



TEN ACTIONS YOU CAN DO TODAY TO **START TAKING BACK YOUR LIFE**

by Harry Palmer



English

Would you like to increase your personal understanding of life?

The most important lessons you can learn are already contained in your own consciousness.

TEN ACTIONS are specialized applications of The Avatar® Course procedures for non-Avatar graduates.

Enjoy.





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

Time:
10+ minutes

Expected Result:
Calming, increase in energy



action

Concentrate all your attention
on a single object for a
period of two minutes.

Time:
2 minutes

Expected Result:
More focused, relaxed



Choose an automatic gesture
you make and repeat it
deliberately until it comes
off automatic.

Time:
5+ minutes

Expected Result:
Insights, self-control

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

Time:
5+ minutes

Expected Result:
Recovered energy



Deliberately smile until
you feel happy.

Time:
2+ minutes

Expected Result:
Sense of well being

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

Time:
30+ minutes

Expected Result:
Recovery of attention



Take a walk and count
forms until colors appear
brighter.

Time:
30+ minutes

Expected Result:
Extroversion, sense of being alive



7
action

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

Time:
30+ minutes

Expected Result:
Sense of Grace



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

Time:
30+ minutes

Expected Result:
Increased sense of self-respect

Breathing in, notice something far away. Breathing out, notice something close. Repeat at least ten times.

Time:
5+ minutes

Expected Result:
Recovery of perspective

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

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

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



Section I of the course (contained in the books *Living Deliberately* and *ReSurfacing*[®]) invites connection with a more expanded awareness of how your beliefs affect your life. It is offered in a two-day workshop.

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

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

more

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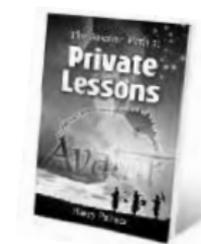
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The Avatar® Course

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?

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