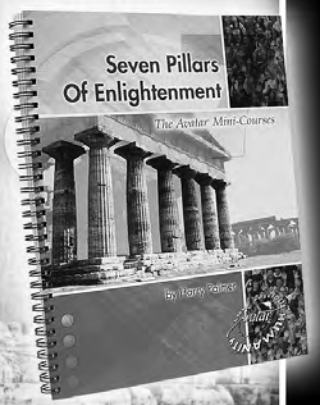
Avatar The Third Pillar Of Enlightenment

Determination

Basic Will



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 The Avatar® Belief Management 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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Determination

Basic Will





Basic Will Checklist

OBJECTIVE:

To increase the students' understanding of the functioning of will.

EXPECTED RESULTS:

An increase in your ability to function deliberately.
A recovery of self-determinism.

INSTRUCTIONS:

Complete the checklist below.

1 Read: Waking Up _____

2 Do Exercise 1: Awakening the Will _____

3 Read: Exercising the Will _____

4 Do Exercise 2: Disciplining the Will _____

5 Read: Realms of Will _____

6 Read: Hidden Millions _____

7 Read: The Viewpoint of Source _____

8 Read: What is a Source Being _____

9 Read: Autopilot _____

10 Do Exercise 3: Taking Control _____

11 Read: Conflicting Motivation _____

12 Do Exercise 4: Conquering Worry _____

13 Read: Obstructions to Will _____

14 Do Exercise 5: Willful Control _____

15 Read: Afterword _____

16 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:

Basic Will

This Avatar mini-course explores the non-physical quality that makes choices and decisions, controls motion and attention, creates and perseveres – human will. This course is based on the Section I Avatar Materials, *ReSurfacing*®.

Waking Up

Will is a broad term referring to the motivating force behind an activity. In humans, this motivating force is capable of evolving through several operational realms—instinctual, emotional, moral, self-determined, and transcendental. This evolution, however, is not inevitable. Many individuals, and even whole societies, become entrapped in one operational realm of will, which eventually can become the dominant influence on their choices in life.

To avoid getting into a purely abstract understanding of will, please do the following exercise, and pay particular attention to the motivational force that is making the choices and decisions.

EXERCISE 1: AWAKENING THE WILL

The will awakens slowly from sleep. At first it feels overwhelmed by the turbulence of thoughts that buffet it. Its initial attitude is: "Just tell me what you want, and I'll do it."

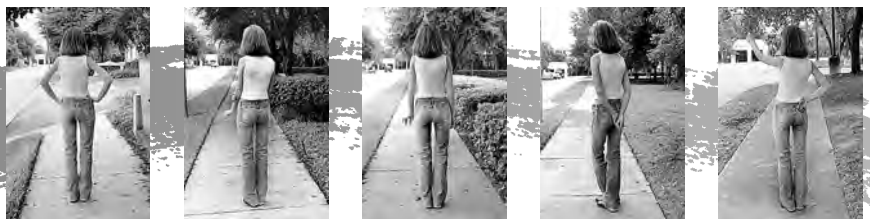
Objective: To decrease mind drift, daydreaming, self-criticism, indoctrinated thinking, by awakening the will.

Expected results: Calming, perceptual changes, increased awareness.

Instructions: 1) Take a walk, 2) notice something, and 3) decide how you would describe it.

Move on to something else and decide how you would describe it. Continue the exercise for 20 to 30 minutes. If at any time you become aware of being distracted, just return to the exercise without any self-criticism.

The proper use of willpower is not conquest and subjugation, but the disciplined control of one's own mind.



Exercising the Will

Will is a two-way bridge between thinking and doing. It transforms mental activity into visible reality. When successfully employed, the will makes humans victorious in their endeavors. When the will is not successfully employed, people fail and efforts revert to thinking.

Mastery of will is essential to control of mind and attention. Identification with will is a characteristic of enlightenment.

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Will, as ability, is seldom addressed in modern education. Under the guise of socializing individuals (controlling), schools and governments discourage willful behavior. Willfulness has become associated with premeditation (criminal planning), psychological disorders (exhibitionist behavior), as well as many other eccentric anomalies. From lack of training and development, and painful associations, the individual's will has become ineffective, and in some cases, even disappears entirely. Rules and directions have supplanted the will. The individual, and his or her mind, wanders with the attraction and repulsion of attention, or the orders of others, like a rider who sits upon a horse but does not hold the reins.



