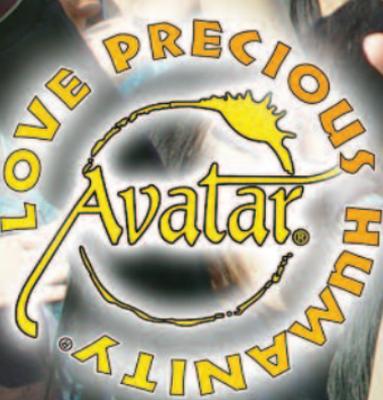


How can I make a difference? • Why is there suffering on the planet? • **How can I be happy?** • What is enlightenment? • How can I accomplish my goals? • How do I get free of old restraints? • How can I control my life? • What needs to be done? • How can I regain my enthusiasm? • Will I ever understand this? • What can I contribute? • What can I believe in? • What is missing from my life? • How do I change the patterns in my life? • What can I do about it? • Where am I heading? • How do I align my beliefs with my goals? • What are beliefs? • How can I make a difference? • Why is there suffering on the planet? • **How can I be happy?** • What is enlightenment? • How can I accomplish my goals? • How do I get free of old restraints? • How can I control my life? • How can I regain my enthusiasm? • What can I contribute? • What can I believe in? • **What is missing from my life?** • How do I change the patterns in my life? • What can I do about it? • Where am I heading? • How do I align my beliefs with my goals? • What are beliefs? • How can I make a difference? • Why is there suffering on the planet? • **How can I be happy?** • What is enlightenment? • How can I accomplish my goals? • How do I get free of old restraints? • How can I control my life? • How can I regain my enthusiasm?

# What Is Avatar?



English



*Harry Palmer,  
author of the  
Avatar materials.*

## 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. No one will tell you what to believe or who you are. It's you finding out about you.

- 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.*

### **As defined by an Avatar student...**

*The Avatar organization believes we can create a better world by raising human consciousness one person at a time. In alignment with this goal, The Avatar Course is a nine day, non-religious course that allows a person to reconnect with their true spiritual self.*

*And along the way, students on this course discover the source of their issues, problems and concerns, learn ways to resolve and eliminate those issues, problems and concerns, and as a consequence gain the ability to create the life they want. This is known as living deliberately.*

*—R. S.*

## How Does Avatar Work?

Avatar equips you with the tools to deliberately restructure the beliefs that form the pattern of your life.

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

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



## What Makes Avatar Different?

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



## Why Do I Need Avatar?

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



## What Can I Expect From The Avatar Course?

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

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



# The Avatar Course

## SECTION I: The ReSurfacing® Workshop

*Aspects of consciousness addressed: Beliefs, Reality, Consciousness*

Section I of The Avatar Course sets forth certain ideas about the relationship between beliefs and reality. These ideas are subjected to various tests and examinations (in group discussions and in private explorations) to allow you to determine for yourself if such relationships do, in fact, exist.

Section I exercises take you behind the scenes of consciousness for a look at the blueprints by which you build your life. The journey results in an intimate connection with a deeper, more compassionate and aware state of self.

Section I is offered in an affordable 2-day workshop that contains information, demonstrations, and experiential exercises to awaken you to the unlimited possibilities of living deliberately. USD 295\*

## SECTION II: The Exercises

*Aspects of consciousness addressed: Creation, Perception, Experience*

Section II of The Avatar Course develops your ability to create a reality that you prefer. Deeper access to your own mental programming results in transformational realizations about why certain aspects of your life have fallen short and what you can do to correct them. You turn the part of self that was your worst enemy into a guiding friend.

Self-sabotaging beliefs are exposed before they can do you more harm. Stress is replaced by a relaxed awareness.

You learn how to experience reality without judgment, separation, or distortion.

Section II requires approximately 4 to 5 days to complete. USD 500\*

## SECTION III: The Procedures

*Aspects of consciousness addressed: Identity, Beingness, Awareness*

Section III of The Avatar Course develops your ability to discreate realities that act as hidden reefs and barriers to your operation as source. An Avatar Master takes you on a guided initiation that introduces you to, and allows you to discreate, some of the most fundamental (and previously transparent) belief structures of the universe.

Next, you complete solo rundowns that permit you to address body sensations, interpersonal conflicts, dependencies, limitations, persistent conditions, compulsions and (without words or argument) the beliefs of others.

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

Section III requires approximately 2 to 4 days to complete. USD 1500\*

*\*USA pricing; prices vary from country to country*

# Ready To Improve Your Life?

## Get Started with the PowerUP-Plus Pack

Featured in the Avatar PowerUP-Plus package are four internationally best selling books by Harry Palmer, the author of the Avatar materials.

***Living Deliberately:*** In 1987, Harry outlined an intriguing series of mental procedures. When correctly applied, these procedures unravel many of the more profound mysteries of human consciousness. This book chronicles the discovery and development of Avatar and sets the stage for students taking The Avatar Course.

