to any page for inspiration and motivation. Or you can choose to go to one of the 32 categories for enlightenment on a specific area of life.

Love Precious Humanity



\$19.95USD

To order any of these books, please contact any Avatar Master or call the Star's Edge 24-hour order line at **800-589-3767**. Be sure to leave your name, address, telephone number, and credit card information.

You can also purchase these items from the Star's Edge online bookstore at: www.AvatarEPC.com/html/bookstore.html



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.

Harry is an accomplished man without pretensions or any magical airs, but with a certain deep-seated calm and a warm and quick sense of humor. He does not look or act like anyone's guru or a corporate executive. He tends to wear tee-shirts and running shoes and is usually in the middle, though not necessarily the focus, of the excitement. He prefers incisive simplicity to any charismatic drama.

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 19 languages, and his business model has had a major impact on the personal-development seminar industry.

Thanks to the Avatar network and to all the people who made this publication a reality. Special thanks go to Pieta van der Ham, Yuji Takashi, Sue Miller, John Pasqualetti, Rich Brenckman, Ilu Kim, Hein Kray, and all the Avatar Masters who participated in this project. Photos by Jim Becker, Hye Lim Hwang, Peter Palmer, Sue Miller, Jim Ivy, and Annemarieke Nagel.

What is Avatar®?

Avatar is the most powerful, purest self-development program available. It is a series of experiential exercises that enable you to rediscover your self and align your consciousness with what you want to achieve. You will experience your own unique insights and revelations. It's you finding out about you.

Avatar is a nine-day self-empowerment training delivered by a world-wide network of licensed Avatar Masters.

- 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.

"With Avatar everyone wins. Every person who becomes an Avatar shifts the collective consciousness toward greater tolerance and understanding. Helping yourself with Avatar helps everyone else at the same time."

*-Harry Palmer
author of the Avatar materials*



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