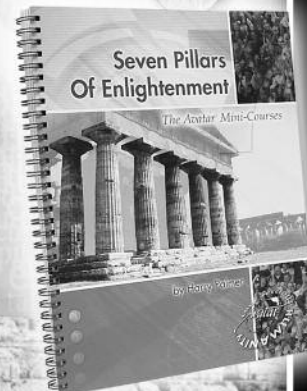




The Second Pillar Of Enlightenment

# Insight

## Belief Management



A mini-course from The Seven Pillars of Enlightenment by Harry Palmer

# AVATAR MINI-COURSES

The Avatar Mini-Courses are your opportunity to see and feel how empowering and easy the Avatar exercises really are. Take advantage of this chance to learn more about life and how you live it—experience a few of the Avatar exercises.

## The Value Of A Debrief

Debriefing is an alignment technique. It is an oral or written response to three questions: 1) What did you start out to do? 2) What did you actually do? 3) What actually happened?

The value of a debrief is that, in clarifying your intentions and actions and their results, you are not relying on someone else's evaluation of your performance (job, project, task, etc.) and will realize whether or not the exercise is complete, correctly done, or appropriate for what you are attempting to accomplish. If your intention in doing the exercise is to remove an emotional block and what actually happens is that you are still blocked, then the exercise is either incomplete or done incorrectly or inappropriate for what you are trying to accomplish.

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### Attention Educators:

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



### Mission Statement

The mission of Avatar in the world is to catalyze the integration of belief systems. When we perceive that the only difference between us is our beliefs and that beliefs can be created or discredited with ease, the right and wrong game will wind down, a co-create game will unfold, and world peace will ensue.

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The Second Pillar Of Enlightenment

# Insight

Belief Management



# Belief Management Checklist

## **OBJECTIVE:**

To explore and understand the relationship between your beliefs and your experiences.

## **EXPECTED RESULTS:**

Insights, restructuring of personal reality, an increase in personal responsibility.

## **INSTRUCTIONS:**

Complete the checklist below.

- 1 Read: Beliefs \_\_\_\_\_
- 2 Read: The Principle Dilemma of Existence: Part I \_\_\_\_\_
- 3 Read: The History of Belief Systems \_\_\_\_\_
- 4 Read: Operating Beliefs \_\_\_\_\_
- 5 Do Exercise 1: Your Belief Inventory \_\_\_\_\_
- 6 Do Exercise 2: Do You Know or Do You Only Believe? \_\_\_\_\_
- 7 Read: The Principle Dilemma of Existence: Part II \_\_\_\_\_
- 8 Read: Transparent Beliefs \_\_\_\_\_
- 9 Do Exercise 3: Transparent Beliefs \_\_\_\_\_
- 10 Read: Orders of Belief Systems \_\_\_\_\_
- 11 Mini-Course Debrief \_\_\_\_\_  
*On a separate piece of paper answer the following:*
  - a. What did you start out to do on this mini-course?
  - b. What did you actually do?
  - c. What actually happened?

*We invite you to e-mail your debrief to [avatar@avatarhq.com](mailto:avatar@avatarhq.com) or fax it to 407-788-1052 or mail it to Star's Edge International, 237 N Westmonte Dr, Altamonte Springs, FL 32714*

Mini-Course:

# Belief Management

*“What you observe AS affects what you perceive as true. What you operate AS affects what you can do. Inconsistencies in observation and abilities arise as a result of differences in AS...”*

Avatar Wizard Course lecture, 1991

Things that we say are true about one level of existence may not be true at another level of existence. Things that we view as true from one perspective may not be true from another perspective. Most disagreements and conflicts, particularly in religion, philosophy, and psychology, are due not so much to what is viewed as to a mismatch of viewing levels or perspectives.

Practices and procedures that transform lives at one level of existence may be unworkable or have no effect at another level of existence.

Knowing the frame of reference of the observer is essential to evaluating the truth of an observation. Drunks sometimes do see pink rabbits!

Since the belief management procedures of Avatar directly address the consciousness that uses them, they are self-adapting to the level of existence being experienced by the person.

Organizing what we determine existence to be into specific categories, or levels, can be easily done. We can define and categorize existence by the impact or certainty with which we perceive it, by the agreement or desire expressed by other points of view, or by the system or method by which it is perceived. We can talk about personal realities, sensory realities, or conceptual realities, about similarities and differences, but in the final analysis, whenever we talk about any level of existence, we will be talking about the result of our beliefs.