EXERCISE 2: DISCIPLINING THE WILL

Objective: To place the control of attention under the will.

Expected Result: Noticeable increase in self-control.

Instructions 1: Pick a stationary object. Direct your attention to it (examine it) for a period of two minutes. Any time your attention wanders, bring it back.

Instructions 2: Do each of the following five steps for approximately one minute.

a. Recall the earliest time you can when you survived a threat to your survival. Think it through, beginning to end, for approximately one minute.

b. Recall the earliest time you can when you felt good. Think it through, beginning to end, for approximately one minute.

c. Recall the earliest time you can when you were right. Think it through, beginning to end, for approximately one minute.

d. Recall the earliest time you can when you discovered something important. Think it through, beginning to end, for approximately one minute.

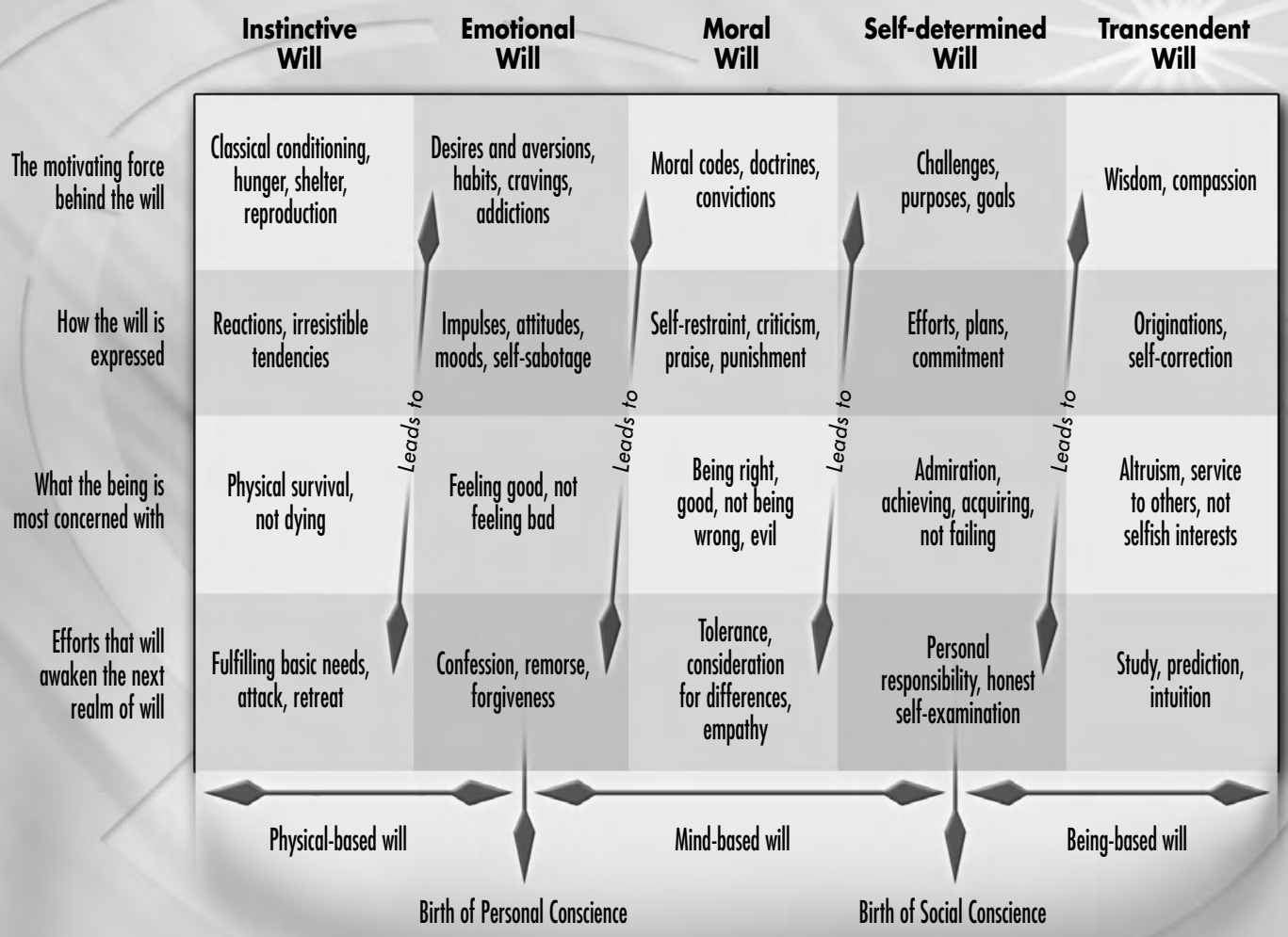
• *exercise continues*

e. Recall the earliest time you can when you helped someone. Think it through, beginning to end, for approximately one minute.

*Repeat steps **a** through **e** at least three times, each time seeking an earlier memory.*

Instructions 3: Pick a spot 8 to 10 feet from your location. Draw an imaginary line from the tip of your nose to the spot. With the forefinger of one hand, and then the other, trace the imaginary line from a few inches in front of your nose to the full extension of your arm. Repeat this exercise until you can willfully control the motion of your finger. (Try the same exercise with an imaginary line from the throat and the heart.)