***ReSurfacing***<sup>®</sup> refers to the action of disentangling yourself from old creations and rising back into awareness. The 30 exercises in the *ReSurfacing* workbook are your experiential guide for exploring the inner workings of your own consciousness.

***The Avatar Path: The Way We Came:*** More than a collection of stories and perspectives, this book is a complex process of self-evolution that will transform the way you think. And YOU, that ineffable explorer, will begin awakening as a Source Being.

***The Avatar Path 2: Private Lessons*** features lessons extrapolated from the advanced Avatar Materials. They are intended to be contemplative slices of subjects rather than full explanations. The sequence is subtle to non-existent. Some slices belong together, for example, the sections on creative study, domains of being, and relationships. Other slices are single pieces that you will have to stitch to the whole.

- *These books are required texts for Section I of The Avatar Course.*

In addition to Harry's books, the PowerUP-Plus Pack also includes: the audio CD *How to Create Magic in Your Life*, the *Ten Actions You Can Do Today To Start Taking Back Your Life* booklet and information about how you can improve your life with The Avatar Course.

**Guarantee:** If you are not completely satisfied, you may return the books for a full refund and keep the rest as our gifts to you. The Avatar PowerUP Plus Package is \$49.95USD plus \$9.00USD domestic or \$30.00USD international shipping.

**To order:** Call 800-589-3767, contact your local Avatar Master, or visit [www.AvatarBookstore.com](http://www.AvatarBookstore.com)



### Much More Available Online

Books, DVDs and more from Harry Palmer are available online.  
Visit [www.AvatarBookstore.com](http://www.AvatarBookstore.com).

# TheAvatarTimes.com

*Explore and understand the relationship between your beliefs and your experiences.*

Before one has studied people for long, it becomes evident that many have forgotten that they are the most sovereign, omniscient creators of their own lives. One sees people who unknowingly create suffering for themselves and then attempt to explain the suffering by electing the universe as cause of it. One sees people who have reduced their own creative power to angry accusations of blame, or to the bare whispering of a few pleas for mercy from the fear and pain that fill their days.

A milestone in the research of the Avatar Materials was the development

of a technique that demonstrated that the world one experienced was ultimately shaped by one's consciousness and not the other way around. As it turned out, the technique would prove effective not only for reshaping consciousness but experience.

Avatar closes forever the overdue accounts of past mental therapies and religious ideologies and confirms the creative potential of the human spirit. These are the Avatar Times. Subscribe to the FREE Avatar Times Newsletter at TheAvatarTimes.com.

## Other Websites

*Learn more about yourself and the world you create around you.*

### TheAvatarCourse.com

Want to know more about The Avatar Course? This website is the place to start. You can download articles by Harry Palmer, author of the Avatar materials, watch Avatar videos, sign up for the free Avatar Times newsletters, and make a connection with a local Avatar Master.

### AvatarEPC.com

On this website you can find links to all the Avatar Courses, Avatar videos, free downloads, international Avatar websites, student insights and more.

### AvatarBookstore.com

Want a copy of *Living Deliberately*? Are you looking for Harry's *Life Challenges* talk on DVD? This is the site for Avatar publications and products.

### AvatarJournal.com

The Avatar Journal is a free online publication featuring insightful articles from Harry that explore the nature of consciousness, happiness, beliefs, and more.



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# AvatarResults.com

*Personal Stories & Insights  
From Avatar Students*

After every course Star's Edge receives many letters where Avatar students share their insights, love, thanks, gratitude and support.

A small fraction of the more than 500,000 letters that Star's Edge has received from our students are available on this website.

## *From students on the course:*

- Avatar has helped me find the courage to step out into the light, be noticed and find the person I came into this world to be.
- I corrected or stopped the default patterns of my life.
- I see that releasing fixed attention creates relief.
- I've found my own, personal pot of gold.
- I can now be with my loved ones in such a different, closer way.
- I've got the tools to sweep away the pretense and show myself the games I'm playing.
- I got what I was doing, owned it, and stopped it.
- The Avatar tools create the space where something is allowed to change.
- With Avatar you're able to discover the patterns in your life that keep you away from your true nature and limit your growth.
- I have the inspirational clarity of who I am.
- I moved from suffering and despair to the joy and purpose found in service to others.
- I've broken the victim pattern.



WANT TO KNOW MORE?



*Do you want to find true peace of mind? Do you want to create an inspiring and fulfilling life?*

## Experience Avatar Now! **FREE**



The Avatar Info Hour is a personal session with a licensed Avatar Master. It begins with a 5-minute video of Harry Palmer, the author of the Avatar materials, then moves into a guided exploration of Beliefs, Attention, Will, Source Being and Compassion. There are several exercises that provide you with a real, tangible experience of the Avatar tools.

It's your first step on a path toward personal enlightenment. Connect with an Avatar Master and schedule your free Info Hour today.

Contact the Master who gave you this booklet:

Or visit [www.TheAvatarCourse.com/nextstep](http://www.TheAvatarCourse.com/nextstep)

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