The Avatar® Course

SUCCESS STORIES

FROM STUDENTS DURING ACTUAL COURSES

Table of Contents:

CHAPTER ONE: ABILITIES GAINED

CHAPTER TWO: HEALING

CHAPTER THREE: IN APPRECIATION

CHAPTER FOUR: SEARCHING

CHAPTER FIVE: WELL BEING

EPILOGUE: YOUR NEXT STEP

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ABILITIES GAINED

As Avatars, we remember who we are and who we are not. We remember we are not things. We remember we are not any of the ideas of nationalism or race that humans fight over. We are neither expressions nor identities. We are the source of these things, and we can create better.

Awakening, in a sense, is realizing there are other possibilities.

Harry Palmer
author of the Avatar materials

PURE CLARITY

I am reviewing Resurfacing this weekend. Have made huge shifts in my consciousness. Life seems/is so much easier. I am able to make decisions-to direct my life flow with greater ease.

New awareness this morning: I have the ability to go from a murky consciousness to one of pure clarity in one single instant choosing to do so, *i.e.* I choose clarity!

M.J.K.
ReSurfacing

A SIMPLE PLACE TO BE

I have found a new trust of the exercises and how powerful they are. I have embraced myself during this course and learned to love and appreciate all aspects of myself. My one great hope is that I won't resist doing the exercises in my daily life. To love life and to be free of love and acceptance is such a wonderful bright simple place to be.

M.D.W.
ReSurfacing

A COSMIC WHOLE

The two days spent doing this course have been enlightening as they have given an insight into how one can obliterate the self and become part of a cosmic whole. It is also given guidelines of how to cope with troublesome spots in one's life without letting them get the better of one.

S.R.
ReSurfacing

NOW IS SO BEAUTIFUL

Dear Harry,

Today I was introduced to the Mini-Course for Basic Attention Management. It was really amazing! Before I started, I decided that I wanted to be able to "choose where to put my attention and possibly learn how to prioritize where my attention should be."

Throughout the Mini-Course, there were new tools to use that were really helpful to me. I had great experiences and personal insight with exercises 5 and 6. Part one of the exercise 5 was especially helpful because now and for future use I can use this to get more out of what I am doing. Through switching back and forth, I noticed the previous time, each time I switched from the one object to the other. Then on exercise 6, I loved the list of unfinished projects and the idea of actually breaking it down so that it is more doable. Part 3 of exercise 6 was fun and a relieving exercise. I loved the examples!

Lastly, it is just amazing to have the knowledge that this unfinished business is taking the precious attention that is so valuable to living now, and just wasting it away. To have this knowledge and to be able to take care of the old things and get free attention back for the "Now" is so beautiful. Thank you!!

E.G.
The Avatar Course

POWERFUL AND STRONG

As I felt beliefs within myself and identified with them, I felt them in different portions of my body with various levels of intensity. At times, emotions surfaced: tears, laughter...the last belief I put forward was that "I have the answer to everything I will ever need to know". Feeling this belief and identifying with it was amazing and still is! The whole exercise was, actually. But the feeling that came with this belief was a sensation from inside the heals of my feet - moving all the way up my legs to my hips. It felt great! I felt powerful and strong. I feel powerful and strong!

M.K.P.
The Avatar Course

Swimming Lessons

Dear Harry,

Those who are the best swimmers are those who have learned to swim...Thanks for the swimming lessons!

M.Z.
The Avatar Course

A CLEAR DIRECTION

Power insights into past behaviors and expectations. A more clear direction in how to achieve the goals and desires in my life without changing course, doubting and looking for the approval of others. The clarity that I make happen. I got so much more out of the last seven days than I originally thought I could.

K.J.
The Avatar Course

I FEEL !

What an expanding journey: I feel alive, I feel empowered, I feel clear and most importantly, I FEEL! I have reached a deep sense of peace, harmony and joy within myself that I previously chose to believe never existed in life. I am sending you all my love and gratitude Harry; I know you can feel it.

B.S.
The Avatar Course

A DEEPER COMMITMENT

Dear Harry:

Thank you for all the tools! I am especially grateful for the doingness scale in the Masters Handbook. I have been at the level of frustration for some time now thinking perseverance would somehow push me through to the other side. I now know that my pretense was keeping me from actually feeling where I was, but when I allowed myself a deeper commitment to self, honesty was able to be more real than ever before. The Doingness Scale suggested to back up and renew, slow down. And it worked! I had been creating over myself, but now I have gained the courage to relax and just be myself. In doing this, my level of commitment, passion for the work, and reverence to the materials has greatly increased. Thank you for your love and devotion to humanity.

S.D.
The Avatar Course

TEARS OF JOY

Hello, Harry Palmer, my name is Christina and I'm 13 years old. Through your courses I learned a lot about myself that I did not know. I know I had a lot of fun and a lot of tears. But they were tears of joy. I loved all of the experiences that I had by doing your courses. Thank you for all your love and support.

C.J.S.
The Avatar Course

HAPPY DAYS

I am feeling source and boy does it feel good. I've completed one of the exercises just now and "passed". Doing this one exercise was the single most difficult thing, but it produced the most amazing result in me/my being. Thank you for all the work you have done to develop these courses. I've done the Mini Courses too! I look forward to many more happy days of this process with you and all the committed Masters. May you continue to be happy and well.

M.K.
The Avatar Course

THANK GOODNESS

This procedure is amazing, allowing me to feel the conflicts, the unalignment, the tension, the stress between the contrast of able/not able into the expanse and openness; feeling how limiting beliefs confine creating. Thank goodness (Harry) for the "discreating" and "recreating" the desired experience. More of "I am happy to be me."

P.C.
The Avatar Course

FUNNY HOW THAT WORKS

I have had the opportunity to experience all the mini courses during this Avatar course. I came with the intention to take a pattern apart. I want to be able to take more responsibility with compassion, respect, and reverence consistently. On my adventure I discovered many things and have arrived at a deeper understanding of your statement that as insights get more profound, they become simpler. I finished these courses with a clearer experience of the realms of my will, attention and ability to use them more deliberately. I appreciated that my perceptions are where I pass judgment from and those usually have something to do with my own errors. I refuse to recognize in myself, funny how that works. As I finish the Life Alignment, one experience rings loudly, I decide. Thanks for giving the tools in a way I can quickly remind myself of it.

T.P.
The Avatar Course

MOVING FORWARD

Dear Harry,

During serious drill in the morning drilling, I had a realization that shifted me. It was the feeling of deskinning my body. I discreated an identity. The neat thing was I felt that if I went back to look at it or talk about it, explain it, or describe it, that would be like profaning a moment of enlightenment. A practice of keeping my attention on the primary, moving forward. The past doesn't exist! Yahoooo! My love to you.

T.D.
The Avatar Course

THERE SHE WAS

I was doing an exercise with another student. There had been a lot of drama and frustration. She was feeling afraid and vulnerable. Suddenly, there SHE was. It was as if we were gazing at each other through a break in the traffic from opposite sides of a very busy street. It was really her. I literally caught my breath. We both felt it and seemed as if the world stopped. The tears welled up in both sets of eyes. Then we went on. That moment alone made the whole course for me. I'm starting to get it now. It really works. With love and gratitude.

M.R.
The Avatar Course

I AM HAPPY!

