



Avatar



The
Avatar Path

The Way We Came

Harry Palmer



In 1986 a teacher named Harry Palmer created a self-evolvement course that equipped people with the tools to explore consciousness to its very limits—from the most fixed, opinionated reality to the broad expansiveness of source awareness. Since that time the course has spread to more than 72 countries, has been translated into 21 languages and has produced tens of thousands of graduates.

Since their discovery, the efficiency and effectiveness of the Avatar[®] Materials have been clarified and refined, but their underlying purpose remains unchanged: to teach people an effective technique for improving their lives according to their own self-generated blueprint.

The
Avatar

The Way

The Avatar® Path

The Way We Came

by Harry Palmer



All our love to the people who contributed
to the creation of this book.

Cover art & layout by
Jim Becker

Publisher's Note and Disclaimer:

*The characters and events described in this book are intended
to entertain and teach rather than present an exact factual
history of real people or events.*

published by

Star's Edge International®
237 North Westmonte Drive
Altamonte Springs, Florida 32714
USA

The Avatar Path: The Way We Came

© Copyright 2011 by Harry Palmer



Avatar®, ReSurfacing®, Enlightened Planetary Civilization®,
Love Precious Humanity®, Thoughtstorm®, and Star's Edge
International® are registered service marks licensed
to Star's Edge, Inc. EPCSM is a service mark licensed
to Star's Edge, Inc.

ALL RIGHTS RESERVED.

No part of this book may be used or reproduced in any manner
whatsoever without written permission from the publisher.

ISBN: 978-1-891575-68-6

Table Of Contents

Prologue1

BOOK I: SOLID FOUNDATIONS

Chap. 1 **Hunting Realizations**5

One of the abilities that you can profitably improve is directing your attention. If you have not done the Basic Attention Management Mini-Course, it is recommended. It will increase the amount of free attention that is available to you by recovering attention that you have misplaced or abandoned.

Chap. 2 **Before The Ash Falls**13

Skin, scales, feathers, and hair, as well as thousands of other physical traits, can be explained in terms of inherited genetic material, but what about instincts, social behaviors, and humanitarian motives? Where do they come from?

Chap. 3 **Explanations**21

Ask people what they believe and you are likely to get an assortment of what they want, what they have heard, what sounds reasonable, or what is most likely to be praised.

Chap. 4 **Two Types Of Identities**27
“Just who do you think you are?” It is not so much a question as it is a statement. It is often followed by an unkindly appraisal such as, “I’ll tell you who you are...”

Chap. 5 **Manageable Causes Versus Plausible Excuses**35
The best argument for studying the past is to learn to repeat manageable actions that lead to favorable situations and to avoid manageable actions that lead to unfavorable situations.

Chap. 6 **Finding Manageable Causes**.....43
A situation is a non-optimum condition. Unhappiness, loneliness, failure, exhaustion, and despair are typical personal situations.

Chap. 7 **Break Your Jug**49
There is an old story about a farmer who finds a pumpkin that has just started to develop. To protect the little pumpkin against the elements, he slips it inside a jug.

Chap. 8 **Another Way Of Looking At Things**....53
Teaching someone to be flexible in viewpoints, and to reason from different angles, is better than indoctrinating them with a fixed viewpoint.

Chap. 9 **Thoughts Are Angels**57
Ranks of angels provide an interesting metaphor for our different thoughts and attitudes.

BOOK II: SHAPING REALITY

- Chap. 10 **Elements of Change**.....67
Truth implies always, and I really can't see that far into the future, nor am I clear enough about everything that has happened in the past, to confirm always. So as soon as someone asserts something as always in all cases true, I begin planning an exit strategy.
- Chap. 11 **The Mystery School Of Ra**.....71
The Avatar Materials are something more than the information and exercises contained in the study packs.
- Chap. 12 **Getting Your Thinking Straight**.....77
What factors are affecting the size of your income, the passion in your relationships, and the mileage of your smile?
- Chap. 13 **Connected By Time**.....89
Psyche scarring from horrible events can leave you with fixed considerations that interfere with your evaluation of present time events.
- Chap. 14 **A Talk On Sensory Deprivation And Mental Bodies**.....95
It slowly occurred to me that my attention had shifted from feeling my physical body to feeling the idea that I had of my physical body. I could feel my thought of a body as if it were a body.
- Chap. 15 **Preserving Your Creative Source Power**.....101
Our minds are clouded by indoctrinated beliefs and persistent identities that keep us in conflict and turmoil.

