Introduction to Avatar®

Will

All content ©2017 by Harry Palmer. Avatar® and ReSurfacing® are registered trademarks of Star's Edge, Inc. All rights reserved.



Click to Play. Choose subtitle language in “Settings.”

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

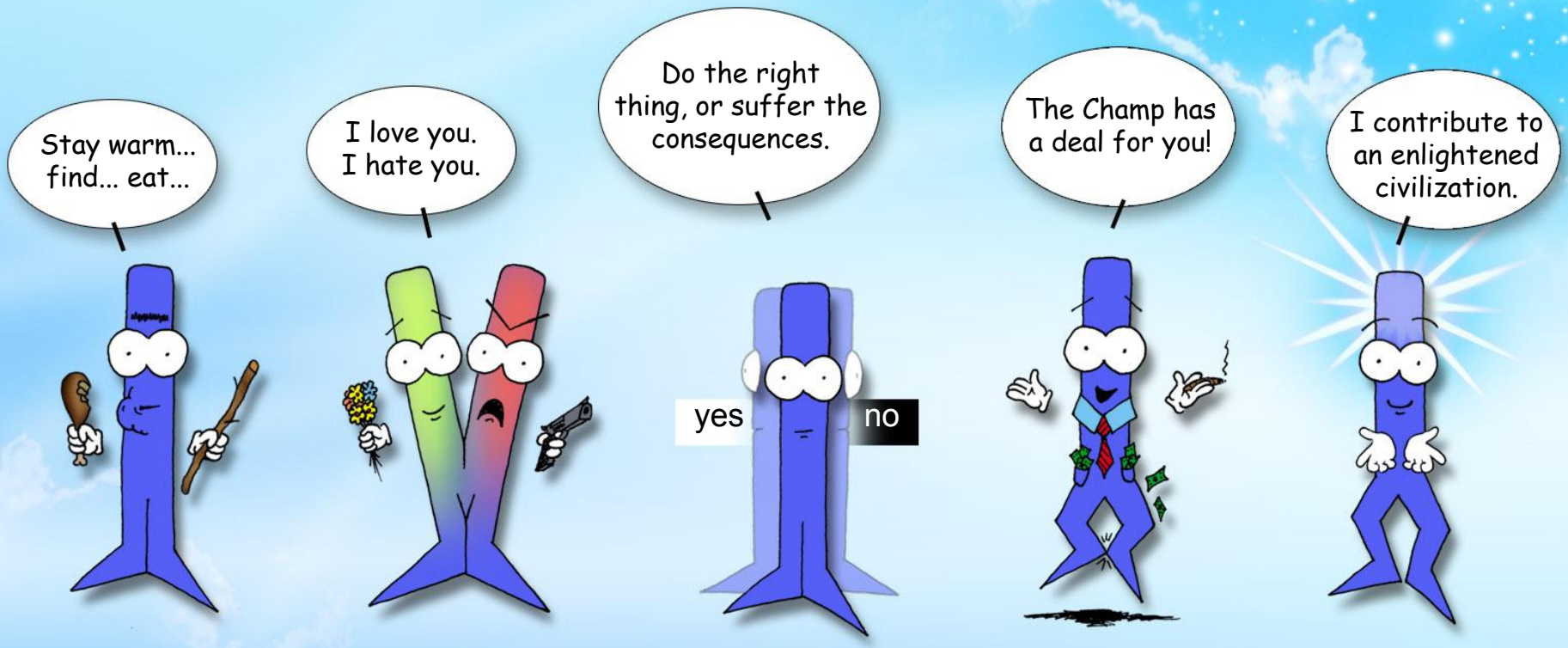
Sometimes a little thing, like showing a person how to deliberately change their viewpoint without being struck dumb on the spot, can produce a remarkable recovery of life. Problems disappear and opportunities appear. Adopting another way of looking at something is a simple act, that can have magical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

Will

Realms of Will



Instinctive Will
Addresses the most fundamental needs of survival

Emotional Will
Seeks pleasure, avoids pain

Moral Will
Follows indoctrination

Self-determined Will
Acts for its own gratification and self-actualization

Transcendent Will
Motivated by compassion and wisdom



Exercise: Taking Control

The transcendent will can copy exactly the autopilot functions of the lower realms of will (particularly those that are motivating unwanted behaviors), take deliberate control, and switch them off and on until they are under control. For example, copy the desire to twirl hair, etc., turn it on, turn it off, turn it on, turn it off, etc. until it is under the deliberate control of the transcendent will—you.

• *exercise continues*

Objective: To identify motivating forces on automatic and take control of them.

Expected Results: Stillness, reduction of stress, recovery of creative power.

• *exercise continues*

Instructions:

Identify an automatic reaction or impulse and copy it exactly and repeatedly (without harming anyone) until it comes off automatic and is under the control of your self-determined will. (Turn it on; turn it off.)