I wait till the last day of course to share with you what I daily experience myself and share constantly with others, I am happy! It is my choice. I can create a life that is aligned with my higher self. What a concept! The course, the tools, the organization, the intention and primary are all running thru me like a rushing river that is flowing as fast as it can to an EPC. It is as close to purpose as a being on this planet that I have come across or especially felt. Thank you for all it took to keep the integrity, what it would take to keep the ship sailing! I have always given up and I have had extraordinary purpose, it was just all covered up by all of me and no I! May you be well. May all our primaries be experienced.

D.T.
The Avatar Course

DREAMING BIG

George was right and I'm so glad he was. He told me that Avatar was the best set of tools for personal and global transformation. In the late 80's and early 90's, I felt my world. I referred to it as having a charmed life. I assumed it was a gift.

Then, I thought my way out of it and my world shrunk and I was blocked from creating "big". For the past two years my goal was to dream big but I couldn't. Through Avatar's tool set, I can feel again and more importantly I know how to feel. I am source. And now I am not only dreaming big, I am home again.

A.H.
The Avatar Course

JUST A GAME

Hi Harry. I really, really get that I am not my mind. It's really cool! When I'm stuck, it's like playing visual reality games and forgetting you're looking into a vision. Then all of a sudden, someone (like another Avatar) comes over and taps you on the shoulder. Oh yeah, that was just a game! Much love.

J.M.
The Avatar Course

HIDING OUT

Dear Harry:

I wanted to share my success. I needed further integration and after speaking with Kathy and Tonny today, I got to clarify what I got out of "hiding out". WOW! I've played this pattern all my life in all my relationships and work places.

Avatar is the most amazing gift I have ever been. Thank you for your love, commitment and perseverance and thank you for the people you have inspired to empower this creation. Avra and John are awesome and empowering teammates. I am looking forward to communicating many more wins/realizations etc. to you. Much love.

S.Z.
The Avatar Course

AWESOME

Today I finished the Avatar course in Orlando, Florida and I can truly say that today is the beginning of my new life...creating my experiences according to my beliefs. The course lasted nine days...nine days of astonishing discoveries about myself and the beliefs that have controlled my entire life so far. At all times I was guided with love, support and dedication by Avatar Masters in the process of becoming an Avatar. Most amazing of all! The exercises and tools provided are so simple. And yet the results are exciting, overwhelming, and awesome!! This is a word new to me but used very much during the course. However, the most descriptive words become pale in comparison to the lived experience. I know my fellow Avatars understand what I am trying to express and I hope many, many more people will decide to experience being the creators of each ones beliefs and BEING SOURCE. For a better, loved planet. Until we meet again at the Masters course, with love and deep appreciation to all of you Avatars.

F.D.
The Avatar Course

A BETTER WORLD

It was the intense, touching, outreaching, and important week of my life!

The ability to CREATE the rest of my time on our so called world will be for me, and hopefully for many, many more people, the greatest experience of the universe.

Let us create a better world!!!.

S.B.
The Avatar Course

COMPLETE CLARITY

What a wonderful, profound experience. I feel so light and at peace. I now see what is really there, rather than my judgements. I feel complete clarity in how I have created the relative experiences of "good" and "bad" in my life, and am filled with such joy in my existence and my ability to help others.

During the course I have felt such a range of emotions, and it has totally empowered me.

Thank you for this wonderful gift. It made me see just how great humankind is.

G.H.
The Avatar Course

I LIKE IT

"Everything Is Alright" – yes!

All is possible; there are no limits. I'm OK.

After struggling with "I can't do this" for so long, I realize I can. Nothing and no one can take that away from me – unless I choose to let it go.

I really do create my reality. I like it.

T.B.
The Avatar Course

YES, I CAN

Great! I have been full of enthusiasm about my successes and I am happy for what I have gotten from the course.

I feel my power, my new power. I really discovered what I can do.

Now, if somebody asks me "Can you...?" my answer will be "Yes, I CAN!!"

J.D.
The Avatar Course

DREAMS COME TRUE

Thank you very much to the Masters for their perseverance because it took a long time for me.

At the beginning of the course I said, "I don't have anything that I want to change." As I moved ahead, however, I started to feel that there were things about me I wanted to change. I realized that my dreams would stay as dreams if I didn't change my life pattern.

Now, with Avatar, I have come to believe that I can make my dreams come true.

Y.M.
The Avatar Course

HOLIDAY OF A LIFETIME

What an incredible nine days. Starting out somewhat skeptical I attended the course based on nothing more than intuition that it was the right thing to do.

It has been the holiday of a lifetime.

I have gained so much more real time to live.

P.H.
The Avatar Course

A MAGICAL REVOLUTION

This course is phenomenal. There is no aspect of one's life that he or she cannot better with Avatar. The Avatar tools have strengthened "muscles" I once thought I never had. Being a pre-medical student, the steps I took in this course will allow me to connect and help patients in a way I never could fathom was possible.

I realized that I created my own limits, and with Avatar, I can break them down. This course has, and will continue to help me with my studies, myself, the hard times in life, as well as the good times. To me, Avatar is like a magical revolution to humanitarian ignorance. The revolution only gets stronger with more and more students and Masters employing the tools into their lives. One day we will collectively reach an Enlightened Planetary Civilization.

E.B.A.
The Avatar Course

DEEPER MEANING OF LIFE

I thought that being conscious about myself was it. That nothing else existed beyond that. But Avatar has sown me the amazing world of awareness and the deeper meaning of life.

I am evolving, so the world is evolving. A microscopic drop of water can indeed do amazing things.

