Avatar

The Seventh Pillar Of Enlightenment

Alignment

Basic Life Alignment



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.

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Alignment

Basic Life Alignment





Basic Life Alignment Checklist

OBJECTIVE:

To explore the relationship between attention, motivation, and goal setting for the purpose of aligning with your life's purpose.

EXPECTED RESULTS:

Insights, a recovery of purpose and self-determinism, recognition and alignment with your life purpose.

INSTRUCTIONS:

Complete the checklist below.

1 Read: Inspiration: Part I _____

2 Read: Behavior of Attention _____

3 Do Exercise 1: Sticky Attention _____

4 Read: What are Vectors? _____

5 Do Exercise 2: Experimenting with Vectors _____

6 Read: What is Motivation? _____

7 Read: Freeing Attention and Insight _____

8 Do Exercise 3: Prioritize by Importance _____

9 Read: Alignment: Living Deliberately _____

10 Do Exercise 4: Discovering a Life Purpose Vector _____

11 Do Exercise 5: Finding an RFY Goal in Alignment with Your Life Purpose _____

12 Do Exercise 6: Life Alignment Program _____

13 Read: Inspiration: Part II _____

14 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 Life Alignment

Guarantee success—align with your life's purpose

Finding this alignment is what leads ordinary people to become great people. This mini-course explores the relationship between attention, motivation, and goal setting for the purpose of aligning with your life's purpose.

Inspiration: Part I

From *The Avatar Master's Handbook*

From a talk by Harry Palmer at the Grand Hotel in Gardone Riviera, Italy, on April 19, 1997.

Something is reasonable as long as it fits with the way you structure your consciousness. This is very important. This is the most important thing I am going to say tonight. Something is reasonable as long as it fits with the way you structure your consciousness.

This is a principle that is explored in depth on The Wizard Course.

Consciousness is structured by the assumptions you make, by the beliefs you accept without question, and by the decisions you make.

The same idea may seem reasonable to one person, or it may seem unreasonable to another person. It depends on how it fits into the structure of the consciousness that views it. You could call this structure of assumptions, beliefs, and decisions a mind.

What you think of as an impossible dream might be reasonable if you thought differently.

Some people look at an idea and say, "Oh, that's very reasonable." Why? Because it fits into the structure of consciousness they think with.

Other people look at the same idea and say, "That's completely crazy." Why? Because it does not fit into the structure of consciousness that they think with.

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

But it is the same idea.

When you change the structure of consciousness, which is exactly what you are doing when you create a primary* or discreate a belief or impression, the question of whether an idea is reasonable or unreasonable may change.



Trainers see this all the time. Someone comes to do The Master Course and within the structure of consciousness they come with, it seems unreasonable to them that they will ever deliver Avatar. Or maybe it seems unreasonable to them that they will ever do The Wizard Course. Or maybe it seems unreasonable to them that they are participating in the creation of an enlightened planetary civilization. Then they do The Master Course, and suddenly these ideas do not seem quite so unreasonable.

Inspiring is awakening a viewpoint that realizes that something that seemed impossible can actually be done.

Someone does Avatar with you, and they start the course with some limitation that to them is entirely reasonable. "Oh, I can't do that. I can't make myself happy." And what happens? After the course, the same limitation that they had when they began now seems entirely unreasonable. Have you seen this? There has been a change of mind.

Maybe you are asking yourself, "Is there something that I consider beyond my ability that in fact is reasonably within my ability?" Well is there? What you think of as an impossible dream might be reasonable if you thought differently.

Let's look at this idea of creating an enlightened planetary civilization.

Did you know that some of the cathedrals in this country took over eight centuries to build? Eight-hundred years!

Some creations take a long time. They take even longer if you count the years that people dreamed about building a cathedral but still thought it was an impossible idea. How many years did they spend going, "Well, someday..."

Some creations take longer than they need to, because people become discouraged at how long they are taking and give up on them. "Eight hundred years to finish this cathedral? Oh, forget it."

