Avatar The Sixth Pillar Of Enlightenment

Integrity

Personal Integrity



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 this Avatar® 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.

©2010 by Harry Palmer. All rights reserved.
Avatar®, ReSurfacing®, Enlightened Planetary Civilization®, Thoughtstorm®, Love Precious Humanity® and Star's Edge International® are registered service marks licensed to Star's Edge, Inc. EPC℠ CHP℠ and EJP℠ are service marks licensed to Star's Edge, Inc.

Integrity

Personal Integrity





Personal Integrity Checklist

OBJECTIVE:

To become completely honest with yourself and take ownership of your own experiences. Honesty with yourself leads to compassion for others.

EXPECTED RESULTS:

Improved well-being, insights into attacks and disagreements, a freeing of creative energy.

INSTRUCTIONS:

Complete the checklist below.

1 Read: A Private Talk on Honesty _____

2 Read: Becoming Real _____

3 Read: Enlightened Justice Procedure _____

4 Do Exercise 1: Self-Deception Signals _____

5 Do Exercise 2: Walk For Atonement _____

6 Do Exercise 3: Compassion Exercise _____

7 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:

Personal Integrity

Personal Responsibility

It seems easier to defend actions than to honestly examine them. We are quicker to attack than to admit. Admissions require courage!

When we summon the courage to take ownership of our experiences, to see them just as they are, to feel them, we will recover the blueprints of our lives. We will face our fears and find the transparent beliefs that create them. Becoming more honest with ourselves means introducing more honesty into the collective consciousness of the world, and this lays a foundation upon which an enlightened planetary civilization can be built.

A Private Talk On Honesty

From *Living Deliberately* by Harry Palmer

The ancient Greek philosopher Diogenes is said to have wandered the streets of Athens with a lantern looking for an honest person. Since Diogenes' most remarkable teachings have become known as the Cynic school of philosophy,* I assume that his wanderings were in vain.

Honesty is a very delicate subject to talk about. In most circles, no one would ever be so tactless as to even bring it up. Pirates, criminals, swindlers and con artists proclaim their honesty most loudly. No wonder it has become a subject that tends to besmirch the speaker at its mere mention.

So I am aware that I am walking on the thin ice of the holier-than-thou, but this is an important subject. Without self-honesty, a person will substitute rationalized thinking for his or her genuine feelings. With such, the question, "What do you feel?" will evoke intellectual speculation (*What should I feel?*) rather than an actual experience of what is present.

Dishonest displays of so-called "honest" feelings are often intended to deceive, manipulate or to camouflage hidden agendas, for example, *Your distrust hurts me deeply.* Treating others dishonestly invariably results in a lowering of respect for them. Friends we have discarded, we have first deceived. The same applies to the respect we have for ourselves and our lost selves. Dishonesty is at the root of asserted self-importance.

We seem able to lie easily about our own honesty. Some part of us automatically insists that we are honest without even inspecting what we are doing or saying. Catch children in the act and more than likely the first words out of their mouths will be, "I didn't do it!"

** The Cynics believe that right actions (courage) and right thinking (self-honesty) are the only things of value. They believe that independence of worldly needs and pleasures brings liberation. They believe that right actions and right thinking are the only things that can save one from wasted lifetimes spent in material pursuits.*

Pretending is imagination without faith. Creating is imagination with faith. People who believe in their pretenses create them for real.

It seems easier to defend actions than to honestly examine them. We are quicker to attack than to admit. Admissions require courage!

Being honest is really a question of courage – courage enough to face what we fear. This gets lost in the smoke screen of deceptions that is used to justify dishonesty. Whenever we accept that there is good reason to be dishonest – hardship, desperation, depression, ignorance, victimhood, etc. – we increase the evidence for fearing what we are avoiding. And what is it? Only this: **Fear is a BELIEF in our inadequacy to deal with something.** And that belief precedes any evidence of failure we have collected.

So, do we have the courage to face what we fear? This is life's most severe test – failure leads to unawareness.

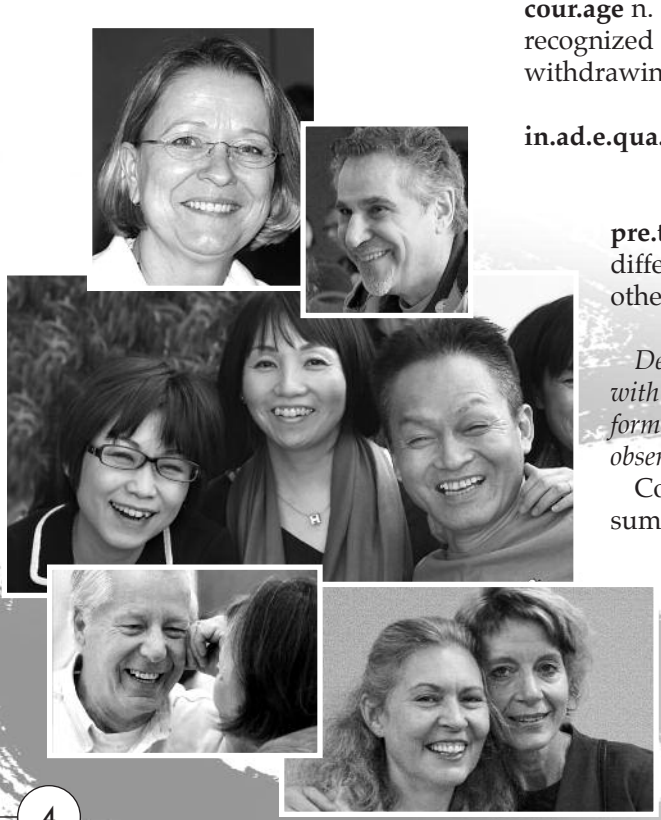
Unawareness arising from fear is why people are dishonest. The belief responsible for the fear may be lost in confusion or hidden in the shame of humiliation. The invitation is to avoid, to forget, to go stupid, and the urge to be right further sanctions our ignorance.