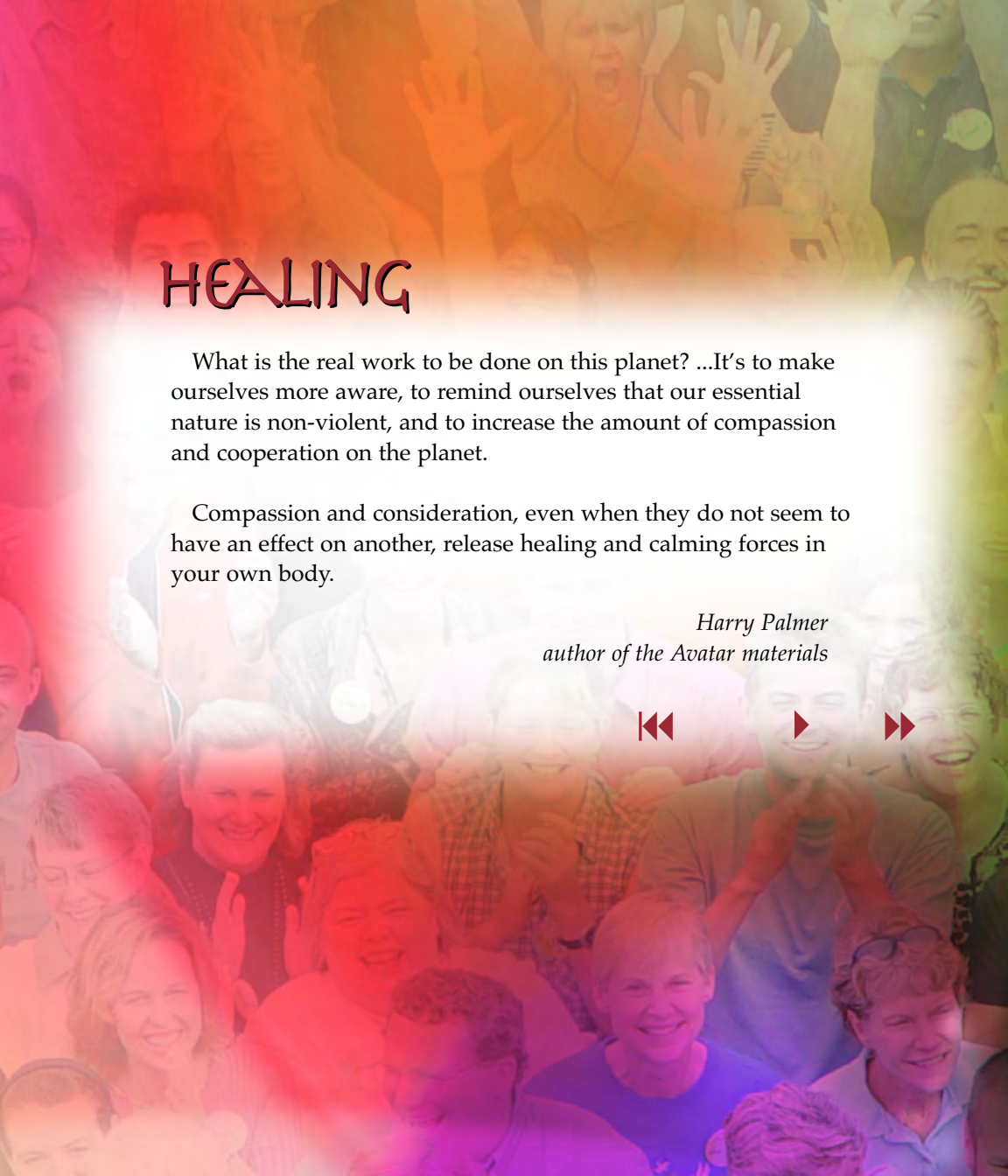
P.B.
The Avatar Course

HEALING

What is the real work to be done on this planet? ...It's to make ourselves more aware, to remind ourselves that our essential nature is non-violent, and to increase the amount of compassion and cooperation on the planet.

Compassion and consideration, even when they do not seem to have an effect on another, release healing and calming forces in your own body.

Harry Palmer
author of the Avatar materials



OF THE HIGHEST ORDER

During the Forgiveness mini course, I experienced a great break through. When doing the compassion exercise, I cried when I felt a connection with my dad, a connection I have not felt since I was a girl - I never remember feeling this for my father. I felt him, his fear and sorrow and humanness and understood from my heart that he was avoiding suffering and seeking happiness the only ways he knew how.

After almost thirty years of victimhood, I now, in place of that blame and hurt, feel an overwhelming love embracing his heart from my heart.

And something tells me he feels it - and is really happy right now and does not know why and does not need to know why.

Thank you Harry, thank you, thank you for guiding me through doing work of the highest order.

J.V.
ReSurfacing

GRATEFUL ACCEPTANCE

Dear Harry:

I experienced a very caring evaluation today. For the first time I gratefully accepted help given to me in looking for a different perspective. I now understand I am cleaning up integrity issues on abuse of power. Thank you to Avra, the QM's and the AI's and the masters and the students on this course. Thank you for the caring support.

N.R.
The Avatar Course

BRILLIANT ENERGY

I had a persistent mass and now its gone. I didn't know what it was when I began the procedure but just as quickly as I found it and experienced it, it disappeared and I existed just as an amazing brilliant energy! All of my space opened up and all of my "worries" disappeared! What an incredible procedure! It is so great to experience and feel everything without resisting. It feels great to feel!

E.G.
The Avatar Course

MUCH LIGHTER

I am so much lighter than before I began AVATAR. Many obstacles that were causing me pain were discreated from my life. My desires were broken down to the basic core issues and then became attainable. I really feel that now I can create the life I want and not what I think I should want. Thank you so much, it was worth many times what I paid.

G.B.
The Avatar Course

NO MORE NIGHTMARES

I have been suffering from PTSD and had nightmares every night for the last six months as well as anxiety attacks, flashbacks and dissociative episodes whenever I thought or spoke about the precipitating events. I was raped and took an overdose among other things this past year. Last night, Saturday, after eight days of Avatar, I awoke as usual from a terrifying nightmare about the rapist and used the "feel its" to calm myself down. They came to me quite naturally as easily as the anxiety attacks used to. Within a few minutes, the feelings associated with the nightmare dissipated and I went back to sleep and I slept soundly with NO MORE NIGHTMARES! I was amazed and pleased to wake up this morning rested, positive and looking forward to this last day of Avatar, much different from my usual AM of feeling anxiety and flashes of nightmares. I found myself doing "Feel Its" on my way down to Altamonte from my home in Orange City. I was present and attentive in my driving too. (That was good) Thank you for this amazing gift of Avatar.

J.T.
The Avatar Course

THE ICING ON THE CAKE

I came to the Resurfacing Course a skeptic being, willing to allow space for something to unfold. A recovering alcoholic with years of different types of therapy including AA, I was cynical of trying "one more thing that doesn't work on the stubborn stuff." I've had chronic pain in my neck, upper back and abdomen for 25 years. No amount of physical, emotional, or mental treatment has helped. Progressively worse as I reinforced by saying, "Every time I do that..." I've had an amazing result. I can feel my upper back and shoulders as pain freed, I can stop needing my son to be perfect to prove I am not inferior. (Sources of pain and I can discreate any beliefs on my part that he is not ok) This is the icing on the cake. The "cake" of my Avatar experience is too big to write here.

P.M.
The Avatar Course

STEPPING OUT OF THE SHELL

I have had panic attacks about being good enough and a belief that I need to be perfect for as long as I can remember. I have tried for years to overcome these debilitating roadblocks. Today, using one of the exercises, I followed them back to the beginning and was able to just let them go. I've imagined the fears and beliefs to be a turtle shell that I crawl into. It protects me, but it keeps me separated, too. It feels good to step out of the shell and feel the sun on my back.

J.H.
The Avatar Course

A GIFT TO HUMANITY

This has been absolutely enlightening. After years of therapy working on eliminating the beliefs that have held me back from achieving my personal goals, I now feel empowered to discreate these beliefs. What I have achieved here is cemented by the fact that it has been experiential; it's no longer an abstract intellectual analysis, but a full sensory feeling experience of how beliefs are created and can be discreated.

Thank you for creating this. This is an absolute gift to humanity. I am thankful to you and send my deep love and appreciation your way.

Also, I can't thank enough the Masters. They are incredible. I am amazed by their spirit, energy, intelligence, sacrifice, and love. They have touched my heart in an unforgettable way.

Looking forward to seeing them and all the other Masters and students in the next Master Course.

F.A.
The Avatar Course

ALL I EVER WANTED

All I ever wanted was to be happy and love myself. That gift happened to me before I even completed Section II. Please know that my indoctrination was that life was nothing but a veil of tears only to be earmarked by pain, drudgery, struggle, and hopelessness. I'd tried every other avenue toward this goal of love, happiness, service, and spiritual awakening – none of them provided the means to achieve what Avatar provides, and with such simplicity!

J.S.
The Avatar Course

PERSONAL POWER

For 39 years, since I was three years old, I have been dealing with the same issue. By using the forgiveness exercises and other tools of Avatar, I have been able to truly "feel" the issue and have found personal power from it. I no longer feel afraid of the issue and I know I can use it in a positive way for the future.