The Realms of Will table



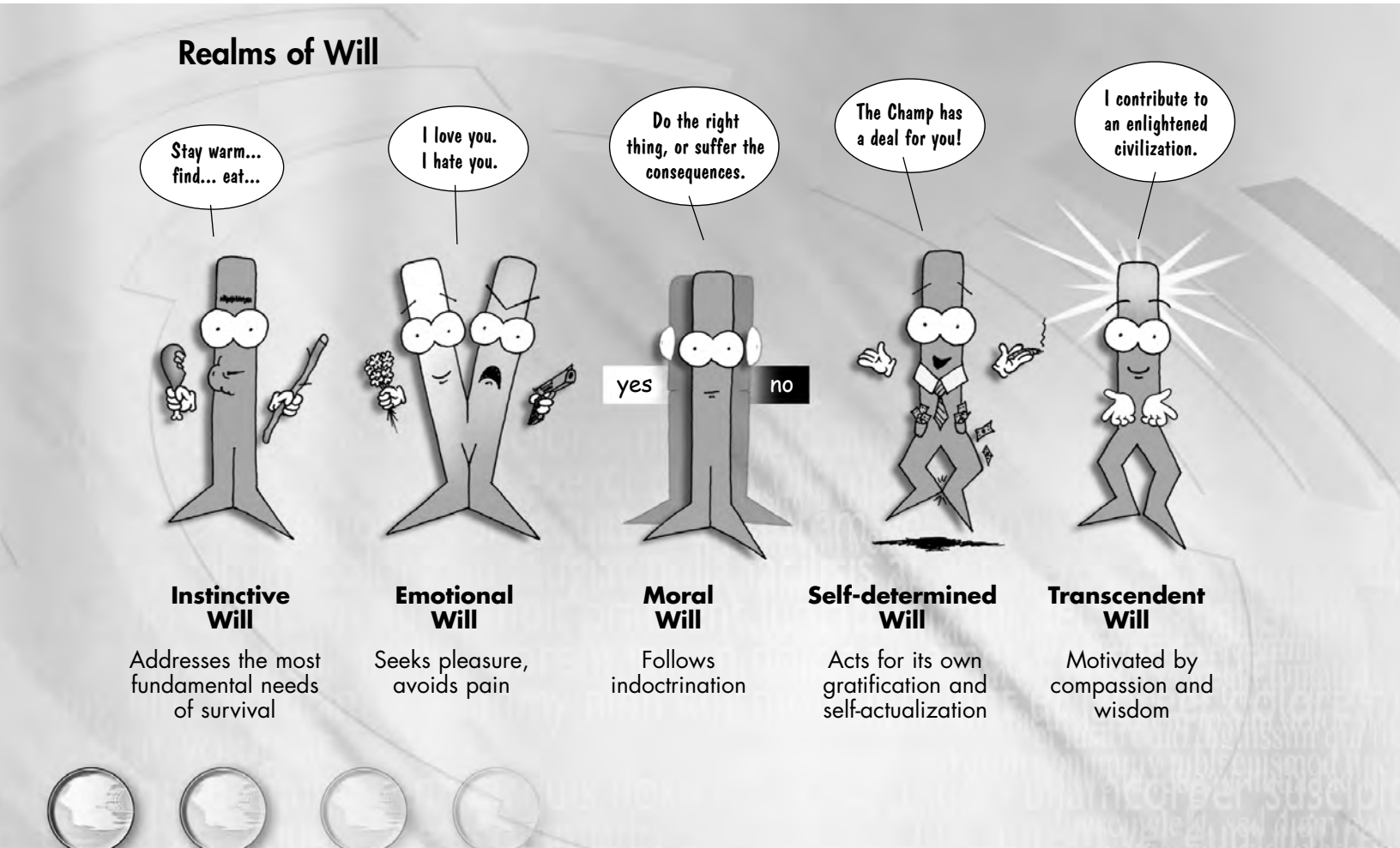
Realms of Will

The first appearance of human will is as instincts. Instincts generate a motivating force to cope with the most fundamental needs of survival. This is the realm of classical conditioning, autonomic nervous system functions, and involuntary reactions. The will that exists at this stage is generally unaware of itself. Overwhelm of will in this realm usually results in fear, pain, or death.

As the will matures, it supplements instincts with a motivating force derived from past experiences—emotions arise. The emotional will directs behaviors according to cause and effect patterns that have previously made the organism feel good or bad. This is the realm of operant conditioning, habits, cravings, and addictions. Overwhelm of will in this realm usually results in instinctive attack or retreat.

In the next realm of will, development is strongly influenced by the intellect, which refines the concern with feeling good into a concern with being right. Of course, to be right requires adopting a moral code or conviction of some kind.

The desire of the will to be right can be so strong that it welcomes any doctrine that promises to elevate it to a certainty of self-righteousness.



This is the oppositional realm of will, whose dark side motivates social strife and wars. This is also the realm of will where a complex mental construction called self arises (ego). Conflict of wills in this realm usually results in prejudice and rationalized violence.

In the next realm, social, environmental, and biological motivating forces take a back seat to the motivation to adorn the concept of self. The self-determined will is able to reason and strategize; it is amoral. Most important of its concerns is its own gratification—I-Me-Mine concerns take priority. Conflict of wills in this realm is usually over status or profit.

But this ego-self-viewpoint realm of will is not the end of the line. As experiences accumulate and self-awareness tenderizes the ego, there is an upwelling current of empathy and compassion for others. This is the awakening of the source being and entry into a realm where the will is guided by intuition and reason rather than by circumstance and event.

