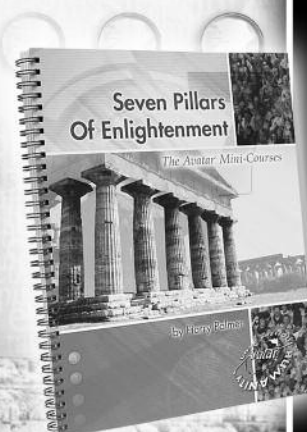




The Fourth Pillar Of Enlightenment

Perspective

Creating Definition



A mini-course from The Seven Pillars of Enlightenment by Harry Palmer

AVATAR MINI-COURSES

The 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 Value Of A Debrief

Debriefing is an alignment technique. It is an oral or written response to three questions: 1) What did you start out to do? 2) What did you actually do? 3) What actually happened?

The value of a debrief is that, in clarifying your intentions and actions and their results, you are not relying on someone else's evaluation of your performance (job, project, task, etc.) and will realize whether or not the exercise is complete, correctly done, or appropriate for what you are attempting to accomplish. If your intention in doing the exercise is to remove an emotional block and what actually happens is that you are still blocked, then the exercise is either incomplete or done incorrectly or inappropriate for what you are trying to accomplish.

Attention Educators:

Star's Edge invites you to use this Avatar® Mini-Course as a teaching module for your students.



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

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Creating Definition Checklist

OBJECTIVE:

To illustrate the nature of being, its creative abilities, and the nature of definitions.

EXPECTED RESULTS:

The ability to define better living conditions for yourself and all creatures.

INSTRUCTIONS:

Complete the checklist below.

- 1 Read: Edges _____
- 2 Do Exercise 1: Counting Forms _____
- 3 Read: Managing Definition _____
- 4 Read: The Consequences of Combining _____
- 5 Do Exercise 2: Minding the Edges _____
- 6 Read: Creating Definition Scale _____
- 7 Read: Existing as Creation _____
- 8 Do Exercise 3: Exploring Self Definition _____
- 9 Read: Existing as Intellect _____
- 10 Do Exercise 4: Thoughtstorm Exercise _____
- 11 Read: Existing as Perspective _____
- 12 Do Exercise 5: This and That _____
- 13 Read: Existing as Community _____
- 14 Do Exercise 6: Compassion Exercise _____
- 15 Read: Existing as Source _____
- 16 Do Exercise 7: Expansion Exercise _____
- 17 Read: "The First Avatars" from *Living Deliberately* _____
- 18 Mini-Course Debrief _____
On a separate piece of paper answer the following:
 - a. What did you start out to do on this mini-course?
 - b. What did you actually do?
 - c. What actually happened?

We invite you to e-mail your debrief to avatar@avatarhq.com or fax it to 407-788-1052 or mail it to Star's Edge International, 237 N Westmonte Dr, Altamonte Springs, FL 32714

Mini-Course

Creating Definition

This mini-course explores the definitions that exist between non-physical being and the stuff of this universe. This course is based on the books *ReSurfacing*® and *Living Deliberately* by Harry Palmer, and on an early Avatar lecture entitled, “Form and Formlessness.”

The exercises in this course are designed to illustrate, in an experiential way, the nature of being, its creative abilities, and the nature of definitions.

The goal of this mini-course is to inspire humans to undertake the task of defining better living conditions for themselves and for all creatures.

Enjoy your adventure.

Edges

If you want to know about life, study the edges. The edge is where the action is. Edges interact with each other. Typical interactions are osmosis, absorption, filtration, parasitism, symbiosis, predation, plundering, storm walls, desires, pleasures, sins, resistances, conception, emotions, thoughts, communications, compassion, persuasion, skin, arguments, assertions, projections, assumptions, identity, disputes, touching, pains, contracts, agreements, commerce, border disputes, wars, reunification...whew! It seems like there is always something happening on the edge.

After you have been to the edge, middles, for the most part are pretty boring—safe maybe, but boring. The only time that middles become exciting is when someone draws a line through them. Of course, then they become edges, frontiers, and eventually borders that divide. Robert Frost optimistically noted that, “Good fences make good neighbors.” That may or may not be so, but they certainly define the edges of the countryside. These bordering edges separate two different regions and offer a choice to anyone standing on the line. Maybe it’s the offer of a choice that draws us to the edge: advance or retreat, left or right, go on or go back, the razor’s edge.



