



Greetings,  
Excelsior, ever higher!

You are getting this because you requested the Avatarism Character Sheet kit! Get ready to rock some serious magick in the world! This has been the biggest year for Avatarism yet! Speaking to hundreds at the Lightning in a Bottle Festival and having articles written about the Avatarism movement in prominent online culture blogs like Ignite.com Thanks for all your kind words and for sharing this game with me. It has truly changed my life and I hope it continues to change the lives of many others.



Thanks for playing!!

The Avatarism Character Sheet PDF file is included with this E mail. Below find the explanation.



Message me with any questions or if you need some inspiration!

As you read, keep in mind that this is a really simple game. I repeat myself on purpose in

my writing so certain things will be highlighted. I am very excited to share this adventure with you and I hope you will take my idea and make it your own and then create something more beautiful and inspiring than you dreamed possible. Be fearless, be bold, and above all be truthful about what you want.

"Believe in it, be livin' it"  
-iRev. Alexander Polinsky

## Avatarism presents: The Official Avatarism Character Sheet

I'd like to give you a gift  
It can help you re-create who you are being now  
Change who you are, now

and if you like  
you don't ever have to go back.  
It's simple, fun and intuitive  
and it's a game we are already playing  
We have been playing it since the beginning of our species

Avatarism may be described as a "transformational game" or  
"open source philosophy."

Being invested in the game means creating the ability to embody  
the highest vision that you have for yourself.

The Avatarism Character Sheet or A.C.S. is a fantastically  
powerful way to look at yourself. Like the character sheets used in  
the fantasy game of D&D, or other fantasy role playing games, it  
can be used as a tool for plotting the course of adventure within a  
lifetime. With the A.C.S. an overview of your character traits and  
life path is visual, informational, artistically free, and creates  
the possibility to focus life energy in a particular direction. This  
transforms an ordinary life into an adventure.

Character strengths and heroic qualities are pronounced, and  
enhanced.

You are making a map  
a map of the adventure of your own self mastery.

The A.C.S. is a jumping in point.

The possibilities you create here should be proactive.

Design the quality of your own character.

Map the assets you already possess.

discover the skills you want to learn and master.

Redesign the way you think of yourself.





"More is  
more, you  
can't rock it  
too hard!"  
-Jedi Master  
Daniel  
Gordon  
Levitt aka  
Watermelon  
Dan aka  
Burning Dan  
1974-2010

Avatarism is open source so it's up to you to build the framework and consciously create your character on the real world platform. Use it to illuminate your current skill sets, spiritual belief systems, heart centered goals and support structures. Use it to navigate and collect the skills you want to master in the future.

it's a game  
it's not serious  
but it is very important  
as games teach us about life  
and you are already playing this one.  
Right now  
This game should be given your full attention  
Because.....  
what you consciously create.....  
You can powerfully become.

Print out a few practice sheets and sketch your ideas.

Make some mistakes.

Use colors. Scissors, tape, a blowtorch.....Feel free to add whatever elements you wish, so your Avatarism Character Sheet will become powerfully inspiring to you.

Do whatever is necessary to make it your own.

Start the sheet wherever it makes sense to start.

When you are satisfied for the moment with your sheet, Add it to your altar, if you have no altar, stick it on the wall where you'll see it everyday, tape it on the dash of your car, send it to your friends, post it on the Avatarism/Facebook page, incant the information into a digital recorder and play it as you sleep, drive to work or while you are eating foods. : )

Below I have given descriptions for the different areas on the A.C.S.

If you have any ideas on how the design could be improved, please let me know. I am open to suggestions.

The term Avatarism is taken from the Sanskrit word Avatara which can mean godlike or superhero-like human beings. We play as kids, we dress in costumes at Halloween. We learn how to act like our parents, friends, favorite movie stars, gods, or gurus. We have been playing this game since the beginning of human history. So much of this past programming was not wholly chosen by you. It just came along and we copied it and now some of that stuff is degenerate, unworkable or just antiquated.

You are ready for the adventure.....start here.