That kind of discouragement can infect a whole generation. No one sets any bricks for years. The idea of the cathedral that had begun as a reasonable possibility is now considered an impossible dream. Consciousness has been changed by the currents of life.

But encouragement is also infectious. The Italian Renaissance was a period of infectious encouragement.

One day someone comes along, and the idea of completing the cathedral is raised again. Maybe the person who comes along is a dreamer or a visionary. Maybe they are following a hidden agenda to sell something else to the workers. Anyway, they have some gift of persuasion, and the work begins again. What is a twenty-year delay in a project that takes eight centuries?



So the idea is embraced by a few others, and the work begins again. Slowly at first. Maybe these people are dreamers or visionaries, or maybe they have hidden agendas. But the work begins. Maybe it's only a little work. Maybe just a few bricks are moved, and a plan is agreed upon. Maybe the only commitment is to gather on Sundays and pass some time working together. Share a picnic and enjoy the sun.

But with every stone that is placed, with every bucket of mortar, the possibility of actually creating a cathedral starts to become more real. People believe in it. This belief restructures consciousness. A crazy idea becomes a reasonable project again. Talented workers begin to appear. Architects and masons, artists and engineers. People are committed to the idea. Maybe before they were committed only to having a good time, but suddenly the structure of the consciousness they are looking through shifts. Instead of occupying idle time, the idea of purpose is born. Our purpose is to build a cathedral.

Behavior of Attention

In the Basic Attention Management mini-course you were asked to shift your attention around the room and notice how it sticks for a few moments on certain things and slides by other things. If you were to place a newspaper, a keyboard, and a pile of hundred dollar bills on a table and you asked people to look at them without touching, most people would spend more time looking at the hundred dollar bills than at the newspaper or keyboard. What if you replaced the keyboard with a rattlesnake and the newspaper with a loaded gun? That might change people's focus.

Advertising firms have spent millions of dollars studying what items and events hold people's attention the longest, giving the advertisers an opportunity to promote their products. Curiosity and interest draw a person's attention, but what makes it stick? Two things: desire (like) and resistance (dislike). A person will look longer at something they like, or at something they dislike, than at something that they have no opinion about. Of course, not everyone likes or dislikes the same things, so advertisers have to know their audience.






EXERCISE 1: 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)?

What are Vectors?

A vector is a force or an influence consisting of direction and magnitude existing over some period of time; it can be physical, mental, or spiritual. Vectors are commonly represented by arrows. The direction of the arrow shows the direction of some motion and the boldness or length of the arrow shows the magnitude or strength of the motion. A short rightward pointing arrow might represent a short slight push to the right. A heavy long leftward pointing arrow might represent a long hard push to the left.



A vector arrow can be used to represent your attention (what it's directed toward) and your concentration (the amount of attention you invest).



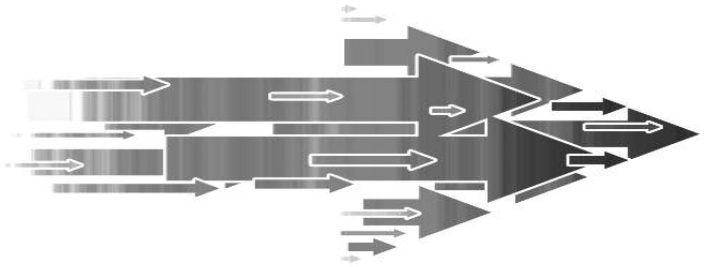
Our eyes are not always on the same thing that our attention is on.

A vector arrow can also represent intention (direction) and effort (magnitude) over a period of time.



Vectors can influence each other.

They can go in the same direction and reinforce each other—magnitude is increased.

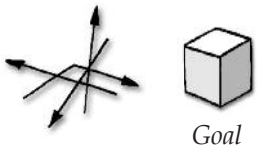


Or they can go in opposite directions and oppose each other—magnitude is decreased.