D.J.
The Avatar Course

HIGH MOUNTAINS

The experiences of this week are very intense and impressive. I went through deep valleys but now I am also aware of high mountains. At last I found the tools to help me in my life.

For days I was stuck in myself because of sadness or something else and I could not move out of it. Now I see new possibilities for a joyful existence that makes sense.

Thanks to all the Masters for these nine days. Awesome.

J.G.
The Avatar Course

START ANEW

I feel that I have re-discovered who I actually am. I did not realize how bogged down I had become by my own experiences and creations. I now know that I can experience anything, good or bad, without that experience influencing my future actions. I can create who I want to be and get rid of my gremlins. I start anew today!

D.S.
The Avatar Course

INCREDIBLE INSIGHTS

My goals when I started The Avatar Course were to enjoy the course and find some means of relief from the daily chronic pain I have (created) for many decades. I was feeling concerned about how I would cope for nine days.

Even quite early in the course, my Master gave me tools for reducing my belief in and feeling of pain. If this had been all I got out of the course, it would have been great. But I experienced incredible insights into my beliefs and with everyone's help, I saw through the mirage that I had created as my life.

My tolerance and compassion for within and without myself and others has expanded beyond all I would have thought possible before. My pain belief is being transformed.

The gains to everyone around me will be priceless.

M.D.
The Avatar Course

REIGNS OF MY LIFE

Dear Harry,

When I first picked up *Living Deliberately* and read part of your journey, I knew I would enjoy Avatar and felt, "These are my kind of people." But I could not, at the time, imagine I would be sitting here after nine days *FEELING* everything and everyone and being *so* okay with that.

I have myself back – the reigns of my life back – and there are endless possibilities and opportunities to play, express, create and feel.

I had been locked in a resistance war with very old creations – ones I had never acknowledged or knew I could discreate. Locked in a self-created prison of my own resistance to experiencing connection or uncomfortable feelings, and not knowing why.

But on this course the most miraculous miracle of all happened: I learned to feel again; to connect again. It was okay to feel – the world would not end. Now I have the tools and power to feel anything I want again – freedom. I don't have to avoid people anymore or fear how they might make me "feel". I don't have to resist all that I have created. I can experience myself and all my creations.

It tickles me to have an open path to share with others.

Thank you.

G.W.
The Avatar Course

ALL OF LIFE'S LESSONS

I always thought that I was flexible in my approach to different situations, issues, and people.

How wrong was I?

Seen from where I am now, I know that I am only starting to understand the tools in the Avatar toolbox. And I like it.

I now know that at the appropriate time and place (as if by sheer magic) a most needed person will cross my path, or, for some period of time, walk alongside me. Instead of resisting the person, I now welcome and value all of life's lessons and I value the acts of kindness and compassion shown to me as precious gifts.

I am not alone.

J.J.
The Avatar Course

IN APPRECIATION

With Avatar everyone wins. Every person who becomes an Avatar shifts the collective consciousness toward greater tolerance and understanding. Helping yourself with Avatar helps everyone else at the same time.

When you assume responsibility for your life, you will begin to appreciate the wisdom of all your creations, and you will find in them empowering lessons.

Harry Palmer
author of the Avatar materials

IT WAS WORTH IT

Dearest Harry:

Thank you for making available to me the experience of the "life" I knew existed, just couldn't find. I create IT. I'll be at Masters in a couple of weeks then Wizards. Thank you for what you orchestrate for the planet. I am with you.

M.H.
The Avatar Course

I CREATE IT

Dearest Harry:

Thank you for making available to me the experience of the "life" I knew existed, just couldn't find. I create IT. I'll be at Masters in a couple of weeks then Wizards. Thank you for what you orchestrate for the planet. I am with you.

T.B.
The Avatar Course

WAITING FOR THIS MOMENT

Dear Harry:

I now understand the concept of believing in others until they believe in themselves. I first started talking to my friend about Avatar nine years ago. In 2001, she finally gave herself Resurfacing. I have been reconnecting and reinspiring her for the last four years again. She's here. And she originally just signed up for Section 2 & 3, but she registered for Masters and Wizards too! She did the Basic Will Mini-Course on day four and she got her life back! She and I have been waiting for this moment forever. She asked, "if I ever gave up on anyone?" And seeing and feeling her fly, I feel that I can only believe in others until they believe in themselves. She also said during one exercise, "so, this is what you've been doing for me all these years?" Thank you for these tools, Harry. You're the man! You've helped change my sweet dear friends life. Lots of love.

T.T.
The Avatar Course

A JOURNEY OF A LIFETIME

I wonder if there is a place that exists on this planet that is not too over-stimulating! Now that I have experience Avatar, this incredible high time, what is it? A journey of a lifetime and a journey for the rest of my lifetime. Thank you for this incredible gift to this universe. There are not many words left to describe how I feel and my gratitude to all at Stars Edge and my gratitude to my master Beth White. I feel as if someone has tipped me upside down and emptied everything out and now the possibilities, wow. I believe that as we reach new vibrations we can effect the vibration of this planet and I am on the path and I will see you at Wizards. No more words, just love and appreciation like I cannot express.

D.B.D.
The Avatar Course

I ACCEPT THE CHALLENGE

I feel the most alive, real and present than ever before in my life. Thank you, Harry, for the invitation to have my hair blown back for the next 100 years. I accept the challenge as I take my next step forward on this incredible path to creating an Enlightened Planetary Civilization with my friends.

N.K.
The Avatar Course

A WONDERFUL SPACE

Dear Harry

Thank you so much for creating such a wonderful space for us. The whole experience has been wonderful. There has been such a shift in my consciousness and my realness. Living from this space is aligning my intentions with the good of creating an EPC and I can't express how that feels. Thank you for all you are and all you do for us all. With all my love.

D.C.
The Avatar Course

LET IT ALL IN

Dear Harry, Avra, and everyone:

How to put feeling into words? This week I finally let it all in, all of you, Avatar, the materials, the sangha. To go through life and hold the space for our new Avatars with this within and around us, we will create an EPC. I'm finally here, thank you for so lovingly and patiently holding the space until I decided to show up. There are no words to express this, but I know you can feel the essence. With so much love and appreciation.

K.W.
The Avatar Course

COUNT ME IN

Dear Harry:

I shifted! I'm in the team as of now! We can create an EPC! Count me in!

C.R.
The Avatar Course

My Wildest Dreams

I am totally blown away by my experience with the Avatar course. I knew I would learn a lot however, I never in my wildest dreams expected to feel so incredible! I owe a debt of gratitude to all the Masters and to the Avatar experience.

B.C.
The Avatar Course

THIS PRECIOUS MOMENT

No words can translate this very precious moment of my life. It is a new beginning with so much wonderful aspirations. I wish to thank you Harry for such an act of love, sharing this precious material, Avatar. I also thank all the beautiful Masters that helped me become an Avatar.

A.A.
The Avatar Course

REAL LIFE

Dear Harry:

In the last two days I have experienced real life that I only say sporadically in my life. My Master, Marilyn Atteberry, has been the ultimate loving guide. The words that I need to describe the experience don't exist. Just my clear thanks for having the courage to show people how to live. Thank you.

A.F.
The Avatar Course

IT WAS WORTH IT

I've just completed The Avatar Course. When I started, my goal was to get as close to who I truly am before my creations (parents, indoctrinations, opinions, filters, etc.) had affected me.