EXERCISE 1: COUNTING FORMS

Edges define the shape, outline, or form of an object. In this exercise you are interested in the form of the object apart from its color, meaning, or composition.

Objective: To collect and focus your attention

Expected Result: Insights, improved perception, sense of well-being, and the recovery of self-determinism

Instructions: Take a walk and count forms until thinking diminishes (or ceases entirely), and the world appears brighter.

Example: Look at the form of a car, one; look at the form of a leaf, two; look at the form of a building, three; etc.



Managing Definition

I don't entirely dismiss the possibility that someone can say rock and *poof*, the form of a rock appears out of formless nothing. That is a very high order of creating. No effort or raw material is needed. You effortlessly will a rock, and the sum of ALL-THAT-IS is increased by one rock (and by whatever consequences that adding one rock to ALL-THAT-IS will bring).

Instant manifestation appears to work in our mental universes, where at times ideas seem to spring out of and return to formless nothing. At least that is the appearance. However, it would take no great stretch of the imagination to suppose that some of these pop-up ideas are merely chance combinations of already existing mental stuff below our instant awareness—education, subconscious memory, or subliminal perceptions. But we're not having that discussion today.

What I want to discuss is our ability to define forms, which is the essence of creation. In the physical universe we rely on effort—changing and combining a bit of this and that into something new—rather than

poof manifestation. The effort might be as subtle as merely non-judgmentally experiencing something until it changes, or it may be exerting a bit of friendly persuasion, or it may involve heavy construction equipment—Mac trucks and bulldozers.

The point is that in the physical universe we rarely, if ever, add anything to ALL-THAT-IS. What we do is change it, move it, recombine it, and allocate it differently. Like a sculptor working with clay, we bring forth from the clay a vision by defining the edges, the vacuous and the solid, the textures, curves, and color. In the end, all the original clay can be accounted for. The sculptor has not created or discreated any clay; she has simply added a new definition to it. It has gone from a lump on her workbench into an object d’art. This changing of definition is what I want to explore; principally it is an exploration of methodology. This level of creation boils down to how to change the definition of something.

I’m using the word definition to apply to the shape or outline of a form. But it also applies to the meaning that we assign to a form. Most of our definitions, both forms and meanings, are inherited from the past. This is a good thing; otherwise every generation would have to hold a summit meeting to define what meaning to assign to what form. The definitions that we’ve inherited are the reference points for our culture. People in different locations inherit different definitions, which results in different cultures, but the process of passing definition from ancestor to offspring applies to nearly everyone. It is called education. And part of the purpose for any generation’s education is to ensure that cats remain cats and are not redefined as dogs.

One of the really interesting things about humans is that they can contribute new definitions to the world. They can define new things from the old stuff. They can draw new boundaries, expand old boundaries, divide an old definition into two definitions or combine two old definitions into a new definition. The world offers a circus of possibilities. And in this way, we wield the sword of creation without ever having to *poof* something from nothing. We create from old stuff.

The only caution is that you need to know as much as you can about the old stuff before you randomly start deleting or combining things. Artists, writers, creators have to learn the fundamentals of the old stuff first. Learn the lay of the land. Recognize the existing definitions and tendencies of the old stuff before you begin to make new stuff. For example it is more effective and enduring to make houses from bricks than from straw. Or as one of my teachers was fond of saying, “Parachuting is a painful sport to learn by trial and error.”

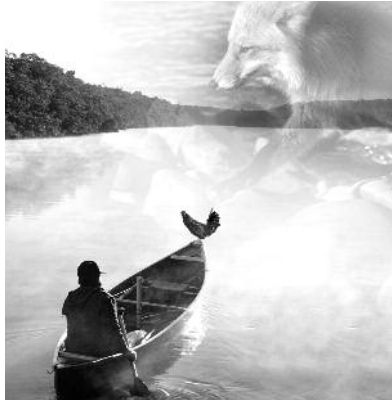
In seventh grade, my friend Larry G. and I became interested in amateur rocketry. It was the time of guided missiles and Sputnik. We found a science teacher who was willing to encourage our hobby until one of our experiments with homemade rocket fuel caused so much smoke that the school had to be evacuated, and firemen were called to install smoke fans to clear the school. A day’s vacation from school made us popular with classmates, but not with the faculty. We were banned, as Mrs. Reynolds who liked to introduce new words described it, in **perpetuity** from the school science lab.