- Chap. 16 **Belief and Experience**.....107
The Avatar Course is nothing more or less than an escape from a mind trap, which you have been caught in for so long that you have forgotten what freedom feels like.
- Chap. 17 **Primaries and Domains**.....111
I think it would be safe, at least for now, to say that every domain defines a sphere in which you have the freedom to create, but also defines the limits of your creating. Learning the freedoms and limits of the domain you are operating in is called living.

BOOK III: MARKETING ENLIGHTENMENT

- Chap. 18 **The Evolution Of The Avatar Course**..119
When we first started to deliver Avatar to the public, we considered that it was a good product, that it had many years of research behind it, and that it was simple to apply.
- Chap. 19 **The Beginning Of Avatar's Expansion**.....127
Six months after the first Avatars, we were invited to California to deliver the first West Coast Avatar class.
- Chap. 20 **Shaking The YOU Out Of The Mind**...137
This YOU, the real self, is not mind dependent. It can be awakened and trained to control the mind.
- Chap. 21 **Let Us Not Speak Falsely**.....143
What is the greatest personal achievement? It is not any form of material wealth. It is not any quality of fame. It is not any degree of power. What then?

Chap. 22 **Source Being: Deep Awakening**151
There are moments on The Avatar Course when all thought processes stop, and one becomes fully aware of existence without creating any reaction or response to it. Self moves beyond the scope of daily concerns, slips time and definition, and realizes itself as a facet of the description-less source in which all things, real or imagined, have their beginning. It is a moment of intuitive insight. An epiphany.

Chap. 23 **Why We Do This**155
Avatar is a set of tools that allows people, in a very short time, to identify and change the conclusions, decisions, and agreements that are shaping their lives.

Chap. 24 **Spiritual Paths**159
The Avatar Materials are designed and intended to be an effective means for inspiring the realizations and changes that will move you toward a stable spiritual awakening.

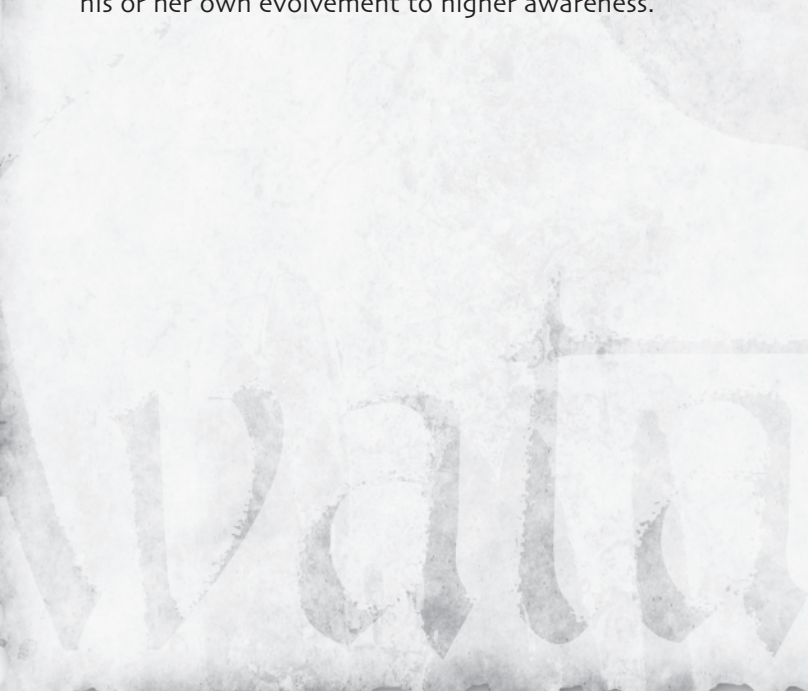
Epilogue167

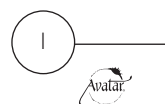


About the title of this book.

THE WAY WE CAME is **about** a self-evolvement journey to higher awareness. In terms of doingness, it begins with imitating, evolves to exploring, and culminates in creating. In terms of beingness, it begins with identity, evolves to "I am," and culminates in Source Being.

The AVATAR PATH is a breadcrumb trail of human potential courses for anyone who wishes to accelerate his or her own evolvement to higher awareness.





Prologue

Like most journeys, self-evolvement has a starting point. That starting point is the recognition that some (or even most) of your guiding values and beliefs are based on imitation of parents, teachers, peers, satisfied customers, celebrities, authorities, the successful, or even the world's failures.

The life you are living is a copy of someone else's. It is a patchwork quilt of borrowings and unconscious influences. When you recognize this, really see it, something independent of any mental embellishment awakens—a new self. You can call this new self, "I am." This ineffable spirit—authentic YOU—wakes up with a desire to explore its potential.