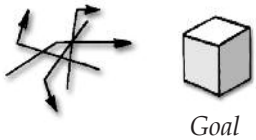
Or they can go in different directions and modify the resulting direction—direction is changed and magnitude is decreased.

To reach a goal, vectors must come into alignment.



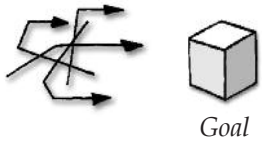
Goal

Unaligned
boredom, idle



Goal

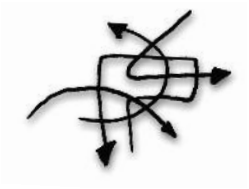
Partially Aligned
Some activity, limited success



Goal

Aligned
commitment, highly probable success

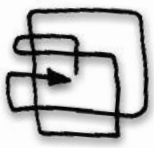
Here are a few more concepts that can be represented with vectors:



Confusion



Martial Arts



Indecision



Problem



Worry

EXERCISE 2: EXPERIMENTING WITH VECTORS

In the space below, illustrate with vector arrows the effects on attention of likes and dislikes.



What is Motivation?

The energy vectors that put your life (physical and/or mental) in motion can be referred to as motivation. To examine motivation, you need only ask, Why am I doing this?

Your answer would depend upon what you are doing and how you are experiencing "I" at the moment of asking. You could analyze your motivation vectors by drawing an arrow in the direction of the thing you are trying to achieve (direction) and making the arrow lighter or darker (magnitude) depending upon how strongly you wish to achieve that thing. At any moment, many different motivational vectors may affect your behavior and state of mind.

On the following page is a chart that shows various levels of defined "I" and the principle motivations (internal and external) that may influence you to act, think, or decide.

Each of these motivational factors could be represented as a vector having some influence on other motivational vectors and on your overall behavior and state of mind.

Freeing Attention and Insight

Everything flows—eventually. When attention is alloyed with importance and judgments, it becomes emotional and sticks on things. It actually changes from a nonphysical wave form into very small physical particles that create thoughts with gravitational attraction. Certain ideas, objects, actions, or even areas can accumulate so many thoughts that they take on a life of their own. This is how identity is created. This is how amulets and ritual are created. This is how sacred ground is created. This is probably how the universe is created.

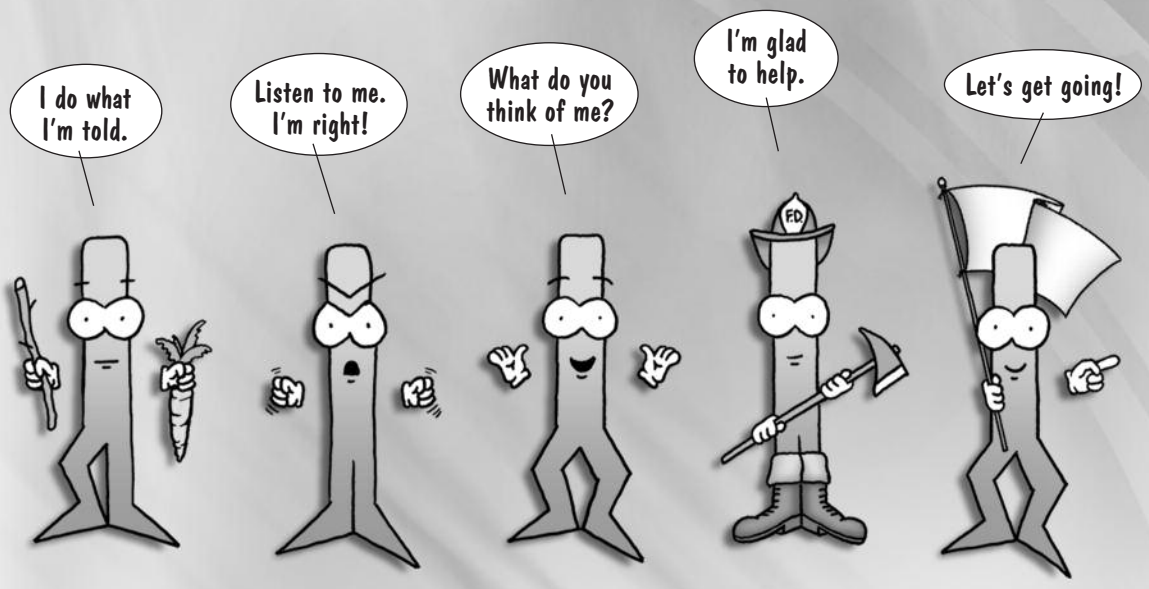
To learn more about controlling your attention see Avatar Basic Attention Management Mini-Course

