

Would you like to increase your personal understanding of life?

10 actions you can do today to start taking back your life

specialized applications of The Avatar Course procedures
for non-Avatar graduates

The most important
lessons you can learn are
already contained in your
own consciousness.



1

Talk a walk,
notice something,
and decide how
you would
describe it.

Time:
10+ min

Expected result:
Calming, increase in energy.



2

**Concentrate all
your attention on
a single object for
a period of 2
minutes.**

**Time:
2 min**

**Expected result:
More focused, relaxed.**



3

Choose an automatic gesture you make and repeat it deliberately until it comes off automatic.

**Time:
5+ min**

**Expected result:
Insights, self-control.**



4

Pick a frequent worry and outline the sequence of thoughts that lead up to that worry.

Deliberately think the thoughts in sequence until the worry fades.

Time:
5+ min

Expected result:
Recovered energy.



5

Deliberately smile
until
you feel happy.

Time:
2+ min

Expected result:
Sense of wellbeing



6

**Make a list of all
the incomplete
projects you have.**

Prioritize the list.

**Time:
20+ min**

**Expected result:
Recovery of attention**



7

**Take a walk and
count forms until
colors appear
brighter.**

**Time:
20+ min**

**Expected result:
Extroversion, sense of being alive**



8

Climb one or more flights of stairs and before each step whisper something you are grateful for.

Time:
20+ min

Expected result:
Sense of grace



9

**Deliberately do a
good deed for
someone without
being found out.**

**Time:
20+ min**

**Expected result:
Increased sense of self respect**



10

Breathing in, notice something far away. Breathing out, notice something close.

Repeat at least ten times.

Time:
5+ min

Expected result:
Recovery of perspective



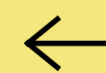
Create your own guided exploration

- 1 Choose a situation that applies to you
- 2 Follow the guide and use the links to the 10 Actions on the previous pages



For a busy mind

Action 1



Action 2



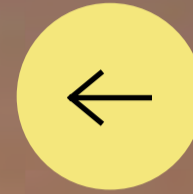
12+ min

If you're feeling worried

Action 4



Action 5



7+ min



If you're feeling overwhelmed

Action 2



Action 6



32+ min

To feel uplifted

Action 8



30+ min



To strengthen self respect

Action 9



30+ min

"I am so amazed! This is all so simple, yet so profound. I have discredited beliefs and issues in my life that have plagued me for years. I love creating my life the way I choose."

-P.S., United States



The Avatar Course is a powerful and extremely effective course based on the simple truth that your beliefs will cause you to create or attract situations and events that you experience as your life.

Over 100,000 graduates worldwide use the Avatar tools to create the life they desire. It is taught in 153 countries.

Avatar is composed of 3 sections

The goal of the 3-section course is to guide you in an exploration of your own belief systems and to equip you with tools to modify those things that you wish to change. The Avatar Course opens a window into the inner workings of your own consciousness.

The abilities and skills you develop on the Avatar Course will help you restructure your life. These changes are always self-determined.



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

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

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

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

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

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

Then Avatar is for you.

Register for courses or learn more

theavatarcourse.com