What a breath of fresh air to face a dishonest act and say, "I did it because I was afraid. Period!" That is the first step toward discovering the hidden fear. What a relief! There is no longer a need to struggle to change the world or circumstances or anybody else. You can work on yourself. You need only to gather your courage and look for a **BELIEF** you have about your own inadequacy. At the bottom of every dishonest act, there is at least one.

Here is a remarkable observation that has profound implications for the future of the world: *As people handle their transparent and hidden beliefs, they become naturally more honest.*

cour.age n. the attitude of facing and dealing with anything recognized as dangerous, difficult, or painful, instead of withdrawing from it

in.ad.e.qua.cy n. not equal to what is required or considered sufficient



pre.tend vt. an effort to experience or display something different from what one feels or believes (in regard to self, others or events)

Deliberate pretending is an acting skill and shouldn't be confused with compulsive pretending-motivated-by-fear, which is a specialized form of dishonesty that masks one's intentions. The following observations apply to compulsive pretending.

Compulsive pretending soaks up one's attention and consumes creative energies. Compulsive pretending destroys motivation and displaces intuition. Compulsive pretending reduces one's ability to operate harmoniously in the world. Compulsive pretending creates an internal stress that seeks an outlet. Sometimes the result is disease, sometimes violence.

The harsh judgments you make about others are about the same things you resist recognizing in yourself.

Eventually, compulsive pretense deadens the ability to deal honestly with others or to be honest with oneself. Every time one is reminded (or accused) of pretending, the response is to become defensive and critical. Eventually one loses touch with his or her genuine feelings. Pretenders create false identities that are staged, egocentric, and insensitive.

Pretenders criticize, gossip about, and covertly attack people whose honesty reminds them of their own pretenses; eventually this becomes a compulsive behavior pattern. They assume that everyone else is also pretending, so their attacks specialize in exposé.

Pretenders are good people frightened into bad actions. They operate on hidden agendas. To lessen their sense of guilt, they project onto others identities that deserve to be cheated, swindled, robbed, lied about, deceived, or defrauded in some way. Most of the definitive catalogs describing the antisocial, criminal minds, sinners, etc., are the compilations of pretenders. (It is a sensible wisdom to view the accuser with some suspicion.)

People who cannot trust themselves become the fugitives of society. They punish themselves indirectly by putting their trust in the people who are least likely to return it. Then they parade the fact that they have been betrayed. This eases their own burden. In place of personal integrity, they rely on the grand absolution of sin: *Everybody does it!* Their personal lives are a whirlpool of bad relationships and failed projects. In the end, pretense strengthens the fear it was meant to conceal.

You have done and can do no wrong I do not share.

As disagreeable as it may be to contemplate, the dishonesty I encounter in the world is a reflection of my own pretense. Pretending that I am honest and that others are not doesn't work. That is the trap that awaits those who will not assume ownership for the world's dishonesty.

We are all dishonest as long as we do not compassionately work to correct the collective dishonesty of the world. How? Punishments and threats of exposure are poor answers. A better answer is for each of us, in our personal lives and our dealings with others, to set a courageous example of honesty – even when it means exposing ourselves to the criticism and judgments of pretenders.



Honesty is a path that leads to happiness.
Becoming honest is an act of self renewal.

Honesty is a path that leads to happiness. Becoming honest is an act of self renewal.

When we summon the courage to take ownership of our experiences, to see them just as they are, to feel them, we will recover the blueprints of our lives. We will face our fears and find the transparent beliefs that create them. Becoming more honest with ourselves means introducing more honesty into the collective consciousness of the world, and this lays a foundation upon which an enlightened planetary civilization can be built.

The result of living honestly is feeling and sharing – compassion and empathy. There is a joy in willingly integrating with the consciousness of others. Attention and creative energies combine with a synergetic result. Networking and new opportunities present themselves. Relationships develop that are rewarding and provide a measure of security that no amount of money, power, or fame can provide. Valid trust arises.

Some Key Questions:

Do my words and actions add to the collective honesty in the world or to the collective dishonesty?

Would I like living in a world where everyone is as honest as I am?