Some ideas, objects, actions, and areas are charged with great importance. The more importance assigned to something, the more attention it attracts. Attention directs attention. Stand on a street and look at the sky. Soon you'll have other people looking at the sky. Make something important enough, and it will consume a person's entire supply of attention. They will think about nothing else.

When a person's attention is nearing exhaustion, an inventory should be taken: What's really important here? What isn't really important here? With any luck there will be a few yawns and stretches as the importance and judgments separate from the attention particle, and it returns to its neutral, flowing energy form.

An interesting process for clarifying issues is to ask someone what's really important, and then help to focus ever finer by asking what's really important about that. This process will restore purpose to an organization and self-determinism to an individual.

Levels of Motivation



"I" defined as:	A biological organism (a body)	A viewpoint (an unexamined sense of me)	Identities (how people define themselves)	A role (social category, *e.g.*, student, doctor, fireman, teacher, etc.)	A leader (someone with a plan)
Principle motivational factors (internal):	Instincts, unsatisfied felt needs, pain and pleasure	Indoctrination, need to be right, dislikes, delusions	Desires	Service to others, responsibility	Life purpose, goals, inspiration
Principle motivational factors (external):	Punishments and rewards	Recognition and criticism	Approval and disapproval	Value to group, social status	Purpose
Helpful to alignment:	Herd instincts	Personal conviction	Honesty	Desire to contribute	Compassionate leadership
Impeding to alignment:	Mob panic	Intolerance, bigotry	Pretense	Temptation to betray	Tyranny

EXERCISE 3: PRIORITIZE BY IMPORTANCE

(Based on Exercise 10 from the *ReSurfacing* workbook)

Objective: To determine what's most important to you.

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

Instructions:

Make a list of ten projects or tasks that you are working on or plan to do. Fill in each column on the following form.

Example

1 **Projects**	2 **Type of Motivation: Internal or External**	3 **What level of defined "I"**	4 **Importance Score 5 (very important) 1 (not important)**
1. clean the garage	internal	a role	3-medium importance
2. start exercise routine	internal	a biological organism	5-very important
3.			

Alignment: Living Deliberately

From the *ReSurfacing* workbook

Personal alignment means to be in agreement with and to work toward some goal.

When people are uncertain of their direction or goals, they tend to act in a misaligned fashion. They wander around, one step forward, one step backward, and generally get in their own way. In order to accomplish anything, they need continuous external direction: Here, do this. Go this way.

Are your personal and professional goals in alignment with your life purpose?

Personal misalignment comes from having uncertain or conflicting goals.

Most people have learned that it's important to set goals, but few recognize that there are right and wrong goals, as well as proper and improper ways to set goals.

Some people have multiple goals that are misaligned or in contradiction with each other. They want to go to the movie, but they don't want to go by themselves. They want to have relationships and families, but

they don't want to sacrifice anything. They want to earn money, but they don't want to work. They want to lose weight, but they don't want to give up eating high calorie foods. They want to go to school, but they don't want to study. People who are misaligned create confusion in their lives. The confusion becomes so overwhelming that they end up doing nothing. The result of misalignment is limited achievement, limited success, poor health, and unhappiness.