The realm of transcendent will, as Avatar graduates soon learn, is the beginning of the true spiritual journey. The transcendent will, which is pure indescribable beingness, exercises direction and can create reality.

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Hidden Millions

What if you are a multimillionaire and you don't know it? You have millions of dollars in your bank account, but you don't have any memory of it—not even the slightest suspicion. Even worse, you are suspicious of the people who are trying to tell you that you are a millionaire.

It is not that you wouldn't like to be a millionaire; you would. You could use the money to enhance the quality of your life in ways you have only dreamed about. You could sit back and relax. Smell the roses. You could go on that great adventure. You could enjoy the finer things of life—I mean, you could if there was someone who could really convince you that you are a millionaire.

But it's going to take more to convince you than words. It's going to take more than someone telling you to act, think, or feel like a millionaire. Motivational tricks are not going to satisfy you. You want to write checks and be able to cash them. You don't want promises, pretenses, or possibilities. You want the experience of having cash.

Show me the money! Put the cash in my hand!

You're probably comfortable and somewhat familiar with the stages of will from instinct to self-determined choice, but transcendent will may well be met with a skeptical frown. It is the hidden treasure that you can't remember. The transcendent will is like your missing millions, but even more valuable.

But like the forgotten millions, it's going to take more to convince you than words; it's going to take experience.



The Viewpoint of Source

So many things happen to us in our lives that we sometimes forget that we can cause things to happen as well. We can will an experience (a body sensation), or a belief (I can), or a thought (I am) without reference to world circumstances.

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Originating is creating from the viewpoint of source. It is starting a flow of events—first cause. This is different from being swept along in a flow of events or creating because of. If you create something because of something else or someone else, then they are closer to the origin point than you are.