This was an early lesson about NOT combining stuff without understanding the consequences.

Most of our definitions, both forms and meanings, are inherited from the past.



The Consequences of Combining



A farmer has a fox, a bag of grain, and a rooster that he wants to ferry across a river. His boat is very small, and he has room only for himself and EITHER the fox, the grain, or the rooster. His problem is that if he leaves the combination of fox and rooster on either bank, the fox will kill the rooster. Or if he leaves the combination of rooster and grain on either bank, the rooster will eat the grain. How can he get all three across the river safely?

Answer at www.AvatarEPC.com/answer.html



EXERCISE 2: MINDING THE EDGES

Whenever you define something, you create an edge or limit. Even consciousness, at least our everyday consciousness, appears to have edges.

A long time ago, my mother taught me that the way to get through a horror movie without becoming too frightened was to mind the edges of the screen. Minding the edges means staying aware beyond the peripheral limits of the focus of your attention.

Objective: To learn to observe without attention becoming fixed.

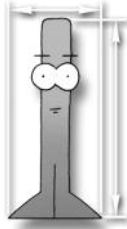
Expected Results: The ability to shift attention between definitions.

Instructions:

1. Take a walk and notice that your perceptual fields have edges (limits). Stay aware outside of the limits.
2. Engage in a conversation with someone and mind the edges of what you discuss. Stay aware beyond the edges.
3. Recall a disturbing event and mind the edges of the memory.

Creating Definition Scale

	EXISTING AS CREATION	EXISTING AS INTELLECT	EXISTING AS PERSPECTIVE	EXISTING AS COMMUNITY	EXISTING AS SOURCE
MOTIVATION TO DEFINE	Present as object, driven by pain and emotions, reacts, feels isolated	Prediction, choosing, thinking, understanding patterns	Presence sensory based, experiencing, observing	Team member, integrity, service to others	Omnipresent witnessing, total freedom, aware
FOCUS OF ATTENTION	Stuck in past, obstacles and problems	Factual data, theories, significance, and principles	Boundaries and their interactions, experimentation	Production and purpose, harmony	Aware will
BASIC STRATEGY	Resisting definition (denial) and projecting definition (blame)	Questioning (figure it out)	Feeling (following an intuitive flow)	Participating in group goals (get the job done right)	Watching (let it be)
WHAT CAN BE DEFINED AND HOW	Ignorance results in suffering. Definitions are imposed by outside forces.	Meaning is defined by comparing the similarities and differences of ideas.	Possibilities can be defined by observing the natural boundaries, processes, and interactions within environments.	Aligned efforts are defined by an understanding of group purpose and goals.	Space, no space, and tendency are defined by will.



Existing as Creation

Moving on this scale is as easy (or as hard) as shifting viewpoints. On the far left of the scale—Existing as Creation—you find the fellow who has defined himself into a corner. He has added so many modifiers to “I am” that he has essentially exhausted the possibility of creating any new definition without coming into conflict with some definition he has already created. He experiences himself as a creation, a form, rather than as a formless source of creation. Instead of assigning meaning to forms, he has become a conglomerate of definitions that he calls “me.”



EXERCISE 3: EXPLORING SELF DEFINITION

As soon as we define awareness (add form to formlessness) it becomes a definition. And when we talk about definition, we assume a viewpoint (perspective) that we think of as “my-definition.” When that viewpoint becomes habitual, we think of it as “my (definition of)-self.”

Most people have several of these my-self viewpoints that are changed from time to time like suits of clothes. One myself is assumed to make sense of things at work, another is assumed to relate to the family, and a third may be accepted as a definition offered by someone else. Some of the myself viewpoints are changed deliberately, and some change in response to events or people. Some of the definitions are fun to assume, and some are self-sabotaging. What do you believe about yourself? Let’s go exploring.

Objective: To explore the definitions you are currently imposing on awareness.

Expected Results: Insights, relief from fixed conditions.

Instructions 1: In response to the stimulus in parentheses, fill in the following with spontaneous answers. If anything seems upsetting, mind the edges.