As a step toward living deliberately, you should decide on your life goals. Granted, these may change as you progress up the line, but the experience gained from setting and pursuing the goal is the real prize.

Picking a goal is not an arbitrary thing. It is not done by the flip of a coin or by an opportunistic turn of events. It is not done to please another person.

What goals make your life worth living?

Setting a Right-For-You Goal (RFY goal) is done by using your best reasoning liberally seasoned with your intuition. It is reasonable, because you sincerely feel you can achieve it. It is intuitive, because it feels right. An RFY goal excites you when you think about it. It empowers you. It brings you to life. It sizzles! It provides you with the creative energy for its own attainment plus a little extra. An RFY goal is like a sticky memory that you place in the future.

Just imagining what it would feel like to achieve the RFY goal will tap into the courage and determination to accomplish it.

If you wonder if your chosen goals are RFY goals, notice how you feel when you pursue them. Activity spent in the pursuit of an RFY goal is enjoyable and absorbing. Time is forgotten. Work is pleasurable. The pursuit of an RFY goal is its own reward.

A non-RFY goal is something you have to do while waiting to get to what you want to do. You become exhausted and time drags. Work is grueling. The payoff for pursuing a non-RFY goal is stress.

Some have speculated that the reason an RFY goal sizzles, and why some people easily succeed while others fail even after effort, is because the RFY goal is aligned with one's life purpose.

Do you have a central purpose for being alive? Is there some basic-basic intention that reinforces, opposes, or shapes all of the other motivational vectors in your life? Some vector that steers you toward something you need to experience?

Are your personal and professional goals in alignment with your life purpose?

EXERCISE 4: DISCOVERING A LIFE PURPOSE VECTOR

There's a concept that we call life purpose. To some people this is very real and to others it is nonsense—you are free to decide.

By definition, life purpose is an embodied intention that seems to steer your life—a vector. Maybe it comes from a random combination of factors: color of your crib, some experience, etc., or maybe it comes from an accretion of your past actions, or even karma from past lives.

It seems to be a wandering path of accomplishments and challenges bordered by boredom and other negative emotions.

• *exercise continues*

Some say that when you are in it, it feels like a current in an otherwise slow moving stream. When you get close to it, you begin to move faster, accomplishing more. It feels like the right track, something that you were born to do and learn from.

Some have described it as "being in the zone," or "smooth sailing." It's a place where you can confidently trust yourself to make right decisions and others can rely on you.

It's a place where you can confidently trust yourself to make right decisions and others can rely on you.

When you steer (intentionally or accidentally) away from this life purpose current, you tend to bump into boredom and then a descending hierarchy of **chronic** negative emotions: anger, fear, grief, apathy. These **chronic** emotions are signals that you've strayed off course.

In the following exercise, you will create a sticky memory list. With some contemplation and ordering of these sticky memories (accomplishments and challenges bordered by boredom and negative emotions) you may be able to extrapolate a life purpose vector.

• • • •

Objective: To create a sticky memory list.

Expected Result: To reveal a life purpose vector.

Instructions:

Divide your life into seven segments and do the following:

Segment	*Approximate Age*
Preschool	1-6
Elementary school	6-12
Junior high school	12-14
High school	14-18
Young adult	18-21
Mature adult	21-50
Senior	50+

Step 1: One by one, imagine spreading the sticky memories of each of these segments of life out on a table, and pick the one or two from each segment that hold your attention strongest. Add these to your sticky memory list. Note whether they are accomplishments (A), challenges (C), or negative emotions, *dislikes* (NE).