Becoming Real

From *ReSurfacing*® by Harry Palmer

We are each born with a spark of divinity. When this spark glows brightly, we experience our best and noblest aspects. We cooperate and are real for each other. This condition occurs instinctively during times of crisis, but it can also be deliberately created to accomplish great works.

On the other hand, when the spark disappears we feel separation, and the egoistic and rapacious aspects of our nature appear. Custom and pretense replace realness in our relationships. Conflicts, quarrels, fear, and mistrust become commonplace.

What determines if our spark of divinity glows brightly, sharing its light and blessing with other divine sparks, or fades to black? Honesty. Honesty is the measure of our willingness for others to know our actions, our thoughts, our feelings, and our intentions. Anything that reduces this willingness separates us further from source.

The ability to accept and honor a trust, without enforcement or supervision, builds self-esteem.

When we are dishonest, we project onto those around us the actions, thoughts, feelings, and intentions that we are reluctant to express. They, the others, become the cheaters, swindlers, robbers, liars, or cowards that we will not admit in ourselves. We deny the worst by projecting it into the world where some broken soul, desperate for any attention, acts out our secret. Then we point an accusing finger and wash our hands of responsibility. We project onto the world our secret dishonesty, and it returns to us in the actions of strangers. Self-deception is the source of social decay in the world. Crime and violence have their beginnings in a denial of responsibility.

To protect our dishonesties from discovery, we shut ourselves off from the connection we have with other beings. Of course, we shut ourselves off from source as well. In place of honesty, there is pretense and identity. The door is closed. The cosmic gauge that measures wasted lifetimes creeps upward, but our innermost thoughts are safe. At such a cost! Imprisoned by our own secrets and numb to the pain we cause, we join the line of broken souls. No amount of punishment or humiliation is worse than the suffering we create for ourselves by being dishonest. If the world could only see.

But there is hope. If we drop the pretense and become really honest, something divine within us begins to awaken and grow. Balance is restored by a sincere effort to repair the damage that was done. We cease to deceive and begin to live deliberately. Freeing the attention fixed on our secrets empowers us to direct change and reshape lives. Habits and addictions that held us powerless become manageable; illnesses and upsets are healed; trusting relationships can be established – just by becoming honest.

honest *having a sense of honor; having honorable feelings, motives or principles; free from deceit or hypocrisy; true, candid, upright, or just in speech and action; fair in dealing or sincere in utterance; worthy to be trusted*

dishonest *having or exercising a disposition to deceive, cheat, or defraud*

honor *respect blended with some degree of reverence; esteem due to worth*

integrate *to bring together into a whole*

integrity *unimpaired condition, wholeness, entireness, purity, completeness*

disintegrate *to separate into component parts; reduce to fragments; break up or destroy the cohesion of, as souls are disintegrated by a loss of honor*

The solution is to begin to practice self-honesty from where I am.

I will exert my best efforts to become less deceitful, to be more fair in my dealings, more sincere in my speech, more deserving of trust and MORE FORGIVING.

I can steer my own ship. I must! For if I am not master of my course, I will never live in a world that reflects real integrity.

No one else can make the world honest.

Enlightened Justice Procedure

It is how you handle a transgression that is important, not why you did it.

The bamboo and the oak tree employ two different strategies to survive. The strategy of the oak is to grow very solid and strong to withstand the force of the wind. The strategy of the bamboo is to stay flexible and bend before the force of the wind. The wind, in this analogy, is really a symbol for the forces of change. The oak uses its solidity to resist change. The bamboo uses its flexibility to bend with change.

A few years ago, a great hurricane blew across southern Florida – Hurricane Andrew. Trees were uprooted. Houses were blown down. The news cameras panned over the area to show the devastation. Every palm, palmetto, and oak tree had been leveled, but the camera showed one small clump of bamboo that had survived. The oak trees, even with their massive strength, didn't survive. The bamboo did. The flexible strength survived; the inflexible strength perished. It is a lesson.

In a world where things are changing rapidly, flexibility is a better survival strategy than force.

Individual consciousness can take on either the qualities of the oak or the qualities of the bamboo. It can be empty and flexible, or it can be solid and unbending. In most cases, it starts out flexible and then hardens over time.

What is it that hardens consciousness into inflexible viewpoints? Some people will say it is the suffering caused by the world. But no matter how much you change the world, it does not make your consciousness any more flexible. So what is it that leads to inflexible viewpoints? Two things: Transgressions-Kept-Secret and hidden agendas.

Transgressions-Kept-Secret[1] are the damaging actions and non-actions that you would rather certain people not find out. A transgression is an instance of breaking a law, or breaking an agreement, or violating a social standard, or violating your own values. It is damaging something you have agreed to protect. Examples of TKS are robbing a bank, cheating on your marriage partner, spray painting graffiti on a public building, or acting in a manner that is contrary to your own conscience. There are lots of possible transgressions and, until you achieve saint-hood, it is expected that you will commit transgressions occasionally – if only by accident. When your transgression is not kept secret, it is called a mistake.