What I got was so much more. Thank you for the "do over", Harry.

K.D.
The Avatar Course

GUIDED TO FREEDOM

I've known about Avatar for so long but I waited until now to finally see what it's all about. All I can say is I'm never going to hesitate to explore again!

Avatar has guided me to freedom – freedom from the burden of secrets. I can't imagine what Masters has in store...

Wait, yes I can!

L.A.
The Avatar Course

NOW I AM SOURCE

I have never felt so loved in my life. I kept trying to get the Masters to replay my life pattern and abandon me. But they refused to experience me through the filters that I was desperately clinging to. They instead, experienced me as a beautiful spiritual being and offered me support and love. I am overwhelmed by the compassion that has been extended to me. They were able to see what I desired when I was ready for them to give up on me. They refused to let me fail and now I am source.

J.B.
The Avatar Course

THE BEST THING

Avatar is the best thing that ever happened to me. It changed my way I look at myself and the people around me.

I feel love for everything and everyone and have amazing inner peace.

Thanks for all the support. I'm happy.

M.S.
The Avatar Course

IT WAS WORTH IT

I'm so thankful for what I received here; all the love and support. At the moment I am just speechless.

When 2005 started, I was not scared about the future because I felt something was waiting for me.

I had no impression of just how much I would get from this course.

Deep from my heart I just want to thank you for everything you did for me! Never in my life have I felt better than now.

K.F.
The Avatar Course

NO GREATER REWARD

With every new Avatar announced and celebrated, I see the EPC manifesting before my eyes. There is no greater reward than to see a fellow human being awaken.

E.S.
The Avatar Course

THE GIFT IS PHENOMENAL

My success on this course goes way beyond my original goal. I have found me. I have found my appreciation of others. The gift is phenomenal.

You can't give anything more worthwhile to anybody.

G.N.
The Avatar Course

VERY FERTILE GROUND

Although I cannot express this fulfilling feeling in words, above all, I want to apologize to myself for ignoring my precious self for too long.

I also wanted to thank all the Masters for awakening me, who had been sleeping for 27 years.

I just now planted a seed in very fertile ground...

J.E.C.
The Avatar Course

UNCONDITIONAL LOVE

I now have a life that I want to live and create.

I am so grateful to Harry Palmer for having the courage to bring Avatar to the world. I now realize and feel unconditional love.

My biggest success was that all the resistance in my life, world and universe was me not living deliberately and not living from Source.

If you don't have the Avatar tools you can't take responsibility for your life; only your own courage and the Avatar tools give you that.

The world doesn't need another Messiah, Emissary or Guru with a set of beliefs that aren't your own. The world only needs the Avatar tools and Living Deliberately.

M.G.
The Avatar Course

THE BEST GIFT

When I came to Avatar I was one month into the worst depression I've ever had. I felt like I was swimming furiously but my head kept going under water. I couldn't paddle any faster and I had no strength left. Doug, my Master, had been telling me about Avatar for years but I'd written it off as a "not for me" sort of thing.

I was sharing my tales of woe with Doug and he said, "You know, Avatar can help you with a lot of this – especially that lost, powerless feeling."

For the first time I listened and I suddenly knew that this was where I needed to be.

I started the course a week later and can't believe the turnaround in my mindset, my attitude, everything!! I feel amazing!

Thanks for a wonderful set of tools. It's the best gift I've ever received.

S.M.
The Avatar Course

JOINING MY NEW FAMILY

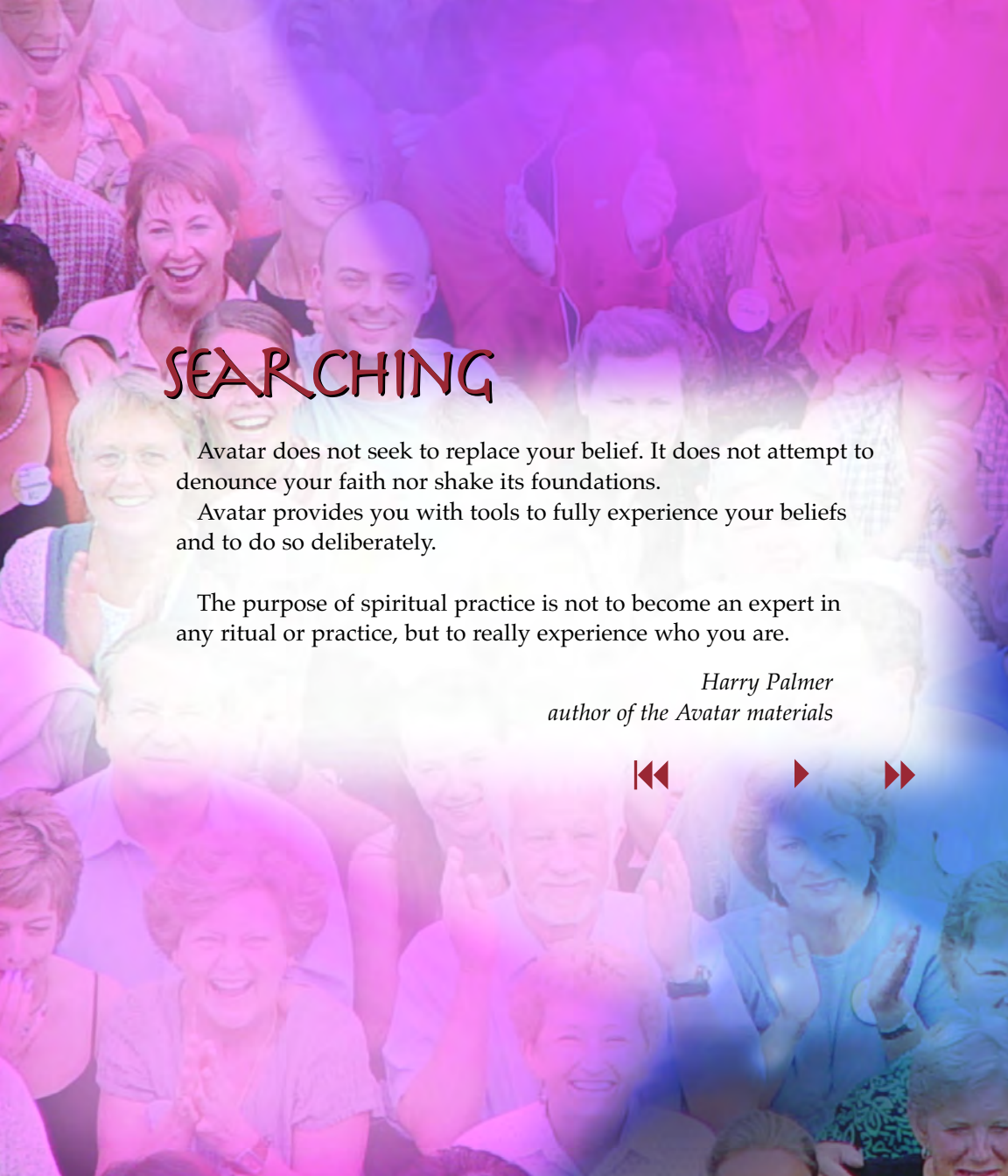
Thank you Harry for being a pioneer in creating the tools required to enable people to have a passage back to source awareness.

I knew the journey was going to be uncomfortable, a bit like being born again in the physical sense.

I feel like a baby learning to recreate my universe, this time full of beauty, wonder, and harmony.