Step 2: Contemplate your sticky memory list as steering vectors for your life, and see if you can extrapolate satisfactory answers to the following:

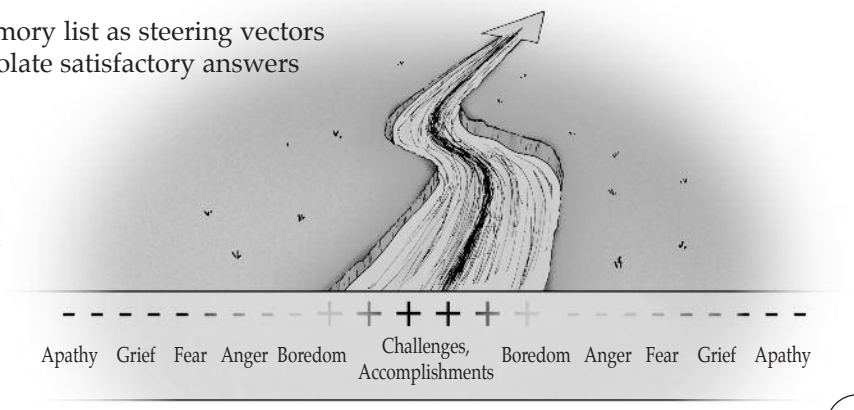
My life purpose is:

to learn to ____*(ability)*___,

and to be more ___*(characteristic)*___,

and to be less ___*(characteristic)*___,

so I can be a better ___*(role)*___.



EXERCISE 5: FINDING AN RFY GOAL IN ALIGNMENT WITH YOUR LIFE PURPOSE

Objective: To determine a Right-For-You Goal

Expected Result: A life plan that you can begin to follow deliberately.

Instructions:

STEP 1

On a clean sheet of paper, make a list of goals. This list contains goals you are already pursuing or have thought about pursuing or that are stimulated by the following questions:

1. What do you want to achieve in the next year?
2. What do you want to own by the end of next year?
3. What would you like to do by the end of next year?
4. What excites you most?
5. What would you have to become to do what you want?
6. Where would you like to be in two years?
7. Where would you like to be in five years?
8. Where would you like to be in ten years?
9. Where would you like to be in twenty years?
10. Where would you like to be in fifty years?
11. Where would you like to be in one hundred years?
12. Where would you like to be in one thousand years?
13. What goals have you given up on?
14. What would you really like to do?
15. If you knew you couldn't fail, what would you attempt?
16. When are you happiest?
17. What do the people you most admire do?
18. What were your goals when you were younger?
19. What would you like to do just for the heck of it?
20. What do you consider to be too late to start on?
21. If it weren't for _____, what would you do?
22. What might not be impossible?

• *exercise continues*

STEP 2

On your list, rate the goals you are most interested in according to the following seven criteria:

Rate: (1) very doubtful to (5) very certain.

1. The goal invites your attention and interest. Thinking about it renews your strength.

1 2 3 4 5

2. Pursuit of the goal produces something of value to you.

1 2 3 4 5

3. The goal offers benefits to others equal to your own.

1 2 3 4 5

4. The goal presents an opportunity for self development (greater competence, understanding, or responsibility).

1 2 3 4 5

5. The goal is in alignment with a broader group goal and a still broader humankind goal.

1 2 3 4 5

6. The goal allows personal creativity and some degree of self management.

1 2 3 4 5

7. The goal presents the opportunity for personal recognition and some receipt of others' admiration.

1 2 3 4 5

Add the total score for each goal (35 is a perfect score).

If a goal scores between 25 and 35, it's probably an RFY goal. If you have several goals that scored between 25 and 35, see if you can come up with a larger, more expansive goal that encompasses and aligns all your RFY goals.

If you had only goals that scored between 15 and 25, see if you can modify one of the goals to score higher.

If all your goals scored below 15, you should take a walk and then repeat this exercise.

EXERCISE 6: LIFE ALIGNMENT PROGRAM

Objective: To begin to align your attention and energy vectors toward the goal you wish to achieve.

Expected result: The recognition that there is a path to success.

Instructions:

Determining your goal or goals is the first step. The next step is to align your life and actions toward the goal.

alignment: an adjustment of energies, ideas, or intentions toward a personal or a collective goal

Step 1. Make a list of your weekly activities.