If someone tells you that they have not committed any transgressions, realize you are talking to either a saint or a liar. Human beings make mistakes. They are supposed to. That's how they learn. Human knowledge is the product of mistakes. It is only when the mistakes are hidden or become intentional (as in a hidden agenda) that they lead to inflexible viewpoints.

A hidden agenda is really a strategy someone has for committing, or continuing to commit, a selfishly motivated transgression. It is an intentionally damaging action. This is the phenomenon that moralists call evil, or that the Buddhist would say is a karma-incurring act.

A Transgression-Kept-Secret is kept secret because of shame or fear of disapproval or punishment. A hidden agenda is kept secret because the person intends to commit or repeat a transgression. There is little,

1 *If you've ever overheard a Star's Edge Trainer refer to someone as having ticks, they weren't referring to the blood-sucking insects. They were using the acronym TKS (pronounced ticks) for Transgressions-Kept-Secret.*

if any, shame involved in a hidden agenda. To the contrary, there is often what could even be called a criminal pride. The major difference between Transgressions-Kept-Secret and hidden agendas is that in the latter, there is only a slow recognition of the damaging actions. Hidden agendas are often concealed behind pseudo-righteous identities pretending humanitarian motives.

Here are the principle elements that lead to an inflexibility of viewpoint, to a hardening of consciousness, to what one Wizard so aptly described as zombie-consciousness. How can they be healed?

TRANSGRESSIONS-KEPT-SECRET

(TKS – pronounced "ticks")

When a person commits a transgression, the first question they are often asked is: "Why did you do it? Why? Why? Why?" This is a totally irrelevant question. Nobody can answer it truthfully. You are asking them to make up an explanation for why they are not source. Lie to me. I want to hear it.

The explanation won't change anything. The explanation won't teach anybody anything. And the explanation, no matter how good it sounds, won't prevent them from doing it again. You might as well answer "Why?" with, "Because my mother conceived."

Do you know the biggest reason why I think you keep your transgressions secret? You are afraid that someone is going to ask you, "Why did you do it?"

And you don't really, honestly have a clue. So if you are asked, you are going to have to commit a second transgression of lying to explain the first transgression.

Do you want to know what causes the amount of Transgressions-Kept-Secret in a society to rise? Because the society becomes focused on, "Why did you do it?" So you open the door to Why-Therapies[2].

The increase in hidden agendas, on the other hand, is a symptom of media and educational systems that are focused on indoctrination rather than on enlightenment. The root cause of a hidden agenda is always some form of social indoctrination that condones selfish, intolerant, or irresponsible behavior.

Are you ready for some relief? I don't care what you did or why you did it. Just fix it, and let's get on with it.

Which brings me to the most important point. If you block out everything else I've said, remember this: It is how you handle a transgression that is important, not why you did it.

The wrong way to handle a transgression is to hide it, or to justify it, or to deny it. These are the actions



2 *Why-Therapies are concerned with explanations of why one acts in a certain way. They are word-lessons that eventually drown one's free will in some predetermined drama of causes and effects.*

(hiding, justifying, and denial) that harden consciousness into an inflexible identity. Hardened consciousness projects a reality that can be viewed only in one way. Listen to these primaries[3]. Would you make them? "I don't know anything about it." "I didn't do it." "They made me do it."

3 ***primary:*** *a creation or communication invested with sufficient intention and effort to create reality*

Creating these beliefs is like pouring concrete into your mind.

So now you know who hardened your consciousness. You did – with the primaries that you made to keep your transgressions a secret. "I'm never going to tell!" Forever is a long time to install a limitation on your freedom of expression.

If you hide, justify, or deny a transgression, you seldom learn anything useful, but handling transgressions can lead to the most important world-lessons of life: courage, discretion, tolerance, compassion and forgiveness, i.e., wisdom. The lessons you learn from handling a transgression frequently motivate genuine humanitarian endeavors.

FOUR STEPS TO HANDLE A TRANSGRESSION

These are the steps of an enlightened justice procedure. They can apply only to people who desire to restore their own personal integrity. You can't legitimately force them onto another. They are a gift of opportunity.

1) Sincere repentance – You are sorry for the act (not sorry just because the act was found out) and will do your best not to do it again.

2) Confession – It doesn't matter who you speak the words to; the confession is really the action of taking responsibility. It is returning to source and dropping all the justification. "I did it."

Amends is not punishment, though it may contain an element of self-sacrifice. A successful amends results in personal realizations that create a desire to change one's transgressive behavior. That is the "reform" part.

3) Amends or reform – To make amends is a personal sacrifice to repair or make up for a transgression. The person who has to be satisfied and feel that the sacrifice is equal to the damage done is YOU. If there is a disagreement as to what fair amends might be, consult a neutral party. If amends are undertaken to restore your status in a group, the adopted codes of the group or the general expectations of the members must be satisfied.

4) Realignment with your own intuition – When the pressures of justifying viewpoints and protecting identities (how you have to be) are sufficiently reduced, you grow quiet and relaxed. In this stillness you intuitively know the direction in which your happiness and continued growth lay. And even if it means leaving your comfort zone, this is the direction in which you should steer.