1. (Health) I am _____
2. (Nationality) I am _____
3. (Profession) I am _____
4. (Ability) I am _____
5. (Financially) I am _____
6. (Size) I am _____
7. (Attitude) I am _____
8. (Status) I am _____
9. (Education) I am _____
10. (Reputation) I am _____

11. (Sex) I am _____
12. (Sexual preference) I am _____
13. (Relationship) I am _____
14. (Integrity) I am _____
15. (Courage) I am _____
16. (Perseverance) I am _____
17. (Ambition) I am _____
18. (Pride) I am _____
19. (Sensitivity) I am _____
20. (Blame) I am _____
21. (Loyalty) I am _____
22. (Deservedly) I am _____
23. (Fortune) I am _____
24. (Of necessity) I am _____

Instructions 2: For each definition you wrote, determine if the item was:

1. Inherited from the past
2. Deliberately created

Existing as Intellect

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

When we ask someone for the definition of a new word, we are asking for a description that we can understand. We are looking for some key that will allow us to relate it to what we already know or have experienced. What does the word mean? Is it a noun, verb, or adjective? What is it similar to? What distinguishes it from similar words?

If we are the one who is asked to define a new word, we will try to relate it to something the person is already familiar with. We might say, "It's like an apple," which would start to narrow down the definition, providing the questioner has some conception of an apple. Then we would distinguish it from an apple. It's like an apple, only smooth and softer when ripe.

Maybe our first comprehension of the definition is fuzzy and imprecise, but after repeated encounters, the definition begins to stand on its own. It is no longer that-definition-that-is-like an apple; it is a peach.





EXERCISE 4: THOUGHTSTORM EXERCISE

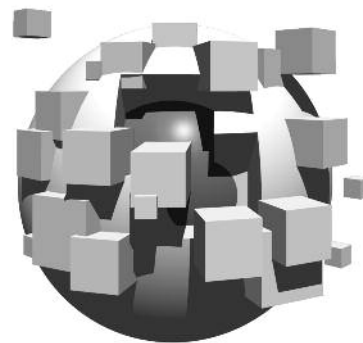
Thoughtstorming is a group discussion procedure for uncovering the essential core meaning or definition of a concept. Usually referred to as the *corecept*. Because it is a collaboration of minds, the obvious value of Thoughtstorming is that it avoids the bias, assumptions, and blind alleys that can cause a single mind to give up or conclude in error.

Objective: To link individual minds in an intellectual synergy.

Expected Result: An insight into the structure of conceptual definitions.

Instructions:

1. Form a small discussion group to address the question, What are the obstacles to an enlightened planetary civilization, and how can they best be overcome?
2. Agree amongst yourselves that interruptions or contrary opinions will not offend anyone present, and that anyone can say or ask anything at any time. Try to be flexible and tolerant.
3. Speculate, associate and differentiate until a shared insight is expressed.



Existing as Perspective

Perspective is the ability of defining or distinguishing reality by sorting and relating sensory impressions; it is experiencing something that you haven't defined any words to express.

Instead of relying merely on intellectual definition, you begin to rely on the variations in sensory impressions to determine where things begin and end. You examine your impressions. Perspective is an ability to distinguish where the definition of a form changes. Change is a variation in location, form, or definition. Of particular interest are changes in edges, outlines, foregrounds, and backgrounds.

The boundary where a stone changes from an unbroken mass into the surrounding space defines the form of the stone. Ah, edges, you've got to define them.

Only a few people are aware of an impersonal formless nature beyond the definitions of self. This impersonal nature is the realm of pure Being. When it is realized, all of the intellectual viewpoints that were previously defined by imagining, thinking, and remembering are likely to become totally irrelevant—worthy of a good laugh and not much more. From this impersonal nature, all of the events and experiences of individualized consciousness are satisfactorily defined by the curiously wise expression, "That is something."

Only a few people are aware of an impersonal formless nature beyond the definitions of self.



EXERCISE 5: THIS AND THAT

Objective: To demonstrate the effect of changing viewpoint.

Expected Results: Insights, increase in responsibility.

Instructions 1:

Pick out something and think of it as this _____.

Pick out something and think of it as that _____.

Repeat with large and small objects, close and far objects, until you are confident of your ability to make anything this or that.

Instructions 2: Create your sense of the world first as *this* world and then as *that* world.



Existing as Community

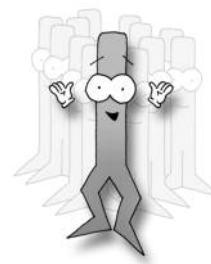
The easiest way to change something is to change your viewpoint. This does not always result in a change in the world, but it will place you in the optimum position should you wish to make a change in the world.