Beliefs are the colored lenses that filter out from all-that-is what we wish to experience.

This mini-course will explore the relationship between your beliefs and your experiences.

## Beliefs

Beliefs can be very powerful. Beliefs have a greater effect on a person's success, or failure, than any technique or opportunity. Beliefs determine how one will experience life. They can be assistive or they can be impeding.

Beliefs, which can be self-examined and self-determinedly modified, can be useful tools for healing, achievement, motivation and discovery. But invisible or indoctrinated beliefs, which dominate consciousness and stand as unquestionably true, are the root causes of individual suffering. They can be severely limiting or even self-sabotaging.

*...invisible or indoctrinated beliefs, which dominate consciousness and stand as unquestionably true, are the root causes of individual suffering. They can be severely limiting or even self-sabotaging.*

Can people learn to manage their beliefs? And will managing their beliefs have any effect on their reality? The answer to both questions is a profound yes!

The next question is how difficult is it to manage beliefs? Now you must take into account the person's self-awareness, their sanity, their willingness or motivation to change, as well as the methodology they employ. Not everyone is capable of self-examination. Not everyone is sane. Also, some doctrines of belief are recursively designed to protect themselves from inspection, or to punish anyone who questions or changes them. And finally, some methodologies are merely rituals to substitute new beliefs for old without raising the self-determinism of the individual. All of these are difficulties that an effective belief-management technology must allow for.

In this mini-course, you will learn about the power of beliefs and the role they play in your life. You will also learn to recognize beliefs in yourself and others, and finally, you will be introduced to a well-tested methodology (Avatar) that provides effective tools for identifying, evaluating, and **if you choose**, changing the beliefs that shape your life.

## *The Principle Dilemma of Existence: Part I*

From a 1996 *Perspective* Interview

**Perspective:** I suspect the question you are asked most often is: What is Avatar? So, what is Avatar?

**Harry:** Avatar is about every reality that is, was, or will be. I know that's not very descriptive, but it is the truest statement I can make. Avatar deals with creation, which I define as anything that has definition or limits in space, time, or awareness. That covers the universe and everything in it.

Since most people are not really ready to engage Avatar at such an all-encompassing level, I usually talk about beliefs. People have an instinctive recognition that what they believe has a consequence in their lives. The principle dilemma of existence is what to believe. That's the philosophic abyss that confronts everyone. That's the abyss called, "I don't

*There are thousands of rickety belief bridges across the abyss, and each one leads to a slightly different experience.*



know." It's dangerous not to know. At the edge of this abyss are the shops of the belief peddlers. Some shops are lavish and hallowed with histories. Some are Volkswagen buses driven by cult recruiters. Everybody is selling a belief program and a one-way ticket to the land of truth on the other side of the I-don't-know abyss. There are thousands of rickety belief bridges across the abyss, and each one leads to a slightly different experience.

What is different about Avatar is that the belief program is blank, the bridge is rock solid, and the ticket is round trip!

**Perspective:** It sounds like taking a belief out for a test drive.

**Harry:** That's good, and there's no fuss about returning it.

People pretty much experience what they believe—even though sometimes they don't believe they believe it.

The difficulty for some is in distinguishing between what they believe and what they pretend to believe. They are not always the same.

**Perspective:** Are you saying that we don't always know what we believe or experience what we say we believe?

**Harry:** That's right. And that is the flaw in positive thinking. You can stick signs on every mirror in the house saying, "I'm happy to be me," and chant it for a half hour before every meal and still not experience it. The reason it won't take you across the I-don't-know-abyss into a real experience is because you are already across experiencing something else. Maybe you came on the ticket, "Nothing really makes me happy." That is the real belief that is underlying and motivating all of the positive assertions.

*The principle obstacles that stand between modular civilizations, as they currently exist, and the enlightened planetary civilization that they must eventually integrate into, are unexamined beliefs.*

## The History of Belief Systems

From the book *Living Deliberately*

The history of civilization is the story of the beliefs originated or adopted by influential individuals. Every political movement, every religion, every philosophy has its beginning in the confident expression of a single belief.