## **Power Symbols**

(top. left, corner)

In this box you can draw the shapes or symbols that already hold some meaning for you. You may invent new ones, use pre-existing symbols, or create hybrids. The only criteria is that it

reminds you of your highest vision of yourself. The heart is a potent symbol to many, with a wide and varied interpretation. If you choose it to mean, "self love," then every time you see it, you will have the thought "self love," and remember that you are creating yourself to be a person that cultivates self love. You can also write a powerful statement about what you are creating and remove all the vowels then assemble the remaining letters into a pattern, then simplify that pattern into a symbol that represents the idea you wrote. Draw this symbol, tattoo it to your body, stamp it on your stuff. Symbol magic is a great way to remember what you are embodying. (google sigil magick for more info on symbol making: Grant Morrison has some great ideas)

## **Skills**

(Bottom, Left, corner)

What have you learned? What are you good at? What makes you. YOU? Our skills are things to be proud of, to be shared, to be used and improved. Mental, physical and spiritual skills can be written here to see what we have to work with now.

## **Missions**

(Middle, left, bottom of page)

These are your heart centered goals.

The important things to do in life while we can.

Climb a mountain

Adopt a goat

Meet a living saint

create a game to be played, worldwide

Become a circus performer

Play your music in front of people.

learn to make sushi

fall in love

go to Burning Man

Help the poor

Teach love and tolerance

\*Time isn't the enemy of a mission, or a friend, it's a factor.  
Choose what is important for you now and remember: All this can change as you refine your character.

## **Quests**

(Middle, Right, bottom of page)

These are the "holy grail," goals. Goals which are meant to be strived for and never attained fully. The point is the striving, the work, and the adventure of such a commitment. The Arthurian legends gave us the idea of the "Holy Quest" and here we appropriate it for ourselves, making it a quest for the ideal self, a divine and holy action worthy of veneration.

Becoming the greatest singer

developing a super powered mind

deepening my capacity to love

educating the world about the power of self expression

making awesome for my friends

being a fantastic lover

Having abundance and peace in my life

Save the world

## **Avatarism Logo**

(Right, Bottom, Corner)

The symbol for Avatarism is the SPIRAL@. Its an @ symbol with a spiral going counter clockwise from the center. If you enter the Spiral@ spiral you go clockwise towards the @ in the center. This represents the link between the mastery of self and the passage of time. Over time we refine and in time we become like fine wine. The @ in the center represents you, who you are, who you are creating yourself to be, and it's there to remind you that on this journey, it is you who must decide what to put your time into, your life-force into, and only you can attain mastery and excellence for yourself. The SPIRAL@ is enclosed by a triangle. Each point of the triangle represents a letter which in turn represents an important Avatarism concept.

The top point represents E=Embody

The point on the bottom, left represents U=Uplevel

The point on the bottom, right represents U=Uphold

So the three points of the SPIRAL@'s triangle represent Embody!  
Uplevel! Uphold!

## **Tribes**

(Middle, Right)

These are the groups whom you give love and support, pockets of humans who uphold you in your life. These groups are part of your support and you have no problem giving to these groups because you get back love and support from them. These are the groups that will uphold you when you fall, fail, or do something out of character. These are the circles people whom you can count on.

## **Team**

(Top, Right, Corner)

These are your family members who uphold you. Your close friends, your small but awesome group of people you call your nest-ies, or best-ies, or your beloveds. You are close, you are kin, you are spiritually and emotionally linked.

## **The Star of Avatarism**

(Middle)

This could be called “The constellation of Avatars”, “The Guru Map,” or the “Avatarism Pop Up Screen” At every point and sub-point on the star you can write the names of the ones whom you admire, people who you see as part of your lineage or genre, there may be but a few, or maybe you need to write small to get them all in. My Avatar Pop Up Screen has among its residents; Jim Henson, Kermit, Jim Morrison, Peewee Herman, and Jesus. It may also be ancestors or anything that can be considered a role model, teacher or guide in your life.

## **Character Name**



(At the Top. Middle of the page there are three lines.)

This is where you re-name yourself. No, you don't have to have everybody call you this all the time, but when they do, the effect is you are reminded of the traits that you are creating in yourself. I chose "iReverend" or "iRev" this reminds me to be both reverent, and irreverent about my quest. Avatarism should never become too serious, or swellious fnord, and if that happens someone just uphold me as the guy I really want to be, and i'll get back on track. Some great Avatar names I have heard are Mr Kiss, Dr. Lovebomb, High Priestess, Pig (he loves it!), Burning Dan, Watermelon Dan, Teafaerie, Thom Thumb, and Octavia Giggle-Fountain Moon, Goddess of Foodgazmic Bliss, ZOR.....I could go on. Point is, make it good for you, not a negative like "Bill the angry hack" or "Bessie the bitch queen. A character name is your name of power, look at who you are creating yourself to be and choose an appropriate moniker. We will uphold you and support you, Mrs. Awesome cake.