I look forward to joining my new family in creating an EPC.

G.E.
The Avatar Course



SEARCHING

Avatar does not seek to replace your belief. It does not attempt to denounce your faith nor shake its foundations.

Avatar provides you with tools to fully experience your beliefs and to do so deliberately.

The purpose of spiritual practice is not to become an expert in any ritual or practice, but to really experience who you are.

Harry Palmer
author of the Avatar materials

HEAVY WITH LIGHTNESS

Harry:

I have just completed Section II and would like to share my experience with you and gratitude to you. This is what I just wrote on return from this incredible experience. "I feel as if I have been transported from another planet on to this one. This is what it must feel like to be an angel looking down from 'the other side'. Nothing looks, feels or sounds the same. I FEEL like I am hovering invisibly over this dimension. Part of it - yet not really here. I feel completely unplugged from reality, as I knew it earlier today. I am 'heavy' with lightness. As I appear to glide round the hallways like some invisible ghost. I want to feel this way forever more. I feel like source, creation, all that is. I am open and one with all that is. I feel an incredible unconditional love for everyone. Open yet safe, completely safe. I have NO thoughts. I am still."

6 days ago I wrote " I feel as if I am digging deep into the depths of the murky ocean water, where the mud at the bottom is deep. I have one foot stuck in that deep mud as I dig deeper and deeper for hidden treasures that have been tarnished with life's experience. When I find them, I know they will need some polishing before the beautiful, bright diamond that is underneath will be revealed."

Thank you for the tools to find, polish and feel the brightness of that diamond.

D.B.D.
The Avatar Course

DISCOVERING ME

When I came to the Avatar Course, I was unaware of what it was about. Thank Goodness! I probably would have labeled the heck out of it! This course has helped me discover me - source - creator, and for that I am grateful.

C.C.
The Avatar Course

My Personal Landscape

When I came to the course, I felt that there should be more about life. But that I just couldn't figure out why I kept on moving in circles, not feeling able to step aside. The tools I achieved in the Avatar Course give me the possibility to understand not only about life, (a lot of things I already 'knew' but is was so hard to experience), also about myself. It was like unfolding my personal landscape in front of me. Thank you so much!

T.B.
The Avatar Course

AN INNER KNOWLEDGE

In the beginning, I knew the Avatar course would somehow change my perspective on life; it was a kind of gut feeling, so I "decided" to come. No questions. What I didn't know was the degree of change I was about to experience. It was a confirmation to an inner knowledge I've always had but wasn't sure. Avatar unleashed my awareness, the sense of creation. It charged me with an energetic awakening, that feeling of connection, unity and preset. Being always present as I create, experience, and discreate as I will.

C.G.M.Y.
The Avatar Course

IT'S WHAT I CAME TO DO

Harry:

I am so grateful for your vision and tenacity to create a way thru to and beyond. I join the team aligned with creating an EPC; it's what I came to do! I am delighted to relinquish the ancient insatiable and relentless search for myself, the self that had resisted it's creations, pretending to know, NOT know, and remain in the endless state of my confusion. I've experienced a profound liberation from the shackles of my magnifying mind and have created a space for enjoying my quiet mind. I'm grateful to come home and be with my family. My Master, Holly Riley, is an amazing and loving person who gently encouraged me on. Thank you Harry and to all the Masters and Wizards who hold the space to create, unfold and explore and discover. With much gratitude and love.

D.S.
The Avatar Course

UNTIL NOW

As a long time participant/observer of the human potential movement I have experienced a variety of programs and techniques designed to produce enlightenment and/or altered states of consciousness. The best I can attest to from these experiences is a greater sense of calm on the one hand, and an increased sense of energy on the other. Even after throwing myself whole heartedly into the esoteric "mysteries", never once did I experience the "liberation" the spiritual masters through the ages taught was possible with disciplined practice. Until now.

The Avatar Course has given me that "liberation" felt when awareness is cleared of all the rubble of the mind.

Before Avatar I could only hope and pray that enlightenment would come with patience and due diligence. Avatar has given me the freedom to create the life I choose without dragging around the baggage of bogus beliefs I held so long. Thank you and all the Masters for a wonderful experience.

J.B.
The Avatar Course

FINALLY HERE

While going through one of the Section II exercises, I came to the realization that my whole life up to this point had been lived through opinions, labels, and filters.

Now that I've advanced a little further, I can truly see what it's like to be "me" and how wonderful life is when you view things "as is".

After all of the struggling, scratching, and clawing to find this place, I'm finally here.

The experience is beyond words.

K.D.
The Avatar Course

THE KEYS TO ACCOMPLISH

Thank you for this experience. This is what I've been looking for during the last 20 years. I knew it was all possible, but I didn't have the keys to accomplish this. Thank you for the keys – thank you for your 40 plus years of searching in the right places so all of us can have the keys.

I didn't understand that it was the garbage I carried around with me that made it impossible to get where I wanted to be. All the books in the world couldn't help me get HERE; only the help of loving people who have already achieved the beingness.

S.S.
The Avatar Course

I've Come Home

I have always known there was more. I was always aware that I had much to accomplish in this lifetime. And I searched for the path. I've followed many paths but never found my way. I was discouraged but I've never stopped looking. And now, I've found it.

I feel enormous and weightless. I feel powerful and confident with no sense of arrogance I feel comfortable. I feel I've come home.

J.H.
The Avatar Course

PIECE OF THE PUZZLE

When I came to Avatar, I was looking for a missing part of the puzzle. I wanted to understand why I was not happy. I have everything in my life and I couldn't feel happy. Something that I couldn't explain.

My friend inspired me to come to the course. I wanted to have that inner peace that she radiated.

I came to Avatar for the two days only (ReSurfacing Workshop) but I ended up taking all three sections and signed up for Masters.

This is the most profound experience that I have ever had. I'm so happy that I have with me the tools to ride the exciting trip of life and enjoy it to the fullest.

Thank you Harry, for the blessing you have passed to us.

M.N.
The Avatar Course

IT IS ALL POSSIBLE

Dear Harry,

I want to share my success with you. For the first time in twenty-one years I felt the deeply touching feeling of "it is all possible" again. After a half box of tissues, now I want you that, if I ever see you, I'm gonna kiss you.

J.G.
The Avatar Course

A BEAUTIFUL LIFE STARTS

Dear Harry,

With profound sincerity and love I thank you from the bottom of my heart. Many decades of searching have come to an end. Now a beautiful life starts. It always was beautiful – I just didn't believe it.

We always hear about one person making a difference and I now believe deeply that one person can. And we CAN have an Enlightened Planetary Civilization.

L.R.
The Avatar Course

PRICELESS

I have been searching for a long time and am grateful my search has lead me to Avatar. I have never met so many loving and caring people. What they have shared with me is priceless.

P.S.L.
The Avatar Course

BEYOND A PHENOMENON

This was beyond a phenomenon. I never expected that I could come to this point in this lifetime! It is incredible. I have experienced various lives, various psychological works, body works, and various beliefs so far, but I don't need any of these anymore. It had always been a dream for me to be as I am now, but it is no longer a dream. Today, one life ended and a new Avatar was born.

I am grateful from my heart to all the Masters, to myself, and to the many beings who guided me to be here. And, of course, to Harry!

M.H.
The Avatar Course

PURE AND CONTENT

This was amazing! I felt "stuck" in my life – both physically and professionally. This course cleared away all the "muck".

