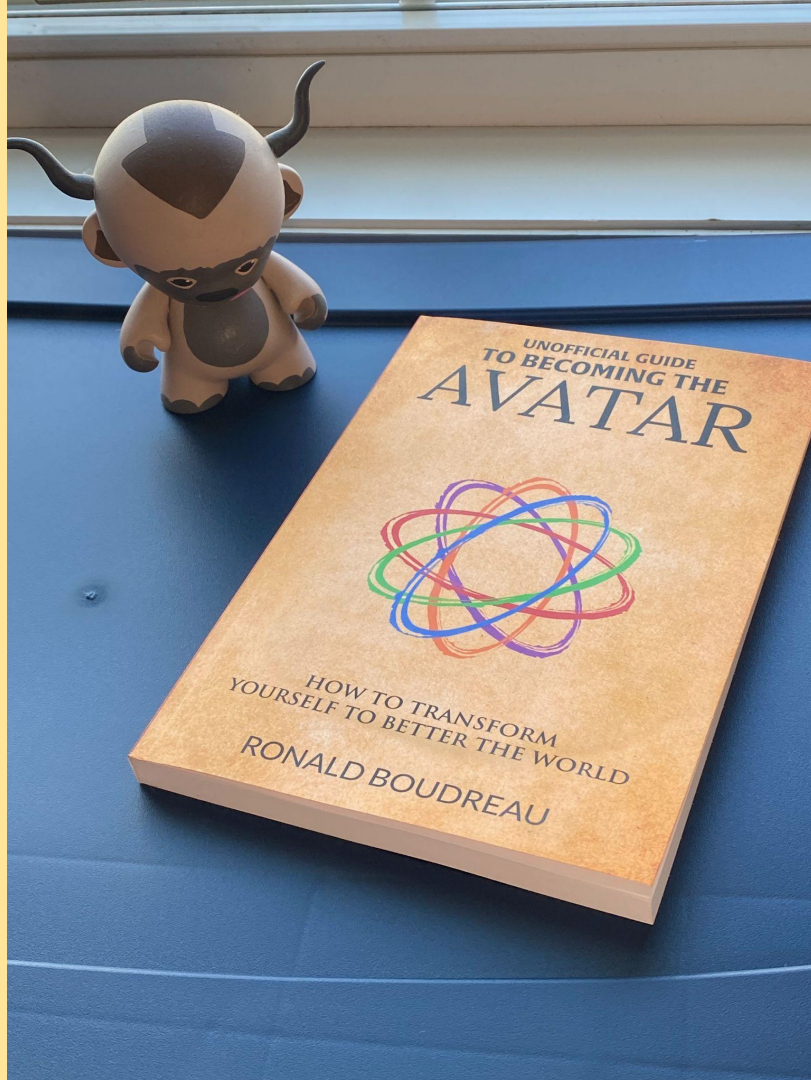


How to Become The Avatar





UNOFFICIAL GUIDE
TO BECOMING THE
AVATAR



HOW TO TRANSFORM
YOURSELF TO BETTER THE WORLD

RONALD BOUDREAU

What kind of bender are you?



1. You are on vacation in a new place, what is the first thing you do?

- A. Go for a walk to see what there all is.
- B. Go find a place to relax such as a poolside or a spa.
- C. Set up the hotel room and plan out the rest of the stay.
- D. Drop off the stuff and go straight to the first attraction.

2. A close friend is going through a breakup, what do you do?

- A. Give them space.
- B. Bring them ice cream and anything else to help cheer them up.
- C. Help them get back out there.
- D. Remind them how worthy of love they are.

3. You're job hunting, what are you looking for most in one?

- A. One with a flexible schedule.
- B. One where I can help people.
- C. One with good job security.
- D. One that is fast paced.





4. At a party, what are you most likely doing?
- A. Sitting off to the side petting a dog.
 - B. Helping the host with refreshments.
 - C. Socializing with others.
 - D. The first one dancing.
5. Someone is telling you a story, you are?
- A. Silently and intently listening.
 - B. Asking questions to understand it better.
 - C. Repeat what they say to confirm you heard it right.
 - D. Start telling them a similar story that happened to you.
6. In the morning, which of the four activities are you most likely to do?
- A. Enjoy a cup of coffee alone
 - B. Cook breakfast for the whole house.
 - C. Check the weather for the day.
 - D. Exercise.

7. You need to make a big decision, what do you do?

- A. Look at all options before choosing one.
- B. Go to others for advice.
- C. Make a pros and cons list.
- D. Go with the first thing you think of.

8. You are on a deadline for a project, what do you do?

- A. Research, research, research.
- B. Recruit people to help you.
- C. Stick to schedule to get it done.
- D. Get it done quickly so it's out of the way.

9. Which application on a phone do you use the most?

- A. Camera
- B. GPS
- C. Calendar
- D. Alarm

10. You don't like what you ordered at a restaurant, what do you do?

- A. Don't tell the waiter, eat a few bites and say you're not that hungry.
- B. Don't tell the waiter, eat it anyways.
- C. Tell the waiter, ask for a recommendation for something else.
- D. Tell the waiter and order something you know you will like.

Calculate how many of each answer

RESULTS

A= Air



B= Water



C= Earth



D= Fire



What does it mean to be the Avatar?

In the show: Master all four elements and bring balance to the world.

In reality: Master the elements to help bring positive influence to yourself, thus to the world.

Why does the Avatar need to better themselves?



The Elements

Earth- Foundation

Fire- Energy

Air- Adapting

Water- Healing



Earth- Foundation

Things you can fall back on:

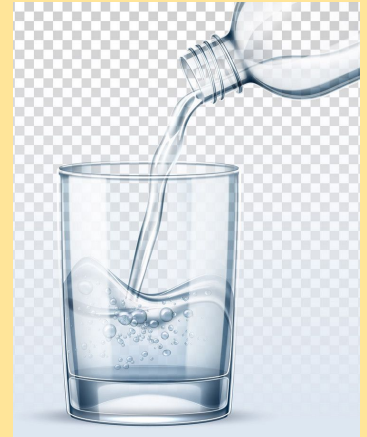
- Morals
- Habits
- Personal ground rules



You must empty your cup before continuing this element



VS



Earth- Foundation

Overflowing Cup



Empty Cup



Fire- Energy

The different kinds of energy:

- Energy to do daily tasks
- Positive and Negative energy you share with others.

Motivation is not reliable energy!

Heat + Oxygen + Fuel = Fire
(Desire)+(Volition)+(Content)= Energy



Fire- Energy

Desire + Volition + Content = Energy



Air- Adapting

Common practices in this element:

- Meditation
- Observing
- Journaling

Be the leaf!



Need a quick Meditation? 6 deep breathes!

Breath in for 6 counts, hold for 6 and release fore 6. Repeat 6 times!

Air- Adapting

Mala Beads

Traditional



Guided



Water- Healing

- Your own pace and timeline
- No journey is the same

Tools for this element:

- Journal
- Meditation
- Specialists



Physical wound tip: Invision your body fixing the wound

Water- Healing

Korra: “What am I going to find if I get through this?”

Katara: “I don’t know, but won’t it be interesting to find out?”



Using The Elements & The Avatar State



Questions?

Where To Find The Book