The articles and stories in the pages that follow are intended to illuminate archetypes in consciousness that will assist your growth. As you read, several things will happen: the expectations and opinions of others will be recognized and re-considered; personal values will be re-examined; and patterns of behaviors will change. And most importantly, YOU, that ineffable explorer, will begin awakening as a Source Being. This is a heroic journey.

ineffable: incapable of being expressed in words.



The only provisions you need are courage, honesty, and perseverance. If people or circumstances have conspired to convince you that you lack these supplies, caches have been left along the way for you to find.

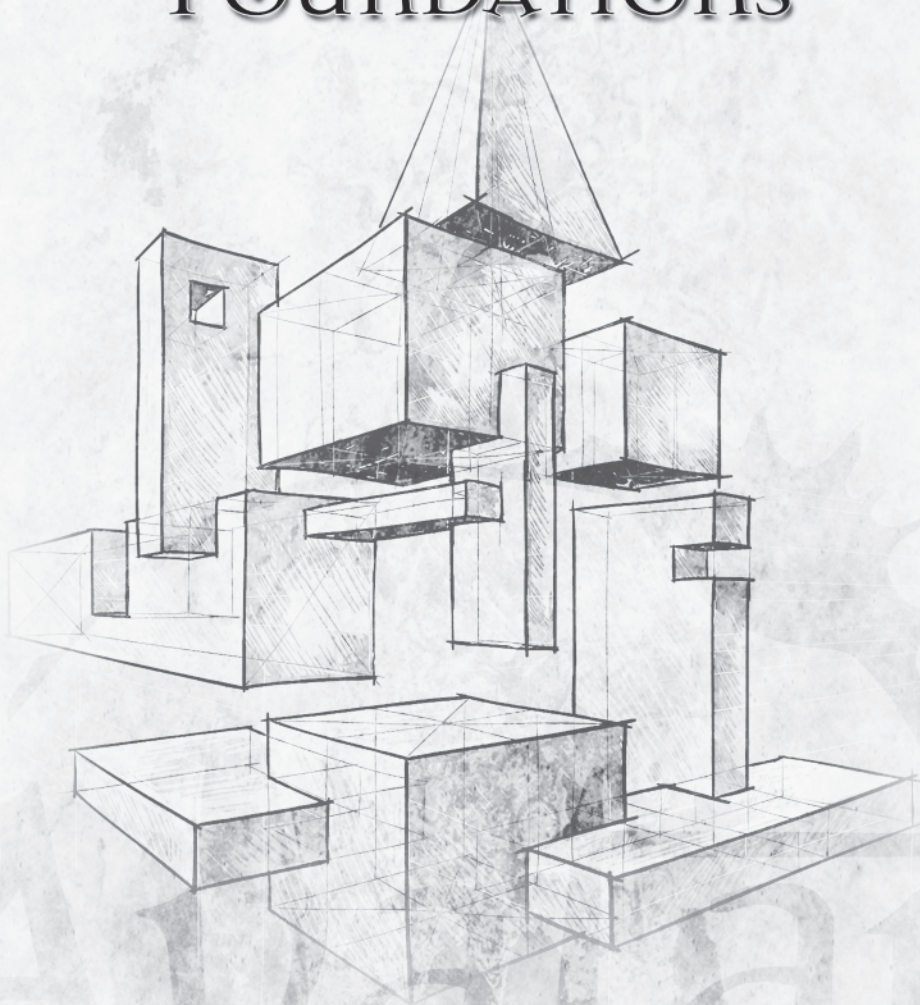
Right up front, I'll tell you a secret. As secrets go, this one is in the top ten. If it doesn't ring true for you right now, that's okay. Part of this journey is recovering the viewpoint that recognizes the truth of this powerful secret. The secret is nothing can harm a Source Being.

This isn't an easy truth to accept. The universe's position is that it can roll over you, grind your flesh up, or incinerate your consciousness any time it pleases. It can visit pain and suffering, or pleasure and happiness at its whim. It can snuff out your life unexpectedly. At any moment it can humble you into insignificance by its awesome magnificence. And always it demands that you follow certain of its rules or perish.

But what perishes? You are not a meat body. You are not thoughts. No thought or word can describe you. Thoughts and words are concepts and you are not a concept. You are not anything that can be named. What are you?

The universe can be broadly described in terms of matter, energy, space, and time, but you are not any of these. All definitions and descriptions are part of the universe. You are part of... well that's the question, isn't it?