I feel cleansed, energized, clear, pure...content. The joy and peace is non-stop.

I can't wait to continue on this journey; it's what I've been searching for my entire life. Thank you, Harry, for your vision.

M.S.
The Avatar Course

EYE-OPENING

To really see that I created it all – everything – is the most eye-opening, liberating, joyful, empowering thing that could ever happen to anyone. The search is truly over! I'm me.

L.R.
The Avatar Course

SPIRITUAL FREEDOM

I feel calm as a lake after 9 days of difficulty. I tasted pure awareness just like a reborn baby, taking off things one-by-one that had been fixing my attention for a very long time.

My heart is now full of joy because I made the energetic leap into spiritual freedom which I have been longing for.

This was the most precious experience of my life.

S.H.K.
The Avatar Course

My Investment in Me

I've found what I've always been looking for!

The exercises are easy – as long as you make the stretch out of comfort zone and follow the instructions, you can't go wrong. They really work.

I'm more, much more than happy with my investment in ME and have booked Masters and am excited about Wizards and the world consciousness.

B.S.
The Avatar Course

BETTER THAN MEDICATION

I have now found what life feels like after being depressed for many years. This course is better than any medication. The planet needs Avatar.

O.S.
The Avatar Course

THE BEST STUFF

This is by far the best stuff I've ever learned.

Spiritual teachers I've seen have told me, "I am the creator", but Avatar made me actually experience "I am."

Everything I thought I was I found out I wasn't. I am much more than I could ever imagine. Thank you, Harry, for bringing this gem into being.

M.B.
The Avatar Course

SO MUCH MORE

I came to The Avatar Course thinking that I would find some answers to a few problems, then deal with them, set them aside and then move on. However, what happened was so much more.

I experienced and felt so much that I think I have lost my ability to think. What I feel now is huge.

I can now really get on with living and experiencing and feeling. There are no problems.

L.N.
The Avatar Course

WELL BEING

When you adopt the viewpoint that there is nothing that exists that is not part of you, that there is no one who exists who is not part of you, that any judgement you make is self-judgement, that any criticism you level is self-criticism, you will wisely extend to yourself an unconditional love that will be the light of the world.

Harry Palmer
author of the Avatar materials

PEACE INSIDE ME

It has created peace inside me. Generated calmness and relaxation. Released emotional charges and reduced stress level. Regained free attention. Improved will power and well being. Enhanced feeling of happiness. Feeling lighter and energetic. My consciousness evolved and clarity of mind improved.

A.A.K.
Resurfacing

A SENSE OF CLARITY

Great course for identifying all kinds of beliefs. I was able to defuse some situations both outside me and internally. I feel like I have cleared a lot of clutter along with picking up the tools to continuously keep a sense of clarity. It is great to have a new viewpoint on life, especially when it is one of mine that I can create.

J.K.
The Avatar Course

A WONDERFUL GIFT

The incredible freedom of movement and connection in my world is amazing. To be available to my feelings, to my heart is such a wonderful gift. To feel this wonderful, amazing freedom from my thinking is indescribable, I feel so expansive and connective and at one. Thank you! I now see thinking, thinking, thinking just puts my attention there, creating more and more of what I could not move thru feeling stuck. Thank you!

D.S.
The Avatar Course

I GOT IT

Harry:

With this Bi-Polar diagnosis branded on me about six years ago, my life became about dancing with this. I did recently re-invent a very creative re-definement as one of temperament instead of illness, and on and on. It served to allow me to feel better about myself - as long as I didn't slam into the outside world. Being here this week has clarified things to the point of ridiculous simplicity. I was diagnosed Bi-Polar. At this point, I just take the management meds and forge ahead. At some point, I'll question the criteria that diagnosis was made from. What I really want you to know is that last night it occurred to me - the couple times I've been in the hospital because of the bi-polar stuff - is clearly and absolutely attributable to one thing and one thing only - I was stuck in secondaries. That explains why, the first time I was in the hospital, no one had done anything "to" or "for" me, just admission. Yet, as soon as I was walked to my room and the man barely closed the door, before my bottom hit the bed, I got it, "sanity is a choice." What an insight and now, it seems my secondary popped!

This work you do is making sense of what has felt like moments of personal brilliance wondering at sea. I've always been ravishingly hungry for more and more and more. Now, now, my personal powers have focus; of where that comes from and how to keep me growing and the eternity of it all. Thank you, Harry, for you and for me.

T.B.
The Avatar Course

THERAPEUTIC BENEFIT

I sat thinking about the therapeutic benefit of this course, led me to thing about "How much this would have cost me if I were paying a therapist, lets figure it out."

Resurfacing cost $295, it is a two-day course, approximately sixteen hours. Average Therapist cost is $150 per hour. So $150 times sixteen hours is $2400. Savings is $2105. With the added bonus of focused one-on-one attention. Progress is not cut short by the tick tock of the therapist's clock. Very helpful. Thank you.

Sandra
ReSurfacing

MOVING FORWARD

Dear Harry and Avra:

Thank you for this opportunity to become more...I have felt that the last nine days have flowed like a well-practiced dance. The feeling has been light and instructive, an ebb and flow, laughter and tears, but always moving forward. I have learned so much about commitment, intention, inspiration, connection, teamwork, being primary, bottom line data, the value of integration and more lessons that I will realize later. It is a privilege to be here working on this team. I have had a wonderful experience and I would like to return. There is so much to learn. Much love to you both. Thank you for your kindness and connection, inspiration and guidance.

J.M.
The Avatar Course

A DIFFERENT PERSPECTIVE

It feels great!! Better feeling than ever! Feels like I am in control and can handle everything, in compassion with myself and the other. The course made me feel like I was in a different time zone, hard work, new insights and much more confidence about everything. I truly have a different perspective and made some new friends in the process!

K.D.
The Avatar Course

CHANGED FOREVER

It's the most refreshing, enlightening and freeing feeling to go through, the resistance barriers - even though I had created them in the first place. I am changed forever! Thank you!

B.N.
The Avatar Course

EMBRACING LIFE

I feel like I am in a better position to embrace life, my eyes are open, my heart is ready to give and receive, my thoughts and actions are tuned in to each other, and the benefits to this inner broadening of the mind are already being experienced.

L.W.
The Avatar Course

FENG SHUI

I would like to thank you for the profound experience I have encountered at The Avatar Course. It's very difficulty for me to verbalize it, because, yes, it truly is an experience.

I would like to share with you one of several moments that impacted me dramatically.

After two days of working on the exercises something very interesting happened. For the purpose of illustration, imagine the mind as a living room.

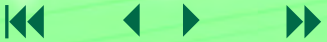
At the end of the day I returned to my table and my mind felt discombobulated as a result of major integrating. It was as if I returned to my living room and nothing was where I had left it. My couch was no longer where I left it. My TV had been moved. The recliner was now on the other side of the room. My coffee table wasn't even there anymore! What was going on?!!

Many aspects of my life had surfaced through this course and sprung forth an awareness that had not existed for me ever.

My living room looks so much better now; so much more room and Feng Shui. How about them apples?

Thanks for helping me assemble a better living space.

R.M.
The Avatar Course



SOARING

I've been up and down and up and down and then there's a point where the downs are okay and the ups SOAR.

Nicolette
The Avatar Course

TOTALLY HAPPY

I am totally happy. Now I am an Avatar and can hardly believe it. There are so many people to whom I am thankful. Without them it wouldn't have been possible to do it. It is really the greatest thing that could happen to me.