Compassion is the motivation to define better living conditions for creatures. It is a two-stage process: first it is a feeling of sorrow for the suffering or troubles of another person; second, and most importantly, it is an urge to effectively help the person.

When the sorrow is experienced only intellectually, not felt, a definition separate from the suffering is created. Our intellectual response to "that" suffering is to avoid it. Maybe we whisper a thankful prayer that the suffering didn't land at our door. But beyond a sympathetic nod or two, we seldom do anything effective to help.

When the "my (definitions of)-self" are relaxed, the suffering of the world is recognized as a prevalent condition that afflicts, and will continue to afflict, all of us. This is the realization that stimulates you to align and undertake the task of defining better living conditions for all creatures.

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? What is really valuable?



...to contribute to the creation of an enlightened planetary civilization.

And you come to know the answer—know it as a faint intuitive impulse (faint because the intuition does not intrude on your free will, but waits for a moment of willing surrender). You feel it and are sustained by its profound and amazing grace—to contribute to the creation of an enlightened planetary civilization.



EXERCISE 6: COMPASSION EXERCISE

Honesty with yourself leads to compassion for others.

Objective: To increase the amount of compassion in the world.

Expected Result: A personal sense of peace.

Instructions:

This exercise can be done anywhere that people congregate (airports, malls, parks, beaches, etc.). It should be done on strangers, unobtrusively, from some distance. Try to do all five steps on the same person.

- Step 1.* With attention on the person, repeat to yourself: “Just like me, this person is seeking some happiness for his/her life.”
- Step 2.* With attention on the person, repeat to yourself: “Just like me, this person is trying to avoid suffering in his/her life.”
- Step 3.* With attention on the person, repeat to yourself: “Just like me, this person has known sadness, loneliness, and despair.”
- Step 4.* With attention on the person, repeat to yourself: “Just like me, this person is seeking to fulfill his/her needs.”
- Step 5.* With attention on the person, repeat to yourself: “Just like me, this person is learning about life.”



Existing as Source

Source is the aware-no-space that finally and irrefutably answers the question, Who am I? The answer is yours to define. Ultimately you are the only one who is powerful enough to define you. You are your own authority. “I am because I say I am.”



EXERCISE 7: EXPANSION EXERCISE

The process of ceasing to identify yourself with a location or definition and gradually assuming the beingness of a larger whole is called integration.

Consider when you feel the flesh of your hand. Do you feel each cell that makes up your hand, or do you feel an integrated sensation of the entire hand?

What if you were able to relocate the boundaries of the location or the definition you consider you?

Do you end at the skin? Or do you extend beyond? What do you believe?