BOOK I:
SOLID
FOUNDATIONS





THE STORY OF THE AVATAR MATERIALS



Eastern techniques of meditation describe four stages of mental engagements:

The first is forcible engagement. This 'mounts' the mind or directs the mind at some object.

The second is interrupted mental engagement. This is the process of noticing, stop noticing, and then noticing again in greater detail.

The third is uninterrupted engagement of the mind, which is concentration.

The fourth is a spontaneous engagement of the mind on a connection that just appeared. Ah ha!

Realizations (or insights) are spontaneous engagements of the mind.



One of the abilities that you can profitably improve is directing your attention. If you have not done the Basic Attention Management Mini-Course, it is recommended. It will increase the amount of free attention that is available to you by recovering attention that you have misplaced or abandoned.

Visit www.TheAvatarCourse.com/attention for a free download of this mini-course.

Chapter I

Hunting Realizations

Realization is the *experience* of moving from a fixed viewpoint on a subject or event into a broader more understanding viewpoint. It is the moment in which something perplexing is worked out; it is a pleasant shock, a light penetrating the darkness, a discovery, the revelation of a solution. It's a moment of epiphany, an insight. "I just realized I was dreaming," or "I just realized that it wasn't my mother's fault." Realizations are the building blocks of self-evolution, each one you have is a step toward greater wisdom and freedom.

Realizations may arrive gradually like the morning dawn, or suddenly like flashes of lightening; some take years of study to fully reveal themselves, others are instantly *gobsmacking* (shocking, surprising). Realizations are unique experiences—





world lessons. They are the keys and combinations that specifically unlock the reasons behind your thinking and being.

Someone else's realization may be interesting or educational, but they will not sort out or tame the mental territory that is uniquely yours. Your own realizations are more than insights, more than words; they are a release of transforming and restorative energy, a sigh of relief.

Stories can trigger realizations—not so much by the data conveyed in the story as by the personal connection that you make with the story. The classic Indian story of blind men describing an elephant illustrates this personal connection: the blind man who feels a leg says the elephant is like a pillar; the one who feels the tail says the elephant is like a rope; the one who feels the trunk says the elephant is like a tree branch; the one who feels the ear says the elephant is like a hand fan; the one who feels the belly says the elephant is like a wall; and the one who feels the tusk says the elephant is like a solid pipe. Realizations only occur within the framework of your own reality.

Preconceptions and assertions prevent realizations. Sometimes the action of pursuing other people's attention or admiration conflicts with the vulnerability required for facing something unknown. Posturing and striving for recognition have stunted the personal growth of more than a few—realizing for the applause of an audience creates stress rather than relief. It can be frightening to examine something without a prepared answer, to look without already knowing, but the rewards are priceless realizations.

Realizations result in beneficial changes in your health, your relationships, and your perspectives of life. Realizations give rise to qualities like



responsibility, maturity, compassion, tolerance, patience, discernment, and confidence.

Your progress toward higher awareness can be measured by the number of honest realizations you have. Things begin (or cease) to make sense, horizons expand, and there is a pattern to events. The possibility of steering your own life and living deliberately becomes real. Hidden influences are dissolved into light.

So OK, realizations are good things. Where do they come from and how do you find them?

Realizations reside in the unknowns and misunderstandings of consciousness. An unknown is something that isn't recognized—an event, a person, a connection, or a condition, i.e., a missing piece. A misunderstanding is a failure to interpret something correctly. Making known what was previously unknown, or correcting something that was previously misunderstood, are the processes that result in realizations. *Oh hey, I know what that is. I see it now.*

Realizations happen in the safety of a friendly environment or in moments of reflective solitude. (They are slow to appear when being vulnerable is dangerous.) Surrendering one's attachment to right and wrong brings a fresh clarity; respecting differences in viewpoints loosens the grip of unawareness, and practicing compassion and reverence deepens one's insights.

Sadly, some will only deal in the realizations of others, written neatly in books of doctrine. It is easier than risking the humiliation of being singled out. Stay with the herd. Follow the examples. Sacrifice your own discoveries for the praise of being able to parrot someone else's thoughts. This is the path of self-solidification, not self-evolvement.



So the first step of hunting realizations is mustering your courage. You may have to look into places that you would rather not.

Three-Ticket-Special

One summer, when I was a kid, we went to the county fair. (I grew up in rural Pennsylvania where there was no TV, no crowds, just tractors and cows.) So twenty acres of tents, and shooting galleries, and sideshows—not to mention a Ferris wheel, a dozen carnival rides, and a noisy, brightly lit midway—was about the most open-mouthed excitement I had experienced.