## **Archetype**

(Top middle)

This is the archetypal characters in you. Are you a trickster, a wise crone, a curious seeker, a warrior/artist, a healer, a magician, a technomancer, a dancer, an alien being, a seeker, a teacher or a child. Whatever you feel represents you as your highest self. There are no wrong answers.

## **Spirit Animal**

(Top middle)

This is the animal that resonates with you. It could be your Terrier or your cats. Your spirit animal could also be a mythical creature such as a dragon or gryphon. In shamanic culture, this animal has many ritual, magical, and symbolic uses including as a guide in dreams, a totem animal to embody in ceremony, and as a healing or visionary tool. Decide for yourself or ask spirit to reveal your animal in dreams. If you look, you will find.

## **Personal Element**

(Top middle)

Your elemental self. Water, wind, fire, air, gold, opal, nitro glycerine, tnt, mint, smoke, steel. Any element that has resonance for you and reminds you of the strengths that you wish to cultivate and play with while you are in the game. Elements have charisma, legend, and carry powers of their own.

## **Spheres of Upholding : Team**

(top right side)

The two circles at the right are the spheres of upholding. The top sphere is your team. These are the people closest to you that share your vision or will uphold yours. These people are positive, kind, constructive and able to hear your highest vision you are creating for yourself without being negative, sarcastic or cruel. The people named in your team are the ones who you will count on to uphold you when you forget, fall or fail in your highest vision. In the best case scenario you would all be doing character sheets together so everyone was in on the game.

## **Spheres of Upholding : Tribes**

We all belong to groups; Work groups, play groups, interest groups, school groups etc. If you are lucky enough to belong to a group or tribe that has the ability to uphold you then that is a huge win! If you are still trying to find your group or build a tribe, use this space to hypothesize what kind of group you want to be in. Create your own tribe out of your team members if you want. We cannot survive alone on the earth. We form groups alliances and friendships to get through life. We can't do it without our friends and loves. Look around and assess the scene. If there is no one to uphold you...start gratefully as a team of one and go from there. There are players and co conspirators all around you, all you need to do is say hello. That's the hardest part, saying hello. After that, it's much easier.

Now you know what to do.....go have fun Consciously Creating Your Character.

Redo the sheet as your highest vision changes. Don't give up till the magick happens! People almost always give up right before a breakthrough so.....keep it up and keep it happening.

Print out this explanation and an Avatar Character Sheet and give them to your friends, mom, grand mom, uncle, and everyone!!!.

Draw pictures of your avatar character, spirit animal, magick symbols.

I am available on the Avatarism/Facebook page to answer your questions.

**Please post your character sheet, stories, thoughts or musings on the avatarism Facebook page so we can all celebrate and uphold you.** I am available on the Avatarism/Facebook page to answer any of your questions.

We are in the stream, we are in this dream.

xoxo, iRev. Alexander Polinsky

The Avatar Character Worksheet was designed by the iRev. and Andreas Markus Hoenigschmid. Please print it, use it, share it with friends, and modify it to suit you. I ask that you keep Avatarism's Spiral@ logo on the page so people can find us and connect with the community.

Remember: This game of consciously creating your character should be; fun, Exciting, Thought provoking, and it should turn you on. The great work of your life is the creation of the self. We play for what we want. We pray on our feet. We stand for each other to win. The mission is to be excellent, and in our excellence save the world (and have a blast trying).

Carpe' Awesome!

Onward and upwards!  
Forever Endeavor!

**Blessings and adventures,  
iRev. Alexander Polinsky  
Founder of Avatarism  
[www.avatarism.org](http://www.avatarism.org)**

**Please!!!! Please!!!!!! post your character sheet, stories, thoughts or musings on the Avatarism Facebook page so we can all celebrate and uphold you. I will make sure they get posted.**



**THE FACEBOOK  
PAGE!**

[https://  
www.facebook.com/  
Avatarism](https://www.facebook.com/Avatarism)

**THE BLOG!**

<http://www.avatarism.org>

**I will speak at  
meditation events,  
festivals, ceremonies,  
group homes, prisons,  
churches and yoga  
classes. Basically I will  
speak wherever I am  
invited so if you know  
of an event, class,  
festival or group I  
should speak at....  
please let me know.  
Thank you,  
Alexander Polinsky**



**I was super gratified and grateful this year when a notable Burningman blogger wrote a piece about Avatarism and creating your own mythology.**

Here it is! Read for inspiration.....