These are the steps of an enlightened justice procedure. They can apply only to people who desire to restore their own personal integrity. You can't legitimately force them onto another. They are a gift of opportunity. Whether or not they should be done, and how they are done, is determined by a person's own sense of what is honorable. When done sincerely, they restore a happy life.

You notice that punishment does not enter the picture. Honest people – people who are sincere about their own spiritual development and enlightenment – do not require punishment to correct their transgressions.

Once you experience the power of freedom that comes from completely handling the self-disempowering aspects of a Transgression-Kept-Secret, you will never hide one again. If you would not intentionally cripple your body with heavy shackles, why would you cripple your mind with fears of being found out?

The steps are easy: 1) I'm really sorry. 2) No excuses, I did it. 3) I'm going to make it my number-one priority to repair the damage that my actions have caused. 4) I will, hereafter, responsibly follow the guidance of my own intuition.

An often-asked question: I know it's best to make up the damage I have done to the person I have done it to, but what if the person has died?

The answer: You can still make it up by performing a genuine humanitarian service. Assist others. All life is connected. Your own intuition will tell you when your debt is paid. People who mistake or can't recognize their own intuitive guidance have not completed steps 1, 2, and 3. Their spiritual growth is self-limited.

HIDDEN AGENDAS

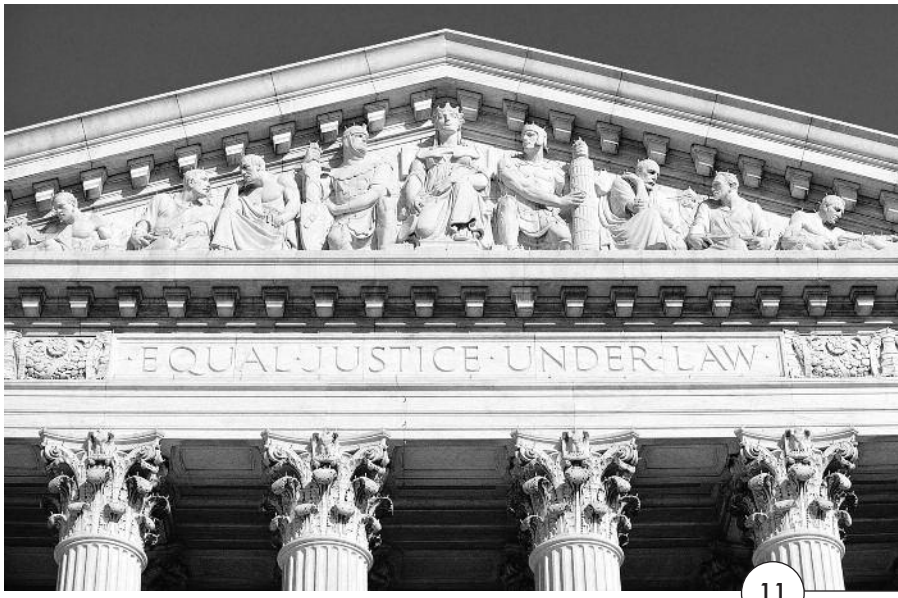
Hidden agendas range from a desire to fulfill selfish interests at the expense of others to mean-spirited evil that intentionally causes misery to others.

For the most part, the more destructive the hidden agenda, the more likely the person lacks the necessary sense of honor to self-correct. They justify their actions and leave people in confusion. They are difficult to understand, because there is so much that they are not saying. What they say and what they do may be completely opposite.

This uncompromising self-honesty has the effect of transforming a solid world that was being viewed critically into a flexible world of possibility.

Anytime an individual, or especially a group, undertakes something, they must have a means of identifying and restraining the nonaligned person with a hidden agenda. Otherwise the enterprise is likely to be sabotaged. Many company failures can be traced to a single person who was operating with a hidden agenda.

When you are responsible for steering a group endeavor, the wrong way to handle a person with a hidden agenda is to tolerate them. This is one of the few times in life when tolerance leads to a worsened situation. People with hidden agendas should be confronted and given a brief opportunity to align; otherwise they should be invited to leave. If they are unwilling to leave, their intentions and the consequences of their intentions should be frankly and openly questioned by the group.



A person's hidden agendas will resolve only when they are completely capable of handling their Transgressions-Kept-Secret.

If you discover that you have a hidden agenda, the best thing you can do is to openly and honestly align it with the purpose, means, and values of the group's stated agenda. This requires some discussion, possibly some compromises, and enough mental flexibility to predict broader consequences and see all viewpoints. Differences in viewpoints, purposes, and goals are destructive to a group

only when they are hidden. Diversity can actually strengthen a group, but it must be a matter of common knowledge, rather than a hidden influence.

CONSEQUENCES OF BEHAVIOR

Have you ever been with a friend, and both of you are chattering away about all sorts of stuff? Both of you are flexible. You can share secrets and talk about transgressions, and there is understanding and honesty. No hypercritical judgments. Very similar to the atmosphere of realness that is found on The Professional Course.