To turn an out of control flow of events into an opportunity to act from the viewpoint of source (and maybe end or change the direction of events), you have to willingly experience the flow of events as they reach you. To willingly experience means you perceive and accept what is happening without resistance. The action of willingly experiencing is the path to acquiring knowledge and assuming personal responsibility. When willingly experiencing is done thoroughly, your concern with the chain of cause and effect will cease. Blame and regret disappear, and you will recover the viewpoint of source.

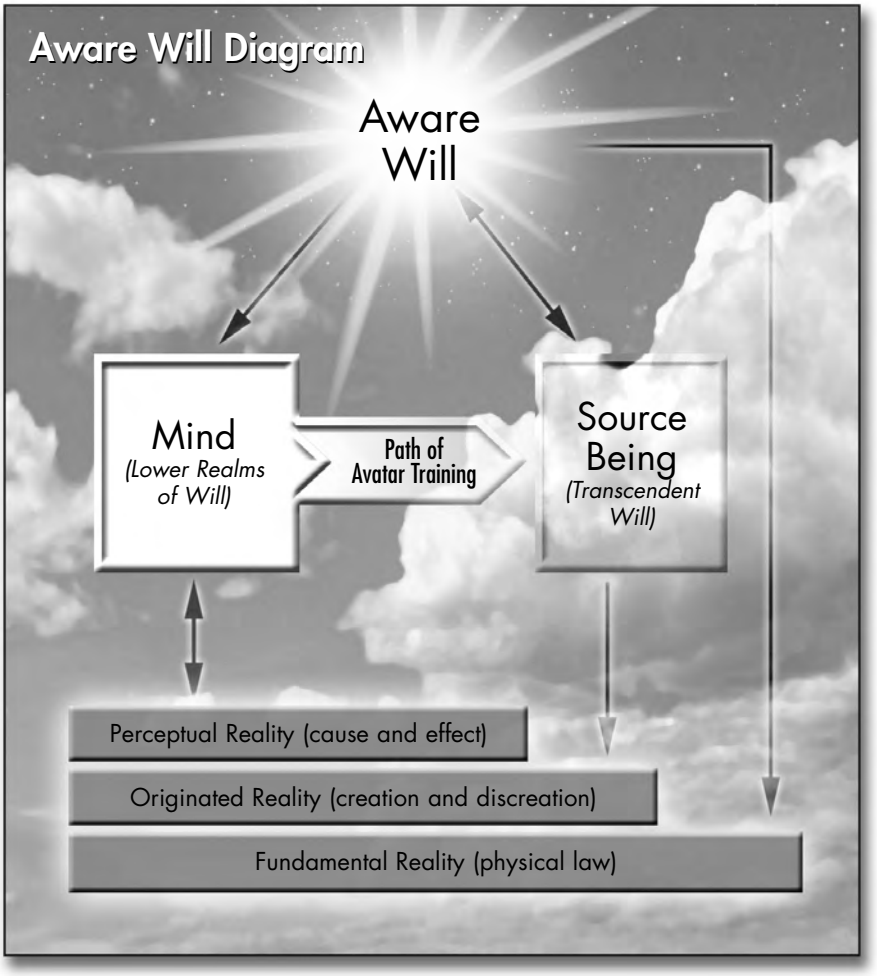
What is a Source Being?

A source being is the goal of Avatar training. It is a person who has recovered control of his or her will; it is a powerful creator who is personally responsible for his or her own life—no excuses, no grudges. Source being is the intangible and indescribable viewpoint that recognizes that life experiences can be shaped by willful acts—beliefs, agreements, and decisions. It is a viewpoint that transcends the mind and, when awakened, can see through the ego-self identity, see beyond judgments, and objectively view reality. It is an indestructible essence that can (but does not feel compelled to) change personal realities deliberately.

The transcendent will is potentially more powerful than any other realm of will. Still, it is only a diminutive relative of the Aware Will.



Feel where you come from.



Autopilot (self-sabotaging behaviors and habits)

The lower realms of will (instinctive, emotional, moral) tend to have strong autopilot functions, meaning that they continue to generate motivating forces even after the being's concerns may have evolved. Frequently these lower-realm motivating forces are in conflict with the concerns of self-determined or transcendent will.