This initial belief is probably put forth as a spontaneous comment. The more attention attracted by it, the more often it is repeated. *Stay away from the tiger or it might try to eat you.*

When the belief is repeated, it spreads and acquires the status of knowledge. As knowledge, it can be used to support further beliefs. *It's not safe in the jungle. Why? The tiger lives there.*

Thus belief systems—bodies of knowledge—arise.

Belief systems appear to be a natural evolutionary process, but do they arise from a situation needing a solution or do they create a situation that needs a solution? Is the jungle dangerous because of the tiger or because of the beliefs about tigers? Do the expectations placed upon the tiger communicate a nonverbal suggestion to the tiger as to how he should behave? Is there a behind-the-scenes communication among creatures that choreographs their interactions in accord with some resolution of expectations created by their beliefs?

Unfortunately, before the general population had a chance to ask these questions, someone discovered that belief systems were valuable.

*Belief systems appear to be a natural evolutionary process, but do they arise from a situation needing a solution or do they create a situation that needs a solution?*

As long as people could be made to feel a need for them, they could be traded for food, shelter, or safety. How-To-Deal-With-Tigers (or something analogous to tigers, e.g., snakes, hunger, depression, death, etc.) was a valuable belief system as long as the tiger could be relied upon to fulfill the role of dangerous predator. *Adopting policies of shoot-on-sight helped to eliminate the tame tigers who weren't fulfilling their role.*

Over time, certain individuals, families, tribes, and finally even governmental organizations developed a strong vested interest in extolling certain belief systems. In many cases the belief system became the basis of the group's economic survival. The sale of belief systems (or the social status obtained from the gift of belief systems) became the founding purpose for great organizations. Proselytizing religions were born. Taxation of the unorganized by the organized appeared. Architecture, art, and science evolved in service to the faithful believers.

To ensure that one's organization would survive and prosper, carefully managed balances between "the tigers" and "the solutions to tigers" had to be maintained. Solutions that were too effective required the creation of more challenging, and thus more profitable, problems. New beliefs resulting in diseases, famines, and deadly human enemies superseded our fear of the tiger.

The belief wars began. When one group saw the power and influence conveyed to them by their special belief systems eroded by the introduction of competing belief systems, their young men were painfully indoctrinated with the group's beliefs and formed into armies. Any detailed study of history will reveal an initial struggle between beliefs (an argument!) as the fundamental factor for conflicts on this planet.

Wars seldom addressed whose beliefs would create the best experiences, but were more a contest to determine whose beliefs (like offspring) would survive. In the end, the rightness of a belief was determined by the fierceness of its believers.

The irony of war was that entire civilizations fought to preserve belief systems that resulted in self-oppression and wrought greater self-destruction than even the deadliest weapons of their enemies. Fascism appeared.

Beliefs were enthroned. Compulsory schooling forcefully indoctrinated entire generations with beliefs. Beliefs grew in importance until they were more valuable than life. Any member who would not fight and risk dying for his group's belief was considered a coward.

There was no equal in inhumanity to the battle fought in the name of the "true belief." No quarter was possible when people fought for a sacred belief. No mercy was shown by or expected from the man who was convinced that his family's honor, his country's honor, and perhaps his own soul's salvation was dependent upon the destruction of his "wrongly believing" enemy. The more blood that was spilled asserting a belief, the more sacred and infectious it became for successive generations.

More than once, beliefs about country, about God, and about economic needs have provided the justifications for world wars that have left the civilizations of the victor, as well as of the vanquished, in ashes.

Tolerance may be among the most important lessons ever taught.



## Operating Beliefs

From the *ReSurfacing* workbook

Consider the question: Are your beliefs shaped by your experiences, or are your experiences shaped by what you believe?

If you consider those beliefs that arise as a result of your experience with the universe, e.g., because of so-and-so you believe, then you are talking about survival instincts. You are talking about your ability to adapt to the way things are. This is defensive living and a very low order of employment of consciousness.

The penalty for accepting the viewpoint that your experience with the world is the source of all your beliefs is that you become a tooth-and-claw creature, over-burdened with past limitations, and surrounded by challenges to your survival: a dog-eat-dog world.

So there you are, scurrying around trying to decide which consequences are going to kill you and what you might do to survive a while longer. Then without warning, some Bodhisattva, an Avatar, walks through your life and reshapes reality by such pure acts of deliberate belief that somewhere deep inside it all, in a place behind who you thought you were, a new "I" awakens.

