# Introduction to Avatar®

**Attention**

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# What Is The Avatar Course?

Avatar is a course that teaches people the skills to live deliberately.

“Living deliberately is looking and thinking for yourself. It is operating rationally, according to your own aware will. It is assuming personal responsibility for your diet, addictions, actions, and mental processes. It is taking your life back.

Living deliberately includes doing nothing as well as doing something. It includes directing as well as allowing. It includes stopping and starting. Living deliberately permits the modification of habit patterns and the perfection of character.”

**The Avatar Path 2: Private Lessons**
Tao of Living Deliberately
by Harry Palmer

# Beliefs

“Beliefs are the colored lenses that filter out from all-that-is what we wish to experience.”

**Living Deliberately**
by Harry Palmer

# Viewpoint

A definition from which something is viewed.

**ReSurfacing®: Techniques for Exploring Consciousness**
by Harry Palmer, p95

All your different viewpoints are your belief-filters.

# Belief-Filters Exploration

1. Coach: Describe how you see (object, person or event)
2. Student answers.
3. Coach acknowledges answer.
4. Coach then asks: Describe another viewpoint on that.

2., 3., 4., repeat until student releases on (object, person or event) or until student has a realization.

All your different viewpoints are your belief-filters.

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.

# Another Way Of Looking At Things

Sometimes a little thing, like showing a person how to deliberately change their viewpoint without being struck dumb on the spot, can produce a remarkable recovery of life. Problems disappear and opportunities appear. Adopting another way of looking at something is a simple act, that can have magical consequences.

Do you want to increase your income, your happiness, and your intelligence? Find another way of looking at things.

**The Avatar Path: The Way We Came**
by Harry Palmer

# Attention

For purposes of discussion, the allotment of attention can be divided into quantities called attention units. We can classify these attention units into several categories based on the way they behave.

# Attention Units




**Free Attention Unit**
Observes without judgment. Interested without attachment.

**Biased Attention Unit**
Biased attention units have preferences.

**Other-Directed Attention Unit**
Other-directed attention units follow or rebel against orders.

**Disoriented Attention Unit**
Disoriented attention units are confused.

**Fixed Attention Unit**
Preoccupied, compulsive, stuck in a repeating loop.

# Exercise:
# Sticky Attention

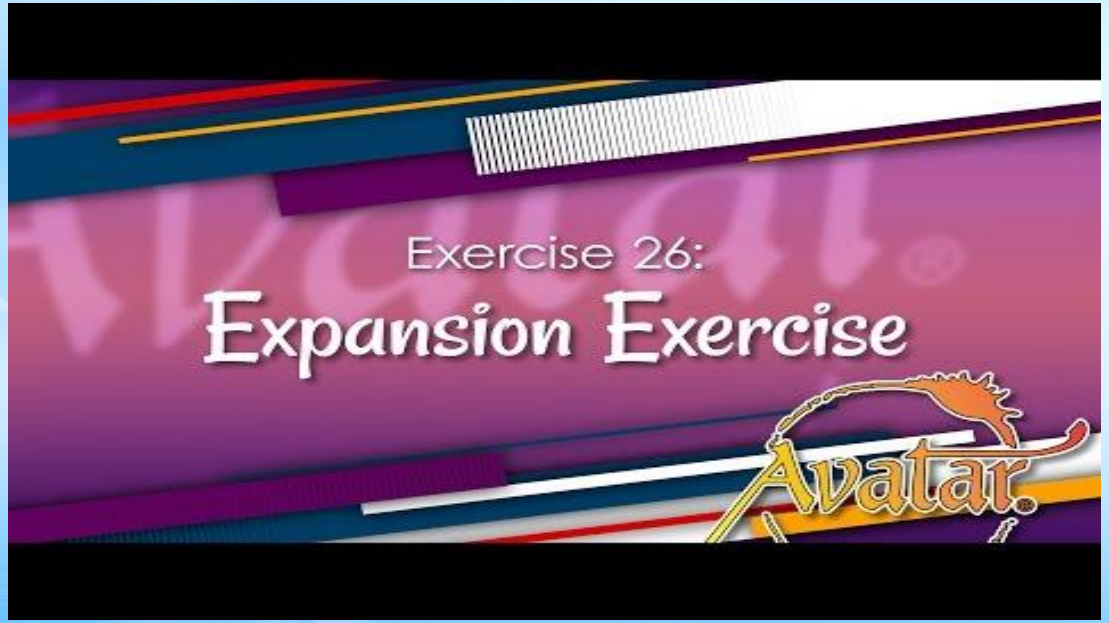
**Objective:** To explore the behavior of your own attention.
**Expected Results:** Insights, some recovery of self-determinism.
**Instructions:** For one minute, close your eyes and review the events of the past week. Notice how your attention lingers on certain things.