Some people exhaust their creative power battling their own internal misalignment of motivating forces.

Some people exhaust their creative power battling their own internal misalignment of motivating forces. The emotional will is drawn to twirl hair, chew fingernails, have a cookie, smoke a cigarette, or take a drink; the moral and self-determined wills have different inclinations—motivational forces collide. This is the situation of the person who feels unable to control his or her own habitual behaviors. The cure is to identify and disempower the motivational forces arising from (and discomfort associated with) the lower realms of will (mind).

EXERCISE 3: 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.

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

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

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.)

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.)

Conflicting Motivation

It may seem like a strange statement, but you, observing and operating in the present moment, are a lot smarter than your mind. The mind operates in the past and associates and makes assumptions that are not necessarily reflective of what is at this exact moment. Thinking before you act may be good advice, but thinking before you look is not.



You are a lot smarter than your mind.

EXERCISE 4: CONQUERING WORRY



What you can deliberately create and willingly experience, you can also cease creating.

Objective: To recover source

Expected Result: An increase in self-confidence

Instructions: Pick a frequent worry and outline the sequence of thoughts and circumstances that lead up to the worry. Deliberately create, and willingly experience, the thoughts and circumstances in sequence until the worry fades and you recover the viewpoint of source, i.e., the choice of whether to worry or not. (Turn it on; turn it off.)

Note: Imagining something *worse than* will make a worry manageable.

Obstructions to Will

At some point in your life you have probably had to confront an emergency. On a naval vessel, this is called going to battle stations. At that moment, some real or imaginary danger threatened one or more of the following: 1) your physical survival (engaging the instinctive will), 2) your emotional well being (engaging the emotional will), 3) your moral code (engaging the moral will), or 4) your success (engaging the self-determined will).

Because of the threat, the intensity of the motivating force generated by your will was at or near maximum. This intensity of will is not the product of (nor associated with) happy times. No. This intensity of will is the product of shock, fear, anger, and pain—traumatic events. Under these conditions, people have been known to perform super-human feats of strength and display exceptionally strong determinations of will—mothers have lifted cars to free trapped children, soldiers have sacrificed their lives in suicide missions, and martyrs have burned themselves in the street for a cause.

The mind naturally associates events and circumstance with one another. It is how we learn. It's why ice cream trucks have bells and fire trucks have sirens—a growl means one thing, a purr means something else.

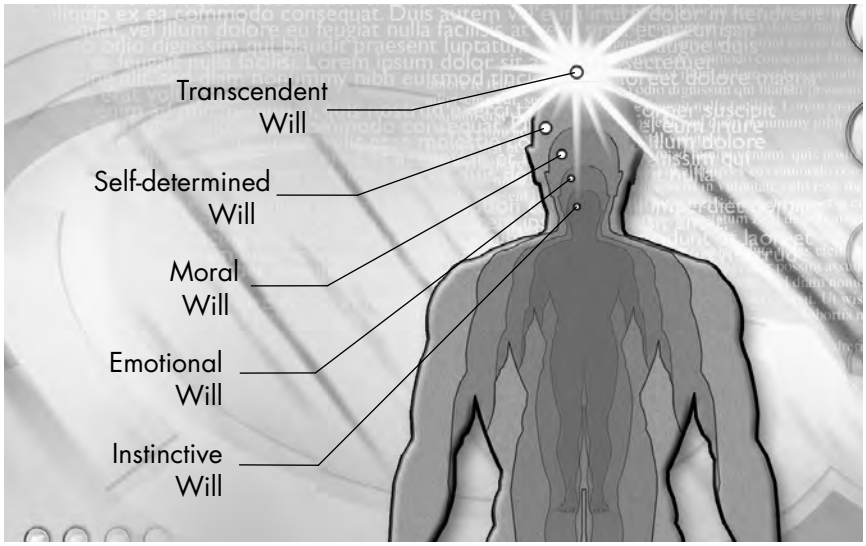
Unfortunately, willful behavior is often associated with past traumatic events, and the lesson we learn is to avoid personal exertions of the will. The associations can become so strong that the physical and emotional phenomena connected with earlier traumatic events—pain, muscle tension, fear, etc.—become connected and reassert themselves with any present time exertion of the personal will. This may partly

explain why some people welcome the control and direction of others, as their own employment of the body and mind realms of will has become painful.