Things look different from this place, clearer, less threatening. The attitude changes from suffering survivor to interested explorer. You start to make connections; you see patterns.

Are your experiences affected by what you believe?

At first people are suspicious of such a question. It seems too easy. Then curiosity causes them to look a little closer. Yes, believing certain things creates standards against which they evaluate experience. They believe in certain moral values. This is good and that is bad. And yes, sometimes moral values change, and it is possible that you might enjoy some things that you don't enjoy now.

It does seem that how you experience the universe may have as much to do with what you believe, how you interpret, as it has to do with what is actually happening.



Are your experiences affected by what you believe?

## EXERCISE 1: YOUR BELIEF INVENTORY

**Objective:** To determine if the beliefs you hold are helpful or harmful.

**Expected Results:** Insights, deliberate restructuring of personal reality.

**Instructions:**

List three things you believe about yourself.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List three things you believe about relationships.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List three things you believe about money.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



List three things you believe about governments.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List three things you believe about work.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List three things you believe about your ability.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List three things you believe about your health.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List three things you believe about your family.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List three things you believe about the future.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*After each belief you wrote, note whether you experience the belief as helpful (H) or impeding (I).*



What beliefs do you have filed away?



## EXERCISE 2: DO YOU KNOW OR DO YOU ONLY BELIEVE?

How much a belief affects the reality that you experience is determined by the measure of certainty with which it is held. Knowing implies that doubts have been overcome.

**Objective:** To demonstrate the variable power of a belief.

**Expected Result:** A palpable experience of changing certainty.

**Instruction One:** Shift your certainty in stages from believing to knowing as you speak the following phrases:

God is real.  
 Man should be free.  
 I am attractive.  
 I can improve.  
 I decide.

**Instruction Two:** Shift your certainty in stages from knowing to believing as you speak the following phrases:

God is real.  
 Man should be free.  
 I am attractive.  
 I can improve.  
 I decide.

**Instruction Three:** Review the statements you wrote down in Exercise 1 and decide on a scale of certainty from 1 (doubt) to 10 (know) where they fall.



### *The Principle Dilemma of Existence: Part II*

**Perspective:** So how do I discover what I really believe? What ticket did I purchase at the belief bazaar?

**Harry:** The easiest way is to work backward from what you're experiencing. If you are experiencing unhappiness, you can be pretty certain that your leap of faith across the abyss was on a belief that you were going to be unhappy.

When you find your real belief, you can use the Avatar techniques to change it. When you do, what you are experiencing will change. Until you find the real belief, you believe over, and what you are experiencing is only superficially affected.

**Perspective:** That's a good point. I have seen a lot of people do a workshop or a seminar and add a new coat of belief to their lives. It doesn't really affect the way they feel for very long.

That brings me to another question. What is the difference between belief and truth?

**Harry:** Sometimes the border between belief and truth is a little hazy, particularly when we are dealing with qualities that are not purely physical.

There is usually some agreement in regard to empirical events. For instance, a tree falls. No question in anyone's mind. The tree was standing and now it's toppled over. We can measure where it fell, how strong the trunk wood was, how old it was, etc. No one has to take any of this on belief. You can go and kick the tree. It's a certain truth; the tree has fallen.

But now ask, "Why did the tree fall?" Now what to believe confronts us.

It was old and rotten. The wind blew it over. It was an act of God. It was a sign. That type of tree is always toppling over. It was a malicious spirit. It was pollution in the air. It was a thinning of the ozone layer. It was an earth tremor. These are all beliefs. Of course, once you believe one you will find the evidence. The wind was blowing at 36.5 miles per hour and created a load factor that exceeded the strength of the tree.

And someone says, "Oh, sure, and why didn't every tree fall? Why did the wind reach 36.5 miles per hour?"

Solar temperatures caused an atmospheric imbalance between the ocean and the land.

And you say, "Okay, and why did that happen?"

If you happen to feel a little perverse, just keep pushing for a more fundamental why, and eventually you will reach our I-don't-know abyss.

It is at this *I don't know* that the whole concatenation of beliefs begins as to why the tree toppled over. As long as we make the concatenation so long that no one runs off into the abyss, we have a "scientific" explanation for why trees topple over.