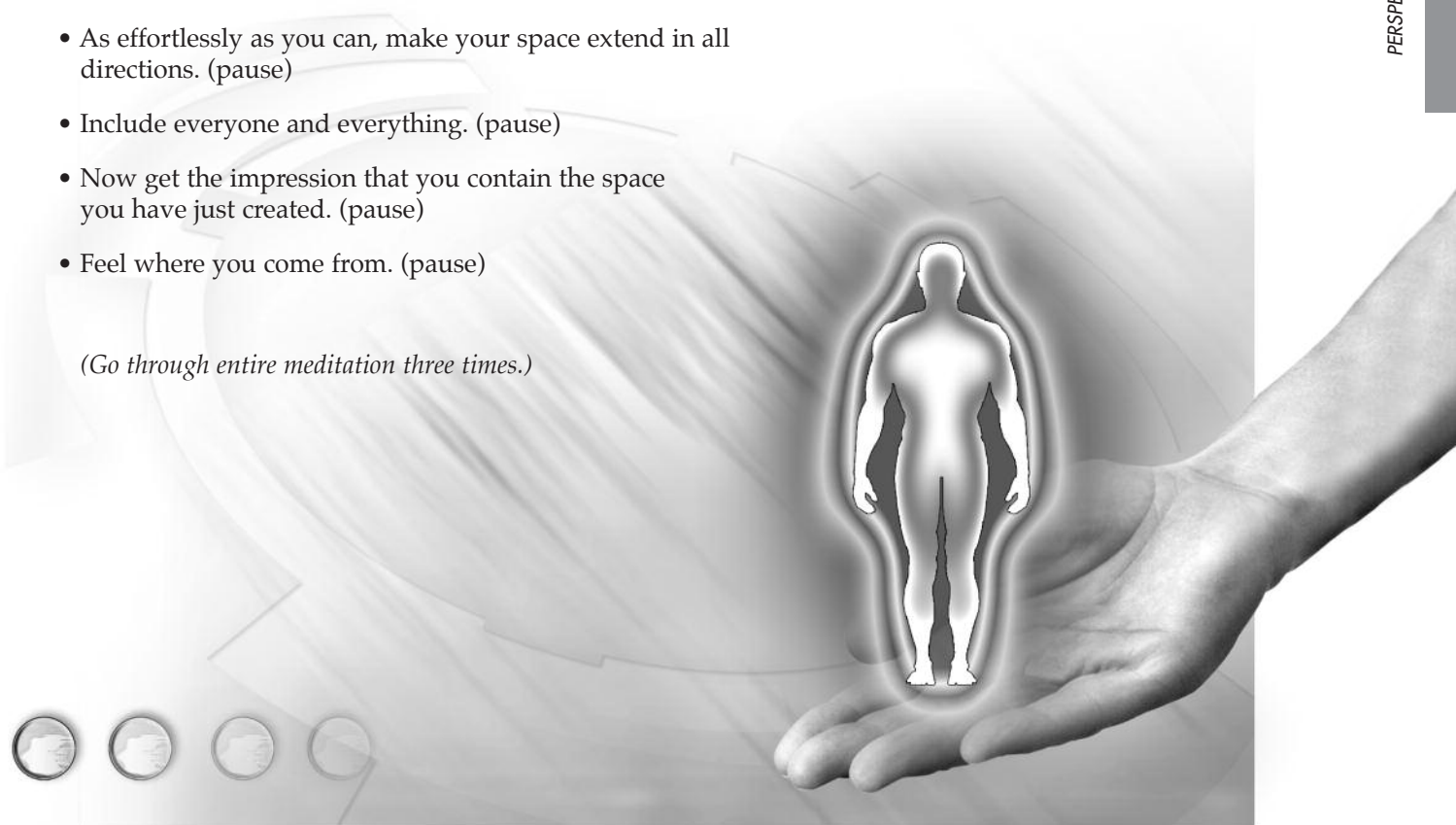
Objective: To convey an experience of expansion and integration.

Expected Results: Insights, reconciliation.

Instructions: The following is done as a guided meditation. (For best results, precede this exercise by a few minutes of the “This and That” exercise on page 63.)

- Get some impression of the space you occupy. (pause)
- How far out does it extend? (pause)
- As effortlessly as you can, make your space extend in all directions. (pause)
- Include everyone and everything. (pause)
- Now get the impression that you contain the space you have just created. (pause)
- Feel where you come from. (pause)

(Go through entire meditation three times.)



The First Avatars

excerpted from *Living Deliberately*

There was a relaxing of fixed opinions that gradually turned into genuine curiosity.

November, 1986. There were nine people in the first test group. They included my wife and her staff at the Creative Learning Center. Most of them had delivered and received many hours of regressive type psychotherapy—reliving traumas, releasing pain, resurfacing emotion, etc.

The majority of their clients were appreciative and had experienced a lessening of life's tensions. So they were understandably skeptical about my new Avatar processes.

"Where did you get that name, Harry?"

"It's been around," I replied.

"Aren't you afraid it's going to offend people?"

"I don't think so," I said. *Only the special ones*, I thought.

We had coffee together, and I briefed them about my work. I discovered that they were already thinking in terms of "belief precedes experience." There was some resistance, but also they were aware that something transforming had happened to me. I noticed it in their reactions. My presence had a euphoric effect on them that I was not intentionally attempting to create. There was a relaxing of fixed opinions that gradually turned into genuine curiosity.

"Okay, Harry, if your process makes me feel as good as you look, I'm ready."

My wife volunteered to go first. We went upstairs to her office, and I explained that before we started the processes I wanted her to do some preliminary exercises. I asked her to put imaginary labels on things.

"Label that," I said, pointing to a doorknob.

"Doorknob," she played along.

"Label that."

"Telephone."

"Label that."

"Wall."

I noticed that for the most part she was allowing the items I pointed out to suggest their own labels. The typewriter was labeled "typewriter." The desk was labeled "desk."