**Self-examination questions:**
1. Was there some accomplishment (challenge) or negative emotion (anger, fear, grief) connected with the memories you lingered on longest?
2. What effect, if any, do the lingering memories have on your present sense of ambition (motivation)?

The Avatar attention exercises enable you to create free attention and develop the skills to direct your attention deliberately.

# Exercise: Expansion Exercise

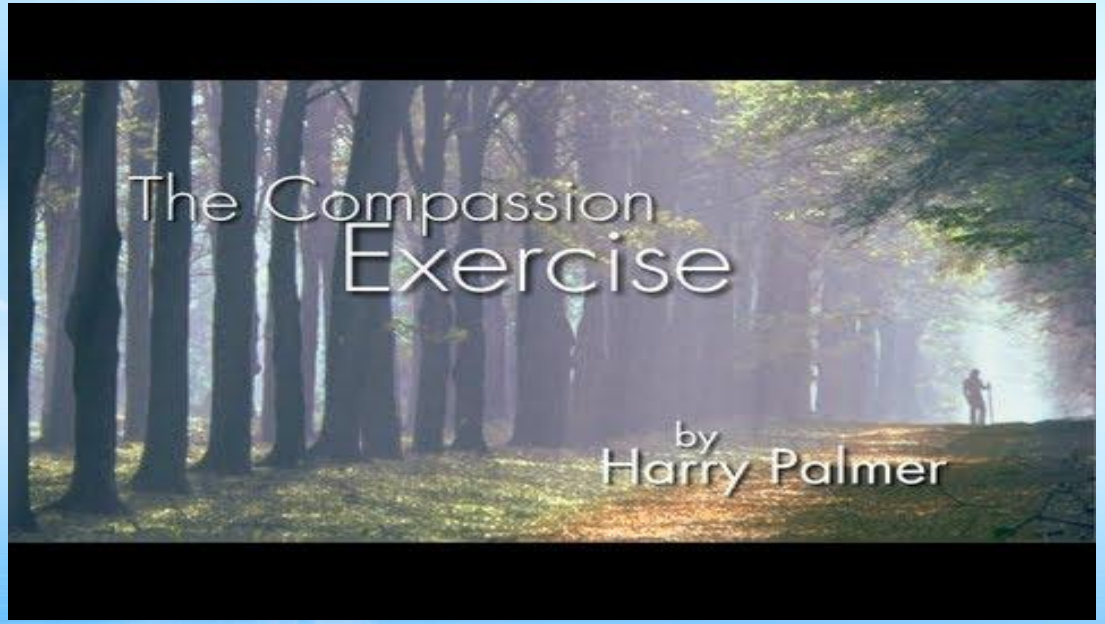
**Objective:** To convey an experience of expansion and integration.
**Expected Results:** Insights, reconciliation.




**ReSurfacing®: Techniques for Exploring Consciousness**
Exercise 26: Expansion Exercise
by Harry Palmer

# Exercise: Compassion Exercise

**Objective:** To increase the amount of compassion in the world.
**Expected Results:** A personal sense of peace.




**ReSurfacing®: Techniques for Exploring Consciousness**
Exercise 17: Compassion Exercise
by Harry Palmer

“Love is an expression of the willingness to create space in which something is allowed to change.”

**ReSurfacing®: Techniques for Exploring Consciousness**
by Harry Palmer

# Your Next Step

- 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?

# Next Steps:

**Purchase Books**

**Upcoming Courses**

**Student Experiences**

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