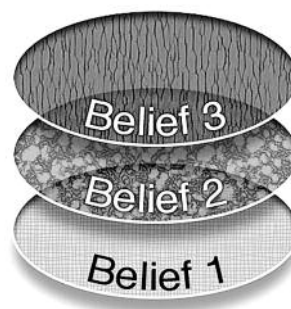
**Perspective:** So why did the tree topple over?

**Harry:** Honest answer? I don't know. But you see, not knowing is dangerous. Fear arises. Fear motivates maybe-explanations. So let's say I pushed the tree over so I could make a point. I did it deliberately.

**Perspective:** And the point?

**Harry:** The point is that around this singular event of a tree falling over, a whole belief-generated reality can develop—a reality with winds, and stress factors, and solar thermals, etc. When enough people accept these beliefs, we'll have someone selling us tree braces.

Of course, there are equally plausible alternate explanations, for instance, soil moisture and root rot.



*Until you find the real belief, you believe over, and what you are experiencing is only superficially affected.*

The interesting thing is that the people experiencing the soil moisture/root rot reality can easily see that the reality of the wind/stress factor people is a belief system. They're not always so discerning about their own reality.

Down deep inside of us is this sad little guy who clearly sees that everybody else's reality is based on belief. He's trapped in his own belief about truth. He's backing away from the abyss and explaining as fast as he can. When he permits himself to see his own beliefs as beliefs, he will discover real wisdom.

**Perspective:** That is an insightful metaphor. I guess my next question is why would I want—to use your word—to discreate my beliefs?

**Harry:** You don't have to. It's not the intention of Avatar to destroy your reality or change what you believe. Avatar is only about making the connection between your beliefs and experiences. Avatar's message to people is that they can be source of their reality. They may conclude their association with one reality and move on to another. We are seldom, if ever, locked into a reality that we can't change simply by deciding to change our beliefs.

**Perspective:** So in Avatar it's up to the person to decide whether or not to change?

**Harry:** Absolutely. The only reason we choose to change is because as we grow more experienced, there is a desire for our realities to become more reflective of our new wisdom.

You don't have to complete every problem in an arithmetic book before you move on to algebra. There comes a point when you get it. These numbers and these functions produce these results. Got it! Time to move on.

**Perspective:** And arithmetic is a belief system?

**Harry:** Yes. And so is algebra. So is every reality when viewed externally. But that doesn't mean you can't submerge yourself in a reality and learn the foundational beliefs and play the reality to your heart's delight.

Just don't get so stuck that for the rest of your life all you do are arithmetic problems.

**Perspective:** I can't help thinking of the expression "one-trick pony."

**Harry:** Exactly! The purpose of using Avatar is so that your life doesn't turn into a one-trick-pony life.

**Perspective:** I think we all can relate to the idea that at some point we've learned what we need to know from certain problems and events in our lives, and there comes a time to move on. Why Avatar?

**Harry:** Are you asking me to create a belief system? Okay. Let's believe that creating and experiencing reality is only one of many potentials possessed by life. And let's believe that when we conclude our exploration of these realities, we awaken to new potentials.

**Perspective:** That sounds like a truth to me.

**Harry:** Good. Then we can let it serve as truth until we are satisfied that we have learned what we need to know and are ready to go on. When we reach that point, Avatar will reappear.

**Perspective:** That's interesting. Are you suggesting that the reason for Avatar's appearance at this time is because a lot of us are ready to move on?

*From the inside, every reality appears to be infinite, every belief to be the truth.*

**Harry:** Yes. I think a lot of people are ready to assume responsibility for their own, as well as for civilization's, deliberate evolution. As life evolves it becomes more integrative, and beliefs are less defined. The opposite direction, where life becomes more separate, beliefs become more solid and defined, is decay. Evolution and decay should not be confused.

**Perspective:** Something else occurred to me while we were talking, maybe it's just a belief. I mean of course it's a belief. How do we go on talking? It's all belief, right? I just got that!

**Harry:** No problem. Let's just entertain each other and believe we're discovering truth.

**Perspective:** Okay, I'm willing to believe that—I'll deliberately believe that! Oh, I just understood the title of your book! Anyway, where was I? Oh, what occurs to me is that the beliefs that are supported by the body's senses are more solid and real but then seem to fade in certainty toward the edges of our sensory envelope. Is that right? Are we pushing the envelope of our own reality?