Suddenly your friend's mother walks into the room.

Your friend has a lot of Transgressions-Kept-Secret from Mommy. (Don't we all?) What happens? Suddenly the conversation becomes very guarded. Your friend switches from a flexible consciousness into a fixed identity. The mother says something, and your friend is very critical. "Oh, Mom, that's just your opinion. I hate it when you talk like that."

Notice the spontaneous primaries that your friend is making: "That's just your opinion," and, "I hate it when you talk like that." Can you imagine the experiences these primaries would create?

What your friend really means to say is, "Go away, Mom. Your presence is robbing me of my freedom to be honest." But even this near-truth is a self-disempowering viewpoint, because he is placing the source of his freedom to be honest in Mom's universe.

When you criticize someone else for how you feel, you're handing them your source. You are letting them make your primaries. When you feel you have to keep a transgression secret from someone, you're handing them your source[4].

So if your friend's mother doesn't leave the room, your friend will. Why? Because it is uncomfortable to be around people with whom you are afraid to be honest. It appears that they steal your source, but the truth is that you give it to them.

The more Transgressions-Kept-Secret a person has, the less flexible their consciousness becomes, the fewer options they can consider. Secrets harden consciousness into a pseudo-righteous identity with fixed opinions and beliefs. And these beliefs seldom create an experience that a person would prefer. This fixed identity creates an ego to protect it and make it right. Once this happens, a person begins to lose the ability to explore all but a very limited scope of consciousness. Remembering actual events becomes painful, so they create a false past. They imagine and project rather than remember. Then they wonder where all the secondaries[5] are coming from.

A person with TKS has trouble suspending judgment. This will create areas in their life that will not respond to the CHP[6]. They are unwilling to fully experience certain creations, unable to label them without judgment. In place of discreation, they resist – like oak trees – waiting for death to blow them over. To quote from *ReSurfacing*®: "No amount of punishment or humiliation is worse than the suffering we create for ourselves by being dishonest."

4 *The corollary here is if someone blames you for the way they are feeling, just accept the blame. It makes you more powerful and them less powerful. If they keep blaming you for how they feel, turn them into your slave. (That last part is a joke.)*

5 secondary: *1. an unintended creation that is triggered by the creation one intends 2. an effort or intention concerned with how a primary is, was, or will be received 3. an effort to monitor or modify the origin point or receipt point of a communication 4. something that is there other than what is knowingly being created 5. an unaligned effort*

6 CHP: *Creation Handling Procedure, an advanced exercise from the Avatar materials that describes the operation of awareness in the universe*

TKS rob people of their freedom, because they are not free to be completely honest with others. They fear the consequences of punishment, embarrassment, and rejection. So they give their source away. And it all began with the decision to hide their transgressions rather than to treat them as mistakes, fix them, and learn from them.









Avatar is a path to truth that doesn' t begin with a lie.

LOOKING BENEATH THE CRITICISM

Let me describe a scenario that has repeated itself dozens of times with Masters. First they commit a transgression that violates their alignment with Star's Edge, and then they decide to keep it a secret. That is a stupid decision. Do you have any idea how much effort it takes to keep a secret from 50,000 aware Avatars?

Second, keeping the secret makes them feel uncomfortable around other Masters and Avatars. So they separate from the network. The Transgression-Kept-Secret has been conveniently forgotten. They are concealing from themselves the real reason that is motivating their departure. And as they misunderstand their own motivation, their life begins a downward spiral. (This is a further insight into Living Deliberately Chapter Eleven, "A Private Talk On Honesty.")

Third, they make up lots of good reasons and explanations for their departure, but none of them has anything to do with the TKS. The ex-Master's opinion of Star's Edge, or Avatar, or Harry Palmer becomes an asserted fixed opinion that creates an inflexible area of consciousness. They cannot comfortably explore or integrate their experiences into the rest of their life. They justify their own lack of loyalty and commitment by saying how awful Avatar people are, or how mean Harry is, or how unfair Star's Edge is, e.g., "The only thing they care about is money," or, "Why are they trying to keep everything so secret?" or, "They're just trying to run everybody's life." Remarkably, the criticism is almost always a camouflaged confession of their own TKS.

The logic behind the criticism is this: If they can reduce the status and importance of Star's Edge, the damage of their transgression is less significant. It is a much less significant transgression to steal a dollar from another thief than it is to steal a dollar from a saint. So they create the belief that Star's Edge is really a dishonest organization, and thus their sin is minimized. In fact, if Star's Edge failed, folded up, and disappeared completely, they would feel quite happy and satisfied. They can't just walk away and appreciate the experience. The TKS motivate them to separate and criticize. The majority of these people love feuds and vendettas and will readily rally to the support of anyone who is critical of Star's Edge (or any other target of their criticism). And underneath it all is this hardened consciousness, fixed and pseudo-righteous viewpoint created by the Transgression-Kept-Secret. In the worst cases, this pseudo-righteous viewpoint becomes so fixed that its

motives become a hidden agenda that justifies all manner of lies, deception, and destruction.