There is, however, a realm of will that is more enduring, more compassionate, more fundamental, and more source than your body, your mind, or any emotion, including grief and pain—the transcendent will. It is the center of existence, a timeless source from which, when awakened, you can learn to recognize and control the painful associations of mind and rise above them, and from which you can endure the craving of habits until they lose their grip on you. This is a state that is explored in depth in the advanced Avatar Materials.

The control and final discreation of associations between will and mental reactions, while recognizable on this next exercise, is really the subject matter of sections II and III of the Avatar materials.

The Realms of Will diagram



Each realm of will functions independently, but also contains the functions of lower realms.

EXERCISE 5: WILLFUL CONTROL

This is a powerful exercise for learning to operate from the viewpoint of transcendent will. You may make many tries before the ability becomes effortless. The exercise uses a gradient approach that can be used to dissect associations and habitual behaviors and reduce the influence of the lower realms of will.

Objective: To place behavior under the control of the transcendent will.

Expected Results: Recognition of your own motivational forces and their associations, and the ability to turn them off and on.

• *exercise continues*

Instructions: The exercise is done for five minutes each time and starts with the student sitting or standing quietly. (A coach is beneficial, but not required.)

After the start, the student may remain still or move anywhere, may do or not do anything, may think or not think about anything, may feel or not feel anything, **as long as he or she deliberately originates (either vocally or mentally) the decision to act before acting.** Any involuntary thoughts, feelings, or actions (autopilots) discovered should be: 1) brought to a full stop, 2) copied and originated, and then, 3) from source viewpoint, either continued deliberately or turned off.

The point of the exercise is for YOU, acting as transcendent will, to deliberately control all thoughts, feelings, and actions.

Any confusion, hesitation, emotion, distraction, or overwhelm is probably a misaligned motivational force (autopilot) arising from a lower realm of will. And even though these misaligned motivating forces may initially seem very strong, bringing to a full stop, deliberately copying, and repeating them will disempower them.

Example: Student begins by standing.

(Originated decision) "I'm going to walk over to that wall."

(Involuntary movement) Student catches himself scratching the left side of his head. (Stops, notes to himself an emotional impulse of uncertainty.)

(Copies the involuntary movement and originates new decision) "I'm going to scratch the left side of my head and feel uncertain." (Repeats until the action is under the control of the transcendent will.)

(Originates new decision) "I'm going to stop scratching the left side of my head." (Does so.)

(Originates new decision) "I'm going to look out the window." (Does so.)

Option: The student can expand this exercise to an even more advanced level by noticing whether the bulk of involuntary behaviors (autopilots) are reactions, emotional impulses, criticisms, or efforts. Once this is established, refer to the Realms of Will table to determine what efforts will awaken the next realm of will.

Afterword



The problem with self-determined will is that the motivational forces of its lesser cousins—moral indoctrination, emotional reaction, and instincts—exert hidden influences on it. For example, a person, let us say his name is Fred, may represent his choice of pink slippers over yellow slippers as an exercise of his self-determined will. But careful investigation will reveal that pink slippers were the habitual footwear of his doting mother, a fact that he has forgotten.

So, is his choice of pink slippers a coincidence, or is there some motivational force (hidden influence) that predisposes his attention to desire pink?

Do you know this word "predisposed"? In psychology it means to have unconscious reasons for favoring a certain choice even before the choice is offered. In another sense, it means the outcome is highly predictable. If you have ever gambled at a casino, you could say that the odds of winning are predisposed in favor of the casino. You might win occasionally, but the longer you play the more predictable the outcome of your losing will be.

A predisposition is a hidden influence on reasoned choice. It arises from the motivational forces of the lower realms of will. Without effective education, people may insist that their behavior, regardless of how senseless or destructive, is really an exercise of their self-determined will. Here you will find the emphysemic smoker who insists that she smokes by choice, and the alcoholic who insists that he could quit any time. Unreasonable insistence upon a viewpoint is a characteristic of predisposed influences. The smoker and the alcoholic are under the delusion that they are making self-determined choices, but they aren't. These are predisposed behaviors being justified by the self-determined will. This self-deception becomes apparent as soon as you awaken the viewpoint of transcendent will.