At the very end of the midway was an attraction called the Haunted Castle of Horrors. The barker's spiel promised: *frightening sights beyond human imagination, inhuman oddities, bloodthirsty apparitions, enter at your own risk*. On either side of the castle's entrance were two twenty-foot oil paintings on hanging canvases, depicting two passenger trains, loaded with zombies, about to collide.

Tickets only a dime, one thin dime. At the ticket window it was another story. Tickets were three for a quarter. *Step right up, sonny, three trips that you will never forget and only two bits*. Hoping he wouldn't recognize me for a hayseed, I fished another dime and nickel out of my hand-me-down coveralls.

I stood in front of the castle door listening to the shrieks and noises from inside. My knees were trembling and my steps shortened to about an inch. A rough shove, and I was through the door into a narrow, dark hallway. Around the first corner was a torture scene of a skeleton being stretched on a rack; rats huddled near by. The floor started



shaking and a blast of air that smelled like old inner tubes hit me in the face. I stumbled on.

Around the next corner, a door slammed behind me. In the dim lights, I could see that I was standing between railroad tracks. Suddenly a train horn blew, a bell began ringing, and what looked like the headlight of a train appeared ahead of me. To the right and left were walls and I couldn't go back; I was trapped. The train noises grew louder and faster, and then the ghost train passed right through me (or so it seemed) leaving flashes of coach windows on the walls.

Around another corner, it felt like I was walking on sponges. I kept moving as fast as I could, hurrying past several rooms of stuffed animals, mummies in coffins, and macabre execution scenes. Jarring sounds: fingernails scraping a chalkboard, pebbles rattling in a pail—I covered my ears and ran.

Finally a huge, whirling, black-and-white hypnotic disk, which seemed to draw me forward, appeared, and a door opened. I was back out in the glare of the midway, mouth open, white as a sheet.

How long until customers used the second ticket depended upon how frightened they were. It took me over an hour, and for some, I imagined, they would never return. I walked up the crowded midway, watched a man win a teddy bear for his girl friend, checked out the Four-H sausage concession, and strolled through a poultry tent of blue-ribbon winners. Finally, trying to appear to be just wandering casually, I was back in front of the Haunted Castle of Horrors.

The second time through I paid more attention. I took the rattles and shakes and loud noises less personally. It wasn't as if anyone was trying to



scare me, they were just trying to be scary. I started to relax, took second looks at things, and even enjoyed myself. This time when I stepped back on the midway, I had been entertained and was smiling.

*Consciousness
thinks; awareness
watches.*

Ten minutes and a funnel cake later I cashed in the third ticket. On this trip I took my time. I studied the costumed mannequins without fear. I noticed things I had not noticed before; some of the stuffed animals were the worse for the wear, rips and patches of hair were missing. I studied how the displays worked, and even peeked behind the scenes. In the end, I realized that the only reason anything in the Haunted Castle of Horrors was scary was because I expected it to be scary. In reality, it was just a moderately sized trailer, sectioned off with plywood walls, behind a tip-up front painted to look like a castle.

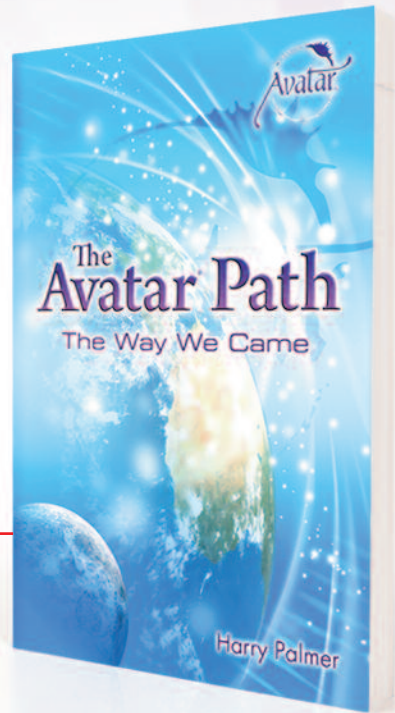
The point that I am making is that when you go hunting for realizations about why your life is the way it is, or what you could do to improve it, buy the three-ticket-special.

Avatar
Professional
Course students.
Orlando, FL,
October 2009



Accelerate your personal
and spiritual growth –
read this book today.

*How does Avatar differ
from other practices or self-help
technologies? Avatar is not going
to tell you what to believe.
It will reveal to you what you
already believe and why.*



Order now at
AvatarPath.com