Whenever you see someone engaging in unhelpful or unrequested criticism against anyone or anything, realize that they are engaging in a campaign to minimize their own sins.

One, two, three. Transgression-Kept-Secret. Separate. Criticize. One, two, three. It's a demonstrable pattern of human nature. Understand this pattern, and you will not only sort out the mysteries of human behavior, you will gain an insight into the decay of whole societies.

If you ever run into any of these critical ex-Masters, steer their attention away from their criticisms into a discussion of their own transgressions against the target of their criticism. "What did you do?" You will be amazed at how easy it is to salvage most of them. A few minutes of tears and embarrassed confession, and suddenly their life comes back on track. They're free. Flexible again. It is quite the miracle[7].

7 In a few cases, instead of the miracle, you may get an emotional blow-up and psychotic break. Just recognize that responsibility has a poisonous effect on a few.

8 *Learning how to fully handle Transgressions-Kept-Secret is an early assignment of The Wizard Course. Essentially it consists of the four steps described in this article along with discreates of the pain and embarrassment of exposure.*

HERE COMES THE SUN

The goal in handling Transgressions-Kept-Secret is to become completely honest with yourself[8]. This means to become flexible about the rightness or wrongness of your own opinions and beliefs. This uncompromising self-honesty has the effect of transforming a solid world that was being viewed critically into a flexible world of possibility. It's good to be free of TKS.

EPILOGUE

The fault was not that Adam and Eve committed a transgression by eating an apple from the tree of knowledge. The fault was they tried to hide it.

When God showed up and asked who ate his apple, Adam pointed his finger at Eve. Eve pointed her finger at the snake. The snake would have blamed the rat, but it didn't have a finger to point. So the poor snake had to take the blame. But God wasn't fooled. He punished them all.



What do you think would have happened if Adam had stepped forth and said, "God, I'm sorry I ate your apple. I did it, and it's my responsibility. I will make it my number-one priority to make it up to you by tending your garden and raising my children to praise your name."

Because Adam didn't say it, we all have to keep saying it to each other. "God, I'm sorry. God, I'm sorry. God, I'm sorry."

EXERCISE 1: SELF-DECEPTION SIGNALS

Objective: To learn to recognize the signals of self-deception.

Expected Results: Insights, improved well-being, recovery of self-determinism.

Instructions:
On a separate piece of paper:

A. List three errors that you frequently observe in others.

B. List three actions you engage in (or have engaged in) principally to persuade another to believe certain things about you.

C. List three conflicts in which you are involved.

D. List three people (or groups, organizations, countries, etc.) you feel have abandoned you.

E. List three experiences that seem to happen repeatedly in your life.

Truth, should you ever wonder, is an alignment between what you are creating and what you are experiencing.

A lie is an attempt to experience something other than what you are creating.

Truth is the viewpoint of source.

A lie is basically an entertainment device.

QUESTIONS:

The following questions are for contemplation or group discussion.

A. Are there times you refuse to recognize these errors in yourself?

B. What beliefs are causing you to doubt these things about yourself?

C. What beliefs are responsible for creating the circumstances of these struggles?

D. What beliefs keep you from forgiving?

E. What belief would someone have to have to create these experiences?

Here's a wake-up call: Try creating right now exactly what you are experiencing right now.



What did you do?

EXERCISE 2: WALK FOR ATONEMENT

This is a miraculous process. It works best up a mountain trail, a path through the woods, or up several flights of stairs. It can be done anywhere as long as each step is deliberate and accompanied by the prescribed confession. It can be done regarding your life in general or regarding a specific situation or regarding a specific person.

Objective: To relieve upsets and suffering.

Expected Results: Relief from hostilities, upsets, and victimhood. New life.

Instructions:

1. To begin your exercise, you will need to pick a direction and a destination.

2. With each step toward your destination, whisper an action you have done or a thought or an intention you have had that was motivated by fear or anger. (Include any act you are reluctant to express or for which you feel guilt, any act for which you have a justifying belief or for which you feel a need to explain. Also include any non-actions when you really should have acted.)

3. At your destination, contemplate *spans of time.*

4. For each step you take on your return, think of someone and whisper the blessing, "May you be happy and well."

5. Release all thoughts and events to the past, and experience the sights, sounds, and sensations of the present moment with appreciation.

atonement *the reconciliation of a defined, contained, or limited consciousness with its source*

bless *to confer well-being or prosperity upon*

pretending *resisting what you really believe*

VARIATIONS:

The following are variations of the Walk For Atonement process.

For self-abasement or self-abnegation:

- Use self-criticisms for instruction 2 and "I am happy and well" for instruction 4.
- Follow this exercise with criticism of others for instruction 2 and "okay" to something for instruction 4.

For being worried or troubled:

- Use imagine something worse (than the worry or trouble) for instruction 2 and "I am grateful for _____" for instruction 4.

For any period of time right before you made (or are about to make) a major change in your life:

- Use something you were trying to keep secret for instruction 2 and something you could reveal for instruction 4.

