

Star's Edge International®



Avatar® Mini-Course

7

Basic Life Alignment

Guarantee success—align with your life's purpose

Finding this alignment is what leads ordinary people to become great people.

This seventh in a series of mini-courses, Basic Life Alignment, explores the relationship between attention, motivation, and goal setting for the purpose of aligning with your life's purpose.

Other mini-courses are available from your local Avatar Master or they can be downloaded free at www.AvatarEPC.com.

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Attention Educators:

Star's Edge invites you to use The Avatar® Basic Life Alignment Mini-Course as a teaching module for your students.



The Avatar® Basic Life Alignment Mini-Course

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 pp 1-2 _____
- 2 Read: Behavior of Attention p 3 _____
- 3 Do Exercise 1: Sticky Attention p 3 _____
- 4 Read: What are Vectors? pp 4-5 _____
- 5 Do Exercise 2: Experimenting with Vectors p 5 _____
- 6 Read: What is Motivation? pp 5-6 _____
- 7 Read: Freeing Attention and Insight p 7 _____
- 8 Do Exercise 3: Prioritize by Importance p 7 _____
- 9 Read: Alignment: Living Deliberately p 8 _____
- 10 Do Exercise 4: Discovering a Life Purpose Vector p 9 _____
- 11 Do Exercise 5: Finding an RFY Goal in Alignment
with Your Life Purpose pp 10-11 _____
- 12 Do Exercise 6: Life Alignment Program p 11 _____
- 13 Read: Inspiration: Part II p 12 _____
- 14 Debrief _____

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DEBRIEF

What did you set out to do? _____

What did you actually do? _____

What actually happened? _____

☐ Mission Accomplished

☐ Mission Incomplete

☐ Actions Inappropriate

Basic Life Alignment

avatar

mini-course 7

by Harry Palmer



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.

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

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.

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.

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.

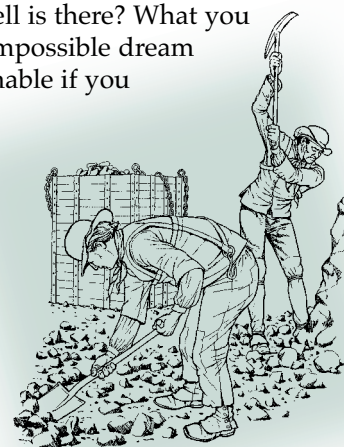
Trainers see this all the time. Someone comes to do The Master Course and within the structure of consciousness they come with, it seems unreasonable to them that they will ever deliver Avatar. Or maybe it seems unreasonable to them that they will ever do The Wizard Course. Or maybe it seems unreasonable 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.

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.

• continues



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

Basic Life Alignment

Inspiration: Part I continued

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

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?

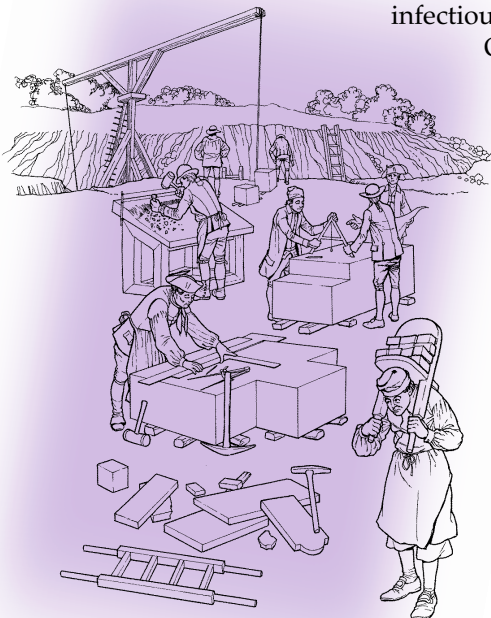
So the idea is embraced by a few others, and the work

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.



Harry Palmer, author of the Avatar materials, speaking to a group of Professional Course students.