**Great article on Avatarism by Wesley Thoricatha**

<https://ignitechannel.com/intuitive-art-burning-man-avatarism-reemergence-personal-mythos/>

Excerpt from the comments section of Ignite.com

"Avatarism had its start at the Burning Man festival but its roots are in the ancient Sanskrit idea of Avatara. Loosley translated it means gods inhabiting human bodies and walking the earth, but that is a narrow explanation. God or superhero-like confidence, the ability to accomplish dreams and goals with ease, the honing of the will through focused play, persistence and the upholding of others on the journey are at the heart of this movement.

Avatarism encourages people to begin to design in great detail, new and carefully chosen skill sets, characteristics, goals, and aspects of themselves. As the game is played, the player crafts a new and richly embodied personality and finds themselves permanently up-leveled. Seeking and embodying gurus, teachers, archetypes from history and fantasy may be involved; the warrior, the poet, the god Pan, Rainbow Bright, Batman, Buddha, Jesus, James Dean, Kermit The Frog, Kali, Tara, Tesla, Dr. Who, Conan the Barbarian, Albert Einstein, Leonardo Da Vinci, Leonardo DiCaprio and Leonardo the Ninja Turtle to name a few.

The process of skill collection, archetype embodiment and the other ideas that comprise Avatarism don't have to be taken seriously, but they are important. Avatarism is a dance towards personal excellence more than it is a march towards perfectionism. Avatarism is an open source game/philosophy for

people attracted to radically changing themselves away from the current life/brain programs they may be running. We are, all of us, collections of moments and memories wet wired to a heart mind and body. You are not some stoic and frozen being unable to change! It is your birthright to be changeable and modifiable.

Avatarism is a great philosophical model for rebellious souls, hardcore gamers, fantasy players, festival goers, hopeless romantics, seekers of truth, lovers of beauty and anyone attracted to the idea that life is a game, meant to be played. The game of conscious character creation is easy to start and hard to stop, Simple to begin and hard to master. Think about how tough it is to change a habit or learn a complicated new skill. Usually people undertake to change themselves for a health reason or to learn a new skill to make more money. While playing the game may correct bad habits, and allow you the confidence to make more money Avatarism is not a means to an end. This game is a life long pursuit in the direction of the perfection of self, for the good of self and the rest of mankind. This game has no end. The ongoing goal is to consciously create a personally fermented culture of awesome and never stop.

Avatarism is the game that we have been playing since the beginning of our history and it is not just a Burning Man or a festival thing. Because we feel free to enact these alternate character traits at these events, there is a powerful and indelible change that happens in individuals when they do. If you decide that you want to play the game, you will experience this too. The change that happens to us when we go to an event and embody our avatar(s) or even just put on a costume and feel the change in ourselves is something the greeks understood long ago. Cosmetics, costumes, cos-play all have the root in the work Cosmos. The ancients knew that embodiment lead to a kind of cosmic or higher consciousness.

## What Avatarism can do for society?

Look deep within yourself at the dreams and hopes that you have failed to put into action as of now. Who would you be if you reversed that pattern and began to embody those dreams with the kind of zeal usually reserved for zealots? How would the remainder of your life be played if you lost your fear? What is keeping you from starting now? If we were all confident and free to enact our dreams in an unashamed way, how fast could we cause change in society?

Wars, protests, and fights change the culture very little and very slowly. But when individuals begin to change the culture from the inside.....a groundswell happens. Because that kind of energy is infectious and viral, the culture moves fast and furious. The revolution is within, a revolution of spirit. So while the patriarchal model of change may be fight, fight, fight. The Avataristic model is Embody, Up-Level, Uphold.

EMBODY the highest vision you can create for yourself.

Use the Avatar Character Sheet or any other means of design to collect physical, emotional, magical, and wisdom based skill sets. UP-LEVEL your current character away from the mundane and degenerate programs that no longer serve you and that you did not wholly choose. Use focus, study, ritual, emulation of archetypes and role models to impress your nervous system and turn on your deep memory circuits so that you can get the data in for good.

UPHOLD yourself to your self created model while communicating to your tribe, your friends and groups of influence what those changes are. In this way, the people around you can uphold you and remind you of who you are creating yourself to be and not who you have been in the past.



"We don't need to exert our power upon the world as much as we need to become powerfully inspired and confident individuals. Only from that standpoint can we hope to change the world for good."

Onward and upwards,  
forever endeavor,  
iRev. Alexander Polinsky  
Founder of Avatarism

To join the game please  
visit the Avatarism  
Facebook page or read  
the blog at  
[www.Avatarism.org](http://www.Avatarism.org)