



The world at its worst needs us at our best! That's the message of IT'S GETTING BETTER--a DVD of hope.

Harry Palmer, author of *LIVING DELIBERATELY* and the Avatar Course materials explains: "Our collective attitudes and beliefs shape the future as much as or more than events."

This is an idea that is experientially encountered on Palmer's Avatar Course, which promotes personal and social change through increased personal responsibility.

"Ready or not," said Harry, "the future is pulling us forward. If we keep on going the way we are going, we'll keep on experiencing what we're experiencing. And, if we keep on going long enough, it is almost certain that someday we're going to arrive somewhere, but is it going to be anywhere that anyone wants to be?"

Palmer, speaking before an international gathering of Avatar students, continued, "Consciousness is our tool, our gift. We've often used it in competitive, brutish ways, but we can also use it in wise and compassionate ways. We need to brighten the future up a little bit. If you want life to improve, there is some value in creating your expectations with the attitude: It's Getting Better."

Palmer's low key, often humorous presentation is welcome advice to a world waking up to the idea that our expectations do not have to be based solely on the past, but can also be based on our deliberate choices.

"It's Getting Better" with subtitles is available through the online bookstore at <http://www.avatarepc.com/html/audio.html>. It's also available for FREE preview online (in English only) at <http://avatarepcmedia.com/itsgettingbetter>.

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