Basic Life Alignment



Behavior of Attention

In the Basic Attention Management mini-course (*available in the Publications Archive at www.AvatarEPC.com*) 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)?

Basic Life Alignment



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).



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.

• continues



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

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



Confusion



Problem



Indecision



Worry

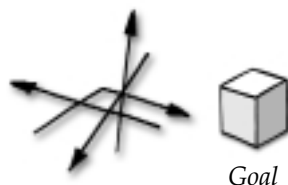


Martial Arts

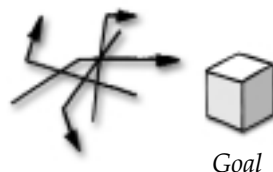
Basic Life Alignment

What are Vectors? continued

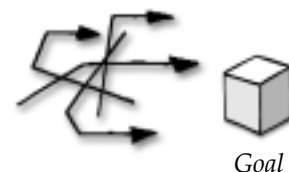
To reach a goal, vectors must come into alignment.



Unaligned
boredom, idle



Partially Aligned
*Some activity,
limited success*

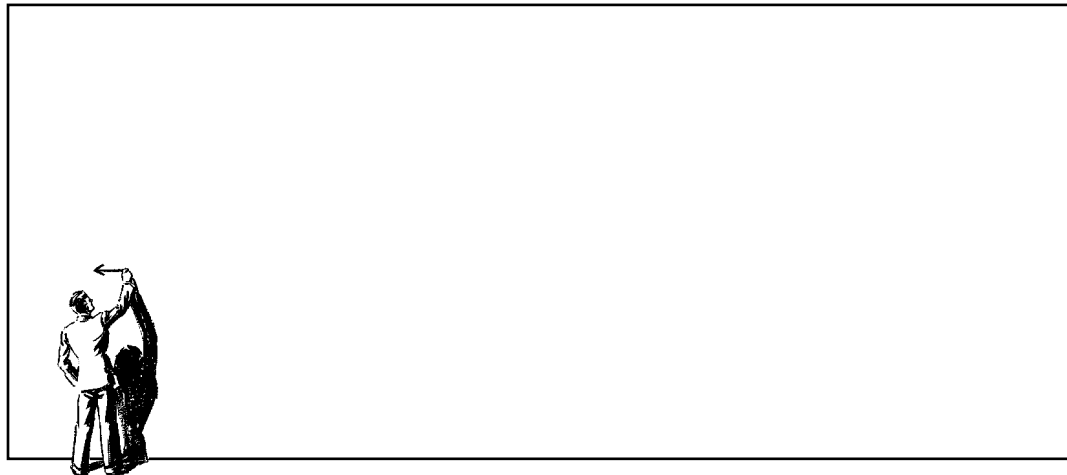


Aligned
*commitment, highly
probable success*



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.

• *continues*

Basic Life Alignment

What is Motivation? *continued*

Below 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.

"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

Basic Life Alignment



Freeing Attention and Insight

To learn more about
controlling your attention
see mini-course #2,
Avatar Basic Attention
Management

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.

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.



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	2	3	4
Projects	Type of Motivation: Internal or External	What level of defined "1"	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)



see page 16

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.

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.

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

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 set-

ting 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.

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?

What goals make your life worth living?



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

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

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 your-

self 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?

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

• *continues*

Basic Life Alignment

EXERCISE 5: RFY Goal *continued*

- | | |
|--|--|
| <p>4. The goal presents an opportunity for self development (greater competence, understanding, or responsibility).</p> <p style="text-align: center;">1 2 3 4 5</p> <p>5. The goal is in alignment with a broader group goal and a still broader humankind goal.</p> <p style="text-align: center;">1 2 3 4 5</p> | <p>6. The goal allows personal creativity and some degree of self management.</p> <p style="text-align: center;">1 2 3 4 5</p> <p>7. The goal presents the opportunity for personal recognition and some receipt of others' admiration.</p> <p style="text-align: center;">1 2 3 4 5</p> |
|--|--|

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

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

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.