**Harry:** That is a good way to look at a reality.

There is an old story about a farmer who places a budding pumpkin in a jug. As the pumpkin grows, it fills the jug and can't grow any larger. The jug is the belief limit of what we can experience. When the jug is broken our reality expands.

**Perspective:** Okay, then I've got another question. If your reality just keeps growing, how do you ever get out of it to create a new reality? How do you get back across the abyss? Aren't you just adding to and changing the reality every time you break the belief jug?

**Harry:** You are right. There really isn't an exit out there at the limit of a reality-bubble. From the inside, every reality appears to be infinite, every belief appears to be the truth. The return ticket in this infinite belief-to-reality is located exactly right where you are, and it is validated by fully experiencing yourself as source of the creation. Now, I'm not talking about blame. I'm talking about power and ability. As source of the belief-to-reality, you can turn it on and off. When it's on, it's infinite. When it's off, you're enlightened. Thinking, figuring, and believing are tools for exploring within a reality. They won't turn it off. Only experiencing a belief-to-reality fully will turn it off.

**Perspective:** Is it really possible to experience a reality fully?

**Harry:** Yes it is, but it is an ability that needs to be understood and developed. Many people have experiencing confused with explaining. Some people mistake experiencing for thinking or remembering. Everything gets categorized rather than experienced. Some people have experiencing confused with believing or imagining, some with suffering—experiencing is a very misunderstood concept.

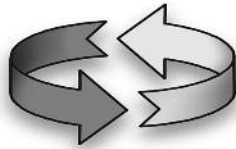
**Perspective:** How would you explain experiencing?

**Harry:** It's actually a more fundamental phenomenon than language or understanding. It has more to do with being present and feeling than with intellectual understanding.



## Transparent Beliefs

The first impression you have of a transparent belief is that it is unquestionably true. That's just the way life is. That's the way I am. Here's the proof! But then something funny happens. You discover that the proof for holding the belief is actually produced by the belief itself. A pattern begins to unfold.



Personal reality reflects what you really believe. This may not always be the same as what you think you believe.

When a belief is transparent, you are operating through it without noticing it. Transparent beliefs are seldom helpful and, in fact, can be fatally debilitating. Most were adopted in a moment when you were something less than rational, and they are self-sabotaging.

Transparent beliefs are discovered by tricking yourself into expressing them, and then stepping back and looking at what you just said. Transparent beliefs are often hidden by a desire to be right, so finding them requires a degree of vulnerability.



### EXERCISE 3: TRANSPARENT BELIEFS

**Objective:** To discover transparent beliefs.

**Expected Results:** Insights, personal transformation.

#### Instructions

Discovering transparent beliefs is done with a companion or as a team effort. The exercise may be repeated many times.

**Step 1:** The guide or group leader asks, "What would you like to change?" until a situation is revealed.

**Step 2:** Once the situation has been pinpointed, the guide or group leader goes after:

- the beliefs that are creating the situation
- the experiences that are reinforcing the beliefs, i.e., creating certainty in the beliefs

by asking:

- (a) What belief might someone have in order to experience (situation)?
- (b) How do you prove that belief is true?
- (c) What other belief might someone have in order to experience (situation)?
- (d) How do you prove that belief is true?

*(c) and (d) are alternately addressed until the student has a realization.*



## Orders of Belief Systems

### TYPE ONE BELIEF SYSTEMS

Type One belief systems depend upon an emotional appeal to fear, sympathy, distrust, or hatred. “You’d better believe, or else.” Allegiance to Type One belief systems is generally maintained by the introduction of some form of the following two beliefs:

*It is a lack of faith or honor if you doubt the truth of your own belief system. If another questions your beliefs, it is a hostile act motivated by evil.*

Type One belief systems intentionally cripple the abilities of believers to observe, discern, or reason. Members who have doubts are required to make amends by self-damaging acts of contrition or sacrifice.

All but the most emotionally dependent eventually develop an unresponsiveness to the manipulative fear and emotional appeal of Type One systems. Most drift away, often with shame and regret for their former conduct and their own gullibility.

### TYPE TWO BELIEF SYSTEMS

Type Two belief systems gain support by appealing to the needs and insecurities of people. They are the tiger cures or belief solutions talked about earlier. Here one finds the logic behind the social customs of a people, the common knowledge that passes without question, the broad collective agreements of what is true. Type Two systems often contain stoic beliefs about the inevitability of suffering.