I kept going. In a few minutes she realized that she was recognizing things rather than labeling them.

"Is there a difference?" she wanted to know.

"What do you think?" I answered in my finest counselor identity.

"Yes, there is. Labeling seems more—I don't know."

"Source?"

"Yes, that's it. Source!"

Now she labeled the telephone "potato," the bookcase "item 67" and a vase of flowers "creation number 5." She remarked that the objects were now more objects than they were words. The room brightened up.

When she was comfortable with that step, I continued with another preliminary exercise, asking her to feel the separation between herself and the things she was labeling.

"Label that."

"Chair."



"Good, can you feel the separation between you and the chair?"
 "I'm me and it's it." I observed her settle in and begin to enjoy the game.
 "Label that."

"Book."

"Good, can you feel the separation between you and the book?"
 "Uh-huh!"

And then I expanded the procedure, still on that first step.
 "Do you have any ideas about yourself that you don't like?"

"Well, I suppose, sort of." She squirmed, preparing for the invasion of privacy that usually followed such questions.

"Don't tell me about it," I said, "just pick one out and think about it."

She thought for a moment, then said, "Okay, I've got one."

"Label it from source."

"Okay."

"Good, can you feel the separation between you and the idea?"

She muttered a surprised, "Hmmm. I'm me and it's it! That's true isn't it?"

We did a few more ideas, including her own name as a label.

"How do you feel?"

"Aware. That's it. I don't feel like I have to do anything."

I continued with the process and asked her, "Do you have a sense of time?"

"Sure. It's ticking away."

"Label it from source."

"Time!"

"Good, can you feel the separation between you and your sense of time?"

Her body jerked, and she began to breathe deeply. Slowly, a broad grin formed on her face. "This is a preliminary exercise?"

I took her on through the fifteen initiation steps and into the confidential procedures. It took just over an hour.

I left her sitting in the office smiling and examining a shaft of sunlight on her rolling hand. She was relaxed, and her eyes were moist. I was surprised at how extraordinarily beautiful she was.

Each of the next three sessions ended in tears of joy.

In the afternoon I began the same procedure on the fifth volunteer. The session went smoothly at first and then hit an old snag. The person described a persistent condition that she had been trying to handle in therapy for ten years. I listened as the disappointment and failure choked up in her voice.

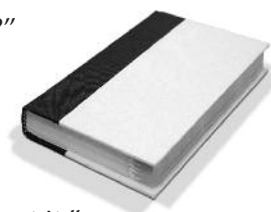
She is sitting in the middle of a creation.

She told me it would be okay if we just ignored it and handled some minor stuff. She didn't want to ruin my Avatar process with her case.

"No," I told her. That was exactly what I was looking for. "Let's explore the persistent condition together and maybe get a little improvement."

She doesn't have a chance of leaving this session with that creation. It's comforting to have the tools to help someone.

We took her old creation apart piece by piece. She was astonished that she didn't have to crab-scuttle through hours of primordial trauma to locate the cause of the condition. "It's right here, isn't it? I'm creating it!"



She was astonished that she didn't have to crab-scuttle through hours of primordial trauma to locate the cause of the condition.

She was amazed by what happened to her when she separated from the resisted experience. "I literally can feel myself change! It's a fantastic process!"

That session ended with the physical condition completely resolved. Her face had changed, and she didn't even look like the same person. She was beautiful. She hugged me.

"What have we been doing all these years with therapy? Harry, this is a real breakthrough! I feel like I have just stepped out of the dark ages of my own consciousness. It's hard to believe how fast it works."

After seven more hours, all nine volunteers were through the procedures and were giggling together in the lounge. It had been a remarkable day. One of them sipped a cup of tea, and the others discovered that they could experience the flavor of the tea!

With their individual identities relaxed, they intuitively operated as a team. There was no hint of any divisive self-interest. No conflict. They finished each other's sentences without any sense of interruption or offense. They made sandwiches in a spontaneous assembly-line procedure that would have amazed even Henry Ford. When it was over, knives were washed, everything was put away, the counter was wiped, and the sandwiches were on the table. It was fabulous to watch the cooperation. *After all the mental garbage is gone, people cooperate intuitively. What a tool for business!*

People who had not been part of the test group spontaneously gathered around. They experienced a sense of special care from the volunteers. Handshakes turned into hugs and even deliberately repeated hugs. There was a familiar friendliness. *Like old jeans.*

Students arrived for evening classes but never made it beyond the lounge. We declared a holiday. People sat on the stairs and hunched along the walls to listen as the new **Avatars** shared their realizations. The whole atmosphere was electric.