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.

Standard Series



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 build-

ing 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.

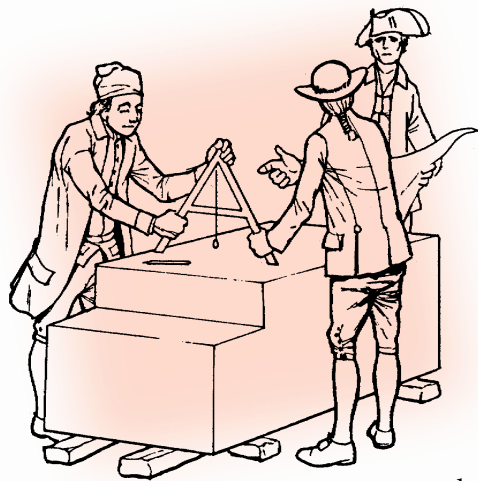
There were many elements that had to be addressed before the real purpose of the technology of Avatar would be seen as creating an enlightened planetary civilization. There were many decisions to be made. A way had to be found to keep the workers fed. Skills had to be learned.

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?



Your Next Step

Read *Living Deliberately* and *ReSurfacing*® by Harry Palmer

When you are ready to explore the inner workings of your own consciousness and become familiar with the creation that you regard as self, we recommend reading the books *Living Deliberately* and *ReSurfacing*® as the first step.



\$25.00USD

Introductory Special for new readers: For a limited time, you can buy the book *Living Deliberately*, its companion workbook, *ReSurfacing*®, the *Ten Actions* booklet, a full-year subscription to the *Avatar Journal*, and the audiotape *How To Create Magic In Your Life* – a \$55.00USD value – for only **\$25.00USD**.

If you are not completely satisfied, you may return the two books for a full refund and keep the rest as our gift to you.

To order the Avatar Power Package, please contact any Avatar Master or call the Star's Edge 24-hour order line at **800-589-3767**. Be sure to leave your name, address, telephone number, and credit card information.

You can also purchase these items from the Star's Edge online bookstore at:
www.AvatarEPC.com/html/bookstore.html

Get a Free Issue of the *Avatar Journal*

Receive a free *Avatar Journal* by visiting online at: **www.AvatarEPC.com/html/freejournal.html** or you can contact Star's Edge International.

Contact an Avatar Master

Avatar Masters will answer any questions or concerns you may have, including when and where you can take The Avatar Course. There are a number of ways to contact an Avatar Master.

- For a current schedule and contact information about the International Avatar Courses, please visit the online Avatar Course schedule page at: **www.AvatarEPC.com/html/avatarschedule.html**
- To locate an Avatar Master near you, please visit the online Find a Local Master page at: **www.AvatarEPC.com/html/localmaster.html**
- Or look through the directory listing and ads in the *Avatar Journal*. Receive a free *Avatar Journal* by visiting online at: **www.AvatarEPC.com/html/freejournal.html**
- Contact Star's Edge International.

Register for The Avatar Course

Complete and return the registration form for the course of your choice. Your Avatar Master will provide you with the necessary form and information.

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-evolution 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.



Alignment



Would you like to be free of old restraints that make you unhappy?

Would you like to align your beliefs with the goals you want to accomplish?

Would you like to feel more secure about your ability to conduct your own life?

Would you like to experience a higher, wiser, more peaceful expression of self?

Would you like to be able to rise above the sorrows and struggles of the world and see them for what they really are?

Would you like to experience the state of consciousness traditionally described as enlightenment?

Avatar is for you.

If you feel an alignment toward the goal of creating an enlightened planetary civilization and would like to have an Avatar Master contact you, send your name, address, and telephone number to:

Avatar Network Consultant
Star's Edge International
237 North Westmonte Drive
Altamonte Springs, Florida 32714
USA

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