Self-determined choices don't really appear until the motivating forces of the lower realms of will go off-line.

So back to Fred, is he predisposed to choose pink slippers? The answer can be determined by observing how consistently Fred chooses pink slippers. Imagine some magic that would allow you to offer Fred the same choice over and over without his remembering. How often would you expect Fred to pick the yellow slippers over the pink slippers?

If he always picks the pink slippers, then this is really a predisposition, a habit, rather than a self-determined choice. If Fred's choice was self-determined, and all else was equal, you could expect a 50-50 split—50 percent of the time he would choose yellow slippers.

Let's say you discover that Fred always chooses the pink slippers, even insists upon pink slippers. Now you know that Fred is predisposed to choose pink. Maybe the predisposition came from his genetic

instincts, or from some emotional reinforcement, or from his indoctrination that pink is the right choice. Fred experiences the delusion of self-determinism, because he has not been awakened to the transcendent will viewpoint. He is not aware of his own predispositions. And even though Fred will give hundreds of good reasons for choosing pink, for instance they match his pink bathrobe, his choice is really motivated by lower realms of will. Many people who are acting under the influence of emotional or moral motivations will argue that they are being self-determined.

This may lead you to wonder how many of Fred's apparent self-determined choices are really nothing more than justified predispositions motivated by his lower realms of will?

As long as you're experimenting on Fred, imagine that you could teach Fred to transcend his mind. Fred-the-source-being (Avatar state) is fully present, aware of, but in control of the motivating forces of the lower realms of will. In other words, any predispositions that he might have are off-line. Transcendent Fred looks the same, but he acts differently. Fred has found his millions.

Now offer Fred the choice between yellow and pink slippers and you'll find that as long as both fit and keep his feet warm, he doesn't really care about the color. He has achieved the ability to really make a self-determined choice based on what is in front of him. He is no longer influenced by any subjective preferences. Ironic, isn't it? Self-determined choices don't really appear until the motivating forces of the lower realms of will go off-line.

This natural self-determinism of the being, so often lost in a maze of predispositions, reawakens with the waking of the transcendent will.

If you talk with Fred-the-Avatar, you will find him intelligent, logical, with high integrity, and refreshingly free of any asserted opinions or habitual preferences. And, as he gains more and more experience with the Avatar tools, he will recognize more and more the motivating forces of lower realms of will and discreate (become free of) their influence.

You will discover that his life and his environment have suddenly become much happier and more peaceful.



Assistants from the Avatar Master Course Orlando, Florida, Nov. 2010

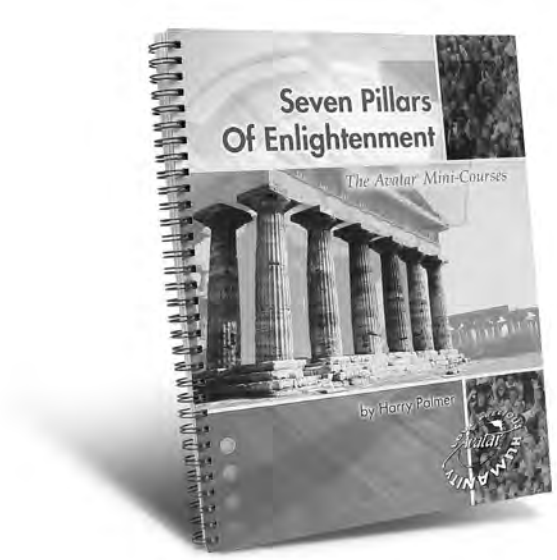
THE NEXT STEP

When you are ready to explore the deeper workings of your own consciousness and become familiar with the creation that you regard as self...

EXPLORE THE OTHER SIX PILLARS

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This book is the home study manual containing seven Avatar mini-courses. These 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 some Avatar exercises for yourself.



The mini-courses available in the Seven Pillars of Enlightenment manual explore the principle facets of enlightenment:

1. Awareness (Basic Attention Management)
2. Insight (Belief Management)
3. Determination (Basic Will Course)
4. Perspective (Creating Definition)
5. Compassion (The Forgiveness Option)
6. Integrity (Personal Integrity Course)
7. Alignment (Basic Life Alignment)

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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-evolvement 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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