"Whatever you think you are is really only the reflection of you thinking it."

"The illusion is that you are either something or nothing. You are neither."

"Consciousness does not have to operate according to the logic of physical universe laws."

"Judgments are what cause experience to be painful."

"When you allow that others can heal themselves spontaneously, you will be able to heal yourself spontaneously."

"The idea that there is some hard reality that we have to adapt ourselves to and be realistic about is just another form of fear."

"Regret is a break in higher-self trust. You stop trusting that your higher self is creating the experience that it needs for its own evolvement."

The students were fascinated and impatient to ask questions. "Do you have to remember your past to change your beliefs?" a student asked.

"Only if you believe you do!" said the woman who had handled her persistent condition. "The past is an idea created in the present to serve as an explanation for the judgments we make."

"Will this help me with the upset I have with my wife?"

"It's **your impression** of your wife that you are upset with. Your impression does not depend upon your wife, but on your beliefs. You can change them."

The discussions had a transforming effect on the non-participants. Soon there was no need for questions. Everyone present knew what the answer would be: "What do you believe?"

Personal responsibility made easy! There was a calmness and an expansive, shared viewpoint of existence. Everyone present sensed that a profound shift in consciousness was occurring. There was more hugging.

A sense of a spiritual presence was in the air. It felt like a higher intelligence had been summoned. A new level. An awakening. An ancient set of gears began to move, and a wave of realizations was released into the collective consciousness. What began as an exploration of the mechanics of individual consciousness had opened unexpected doors. A staggering amount of complexity and confusion began to dissolve into simplicity.

It was well after midnight when the gathering broke up. It felt like a historic moment. No one will forget the day of their Avatar initiation.

I was feeling very pleased with myself, but the future tugged at me, reminding me that there was a long road ahead. So this was what destiny felt like. Somehow I intuitively knew that the Avatar seed would grow. It must be cultivated with care. I was happy for what I had accomplished, but at the same time there was a tinge of sadness for the contemplative life that I was leaving behind.

There was no doubt now that humanity was more than a tribe of smart apes. For too long we had lived under a blanket of secrets about our beginnings and our purpose in the universe. And now the truth started to peek out. As I turned off the lights, I had a feeling of connection...a dream **then** and a reality **now**, tied to each other, connecting across millennia. Something that had gone bad had righted itself. A spell was broken. A mid-course correction. A pledge was kept.

What began as an exploration of the mechanics of individual consciousness had opened unexpected doors.



The Avatar Master Course
Gyeongju, Korea, June 2005

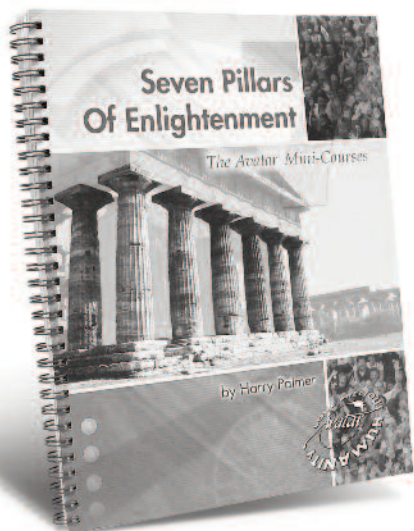
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WHO IS HARRY PALMER?

Writer, teacher, lecturer, scientist, programmer, environmentalist, businessman, spiritual leader, explorer – Harry Palmer is truly a Renaissance man. For more than 30 years, Harry has played a prominent role in the consciousness-evolvment field. His bestseller, *Living Deliberately* (currently available in 19 languages), describing his personal discovery of enlightenment, launched the highly regarded worldwide workshop called *The Avatar Course*. His lofty aim, to contribute to the creation of an enlightened planetary civilization, has been adopted by tens of thousands.

Palmer's underlying purpose is to teach people effective techniques for improving their lives according to their own self-generated blueprint.

Today, few who fair-mindedly study Harry Palmer's work can doubt the profound effect that his writings are having on the collective consciousness of the world.

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