I would love to give this feeling which I feel right now to all of the people and all people should have the possibility to use this chance. I love the whole world!!!

M.L.K. (14 years old)
The Avatar Course

LIFE IS A GIFT

Before The Avatar Course Life was, for me, to struggle, to try to be, to try to get, obtain, deserve, to try to make to work hard first, to manage.

After the course, I feel life is a gift! I feel free. And the words happy and joy have come into my vocabulary. After 25 years, I have been able to make a change.

M.M.
The Avatar Course

MAGIC!

This was magic! Perhaps for the first time in my life I feel complete and free to live out all my creations.

This is what it means to be a human being.

Thank you for this wonderful process. The world needs it.

L.P.
The Avatar Course

I CAN DO ANYTHING

Whoa. I've just finished the course and I feel!

I am 17 years old and I realize I have my whole life ahead of me and I can do anything!

In nine days here I've reached a place I wasn't even sure existed.

I am happy to be me!

A.G.
The Avatar Course

REALIZE THESE TREASURES

My dream to awaken and discover my strength and my beauty, and to realize these treasures were just hidden within me, came true.

Thank you Harry.

I.M.M.
The Avatar Course

SENSE OF PURPOSE

What a journey this has been; from doubting I would be able to get here to exhilaration at having become an Avatar.

My slate has been wiped clean and I am now deliberately being my own creator. I have an amazing sense of purpose to my life and the desire to share this experience with all I come in contact with. The "me" I had created has been lovingly discreated and my future is full of endless possibilities. Nothing will stop me now, it is all up to me.

P.M.
The Avatar Course

FINISHED IT WITH JOY

I started this course with resistances and curiosity and finished it with joy.

As they say, graduation is just a beginning; Masters and The Wizard Course are waiting for me.

I am going to live my life more wholly with the tools I got from this course and help lead others who are tired of their lives to Avatar.

P.J.T.
The Avatar Course

PRECIOUS EXPERIENCE

When I came here at the beginning of the course I thought, "This makes me anxious" or "What is this for?" You see, I had that much resistance.

Through the various exercises and the materials, I was able to gain confidence and became comfortable with the idea that I could do this. At that moment an indescribable joy came over me. That was a very precious experience that I would never exchange for anything in the world.

The most valuable win was the achievement of my original goal, which was to decide my own path, my future, and I made it clearly.

Avatar is the best!

S.W.L.
The Avatar Course

AMAZED

I am amazed at the contrast of what I thought was real nine days ago and what I feel right now.

The Avatar Course has been an uplifting experience that has left me feeling the best I have ever felt. I actually feel excited about the future instead of wondering what might happen.

L.R.
The Avatar Course

A NEW START

I've always just wanted to be right all the time. I was so busy being right that I lost me attention to other things.

I couldn't love anyone, I couldn't be so compassionate.

But I realize it now. I feel like I can just be. I feel like I'm here for the first time. Phew!

I was holding my breath underwater and pretending it was okay the whole time. And all I had to do was to come out of the water!

Now I'm out. I'm looking around; feeling and seeing. I'm still just starting and there is that slight nervousness about a new start. But I know I will keep moving forward, working on creating a new reality and learning to help others from suffocating themselves.

J.Y.
The Avatar Course

A FOCUS ON THE FUTURE

I came to Avatar with one goal in mind: remove a couple of my limitations. I had always felt very balanced and with few worries in life and didn't really think I was going to gain much more.

What Avatar has given me is a peace of mind with a focus on the future that I know will take me beyond my wildest goals. I could never have imagined the feeling of euphoria I've now got to drive me day to day.

R.P.
The Avatar Course

I WANT MORE!

Wow, what an experience! A roller coaster ride into consciousness.

Happiness, laughter, tears, sadness, frustration; I found it all. And more. And I want more!

The biggest realization of all for me (and hugest success) was actually understanding and believing that *life is simple*. Thank you.

Some huge obstacles have been overcome and life now has clarity and hope. Thank you, thank you, thank you.

A.U.
The Avatar Course

CAN'T SIT STILL

So, it's my sixth day of going through this course and right now I am finding it hard to sit still. Empowered doesn't begin to describe how I feel. Uninhibited, enlightened...these don't even make a dent in the description of what I am experiencing, right now, at this moment, because I CREATED IT.

I came to this Avatar Course with what I thought was an open mind, but I now realize what open minded IS.

There have been times in these last few days when I thought to myself, "This is ridiculous! What am I doing here?" But today, I am SO glad I toughed it out. I can create my own reality!! My happiness, my sadness, my silliness, my seriousness; I feel so wonderful!

I will never feel sad again unless I choose to.I will never feel anything less than this phenomenal feeling I feel at this moment, unless I choose to. Who knew that I was doing all this to myself?

Avatar has shown me the power I've had all along and helped me choose my destiny.

I feel like I can't even sit still right now because I can't contain the freedom I feel. So, thank you, Mr. Palmer, for helping me to have the choice to work toward an EPC!

C.S. (age 16)
The Avatar Course

VERY COMPLETE

So, my nine days are completed. I have finished my first Avatar Course. Aside from feeling very accomplished, I feel SO much more well-equipped to handle anything that comes my way. I have learned so much in the last few days and I feel very complete. I'm more than "okay with myself". I feel like I can do anything I set my mind to. There were definitely some times that were tough, but I'm glad I stuck it out because every part of this course taught me something that I will use for the rest of my life.

C.S.
The Avatar Course

AMAZING!

Avatar is amazing! When I first started the course, I had some secondaries, such as, "Oh, I'm only 10 years old. I won't get that much out of it."

But once I started, all those secondaries went away.

I think all kids should at least know about Avatar. I am going to tell all my friends to at least do ReSurfacing!

M.S. (age 10)
The Avatar Course

TRUE TO MYSELF

The Avatar Course validated my belief that I control my own destiny. I had recently strayed from that belief, but now have regained my focus.

Avatar helped me refine my personal definition of self as a loving, caring, capable, communicative, joyous explorer of life. I create, I contribute, I am.

I now have the tools to be true to myself.

W.S.
The Avatar Course

YOUR NEXT STEP

THE AVATAR® COURSE PREPARATION CHECKLIST

For those who are ready to take the next step...

1. 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. If your local booksellers don't have *Living Deliberately* and *ReSurfacing* in stock, order it directly from Star's Edge International.

A free download of *Living Deliberately* is available online at:
http://theavatarcourse.com/en/eliving-deliberately.html

2. Receive *The Avatar Times*

Start your free subscription to *The Avatar Times* by visiting online at: **www.TheAvatarTimes.com** or you can contact Star's Edge International.

3. 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: **theavatarcourse.com/en/schedule-of-courses.html**
- To locate an Avatar Master near you, please visit the online Find a Local Master page at: **theavatarcourse.com/en/find-a-local-master**

continues

YOUR NEXT STEP *continued*

- Or look through the directory listing and ads in the *Avatar Journal*.
- Contact Star's Edge International.

4. 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.

Avatar teaches the use of proven navigational tools that can be used, in harmony with your own integrity, to pass safely across the uncharted turbulence of the mind into the region of the soul.

– Harry Palmer

For more information, please contact:

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Altamonte Springs, Florida 32714 USA

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e-mail: avatar@avatarhq.com
website: TheAvatarCourse.com