After each of the activities, note whether the activity is helpful (H) or impeding (I) to your alignment with your RFY Goal.

Step 2. Make a list of your major expenses.

After each of the expenses, note whether the expense is helpful (H) or impeding (I) to your alignment with your RFY Goal.

Step 3. Make a list of your beliefs regarding this goal.

After each of the beliefs, note whether the belief is helpful (H) or impeding (I) to your alignment with your RFY Goal.

Step 4. Revisit the list you made in *Exercise 3: Prioritize by Importance* and after each project, note whether the activity is helpful (H) or impeding (I) to your alignment with your RFY Goal.

Inspiration: Part II

From *The Avatar Master's Handbook*

I'll tell you a story. There are three stonecutters, and they are all cutting stones. The first stonecutter is asked, "What are you doing?"

He answers angrily, "I'm cutting stones as any idiot can see."

He is angry, because every day is the same. He gets up and cuts stones. His life has no purpose that he can see, and he is unhappy.

The second stonecutter is asked, "What are you doing?" He is irritable. "I am cutting stones so I can raise a family and afford a nice house." He will die an unhappy, selfish man in a nice house. He has served only himself.

The third stonecutter is asked, "And what are you doing?"

He is happy. "I am cutting the stones for a great cathedral that will give comfort to thousands of people." His life has purpose, and the purpose feeds him and feeds his family and makes him feel good.

The Purpose Of Avatar

An enlightened civilization is an idea that life has been working toward since the first creature appeared on this planet.

If you fired an arrow, stopped it in its flight, and sighted along the arrow, you would see where it was going. If you stop life in flight and

sight along it, you will see that it is headed toward an enlightened planetary civilization. It is like building a great cathedral, only it will comfort everyone.

In 1987 chance favored a prepared mind, and the route to enlightenment was developed into a path that all could travel easily. Previous routes to enlightenment were traveled with great suffering and sacrifice. By comparison, Avatar is easy.

There were many elements that had to be addressed before the real purpose of the technology of Avatar would be seen as creating an enlightened planetary civilization. There were many decisions to be made. A way had to be found to keep the workers fed. Skills had to be learned.

Companions and helpers had to be found. Some contributed for a few weeks or months and grew discouraged at the size of the job, but a few stayed. A few noticed that just living to collect stuff was not really satisfying. They needed a purpose.



Pretty soon there were Avatars, there were Masters, and there were Wizards. And there were Star's Edge Trainers.

Creating an enlightened planetary civilization is no longer an impossible dream.

Eventually every individual must decide where he or she stands in relation to this idea of an enlightened planetary civilization. Is it reasonable to you?



Star's Edge Trainers: (L to R, back) Ilu, Pieta, Shona, Audrey, and Kathy. (front) Susan, Della, and Tonny.

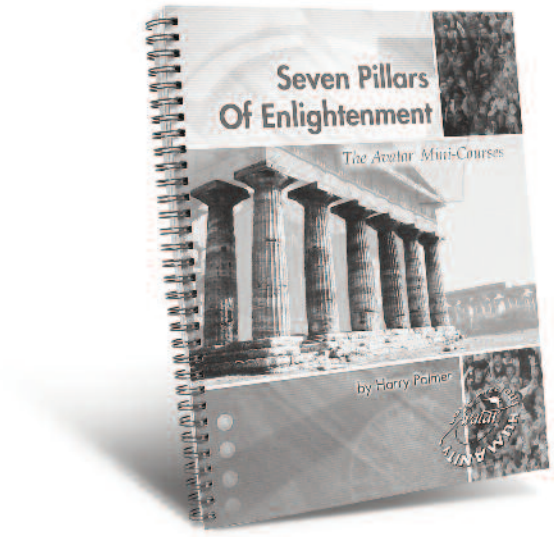
THE NEXT STEP

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

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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.

English

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