Type Two systems are usually transparent (invisible) to their adherents. The beliefs upon which they rest are seldom questioned. The agreements of the members form an invisible doctrine, possibly even telepathic in nature, which is experienced as fact. Those who do question the agreements are more likely to be socially outcast or considered insane, rather than scholarly or hostile.

It is common, at least in the last century, for the offspring of those who hold Type Two belief systems to assert their independence by rebelling against their parents’ common sense beliefs. Unfortunately, this often makes them emotionally susceptible to zealous cults promoting Type One belief systems.

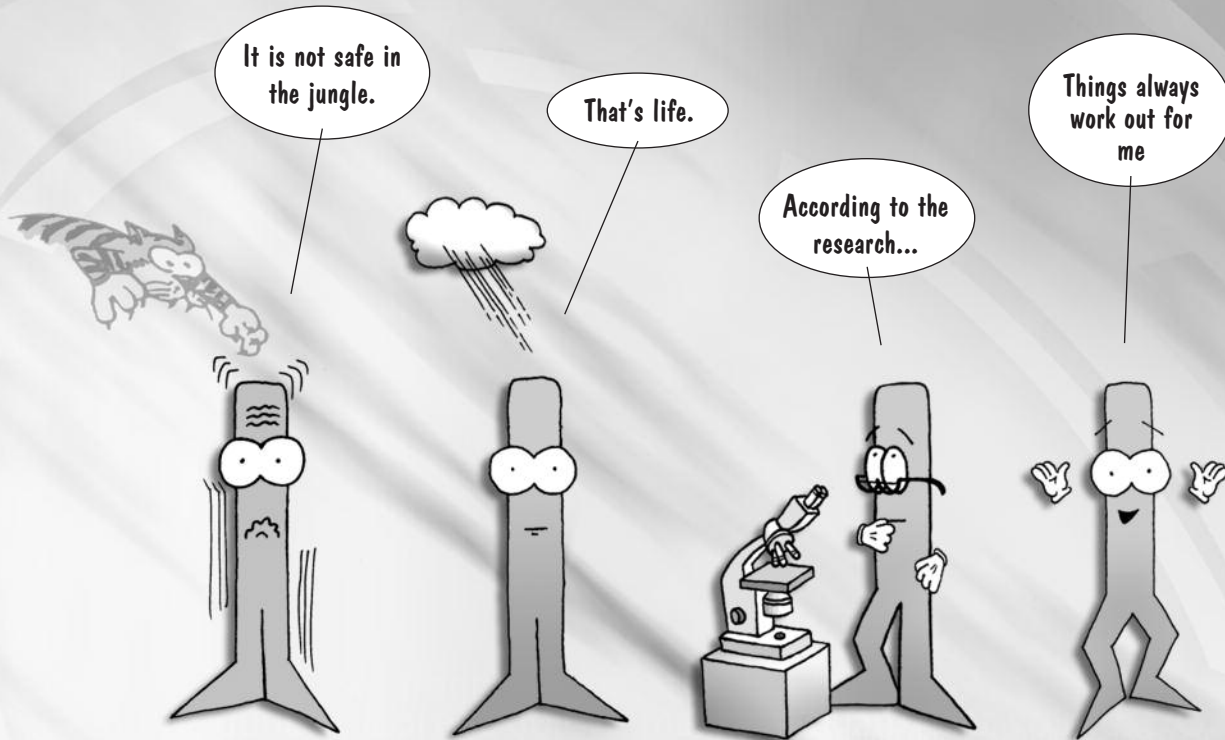
### TYPE THREE BELIEF SYSTEMS

Type Three belief systems depend upon factual evidence. The believers of Type Three systems generally object to the notion that they are involved with a belief system and prefer to call their belief systems sciences, technologies, or bodies of hard objective fact.

Type Three adherents are frequently addicted to thinking and/or arguing. In order to even consider a viewpoint outside of their particular paradigm, many of them require an environment where judgments are suspended, and a strenuous discipline is enforced to still mental processes.

## Orders of Belief Systems

INSIGHT



It is not safe in the jungle.

That's life.

According to the research...

Things always work out for me

### TYPE ONE

Depend upon an emotional appeal to fear, sympathy, distrust, or hatred. Intentionally cripple the abilities of believers to observe, discern, or reason.