• *instructions continue*

Instructions:

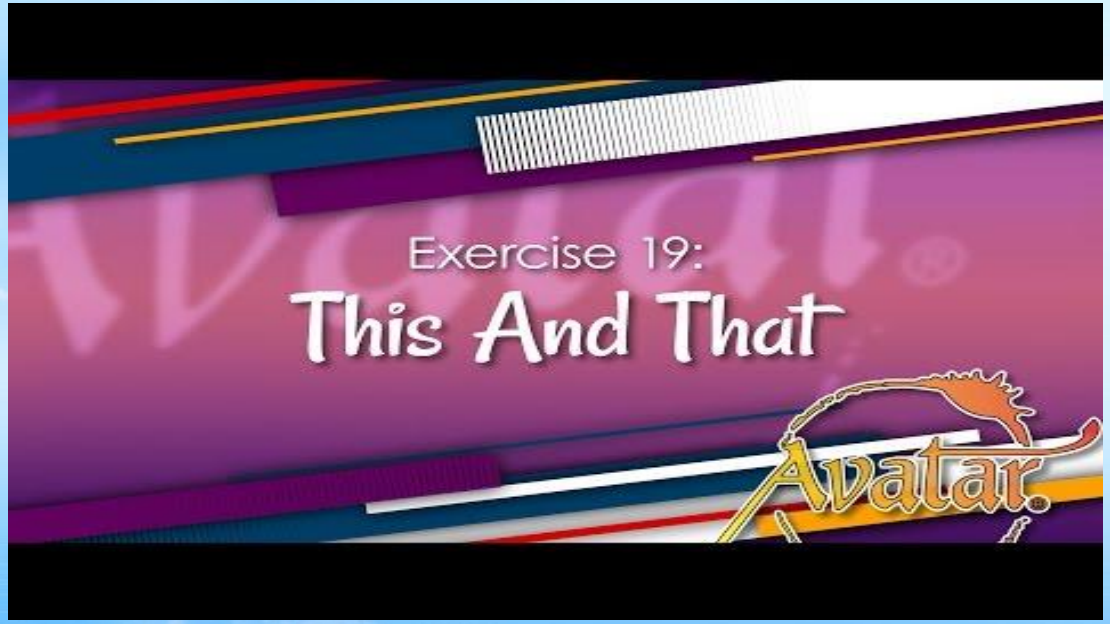
If the reaction or impulse is concerned with an addiction or a socially unacceptable behavior, repeatedly dramatize the desire for the action, as if on stage, without actually doing anything. (Turn the desire on; turn the desire off.)

The function of will is to decide, place, shift or remove attention.

Here's a valuable little trick. When attention is being used to create something, it can get stuck on uncertainty. Directing attention through the uncertainty back to the result that you wish to create magically resolves the situation.

Exercise: This And That

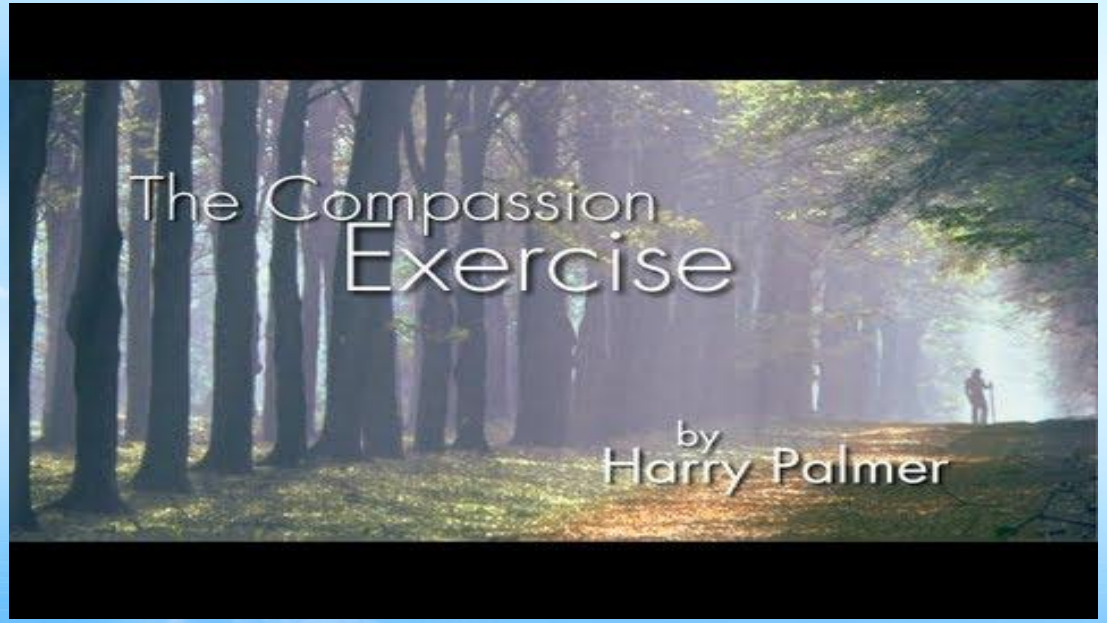
Objective: To demonstrate the effect of changing viewpoint.
Expected Results: Insights, increase in responsibility.



ReSurfacing®: Techniques for Exploring Consciousness
Exercise 19: This And That
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

All content ©2017 by Harry Palmer. Avatar® and ReSurfacing® are registered trademarks of Star's Edge, Inc. All rights reserved.