EXERCISE 3: COMPASSION EXERCISE

Honesty with yourself leads to compassion for others.

Objective: To increase the amount of compassion in the world.

Expected result: A personal sense of peace.

Instructions:

This exercise can be done anywhere that people congregate (airports, malls, parks, beaches, etc.). It should be done on strangers, unobtrusively, from some distance. Try to do all five steps on the same person.

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

Step 1 With attention on the person, repeat to yourself: "Just like me, this person is seeking some happiness for his/her life."

Step 2 With attention on the person, repeat to yourself: "Just like me, this person is trying to avoid suffering in his/her life."

Step 3 With attention on the person, repeat to yourself: "Just like me, this person has known sadness, loneliness, and despair."

Step 4 With attention on the person, repeat to yourself: "Just like me, this person is seeking to fulfill his/her needs."

Step 5 With attention on the person, repeat to yourself: "Just like me, this person is learning about life."

VARIATION:

1. To be done by couples and family members to increase understanding of each other.
2. To be done on old enemies and antagonists still present in your memories.
3. To be done on other life forms.

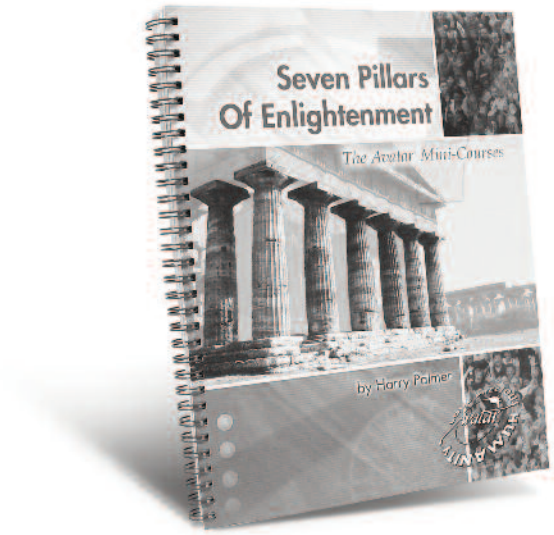
THE NEXT STEP

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

THE AVATAR MINI-COURSES

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)

TO ORDER

Contact your local Avatar Master, visit AvatarBookstore.com, e-mail Avatar@AvatarHQ.com or call 407-788-3090.

WWW.AVA

THEAVATARTIMES.COM

EXPLORE AND UNDERSTAND THE RELATIONSHIP BETWEEN YOUR BELIEFS AND YOUR EXPERIENCES.

Harry Palmer, author of the Avatar Materials, has created a free, 26-week e-mail series exploring topics such as: Improving your ability to manage life, Experiencing real happiness and joy, Two basic approaches to reducing stress, and much more. The newsletters are translated into many different languages.

Start your **FREE** Avatar Times subscription at **TheAvatarTimes.com**

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.



THEAVATARCOURSE.COM

YOUR SOURCE TO EXPLORE THE MOST POWERFUL SELF-DEVELOPMENT PROGRAM AVAILABLE

Want to know more about the Avatar path? This website is the place to start. You can download articles by Harry, watch Avatar videos, sign up for the free Avatar Times newsletters, connect with a local Avatar Master, subscribe to the AvatarJournal, and more.

AVATARJOURNAL.COM

INSIGHTS & TOOLS FOR THE EXPANSION OF CONSCIOUSNESS

The Avatar Journal is a free online publication featuring news and articles from all over the Avatar world. Visit for the good news.

AVATAREPC.COM

CONTRIBUTING TO THE CREATION OF AN ENLIGHTENED PLANETARY CIVILIZATION

On this site you'll find information about Star's Edge International, the company that oversees the Avatar courses, as well as links to other Avatar websites.

AVATARBOOKSTORE.COM

THE PLACE FOR AVATAR PUBLICATIONS & PRODUCTS

Want a copy of *Living Deliberately* and *ReSurfacing* to share with a friend? Are you looking for Harry's *Life Challenges* talk on DVD? Or are you interested in a Love Precious Humanity t-shirt? This is the site for Avatar publications and products.



MEET A LOCAL AVATAR MASTER

Would you like to know more about yourself and the world you live in? Would you like to explore more deeply the creation you regard as self? Then have an Avatar Master contact you. With thousands of Avatar Masters all over the world there is sure to be one close by. Send your name, address, and telephone number to:

Star's Edge International
237 N Westmonte Dr
Altamonte Springs, FL 32714 USA

tel: 407-788-3090 or 800-589-3767
fax: 407-788-1052
e-mail: avatar@avatarhq.com
website: www.AvatarEPC.com

Let us know the best time and method to contact you and we will have a licensed Avatar Master get in touch with you.



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.

English

Star's Edge International®
237 N Westmonte Dr
Altamonte Springs, FL 32714 USA

tel: 407-788-3090 or 800-589-3767
fax: 407-788-1052
e-mail: avatar@avatarhq.com
website: www.AvatarEPC.com