### TYPE TWO

Gain support by appealing to the needs and insecurities of people. Often contain stoic beliefs about the inevitability of suffering. Usually transparent (invisible) to their adherents.

### TYPE THREE

Depend upon factual evidence. Type Three adherents are frequently addicted to thinking and/or arguing.

### TYPE FOUR

Contain intentionally created beliefs. Type Four belief systems establish the rules and playing fields for the other types. Type Four belief systems are usually temporary and changeable.



The more able Type Three adherents, who provided the models for aspiring students seeking to escape Type One and Type Two structures, are extremely persuasive and can quote many facts to support the truth of their “objective” belief systems. Type Three believers argue the truth of their beliefs by a heavy reliance on sensory impact (particularly pain), evidence from the past, and logical assumptions.

Their truth, upon examination, is never more than a conviction that certain factors have a greater predictable repeatability than certain other factors. Their basic assumption is that consistent behaviors, whether of people or materials, demonstrate some truth.

Occasionally a Type Three believer experiences a remission of his or her insistence of rightness and, from a new perspective, begins to see that certain facts are really nothing more than the foundational beliefs of a single reality sphere floating in all possibility. It is a moment in which they truly understand paradigms.

This frequently happens to individuals who take The Avatar Course.

## TYPE FOUR BELIEF SYSTEMS

Type Four belief systems contain intentionally created beliefs. They are created so that their creators can acquire experiences, new perspectives, and ultimately reassure themselves of their own unlimited source. This is the belief system of gods. Avatar is a Type Four belief system.

Type One, Type Two, and Type Three belief systems are various degrees of unawareness of the existence of Type Four belief systems. Type Four belief systems establish the rules and playing fields for the other types.

Type Four belief systems are usually temporary and changeable as there is no hard reality that they pretend to reflect. The Avatar materials contain instructions and tools that one can use to deliberately create, manage, and enjoyably experience the many variations of Type Four beliefs.

The adherents of Type Four systems look upon their beliefs, as well as those of others, as the blueprints for experiential reality. Type Four believers employ beliefs to knowingly create in the medium of experience. They believe for the purpose of experiencing. They tend to be appreciative and respectful of different belief systems, but will seldom defend any. They frequently change their beliefs to explore new possibilities and new facets of experience.

What experience would you like to explore?

*Type One, Type Two, and Type Three belief systems are various degrees of unawareness of the existence of Type Four belief systems. Type Four belief systems establish the rules and playing fields for the other types.*



Creating a Type Four belief system.

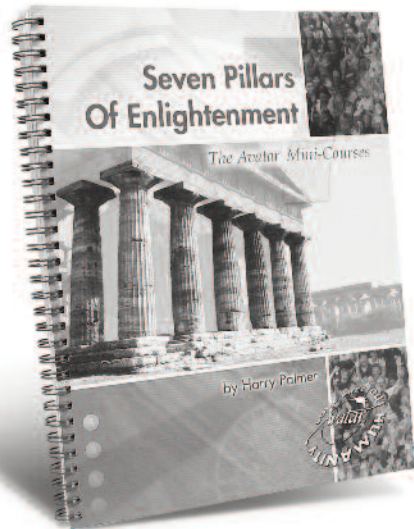
# THE NEXT STEP

When you are ready to explore the deeper workings of your own consciousness and become familiar with the creation that you regard as self...

## EXPLORE THE OTHER SIX PILLARS

### THE AVATAR MINI-COURSES

This book is the home study manual containing seven Avatar mini-courses. These mini-courses are your opportunity to see and feel how empowering and easy the Avatar exercises really are. Take advantage of this chance to learn more about life and how you live it — experience some Avatar exercises for yourself.



The mini-courses available in the Seven Pillars of Enlightenment manual explore the principle facets of enlightenment:

1. Awareness (Basic Attention Management)
2. Insight (Belief Management)
3. Determination (Basic Will Course)
4. Perspective (Creating Definition)
5. Compassion (The Forgiveness Option)
6. Integrity (Personal Integrity Course)
7. Alignment (Basic Life Alignment)

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

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

*tel:* 407-788-3090 or 800-589-3767

*fax:* 407-788-1052

*e-mail:* [avatar@avatarhq.com](mailto:avatar@avatarhq.com)

*website:* [www.AvatarEPC.com](http://www.AvatarEPC.com)

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



## **WHO IS HARRY PALMER?**

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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.



# Avatar®



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